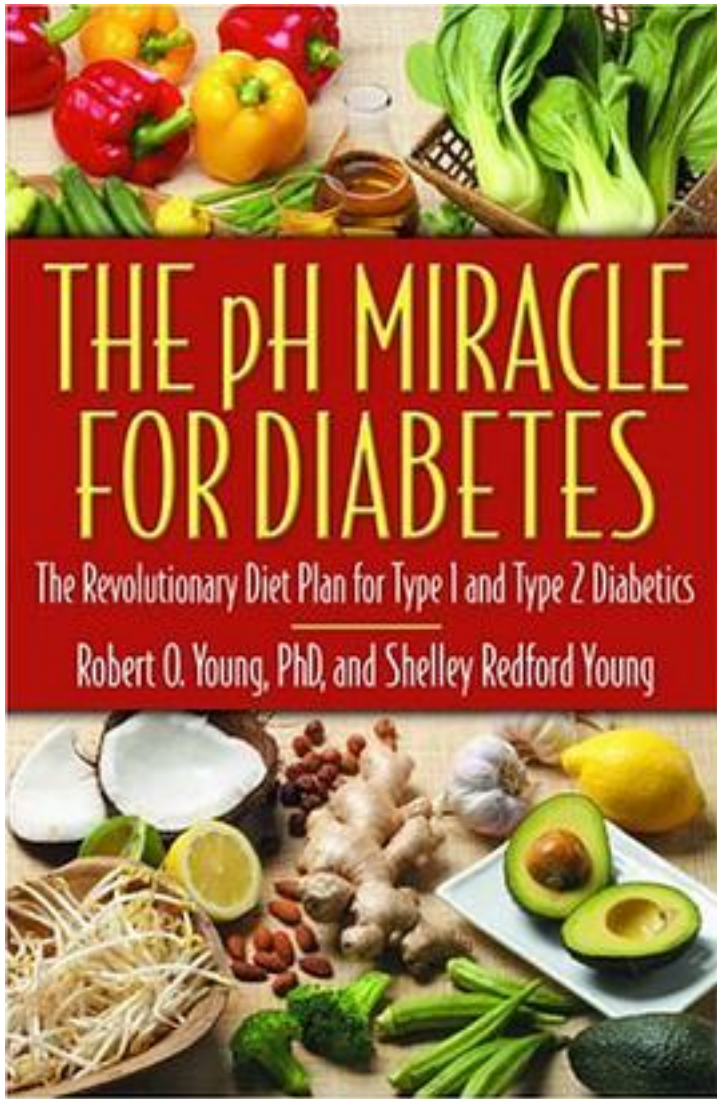


The pH Miracle for Diabetes



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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 overacidity 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.

作者介绍:

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