



SMART KITCHEN MAKEOVER CLUB™

The Essentials

LESSON #1





WHAT IS SMART & HEALTHY? KITCHEN MAKEOVER *The Essentials*

When it comes to healthy eating, it is so easy to get overwhelmed in today's world, isn't it? Where do you even begin? If you listen to enough books, news programs and blogs, you may find yourself going deeper and deeper into a rabbit hole without taking solid action.

Not to worry! I know what it feels like when you don't even know where to start. This is why I created this course!

The value of this program is in its simplicity.

We will focus on 5 SIMPLE lessons and you will get realistic action steps to follow. Once you complete them, you will be set up for success and you can confidently continue going further on your health journey.

So, let's get started!

Love,

Alina





LESSON #1

WATER FILTERS

Because our bodies are mostly water, it is crucial to keep hydrated with clean water. Here are some of my favorite water filters that can fit any budget. Not only having a good water filtering system will keep your body clean, an advanced company like Kangen can also help raise your PH level and get your body to a more alkaline level. What that means to you is less dis-ease and a great healing environment!



BRITA SPORT BOTTLE WATER FILTER

This filter costs around \$10 and is perfect to carry with you anywhere, even when traveling on the airplane, as you can carry it on through security.

To buy: <http://amzn.to/1rBmUjs>



BRITA COUNTER-TOP WATER FILTER

This is a good budget-friendly filter that can be placed on your counter or even in the fridge.

To buy: <http://amzn.to/1rBn0HP>



KANGEN WATER FILTER AND ALKALIZER

If your budget permits, I strongly recommend investing in an alkaline water filter that can help alkalize your body bring your PH level up. Benefits of higher PH include decreased inflammation, healing and easier detoxification.

To buy: <http://www.elevatedwater.info/>