

## The Four Major Steps

This page provides all the details on how to embark on The pH Miracle program and how to incorporate it into your life, whether you choose to go all out immediately to address an urgent situation, or take a more deliberate pace for permanent change. So right here, we're going to give you the four major steps of the program, without going into a lot of detail. We want you to see the forest before you get too involved with the trees.

The most basic outline of the program looks like this:

- Step 1: Transition** For 12 weeks, gradually substituting for and eliminating acidifying foods, switching over to an alkaline diet.
- Step 2: Cleanse** For 1 week, with some supplements and mild, natural laxatives.
- Step 3: Strictly Alkaline** For 7 weeks, with additional supplements, including probiotics. This means eating only alkaline foods. Whereas your ultimate diet will be 70 or 80 percent alkalizing, at the outset you're aiming for 100 percent. Essentially, you stick to high-water-content vegetables, mainly green ones, and have them raw as much as possible.
- Step 4: Maintenance** Now you can proceed on to 70 or 80 percent of your diet being alkaline and adding the full range of healthy foods, including fish, grains, soy, and starchy vegetables. You'll also add your full range of supplements, including any you need to address specific symptoms.

For the purposes of creating this website, we've settled on general guidelines everyone can follow. But truly the program should be individualized. Listen to your body and start where it is telling you you need to be. Observe how it changes as you go through the steps and pace yourself accordingly. There's nothing magic about the timing of these four steps, and extra weeks *here* or faster progress *there* is all part of the experience, as long as you stay basically on track. The pH Miracle works a bit differently for everyone who follows it, though the end result - radiant good health - is the same for all.

If you are very ill, you might start directly with step 2 to get the fastest results, and follow the strictest part of the program (step 3) for up to three months. Those of you who begin not *too* far out of balance may need only one month in step 3 before going with the fullest range of foods. It all depends on your progress.

You can also begin with a [Cleanse](#) before you begin transitioning, if you want to give yourself a kind of jump start, but be sure to come back to the Cleanse as you are finishing your transition and ready to go ahead with the strictly alkaline diet. Some or all of the steps of the transition may take you longer than a week - go ahead and do what you need to do. It is a lifetime investment you are making, so doing it right is far more important than doing it quickly.

We've seen this program work, time and time again, for seriously ill people - as well as for people who seemed pretty healthy in the first place. What works for one person, or even most people, however, may not do so for everyone. You must tune in to your body, its needs and responses, and take personal responsibility for it. Ultimately, no one knows more about you than you. This program is designed for people to manage on their own, but it is wise to seek input from knowledgeable practitioners if it seems appropriate. (If you find you are having trouble communicating your situation fully, you might ask the professionals you consult to have a look at Dr. Young's book "[The pH Miracle.](#)") In any event, you should consult a health care practitioner before beginning this (or any other) diet program.