



The pH Miracle for Diabetes: The Revolutionary Diet Plan for Type 1 and Type 2 Diabetics

Robert O. Young, Shelley Redford Young

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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 over acidity 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.

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