



The pH Miracle for Weight Loss: Balance Your Body Chemistry, Achieve Your Ideal Weight

Robert O. Young, Shelley Redford Young

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Building on the success of their first book, the best-selling *The pH Miracle*, in this book Dr. Young and his wife turn their attention to what is considered by many health experts as America's number one health crisis—the growing numbers of people who are seriously overweight or obese. Contrary to other popular weight loss books, most notably those, such as *The Atkins' Diet* and *The South Beach Diet*, that tout a low-carbohydrate approach to achieving weight loss, the Youngs maintain that the primary culprit behind excessive weight gain, as well as many other health problems, is a chronic state of acidity in the body (a pH value below 7.1). Shifting the body's chemistry to a more alkaline pH, they maintain, will quickly and easily result in the loss of excess weight and the buildup of more lean muscle tissue. The goal outlined by the Youngs in this book is to replace dieting with a 12-week, seven-step program that is intended to not only rejuvenate the entire body by replacing current blood cells with blood cells "at the peak of health," but also to create an ongoing lifestyle that will permanently keep off the pounds that were shed during the 12-week period. In addition to a rich section on eating tips to create more alkalinity in the body (complete with an extensive list of recipes for breakfast, lunch, and dinner menus), the book also covers the importance of adequate water drinking, proper exercise, important nutritional supplements, learning how to manage thoughts and emotions that can contribute to acidity, goal-setting, and, for optimum results, a two-week cleansing program. In support of the program, the book also includes a collection of testimonials from people who have achieved significant weight loss on the program—further backed up by before-and-after photographs. With an increasing number of health professionals now emphasizing the importance of proper pH to overall health, the information this book presents is both timely and fairly easy to implement. Larry Trivieri Jr.

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