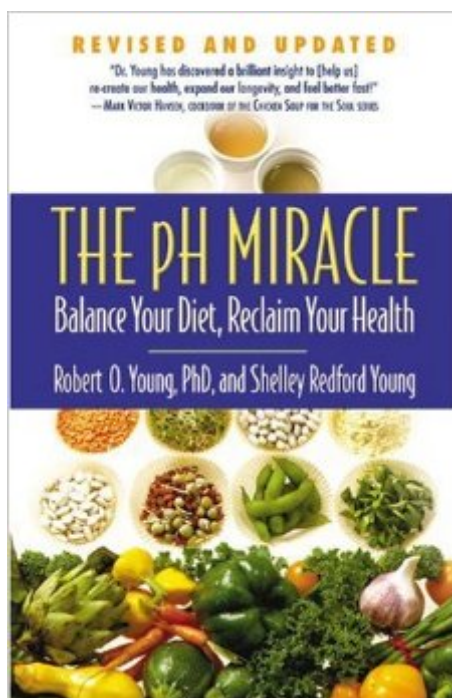


The book was found

The PH Miracle: Balance Your Diet, Reclaim Your Health



Synopsis

3> Your body's pH balance is the key to optimal health, weight, mental clarity, and overall vigor. Strike the right balance by nourishing your body with certain foods to create an alkaline environment, and say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease. This innovative program, proven effective over decades, works with your body chemistry to revitalize and maintain your health. Now completely revised, updated, and expanded, this classic guide includes the latest research and reveals the secrets of: >-remove impurities and normalize digestion and metabolism with new ways to detox the body >-over thirty-five new, tempting pH-powerful recipes to help you easily balance your body using foods like tomatoes, avocados, sprouts, nuts, lemons, limes, grapefruits, and green vegetables. Learn how to balance your life and diet with the incredible health benefits of this revolutionary program.

Book Information

Series: pH Miracle

Paperback: 432 pages

Publisher: Grand Central Life & Style; Revised edition (July 2, 2010)

Language: English

ISBN-10: 0446556181

ISBN-13: 978-0446556187

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 670 customer reviews

Best Sellers Rank: #17,367 in Books (See Top 100 in Books) #22 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #168 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #330 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

"Dr. Young has discovered a brilliant insight to re-create our health, expand our longevity, and feel better fast!" --Mark Victor Hansen, cocreator of the Chicken Soup for the Soul series "Dr. Young may be on the threshold of a new biology whose principles could revolutionize biology and medicine and potentially help people worldwide. Additional research is desperately needed!" --Neil Solomon, director, International Council for Caring Communities' Health Advisory Board, United Nations, and New York Times bestselling author

Robert O. Young, Ph.D., D.Sc., is a nationally renowned microbiologist and nutritionist, who speaks to audience around the world on health and wellness. Shelley Redford Young is a licensed massage therapist and the chef behind the recipes in The pH Miracle.

Love the book! Fantastic information if you care about eating a more healthy and balanced diet. Wonderful recipes too!

Just not. Sure if it's all true but the how to info is good!

Wonderful information it this book I will apply most of it to our life. thank you.

The information seems well researched and offers good reasons for why we are becoming a sick nation.

Seems a bit unsubstantiated. Tried it, pH didn't seem to make any difference. Giving it 3 stars because the diet overall is healthy and recommended by so many.

Robert Young. Also prison # 51975314AD. Good books. Hope he gets out sooner than later.

Great info!

Purchased for a friend. It is informative and an easy read.

[Download to continue reading...](#)

The pH Miracle: Balance Your Diet, Reclaim Your Health Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels..: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance

Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)

[Contact Us](#)

DMCA

[Privacy](#)

[FAQ & Help](#)