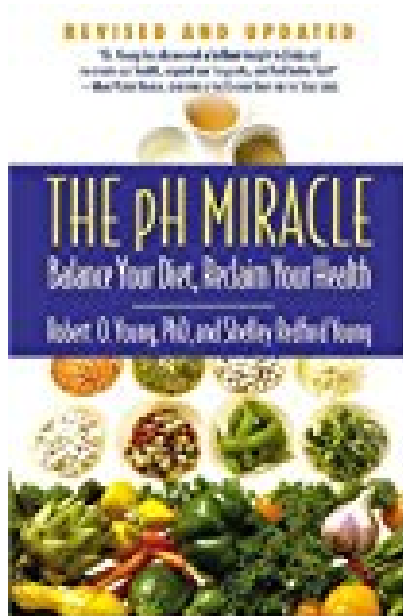


The pH Miracle Balance Your Diet Reclaim Your Health



BOOK DETAILS

- Author : Shelley Redford Young
- Pages : 432 Pages
- Publisher : Grand Central Life & Style
- Language : English
- ISBN : 0446556181

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BOOK SYNOPSIS

Never count calories, fat grams, or food portions again! Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease. Say hello to renewed vigor, mental clarity, better overall health, and a lean, trim body. The key? Your health depends on the pH balance of its blood, striking the optimum 80/20 balance between an alkaline and acidic environment provided by eating certain foods. Now an innovative, proven effective diet program can work with your body chemistry and help revitalize and maintain your health. Rediscover the secrets of: * Breakfast, the low-carb, high-fiber meal that will be the biggest change you'll make; * The cleanse--a liquid detox to reduce your body's impurities and normalize digestion and metabolism; * Ridding your body of harmful bacteria, yeast, and molds; * Alkaline foods--tomatoes, avocados, and green vegetables--and how to mix them with mildly acidic foods like fish, grains, and certain fruits to create tempting and delicious meals; * Supplements--how to select, shop, and calculate the right dosage for you; * Water, the all-important drink--how to make sure yours is safe, pure, and plentiful. Learn how to balance your life and diet with the incredible health benefits of this revolutionary program... The pH Miracle.

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