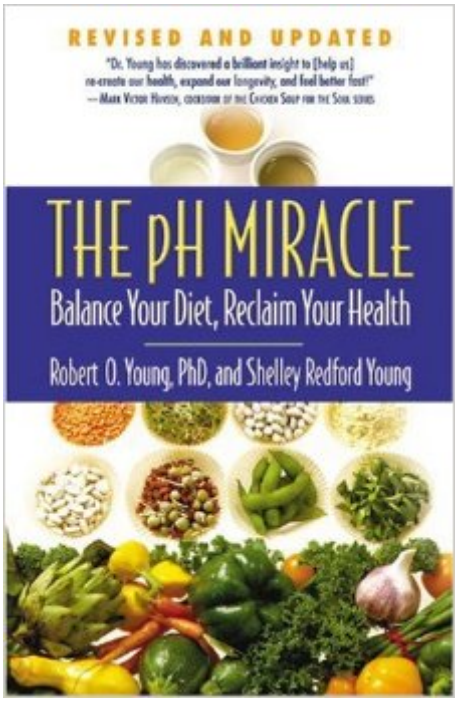
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The PH Miracle: Balance Your Diet, Reclaim Your Health



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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

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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 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #168 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #330 inÃ Â 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, cocreater 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.

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