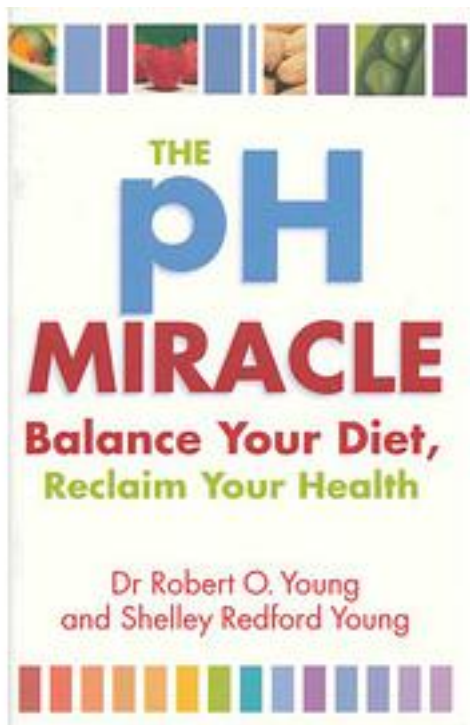


Ph Miracle B



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著者:Young, Robert

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Forget cholesterol counts. Forget calories and fat grams. Forget blood pressure, blood sugar, hormone levels or any other markers of health you're used to hearing about. If you want to lose weight and prevent or reverse diseases like diabetes, heart disease and even cancer, you can follow the guidelines in 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-giver. The entire metabolic process depends on an alkaline environment and chronic over-acidity corrodes body tissue. The pH miracle shows readers simply and clearly how to get a balanced system with a proven program that explains how to eat optimally for health

and weight loss. You'll learn which foods to eat, which foods can be combined safely, which should be eaten alone, which should be avoided altogether and which supplements can help. In just weeks, you'll have more energy, a stronger immune system and will shed pounds and inches.

作者介绍:

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标签

评论

酸碱平衡是其他众多平衡的一部分。

原来国内传的很多酸碱体质的文章是源自这里。搞笑的是这个作者是个骗子，给病人注射碱性物质号称可以治愈癌症，实际上只是骗钱。

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书评

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