



The PH Miracle for Diabetes: The Revolutionary Lifestyle Plan for Type 1 and Type 2 Diabetes

By Robert O. Young

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The PH Miracle for Diabetes: The Revolutionary Lifestyle Plan for Type 1 and Type 2 Diabetes, 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. What this groundbreaking book proposes is that this serious and debilitating disease is entirely preventable. For those already suffering, this plan can reduce or even eliminate the need for insulin or oral medication of any kind. If you want to prevent or reverse diabetes, you should follow the guidelines in THE pH MIRACLE FOR DIABETES. Dr Robert Young and his wife, Shelley, reveal a revolutionary diet and lifestyle program that unlocks the secrets of pH balance and of food as a healer, restorer, balancer and life-giver. They illustrate that the single most important measurement of your health is the pH of your blood and tissues - in fact, the entire metabolic process depends on an alkaline environment and chronic over-acidity corrodes body tissue. THE pH MIRACLE FOR DIABETES is a proven program that explains which foods to eat, which foods can be combined safely, which...



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Reviews

Absolutely essential study pdf. It is written in basic words and phrases rather than hard to understand. I am just happy to tell you that this is basically the finest pdf I actually have studied during my personal lifestyle and can be the very best publication for actually.

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Comprehensive information! It's this sort of great go through. It really is really interesting through studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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