



# THE pH MIRACLE FOR DIABETES

The Revolutionary Diet Plan for Type 1 and Type 2 Diabetics

Robert O. Young, PhD, and Shelley Redford Young



# Ph Miracle For Diabetes

**Heidi Whitaker, Kathy Browning**



## **Ph Miracle For Diabetes:**

*The pH Miracle for Diabetes* Robert O. Young, Shelley Redford Young, 2025-05-01 Diabetes has become an epidemic in the United States with an estimated 17 million 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 nutritionist changes all that with this diet and lifestyle plan designed specifically for people with type 1 or Type 2 diabetes

*The pH Miracle* Robert O. Young, Shelley Redford Young, 2008-10-22 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

**The pH Miracle for Weight Loss** Robert O. Young, Shelley Redford Young, 2024-09-24 A seven step lifestyle program using diet and exercise to balance your body chemistry and achieve your ideal weight 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 the maximum number of days it will take you to reach your goal Despite what you may believe weight loss is not about fat grams carbs or calories It s all about acid Reaching your ideal weight is simply a matter of maintaining the delicate pH balance of the blood In this groundbreaking book renowned microbiologist and nutritionist Dr Robert Young and his wife chef Shelley Redford Young offer a simple 7 step lifestyle program to balance your body chemistry and help you slim down to your ideal body weight naturally and permanently From the science behind the plan to the dietary do s and don ts along with recipes a detailed exercise plan and dozens of dramatic real life before and after photos this program lays the groundwork for long term success Inside you ll discover How drinking 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 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 up on proteins and dairy And much more

**Awakening The Healing Power Within Holistic Nutrition And Natural Therapies** Michael Palma, 2024-01-22 Awakening the Healing Power Within is based on my twenty five years of experience as a health and wellness professional and intuitive healer It is through the process of counseling hundreds of clients and doing independent research on holistic nutrition and natural therapies that has led me to this point As a medium a large part

of this book has been channeled during meditation It is through the help of ascended masters spirit guides archangels and departed healers that enabled me to synthesize these ideas into a coherent book Awakening the Healing Power Within is designed for individuals to take back their power and learn how to heal themselves It was Hippocrates who said If you are not your own doctor you are a fool The intention of this book is to educate and inform the reader so that they may become an advocate for their own health The only person who can save you from disease and illness is yourself It is the responsibility of each person to take a proactive approach to their health and wellness Awakening the Healing Power Within takes the reader from beginning to end on their wellness journey Within this book are all the resources and information you will need to take back and reclaim your vitality health and longevity It gives information on how to heal the mind body and soul from a holistic approach It is only through mastering all three aspects that true healing is possible By taking small actionable steps every day toward wellness the reader will undoubtedly become an improved version of themselves and create changes in their health that seems like miracles We all have the innate capacity to heal ourselves as we are spiritual beings having a brief human experience It is through these spiritual abilities that we possess in each of us and is our birthright that will lead us back to our true state which is perfect health Remember our bodies were designed to function with optimal health not disease and illness as most of us have become accustomed to      Encyclopedia of Obesity Kathleen Keller,2008-01-24 Obesity

is a serious health issue and is a key discussion and research point in several disciplines from the social sciences to the health sciences and even in physical education This text is a much needed authoritative reference source covering major issues of and relating to obesity      *Diet for a New Life Anthology* Mariana Bozesan,2005-03      **Free Yourself from Chronic Fatigue & Fibromyalgia** Patty Butts,Patty Butts Ph D,2008-07-24      **Autoimmunity** Heidi Whitaker,Kathy Browning,2005-12 This book is two books in one It serves as both a dietary guide and a cookbook for those with autoimmune disorders You will learn which common foods have been making your autoimmune symptoms worse and which can help you heal You will also become familiar with herbs and lifestyle changes that can make all the difference in the world to your health This 286 page book cookbook is full of information you wish your doctor had told you to keep you from suffering needlessly This book is the first ever of its kind and it will make you wonder how you ever lived or cooked without it      The Birchcreek Secret to Total Health Ron Odató,Julie Odató,2012 The Odatos founders of Birchcreek Retreat Weight Loss and Wellness Center have dramatically improved the lives of thousands through this well designed and well tested program and encourage readers to return to the nourishment of living foods      **Summary of Robert O. Young & Shelley Redford**

**Young's The pH Miracle for Weight Loss** Everest Media,2022-03-27T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The pH Miracle Living plan will help you lose weight if you follow it It is a complete lifestyle plan that works It has never failed those who apply its principles Thousands of people have slimmed down to their ideal weights on this plan dropping an average of a half to 1 pound each and every day 2 The majority of doctors do

not advise their overweight patients to lose weight and this is due to the fact that they do not recognize obesity when they see it Or at least they don't bring it up with their patients 3 What matters most is keeping your body alkaline and this book lays out a simple seven step plan to help you do so The plan focuses on changing your diet and exercise habits and it will help you lose weight permanently 4 The pH Miracle program has helped thousands of people around the world lose weight and keep it off It has also helped individuals get rid of just 10 to 15 unwanted pounds *The 30-Day Diabetes Miracle Cookbook* Bonnie House, Diana Fleming Ph.D., L.D.N., Linda Brinegar, Linda Kennedy, Ian Blake Newman, 2008-05-06 The indispensable companion to The 30 Day Diabetes Miracle featuring more than 200 recipes to help stop diabetes and reverse many of its effects With more than 200 vegetarian and vegan dishes and an emphasis on good carbs plus menus helpful tips and advice and full nutritional information this cookbook will help people with Type 1 and Type 2 diabetes eat and live well From breakfast dishes to desserts every recipe has been created to be low glycemic low fat and trans fat free low sodium and cholesterol free Also included are substitution charts to help readers make the transition to a plant based diet a glossary of cooking equipment an appendix of cooking terms and techniques and a list of uncommon ingredients with brand name recommendations [Live Younger Longer](#) , **The Ph Miracle for Weight Loss** Robert O. Young, 2008 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 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 the plan to recipes and a detailed exercise plan this book lays the groundwork for success *The British National Bibliography* Arthur James Wells, 2005 **Eat Better, Live Better, Feel Better** Julie Cove, 2016-03-01 Clean up your diet and detoxify your body with the alkaline lifestyle This beautifully packaged book complete with more than 150 inspiration recipes and an easy to follow four step program is focused on long term health and well being Eat your way to better health In *Eat Better Live Better Feel Better* Julie Cove explains how having too many acid forming foods in your body creates an environment that can cause inflammation resulting in everything from headaches to muscle pain to chronic illness But she argues by adapting to an alkaline based lifestyle you can ward off ill health aid digestion eliminate acid reflux and increase your energy In this beautiful book Julie gives you everything you need to quickly feel the benefits of the alkaline way of life In Part I Julie explains the basics of alkalizing the science behind the food choices you make and what happens in your body when you eat certain foods Julie then introduces her easy to follow 4 step program In the first step of the program Inspire you ease into the alkaline lifestyle step 2 Desire encourages detoxification step 3 Aspire helps you dump years of toxins and finally step 4 Acquire shows you how to maintain a balanced alkaline lifestyle with food exercise and a positive outlook With the basics covered Julie then gives you more than 150 nutritionally balanced inspirational recipes to get started With easy to find ingredients and simple preparations these

recipes offer a multitude of options for alkaline balanced eating including nourishing smoothies breakfasts salads soups warm dishes savory bites and sweet treats The recipes are easily adaptable and full of flavor ready for you to mix and match to help you meet your alkaline goals Julie s personal story of overcoming illness is behind the writing of this book Now a holistic nutritionist and certified plant based cook she is the picture of an energetic healthy and balanced lifestyle and she wants to give you the tools to get there too Eat Better Live Better Feel Better is a book that will help balance your body and revitalize your life and will be your blueprint for improved good health for years to come     **When Feathers Make Wings** Frances Michael,2009-11 My father passed I had a hard time with it being that I experience all things with a full heart But I knew at all moments we were still with each other I asked him to send me feathers They came In needed moments in grateful spaces and in quiet magical ways they came Gathering the poems became one with gathering the feathers Both acts were restoring me One day he will see me take those feathers and fly This is Frances Michael s first collection of poetry spanning the first half of her life It portrays wisdom and innocence It speaks of acceptance Her voice is powerful and worth contemplation     *Forthcoming Books* Rose Arny,2004     **How I Avoided Dialysis: and you can too!** Mercedes Hawkins,2012-04-26 A look into home remedies and alternative health to cure chronic illness enough to prevent and reverse dialysis     **The Beauty Detox Solution** Kimberly Snyder,2011-03-29 Since I ve been following Kimberly s program I feel so much better It has been a big awakening for me Hilary Duff An empowering guide from the founder of Solluna New York Times bestselling author and holistic wellness and meditation teacher Kimberly Snyder Looking for the ultimate secret to health and beauty Don t look in your medicine cabinet Look here Celebrity nutritionist and beauty expert Kimberly Snyder helps dozens of Hollywood s A list stars get red carpet ready and now you re getting the star treatment Kim used to struggle with coarse hair breakouts and stubborn belly fat until she traveled the world learning age old beauty secrets She discovered that what you eat is the ultimate beauty product and she s developed a powerful program that rids the body of toxins so you can look and feel your very best With just a few simple diet changes you will Get a youthful radiant glow Banish acne splotchy skin and wrinkles Grow lustrous hair and strong nails Get rid of the bloat melt away fat and never count calories again Kimberly s Glowing Green Smoothie gives me so much energy and makes me feel better about myself and my skin Fergie

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