

"Dr. Young has discovered a brilliant insight to re-create our health, expand our longevity, and feel better fast!" — Mark Victor Hansen, cocreator of the Chicken Soup for the Soul series



# THE pH MIRACLE

Balance Your Diet, Reclaim Your Health

Robert O. Young, PhD, and Shelley Redford Young



This book is filled with dozens of similar testimonials, like *Pete's Story* below; folks suffering from multiple debilitating and chronic ailments for which doctors had no cure.

One **quote** from the book - pg 122...

The single most important thing you will learn in this book is to **get your body plenty of pure water**. And not just any water – **alkalizing water having a pH over 9** will neutralize stored acid wastes and gently remove them from the body.

## PETE'S STORY

I was diagnosed with bladder cancer over three years ago, stage three (of a possible four)—not good. The doctors were worried that the malignant tumor could have spread to nearby lymph nodes and might have extruded through the bladder wall. It had definitely blocked one of the ureters connecting the kidney and the bladder. I underwent two months of chemotherapy, but I had such a severe negative response (my wife thought I was going to die) that my doctors recommended discontinuing treatment. Unfortunately, as much as I

had made it through had had no effect on the tumor. My doctors recommended removing the entire bladder surgically.

I was determined to fight the cancer, but I just couldn't believe radical surgery was my only choice. I set out to find out about my alternatives, and my search led me to Dr. Young. My blood turned out to be highly acidic, and live analysis of my blood showed my body chemistry to have a high degree of toxicity. My blood cells were a mess from years of eating garbage and ignoring my health.

I did a ten-day fast, with vegetable juices and soups, which, to my surprise, wasn't that bad. I started taking the recommended supplements, especially the pH drops and the concentrated green powder. After the ten days, I kept to vegetable meals, following the program to the letter. This was a radical change from my former diet, but I was determined to beat the cancer.

I told my doctors about my new approach, and although they were skeptical, they had nothing else besides drastic surgery to offer me, and agreed to monitor the tumor with intermittent MRIs. Many of my family and friends thought I was crazy. I had many tearful discussions with my wife, who was very supportive throughout, about which path to follow. One of my best friends accused me of trying to kill myself. But I remained steadfast. I would not vary my commitment to see this program through.

The first two months I lost between fifteen and twenty pounds, which confirmed my loved ones' suspicions, as I hadn't been overweight to begin with. But I felt better each week, with more energy and clearer thinking. I knew I was doing the right thing even before repeat blood analysis showed considerable improvement.

By three months into the program, there was no signs of any cancer spread, but my doctors kept suggesting surgical removal of my bladder. I was very opposed to that, naturally, especially now that I felt sure this program was working. I did agree to a diagnostic procedure, which revealed the tumor had not only shrunk, but also was suspended on a stalk to the bladder wall, no longer fully attached. The opening of the ureter was clear, and they were able to remove all of the old tumor during this procedure. The doctors took sections of muscle tissue of the bladder to test them for pathology (clear) and examined the ureter all the way to the kidney (also clear). There was no cancer in my bladder whatsoever, and only remnants of the carcinoma in the degenerated (and removed) tumor. I had won!

Amazingly, the surgeon *still* recommended removal of the bladder for what he called a "cure." I continue to get intermittent MRIs to monitor my bladder, but I know as long as I stay alkaline, the cancer will not recur. I just told the surgeon, thanks, but no thanks.

Those who daily drink 'Alkaline, Ionized' water age well & virtually NEVER GETY SICK!

Just as your **body temperature** has to be 98.6 to be well, so your **blood pH** has to be 7.365 – slightly alkaline.

The **typical American diet** is highly acidic & drives our pH down to around 6.8 – a zone where sickness & disease thrive. The body can no longer survive when its blood pH drops down further to 6.4 – this is the dreaded death zone.

In **Pete's story**, all he did was raise his low blood pH back up to 7.365 where the body could heal itself with nutritious alkaline foods & water.

Doctors wanted to remove the bladder instead of '*reversing the reason*' the bladder wasn't well. Pete's low pH could well have caused the cancer to spread to other organs. So which organ would the doctors want to remove next? We need all our organs to maintain quality of life. Is *organ removal* the best cure? No! As Pete proved, the best cure was simply to raise the pH of his blood from acidic to alkaline – where God, for very good reason, designed it to be.

Alkaline Water Cure web-site – click on...

[www.AlkalineWaterCure.com](http://www.AlkalineWaterCure.com)

### Two pH/Water Books...

1. '**Your Body's Many Cries for Water**' by F. Batmanghelidj M.D. (*London University, UK*)

[http://product.half.ebay.com/Your-Bodys-Many-Cries-for-Water\\_W0QQtgZinfoQQprZ1180447](http://product.half.ebay.com/Your-Bodys-Many-Cries-for-Water_W0QQtgZinfoQQprZ1180447)

2. '**The pH Miracle**' by Robert O. Young Ph.D. (*University of Utah; also a member of the American Society for Microbiology*)

[http://product.half.ebay.com/The-Ph-Miracle\\_W0QQtgZinfoQQprZ2348688](http://product.half.ebay.com/The-Ph-Miracle_W0QQtgZinfoQQprZ2348688)

These books can be ordered online at (click on...)

[www.Half.com](http://www.Half.com) or [www.Amazon.com](http://www.Amazon.com)