

REVISED AND UPDATED

"Dr. Young has discovered a brilliant insight to [help us] re-create our health, expand our longevity, and feel better fast!"
— *Mark Victor Hansen, cocreator of the Chicken Soup for the Soul series*



THE pH MIRACLE

Balance Your Diet, Reclaim Your Health

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The pH Miracle: Balance Your Diet, Reclaim Your Health



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Never count calories, fat grams, or portion size once again! Your own body's pH balance may be the key to optimal health, weight, mental clarity, and general vigor. Learn how to balance your daily life and diet with the amazing health benefits of the revolutionary program. Now totally revised, updated, and extended, this classic guidebook includes the latest analysis and reveals the secrets of: Cleansing-remove impurities and normalize metabolism and digestion with new methods to detox your body Alkaline foods-over thirty-five fresh, tempting pH-powerful dishes to help you easily balance the body using foods like tomatoes, avocados, sprouts, nuts, lemons, limes, grapefruits, and green vegetables. This innovative system, proven effective over decades, works with the body chemistry to revitalize and keep maintaining your wellness. Strike the right balance by nourishing your body with certain foods to create an alkaline environment, and state good-bye to low energy, poor digestion, extra few pounds, aches and pains, and disease.



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Unsubstantiated Claims and Complicated Diet The basic ideas for eating to create an alkaline state in your body to attain good health seem sound and you can easily read. Every house hold must have this book. I wanted to like this book, however the flaws and details that flies in the face of research outcomes showing health benefits of a few of their forbidden foods such as mushrooms and fermented foods, made me be question how much of the guidance is sound and just how much is to promote their severe vegetarian agenda.- I was left wanting additional information and corroborating proof for some of the unsubstantiated claims, that are not widely ascribed to, such as the authors theories that your body shouldn't have microforms (bacteria or fungus) in it and that red blood cells are capable of pleomorphism into bacterias and fungus.- The 16 pages of references aren't cross referenced to the contents and so are sorted alphabetically by writer. It helped me a whole lot.- The vegetarian bias is so obvious it's almost funny." Great book Actually enjoyed book with plenty of information. A must go through for anyone who wants to be healthy Even if you hardly ever get to the full dietary suggestions the Young's give.- The faulty logic used to describe how much milk can be used to create cheese, butter, and ice cream and how hard it really is to neutralize is so blatant, I can't believe it made it past the editor or that any fact check was completed. I checked my recipes and redid the math. Ice cream is the best example.Claim: 12 pounds milk (translation is 6 quarts) are had a need to help to make 1 gallon of ice cream.Truth: 3 quarts of half and fifty percent are needed to make 1 gallon of ice cream..Claim: It could take 240 cups or 15 gallons of something alkaline to neutralize 1 cup of ice cream. "Little is serving a three-year, eight-month sentence for practicing medication without a license.5, so 1 cup of +9.5 alkaline water would neutralize the acid for the reason that glass of ice cream. Our PH is the bodies foundation to great health. Author is not a licensed medical practitioner I think it's vital that you note that the writer is serving jail period for practicing medicine with out a license, due to reportedly being sued by a female who had a worsened condition and was estimated with 4 years still left to live after receiving treatment exclusively from the writer, who she testified informed her that he can cure her cancer. I in the beginning purchased the kindle version, but had to come back it for a refund since ALL of the informational charts were missing large chunks of information (not just formatted weird, but in fact completely left out any info that didn't fit throughout one single line of the screen). You could have acidic plant foods if indeed they have alkalizing effects. I plan to combine the dietary plan plan in this reserve with the plan found in Joel Fuhrman's "Eat To Live" for what I consider to become a well-rounded, nutritious diet. There are five rules around combining, basically, combine only four foods from no more than two types of meals at any meal and don't eat foods with different alkalizing results required to digest collectively. Are you starting to see how complicated it might be to follow this diet?- There are way too many recipes I would never use, with lots of soy, tofu, and stuff pretending to be what they're not such as mock mayonnaise, and mock pumpkin pie manufactured from carrots.- I really was excited to start to see the chapter recommending to consume COWS, until I discovered it only meant Chlorophyll, good Oils, purified alkaline Water, and natural mineralized Salts. fermented. Tofu is normally their significant exception to eliminating ready-made foods, which is normally ironic since tofu falls under their forbidden food category; I'm still convinced the grass fed cow is definitely a vegetarian and I'm going to enjoy and reap the benefits of important nutrients it offers in meat and bone broths.- Potentially dangerous suggestions. Eat soy.8. After reading it, I cured myself of a bacterial lung contamination which established me on a route of resilient health ever since. They recommend seafood only every other month or never, but Omega 3 from seafood is normally a different chemical composition from that of vegetation and is what the body needs.

Impetus to Improve Life While some of the author's theories seem simply plain nutty, I was impressed to remove sugar, bread, chips, crackers, soft drinks and eggs from my diet. Rather than being balanced, the diet plan is intense and complicated. Green vegetables and strangely enough, lemons and limes are alkaline. and you need to work your way into it in levels (you can't just move from a sedentary life style one day to owning a marathon the following, you must teach for a marathon). There are exceptions. Nevertheless, I felt the information in the book was extremely valuable and knew I'd wish to refer to it again and again, so I ended up buying the paperback edition..- Food combining may be the hardest concept and where in fact the book lost me personally to the complexity of following their diet program. One of the things We liked most about this book may be the author's plan to transition into a new way of feeding on. I am DEFINITELY applying his transition plan so I can make a dietary switch that will last a lifetime. As the author states, changing your diet for a lifetime is definitely a marathon, not a sprint... Don't Get Kindle Version! I've constantly failed in the past because one day you're eating one way, and the very next day you're eating completely differently. The body does not sufficiently synthesize what you need from plant Omega 3. A1c proceeded to go from 6.). Simply Google the dangers and how small non GMO soy can be available. My children physician is amazed. essential advice about the relationship between diet and health or disease Excellent book. Very helpful. and ultimately, when I started screening my home for mold, I noticed the water produced by it was very contaminated with mold. It includes advice to cure many "incurable" diseases. All the best finding more details on the Australian study mentioned to back again up certain claims. Beyond that, I'm perplexed by all the good reviews. Every household must have this book . The next author is in jail at this time. There will be acid waste material from digesting the ice cream, so you would need a bit more, certainly nowhere near another 239 cups. We owned one. Highly recommend . 5 plus star ranking. There are other ways to alkalize your drinking water (baking soda, high quality ocean salt, greens, etc. Almost anything that we eat and drink is certainly acidic. While their suggestions of 3-4 teaspoons of salt a day time has a warning, this seems dangerously high, particularly when they add in suggestions like up to a tablespoon of baking soda (~3,000 mg of sodium) a day time and seasoning your foods, without mentioning monitoring your total salt consumption. I recommend it to anyone interested in getting well for the others of their life. I have already been learning that most folks are more than . While I don't trust everything the writer says, and I will probably by no means be as militant about my diet plan as he is, the guideline he items is a great one.. I have been learning that most of us are more than acidic. After reading it This book changed my entire life for the better! Only the most devoted disciplined vegetarians or incredibly determined and motivated people would be able to follow it. These pH Miracle drops certainly are a convenient and cost effective method to alkalize our most abundant element; When the cancer spread to her bones, she visited get a second opinion.e.. Condensed animal foods are poor, but condensed plant foods are good. The surplus skim milk comes separately..(and it's really a fairly harsh method to live when compared to typical Standard American Diet plan), even implementing some of this can help you feel better and help your body have what it needs to heal.) over buying an expensive machine that is likely to end up moldy (anywhere you have standing water is likely to grow mold and these machines are wet inside) fake HaHa, it's fake theory.. the water that we drink. Seller was great As far as what owner advertised. (I am hoping I summarized that well, Mr Youthful!7 to 5. My own pov on the alkalizing water purifiers, though... I cannot thank the writer enough for putting this details together. Good addition and teference Good reference Great READ! I dropped it and bought once again. This book changed my entire life for the better! Your tissues need a level of

alkalinity so when you fill one's body with acid-forming food and drink (as most of the typical diet is), your blood has to draw alkalinity from the tissues. Amazon still offers his books.- I don't think their plan is balanced, but rather seems like severe vegetarianism which excludes anything fermented ever, mushrooms, and starchy acidic plant based food. Although much of the basic nutritional tips in this book is probably useful, please seek healthcare treatment if you have a severe condition. It is therefore insightful and makes therefore much sense!.. ... for practicing medicine without a licence. And has to pay \$100M for informing a female with breast malignancy that he could cure her, and dealing with her accordingly. i. This dude is in prison.Truth: The ice cream in my own freezer registered a pH between 6 – 6. Pet foods are referred to in exaggerated disgusting conditions and plant foods are yummy and energizing, apart from fruit, which is definitely allowed only as an intermittent deal with, and whose sweetness is normally explained by the fact it is turning into alcohol, mold, and rotting. But I got breast cancer anyhow. the alkalized water generally made my stomach ill (and my cats wouldn't drink it which really is a bad testimonial). As for what is taught in this book.as time passes, when that gets depleted, the tissues start to deteriorate and the effect is disease. Ery honest. Right on. Informative ! I do not feel this would be safe for a long term diet.



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