



The pH Miracle: Balance Your Diet, Reclaim Your Health

Robert O. Young, Shelley Redford Young

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In the tradition of the phenomenal bestseller *Fit for Life* comes a revolutionary, proven diet program that empowers readers to take control of their health. Forget counting calories, fat grams, and cholesterol. Forget blood pressure, blood sugar, and hormone levels. The single most important health measurement is the pH level in your blood. Now, **THE pH MIRACLE** unlocks the surprisingly crucial role pH balance plays in weight loss. How acidic or alkaline your blood is (pH levels) directly affects your health and is controlled by diet. For example, if the blood becomes overly acidic from eating too much of the wrong kinds of food—wheat, bananas, meats, and cheese—it can lead to weight gain, diabetes, heart disease, cancer, and more. The Youngs program includes over 50 recipes and explains which foods to eat, which to avoid, and which supplements can help on the way towards optimal health and weight loss. In just weeks, readers will find they have more energy and a stronger immune system, and will have shed pounds and inches.

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