

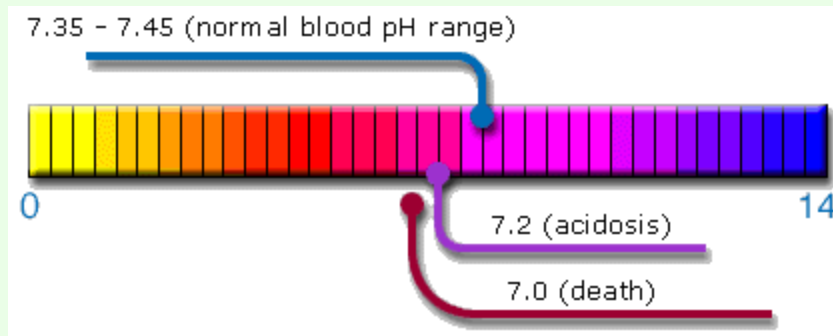
What Is The pH Miracle?

"The pH Miracle" is a phrase that has been coined by [Dr. Robert Young](#). It is what best describes his program for alkalizing and energizing the body back to health. In this segment of the website we will attempt to give you a full understanding of what causes the body to get "out of balance" (and the resulting sickness and disease of the human body) and clue you in on what you need to do to get your body back "in balance." The science behind this idea is thousands of years old. But science, through the use of superior technology, is able to show us some extraordinary things that we could never see before - basically a "new biology." In Dr. Young's book of the same name, [The pH Miracle](#), he describes in detail every aspect of this new biology. We here at SnyderHealth.com will try to decipher some of the finer points of his program and help you understand your body in a way you may never have.

We know that there is a lot of reading in this section. Believe us, the short time it will take you to understand some basic functions of your body and the subsequent program for healing is NOTHING compared to the life of joy and fulfillment which can be your very own "pH Miracle."

Forget cholesterol counts. Forget calories and fat grams. Forget blood pressure, blood sugar, hormone levels, or any of the other markers of health you're used to at the doctor's office. It turns out that the single measurement most important to your health is the pH of your blood and tissues - how acidic or alkaline it is. Different areas of the body have different ideal pH levels, but blood pH is the most telling of all. Just as your body temperature is rigidly regulated, the blood must be kept in a very narrow pH range - mildly basic or alkaline. The body will go to great lengths to preserve that, including wreaking havoc on other tissues or systems.

The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends on an alkaline environment. Chronic over acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions, from the beating of your heart to the neutral firing of your brain. In other words, overacidity interferes with life itself. It is at the root of all sickness and disease.



If that's not enough to get you interested in balancing your body pH naturally, nondestructively, keep this mind: **Overacidity is also what's keeping you [FAT!](#)**

The goal then - and what this program allows you to do - is to create the proper alkaline balance within your body. The way to do that is by eating the proper balance of alkaline and acid foods. That means 80 percent of your diet must be alkalizing foods, like green vegetables. (That percentage will go down somewhat once you've successfully rebalanced yourself.) In addition, high quality supplements will help you achieve and maintain pH balance.

["The pH Miracle"](#) Dr. Robert O. Young and Shelley Redford Young, Warner Books; (May 2002)