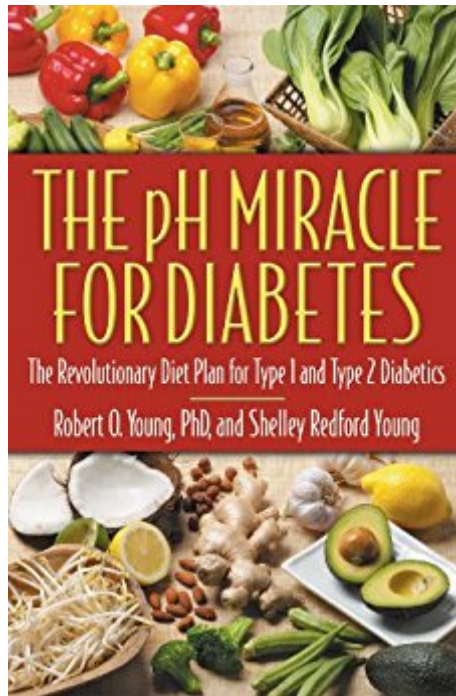


The book was found

# The PH Miracle For Diabetes: The Revolutionary Diet Plan For Type 1 And Type 2 Diabetics



## Synopsis

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.

## Book Information

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## Customer Reviews

After reading "The Ph Miracle For Diabetes" I call that author a genius. I have been doing what he says to do, and my blood sugar ranges in the normal range, now. I had been diagnosed with diabetes in February 2003. I had been following Dr. Young's plan for health since the diagnosis, however, I really didn't know why it works. Now, I do. I do not take any prescription drugs. I have maintained a loss of 37 pounds over a year and a half, now, as a result of balancing the Ph factor in me. (This is another pointed phenomenon, too.)It is remarkable and impressive how he defies what the medical "profession" believes, and he ventured out of the medical box of beliefs and discovered what really happens to cause diabetes. It is so clear and logical, that even I can understand, now."It

is not a disease of the pancreas or the insulin producing beta cells or an autoimmune response, it is from the fluids which the pancreas cells are floating in."---Dr. YoungWhen the fluid is too acid, then the cells turn into a bacteria. He watched this transformation under his microscope. Then, he researched a diabetes scientist, from one hundred years ago, Dr. Bechamp, in the archives of books on the subject in the Medical Library in Paris. That French scientist had come to the same conclusion, that long ago, as Dr. Young had in this century. He studied Dr. Bechamp's findings and found them to be the same as his and saw the original drawings, which that scientist had made of the mutation of the pancreas cells transforming before his eyes, under his microscope. He said that it was an eerie feeling to see what that scientist had discovered was the same as he had recently discovered, as well. A hundred years ago, Medical Science went with Pasteur, who was wrong, according to Dr. Young.

The pH Miracle for DiabetesBy Robert O. Young, PhD, and Shelley Redford YoungWarner BooksÃ A© 2004 All persons who are diabetic, whether Type 1 or Type 2, or pre-diabetics ("impaired fasting glucose", meaning, BG readings from 110 - 126) like me, want to lead normal lives, eat "normal" things, be lethargic, and go about their business without regard to their BG readings. To place ourselves in such an arena, we all want a magic pill which will make us fit in with the lifestyles of 5/6th of the U.S. population. Unfortunately, no one has found such a pill, even though more and more books are written about the virtues of more and more pills, and new and improved dietary supplements.Before I review this book, I must first give you a mini-review of The Acid Alkaline Food Guide, by Dr. Susan E. Brown and Larry Trivieri, Jr., Squareone Publishers, Ã A© 2006. This book gives a much more concise and better description of what pH balance is, how it affects your health, and the possible consequences of not keeping ones system "in balance". pH means "potential for hydrogen", a term used in chemistry, which indicates whether a solution, fluid or compound is acidic, alkaline, or neutral. pH can be measured in our bodies by testing saliva and urine or blood (pH strips are available for the first 2 tests), and if we have a heavy concentration of hydrogen in our systems, we are "acid based". The scale goes from 0 to 14; to be healthy, we should have slightly alkaline, oxygen-rich arterial blood (7.365 to 7.45 is ideal) - a reading of 7.0 is neutral.Oxygen rich systems (alkaline based) neutralize formation of acids which might prove to be harmful.

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