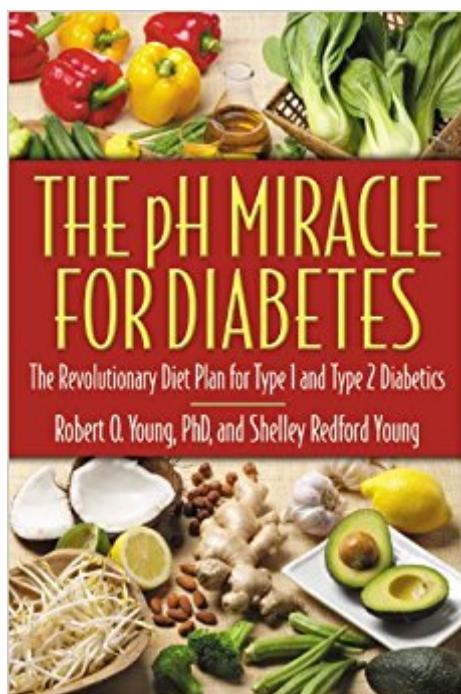


The book was found

The PH Miracle For Diabetes: The Revolutionary Diet Plan For Type 1 And Type 2 Diabetics



Synopsis

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

- * 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 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.

Book Information

Series: pH Miracle

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Customer Reviews

'In The pH Miracle, Dr Young may have discovered the true key to long life and health. It is simple and even spiritual in its approach and is founded on the truth your mother tried to give you: eat your vegetables!' James Redfield, author of The Celestine Prophecy. --This text refers to an out of print or unavailable edition of this title.

Robert O. Young, Ph.D., D.Sc., is a nationally renowned microbiologist and nutritionist, who speaks to audience around the world on health and wellness. Shelley Redford Young is a licensed massage therapist and the chef behind the recipes in The pH Miracle. Young is a licensed massage therapist and a chef specializing in optimum nutrition.

This works. I bought this for my landlord. He told me he followed it for several weeks, and his 'numbers' were level, like for people who were not diabetic, ... but then he forgot about the regimen, ... and he is back in ill-favor with his doctor. I want anyone out there reading this, to KNOW, that you CAN change your chemistry back to a healthy normal. But you have to remember that you are inspired to keep doing it. You have to remember to be inspired to continue. You have to want to do this, and to remember to stay inspired. Wally (my landlord) did very well, ... but he just got off of it. If you stick with this book, you WILL lower your numbers... I have heard it first hand from Wally (my landlord). I earnestly and GREATLY encourage all of you, who have issues with diabetes....and I advocate for this book. I do not know you, who are reading this, ... but I do know there are family that love you, and I want you do help yourself with this book. I would hope that you would want to stay around for your loved ones a bit longer than you might be..... and so I truly encourage you to live by this book. It is very sensible.

This book gives SOOOO much information that is crucial to learn if you truly are desperate to improve your health and diabetes. By learning to eat "green," within the first 6 months I lost 30 pounds and went from taking 30-35 units of insulin 2 times daily to only taking 10 units 2 times daily. At first, it's an adjustment when you have been used to eating meats, but believe me, I feel SO much better. I've now been "green" for 1 year, 1 month, and I will never change. This is a lifestyle change for me, thanks for what I learned in this book and other Dr. Young's books and videos, which are confirmed by many other doctors.

What can anyone say? There is a cure. My son was diagnosed a little over a year ago and we have maintained his blood sugar in just a few days. I was one to worry about getting insulin for my son if there was an emergency. Now I know there are alternative solutions. Break away from the control freak pharmaceutical & food industries and go with what's euphoric. Read this..... You will feel a natural buzz if you incorporate it yourself.

Too much medical explanation and not enough recipes and I wish that they would make recipes that do not hours to fix and easier to make. I myself am 83 years old and I don't like to spend too much time cooking.

still reading, so far so good

Enjoying reading this and I am learning allot from it. Great Book.

I resisted reading this book because not being diabetic I never realized how serious and prevalent this disease is until just recently when I was diagnosed as pre-diabetic and my son diagnosed as diabetic. I learned so much reading this book receiving a wealth of education on how the body functions at a cellular level and how and why external influences affect the body. This is a must read for everybody!!!

love it

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Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) The pH Miracle for Diabetes: The Revolutionary Diet Plan for Type 1 and Type 2 Diabetics Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes,

Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

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