

24 SECRETS ON HOW TO KEEP SLIM, HEALTHY AND AGELESS ON THE Ph MIRACLE DIET

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Chapter 1: Introduction

The pH Miracle diet is the newest phenomenon to strike the dieting world. Health experts have noticed that popular diets seem to go in waves. While the 90s were marked by the low-fat diet craze, the last six to seven years have been focused on low-carbohydrate diets like Atkins, the South Beach Diet, Protein Power and Sugarbusters. As people become frustrated with each type of diet, they look for something new to try. The pH Miracle diet is the focus of a lot of new interest.

The pH miracle diet is so appealing to people because it is a complete 180-degree turn from the high-protein, low carbohydrate diets of the past few years. The pH Miracle diet, also called the alkaline diet or the Young Diet, after its creator Robert Young, has a totally different approach to nutrition. Many holistic doctors and nutritionists see it as a more balanced approach to nutrition that takes the body's true needs into account.

Basically, the human body has a pH that is slightly alkaline. The theory is that since the human body runs at this pH, our diet should be comprised of mostly alkaline foods. The standard American diet has many foods that are considered acidic, such as animal protein, sugar, caffeine and packaged foods. All of these foods disrupt the pH balance of the body and cause a whole host of problems. The proponents of the pH Miracle diet say that all of these acidic foods actually disrupt the body's use of alkaline minerals. These minerals include sodium, potassium, magnesium and calcium, which make people prone to chronic diseases.

This is the real crux of the importance of the pH diet. The nutrition and health community has come to realize that what a person puts into their body has a profound effect on their overall health. Although the mainstream medical community has emphasized a balanced diet including fresh fruits, vegetables, meats and dairy products, the pH diet takes this a step further. It points out that the acidic foods actually rob your body of essential minerals. Those who follow the pH miracle diet are avoiding foods that can be disastrous to their health.

Many of the foods that we eat commonly are considered no-nos on the pH miracle diet. One of the most surprising omissions is the absence of wheat products. The FDA recommends whole-wheat products for better health. Yet according to the pH diet, grains like wheat, millet, oats and rice are acidic and harmful. The alkaline grains of buckwheat, quinoa and spelt are favored for their alkalizing benefits.

Generally, all meats and dairy are omitted on the pH Miracle diet. If you're worried about protein, goat milk is slightly alkaline. There is also protein provided from vegetarian options like beans, tofu and certain nuts and seeds. Most vegetables have alkalizing effects, except for mushrooms. Fruits are limited to coconut, grapefruit, lemon and lime.

Those that have tried the pH miracle diet say that they feel massive effects on their health within the first few weeks. Lowering the intake of processed foods and eating more vegetables is good health advice for everyone, whether or not they follow the specifications of this particular diet. In fact, this has been one of the major criticisms of the pH miracle diet. Opponents say that if people are already eating fresh foods and drinking plenty of water, then the diet will have no effect. They disregard the acid/alkaline balance theory.

Another important thing to consider is that there has been no scientific testing of the theories behind the pH miracle diet. Also, many conventional medical doctors see no benefit to the program. However, the principles behind the diet are based on holistic medicine and Chinese medicine, which have been around for centuries. The pH Miracle diet principles are currently being studied at Johns Hopkins's university and by Dr. Neil Solomon of the United Nations. Soon the critics may have to re-evaluate their stance on the diet's scientific basis.

Chapter 2: Why The Ph Miracle Diet Right For You

The pH Miracle Diet is one of the most interesting and groundbreaking new eating plans to hit the world of nutrition and dieting. This way of eating proclaims that following the program will help restore your health to natural balance and rid you of a myriad of conditions, including excess weight. While most people are looking to shed a few pounds, this diet also claims to help with fatigue, muscle pain and indigestion, as well as many other problems.

If you've tried low carbohydrate diets before and felt terrible after consuming all of that protein, then the pH Miracle diet may be for you. This eating program is based on alkaline foods, which are better for your health and for your body. Since humans have a slightly alkaline pH, eating alkaline foods helps support the bodily pH balance. Most people eat a lot of acidic foods like animal protein, dairy products and wheat. The pH miracle diet consists of certain fruits, vegetables, alternative grains and vegetarian protein sources.

Dr. Robert Young, the creator of the pH Miracle diet, points out in his book that many people's health problems are due to excess acidity in the body. Among other things, Young says that chronic fatigue, excess mucous production, nasal congestion, frequent colds and infections, stress, anxiety, weak nails, dry hair, dry skin, headaches, arthritis, muscle pain, hives and leg cramps are all signs of excess acidity.

If you have had any of these symptoms for an extended period of time, your acidic diet may be to blame. Think about how much of your diet relies on high acid foods, like animal protein and dairy products. If these problems have been a bother to your life and your health for some time, you'll benefit from giving the pH miracle diet a try.

The pH miracle diet will be a welcome relief for those who have tried to do low carb diets with little success. The foods are less harsh on the stomach and digestive system than the heavy protein required on low-carb diets. There is also a better balance of protein to carbohydrates. The proteins that are used on the pH miracle diet are selected carefully for their level of acid. The proteins consist of alkalizing tofu, beans and nuts.

The pH miracle diet is also good for people who enjoy eating a vegetarian diet. If you've given up meat for a day or two and felt better, then this diet may be very beneficial for you. There is no meat on the diet and the only alkaline dairy product allowed is goat milk. Tofu, which has long been a mainstay of vegetarian diets, is a major part of the pH miracle diet.

If you have a diet that consists mainly of processed foods and very few vegetables, you will definitely benefit from this diet. A diet that consists of manufactured food has very little natural nutrients. This can cause many detriments to your health and you can suffer from the effects of malnutrition, even when you are eating your fill. The focus on vegetables and fresh foods in this way of eating will help get natural vitamins and minerals back into your diet. Just adding a moderate amount of alkaline foods to your diet can improve your health greatly.

The pH miracle diet is a good diet for many different types of people. If you fit any of the previous criteria, you owe it to your health to give this way of eating a try.

Chapter 3: The Genius Behind The Miracle Diet Robert Young

The pH diet is an innovative way to interact with food. The diet stresses the need for balance in the diet of alkaline and acid. This balance will help maintain a healthy flow through the bloodstream and keep cellular growth and development working at optimum levels. By lowering destructive acid levels with more alkaline a host of benefits can result, namely sustainable energy and good health. By following a simple regimen of balanced eating along with testing saliva for pH levels, one can achieve better health. The primary proponent of this alkaline diet is a man by the name of Dr. Robert Young.

Dr. Young heralds that a diet that is made up of 80% alkaline producing foods and 20% acid producing foods will allow people to achieve their healthier bodies and healthier lives. Through his research Dr. Young has surmised that the optimum pH level of the human body is 7.35. The pH spectrum is from 1 to 14 with 1 being highly acid and 14 being highly alkaline. With the body leaning toward moderately alkaline he contends that people can supplement their diets with more alkaline. Dr. Robert Young stresses that a body that is ravaged by excess acid will be more prone to serious health problems.

Dr. Robert Young began his studies in the early 70s at the University of Utah, where he studied biology and business. He earned an MS in nutrition, a DSc in science, a PhD in nutrition, and a ND from Clayton College of Natural Health during the 90s. Critics of Dr. Young question the validity of the school in which he received his degrees. The impact of his teachings is undeniable, he has helped many people obtain better health through a regimen of increased fruits and vegetables and more water consumption. He also stresses avoiding caffeine and alcoholic beverages to maintain vitality.

He is also a staunch supporter of pleomorphism, the belief in the ability of bacteria to morph shape dramatically or to mutate into many morphological forms. This idea has firmly split the microbiologist community into two schools of thought, the pleomorphists who support the claims; and the monomorphists who vehemently dispute them. In the current scientific community the monomorphic perspective of microbiology has emerged as the dominant theory. Modern medical science supports the monomorphic theory of cell development in which cells derive from previously formed cells of the same size and shape.

Dr. Young holds retreats where he educates the patrons on the Alkali Diet as well as a live red blood cell examination in an in-depth microscopy seminar. According to the National Council Against Health Fraud (<http://www.ncahf.org/digest05/05-14.html#young>) Dr. Robert Young pleaded guilty in 1996 to a misdemeanor charge of attempted medicine without a license. He was promised that the charge would be dismissed if he stayed clear for 18 months. Young allegedly had examined blood samples from two women who were seeking nutritional advice.

Critics of his live red blood cell examination conclude that his test have no scientific validity. Dr. Young counters his critics citing many papers and sources validating his claims including Understanding Acid-Base by Benjamin Abeloh, M.D., a lecturer of medicine at Yale school of Medicine and Clinical Physiology of Acid-Base by Burton David Rose, M.D., a Clinical Professor of Medicine at Harvard Medical School.

According to his website (<http://www.phmiracleliving.com/press-kit.htm>), Dr. Young is a member of the American Society of Microbiologists, the American Naturopathic Association, and an honorary member of the Connecticut Holistic Health Associations, the Presidents Council at Brigham Young University. He is also a consultant for InnerLight, Inc. and an advisor to Dean Lawrence Carter at the Martin Luther King Chapel, Morehouse College. He was also honored by Professor Lawrence Carter at Morehouse College with an induction into the collegium of scholars as well as placed on the advisory board. He has been praised by Professor Carter for his efforts in understanding the balance of body chemistry and the effects of this balance on health.

Chapter 4: Diabetes And The Ph Miracle Diet

Diabetes is the third leading cause of death in the United States. Even more chilling, it is the first leading cause of death for children. The rising rates of obesity in this country have also led to rising rates of type II diabetes (also called adult onset diabetes). Today, one in 12 adults are afflicted with the disease. This means that over 16 million people have the disorder, with 6 million of them walking around undiagnosed and unaware of their sensitive insulin condition.

Type II diabetes is created by increased aging, obesity, poor nutrition, high stress and physical inactivity. All of these conditions can be traced back to one source...high acidity. Over-acid lifestyles and food choices have negative impacts on health, which is shown by the rapidly increasing diabetes rates in the country.

Diabetes is an old disorder. It has been known about for thousands of years and yet it is only today that it has become an epidemic. Part of the problem is that the nature of diabetes is a mystery, even to educated adults. People do not understand what insulin does in the body and how the insulin metabolism affects the health. Even current medical science has some misconceptions about the true nature of the disorder.

For example, many in the medical establishment believe that obesity is the cause of diabetes. However, obesity is a result of increased consumption of complex carbohydrates and simple sugars. The high rate of consumption of these products (which are made from the acidifying foods of sugar and processed wheat) leads to high acidity in the body. The body attempts to deal with the increase of waste acids by using fat to neutralize the acid. The fat is then stored as a safeguard for the cells in the body.

There is also a belief that insulin is needed to regulate blood sugar levels in the bodies. The term "insulin dependent" was created in the 1950s to create the impression that muscle and fat require insulin to take up glucose (the sugars created by eating high carbohydrate and sugary foods). However, current studies show that many different things in the body transport glucose. Cells require glucose for their cell respiration process. The body makes sure that the cells receive that, no matter how much insulin is present.

Insulin resistance, which is a precursor to type II diabetes, is brought on through a highly acidic lifestyle and acidic food choices. It occurs in the liver, muscles and fat cells. Excess caffeine, chocolate, sugar and carbohydrates stimulate these bodily organs and tissues. As the body is stimulated, the cells begin to release their glucose and this leads to the elevated levels of blood sugar that people see when they do blood sugar testing. The body cells are disorganized and the highly acidic state can lead to a host of problems overtime including premature aging, high blood pressure, inhibition of the release of glycogen from the liver, and the inhibition of the burning of fat.

Over stimulation of the bodily tissues through acidic foods can cause a lot of damage, and type II diabetes is just a symptom of an acidic lifestyle. In order to bring the body back into balance, you must include alkalizing green vegetables, green drinks and good fats in your diet. Plant proteins from grains and legumes also help restore the body's previous homeostasis. The pH miracle diet includes a balanced plan for eating with your body, instead of against it. With the application of the principles of the diet, controlling and preventing diabetes is a simple matter of alkalized eating and living.

Chapter 5: Aging And The Ph Miracle Diet

When many people hear the word 'diet' they immediately think of weight loss. The focus on thinness in our society has equated this word with shedding a few pounds. However, diet really means any food or drinks you put into your body. The diet that you consume has a profound impact on your overall health. The pH miracle diet is not just a diet for weight loss. In fact, the first volume of this popular series was dedicated to health in general. The original pH miracle diet book focuses on many issues, including aging.

What does aging have to do with pH and acid/alkaline foods? Some experts contend that the reason we age has to do entirely with the amount of acidic foods that we eat. The theory is that we get older because we do not effectively get rid of the wastes and toxins that accumulated through our bodies.

We burn nutrients within our cells to get energy, maintain our body temperatures and get our bodies to function correctly. No matter what type of food you eat, vegetable or meat, acid or alkaline, gourmet food or junk food, they are composed of the same elements: carbon, nitrogen, hydrogen and oxygen.

In order to function correctly, the cells use these nutrients. They "oxidize" them or burn them up into natural acids: carbonic acids, uric acids, lactic acids and fatty acids. The cells expel these acids as waste into urine and sweat. When the body is functioning properly and in a balanced manner, these waste acids are no problem. The body can get rid of them quickly and easily, and you can maintain a normal pH of around 7.4.

However, the modern way of living has resulted in our bodies not being able to rid themselves of the acids correctly. Lack of sleep, lack of exercise, overwork, stress, smoking, pollution and high acid diets (heavy in meat and dairy products) all prevent our bodies from properly expelling these acids. There is too much acidic production from these lifestyle and diet factors, and the body simply cannot get rid of it.

Even worse, modern farming and food production practices are making foods more acidic than they used to be. Inorganic acid minerals like chlorine, phosphor and sulfur seep into meats, grains and root crops through soil, air quality and farming practices. We are consuming more inorganic acid minerals than ever before. All of this contributes to our bodies' inability to rid themselves of acid.

The pH miracle diet is a perfect balance to our over-acidified lives that cause premature aging. Aging occurs because of the build up of acidic elements in the body. Healthy cells naturally have a slightly alkaline pH level, and since acid and alkaline are chemical opposites, high acid levels destroy cells.

In order to stop aging and reverse the affects of acidic damage on the cells, you must start alkalizing your diet according to the principles set out in the pH miracle diet. You must help you body develop a better system to rid itself of the acid wastes. Then you must facilitate it in pulling old wastes out of your body.

The first step requires that you drink plenty of water, especially acid free alkaline water. Just 4 glasses of alkaline water is more effective than 8 glasses of regular water. Water ionizers are available to help you create alkaline water in the comfort of your home. This water will help flush out your system and get rid of the build up acidity within it.

The pH miracle diet also encourages people to eat a higher percentage of alkaline foods in their diet. The alkalizing foods will help restore balance to the body and push the remaining acid waste build up out of the body. According to pH miracle diet fans, the results are a more youthful glow, more energy and a relief from some of the symptoms of aging, like arthritis.