

# [PDF] The PH Miracle: Balance Your Diet, Reclaim Your Health

Shelley Redford Young, Robert O. Young - pdf download free book

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#### Description:

**Never count calories, fat grams, or portion size again!**

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:

- **Cleansing**-remove impurities and normalize digestion and metabolism with new ways to detox the body
- **Alkaline foods**-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.**

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