



# The ph miracle book pdf

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Hard book details: Never count calories, fat grams, or portion size again! The single most important health measurement is the pH level in The pH miracle: balance your diet, reclaim your health. Now, The pH Miracle unlocks the surprisingly crucial role pH balance plays in weight loss Forget counting calories, fat grams, and cholesterol. Forget blood pressure, blood sugar, and hormone levels. Your body's pH balance is the key to optimal health, weight, mental clarity, and overall vigor Your body's pH balance is the key to optimal health, weight, mental clarity, and overall vigor. "Looking to lose weight, prevent disease, or reclaim your health?It's all about balance--specifically, the pH balance between acids and alkalines in your body's blood"--Inside jacket flap Learn how to balance your life and diet with the incredible health benefits of this revolutionary program. 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 Forget counting calories, fat grams, and cholesterol. Now This groundbreaking book invites you to explore how the modern diet's hidden acidifying culprits might be undermining your health, while revealing powerful strategies to detoxify Learn how to balance your life and your diet with the incredible health benefits of The pH Miracle 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 Your health depends on the pH balance of its blood, striking the optimum/balance between an alkaline and acidic environment provided by eating certain foods. The single most important health measurement is the pH level in your blood. Now an Missing: pdf Forget counting calories, fat grams, and cholesterol. The single most important health measurement is the pH level in your blood. Forget blood pressure, blood sugar, and hormone levels. Forget blood pressure, blood sugar, and hormone levels.

 Difficulté **Difficile**

 Durée **356 minute(s)**

 Catégories **Art, Électronique, Machines & Outils**

 Coût **217 USD (\$)**

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Commentaires

Matériaux

Outils

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Étape 1 -

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