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MS, D.SC., Ph.D. The

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review The pH
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Audio CD –
Unabridged, 15 Oct.
2013 by Robert O
Young Phd (Author)
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Type 2 Diabetics.

Diabetes has become an epidemic in the United States with an estimated 17 million people diagnosed with the disease and millions more at risk.

The pH Miracle for
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Revolutionary Diet
Plan ...

Diabetes

THE pH MIRACLE
FOR DIABETES is a
proven program that
explains which foods
to eat, which foods
can be combined
safely, which should
be eaten alone, which
should be avoided
altogether. Publisher:
Little, Brown Book
Group ISBN:

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9780749942366

Number of pages: 416

Weight: 280 g

Dimensions: 198 x
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May 19, 2018 Videos

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Dr. Robert O. Young
summarizes his views
on diabetes and
shares his
perspective on
Gabriel and Nathan
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and residing the pH
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The pH Miracle for
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Paperback – May 12,
2005 by Robert O.
Young PhD (Author),
Shelley Redford
Young (Author) 4.4
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Roman's experience
needing, finding, and
living the pH Miracle
for Diabetes diet plan.

Dr. Young and the pH
Miracle for Diabetes
pH Balance and
Diabetes The most
complete and
scientific resource on
this subject is the
book The pH Miracle

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Miracle For
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for Diabetes by

Robert Young PhD
and his wife Shelley.

If you are diabetic and
are seeking to control
your blood sugar this
book is a must read.

pH Balance and
Diabetes - DiaMetrix
The pH Miracle for
Diabetes offers an
easy-to-follow

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program that will help you take control of Type 1 or Type 2 diabetes. Showing you how you can maintain the proper alkaline environment your body needs, this all-natural plan can help you slow, stop, or even reverse the disease and the damage it causes- without the high

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doses of medication
most diabetics use.

The pH Miracle for
Diabetes:Paper Back
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Robert Oldham
Young (born March 6,
1952) is an American
naturopathic
practitioner and
author of alternative
medicine books

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promoting an alkaline diet. His most popular works are the "pH Miracle" series of books, which outline his beliefs about holistic healing and an "alkalarian" lifestyle.

Robert O. Young -
Wikipedia

The pH Miracle For
Diabetes Summary

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The pH Miracle For
Diabetes: The
Revolutionary
Lifestyle Plan for Type
1 and Type 2
Diabetes by Robert O.
Young Millions of
people around the
world suffer from
diabetes, and the
figure is climbing - in
the next decade
cases are expected to
triple in Europe.

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The pH Miracle For
Diabetes By Robert
O. Young | Used ...

The pH scale runs
from 1.0 (most acidic)
to 14.0 (most
alkaline), with 7.0
being neutral. Just as
your body strictly
maintains its
temperature, it will do
anything and

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Diabetes
Diabetes
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everything it can to keep the blood in a very narrow pH range- a mildly alkaline 7.365 pH.

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Diabetes is a serious
illness that can be
managed if you're one
of the 17 million
Americans stricken
with diabetes, it's time

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to strike back. The pH
Miracle for Diabetes
Diabetes
offers an easy-to-
follow program that
will help you take
control of Type 1 or
Type 2...

Diabetes has become
an epidemic in the
United States with an
estimated 17 million

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people diagnosed
with the disease and
millions more at risk.
With attention focused
on blood sugar and
insulin levels,
however, the
underlying cause of
all the devastation -
excess acidity of the
body - has been
overlooked. A
nationally known
microbiologist and

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nutritionist changes all that with this diet and lifestyle plan designed specifically for people with type 1 or Type 2 diabetes.

Never count calories, fat grams, or food portions again! Say good-bye to low energy, poor digestion, extra pounds, aches and

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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

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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

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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

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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 live and
diet with the incredible

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health benefits of this
revolutionary
program... The pH
Miracle.

Let's start with simple
math. How many
excess pounds do
you need to shed to
achieve your ideal,
healthy weight-10, 30,
100? Whatever your
answer, multiply it by
two. You now have

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the Maximum number of days it will take you to reach your goal, if you follow... Despite what you may believe, weight loss is not about fat grams, cholesterol, carbs, or calories. It's all about acid. According to Dr. Robert Young, renowned microbiologist and nutritionist, reaching

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Miracle For
Diabetes

your ideal weight is simply a matter of maintaining the delicate pH balance of the blood. In this latest entry in the successful pH Miracle series, Dr. Young and his wife, chef Shelley Redford Young, offer a simple 7-step lifestyle program to balance your body chemistry, change

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your shape, and slim down to your ideal body weight-naturally and permanently. Best of all, you'll be able to eliminate unnecessary fat cells forever. From the science behind the plan to the dietary do's and don'ts (along with recipes), a detailed exercise plan, and dozens of

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dramatic real-life
before-and-after
photos, this program
lays the groundwork
for long-term success.

Discover: * How
drinking the right
water can help you
lose weight * Why you
should ignore the fat
phobes and keep
plenty of healthy oils
in your diet * Which
common foods make

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your body more
alkaline-and which
ones make it more
acidic * How exercise
can actually make you
fat-unless you do it
the right way * The
benefits of having
your blood analyzed
at the microscopic
level * How you can
build lean muscle and
maintain healthy
bones without loading

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Miracle For
Diabetes
up on proteins and
dairy ... and much
more!

Forget cholesterol counts. Forget calories and fat grams. If you want to lose weight, follow the guidelines in The pH Miracle. Dr Robert Young and his wife, Shelley Redford Young, reveal a

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revolutionary diet and lifestyle program that unlocks the secrets of pH balance as a means to weight loss. They offer a simple 7-step lifestyle program to balance your body chemistry, change your shape and get you to your ideal weight - and keep you there. From the science behind

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the plan to recipes
and a detailed
exercise plan, this
book lays the
groundwork for
success.

Diabetes is a serious
illness that can be
managed If you're one

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of the 17 million
Americans stricken
with diabetes, it's time
to strike back. The pH
Miracle for Diabetes
offers an easy-to-
follow program that
will help you take
control of Type 1 or
Type 2 diabetes.
Showing you how you
can maintain the
proper alkaline
environment your

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body needs, this all-natural plan can help you slow, stop, or even reverse the disease and the damage it causes- without the high doses of medication most diabetics use. In just twelve weeks, this groundbreaking program will revitalize your health and renew your spirit. Discover: *

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Which foods you should eat, which to avoid, and which are best for normalizing blood sugar levels *
Dozens of delicious recipes to balance your body's pH * How to replace low-blood sugar quick fixes with healthy, effective alternatives *
Guidelines for managing stress and

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exercising safely *

How the "no pain, no gain" approach to fitness leads to overacidity and a rise in blood sugar * Why a cleanse-or "liquid feast"-is the most effective start to the pH eating plan and renewing your energy ...and much more.

The New Biology and
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The pH Miracle for Cancer answers many important questions, especially the cause of cancer and how to prevent the number 1 cause of death in the World.

In their revolutionary approach to healing the sick and tired

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body and soul, the authors bring together and interpret the work of prominent researchers and offer an elegantly simple, practical program for the restoration of health.

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