

Your Health = Your pH

Your Health = Your pH



How To Reverse
Illness & Gain
Vitality

ALISHA
HUGHES-GORDON

Your Health Your Ph How To Reverse Illness And Gain Vitality

Stephen A. Lawrence



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Your Health = Your pH: How To Reverse Illness & Gain Vitality Amy Mosher,2009-04 Do you desire to Experience more physical health Increase your energy level Protect yourself against disease Learn how Your pH affects your cellular health Your thoughts and feelings change your pH Common foods beverages undermine you what to substitute This comprehensive book Describes why and how disease gets started Explains common illnesses and the underlying root causes they share Teaches you how to gauge the state of your health Lists what foods to eat and which ones to avoid Provides a step by step guide to gaining wellness *The Detox Book, 3rd Edition* Bruce Fife,2017-08-14 We live in a toxic world Environmental pollution and disease causing germs assault us continually day after day Our food is nutrient deficient and our water supply dangerously contaminated People today are exposed to chemicals in far greater concentrations than were previous generations Thousands of tons of man made chemicals and industrial pollutants are poured into our environment and our food supply daily With such a massive attack on our health we should all be sick from toxic overload And we are In no other time in the history of the world has degenerative disease been as prominent as it is today Diseases that were rare or unheard of a century ago are now raging upon us like a plague Millions are dying from diseases that were virtually unknown in the past Experts tell us that by the time we reach middle age each one of us will have already been affected by either cancer cardiovascular disease or some other serious degenerative condition Conventional medicine has no sure cure Drugs surgery and radiation treatments can be as dangerous and debilitating as the diseases they attempt to cure Nature however has provided us with the solution Our bodies are amazingly resilient If the disease causing toxins are removed the body will heal itself This book outlines the steps you need to take to thoroughly detoxify and cleanse your body from these disease causing agents You will also learn how to reduce your toxic exposure and how to strengthen your immune system Through detoxification you will free yourself from the chains of pain reverse degenerative conditions gain more energy feel and look younger improve your memory and be happier Virtually all the diseases of modern society including many infectious illnesses can be avoided or even cured by sensible systematic detoxification Although we live in a toxic world we can take control of our health This book will show you how The Detox Book is highly recommended for health reference collections The Midwest Book Review A comprehensive handbook of detoxification therapies Chapters give extensive background information on each subject reports of research and precise detailed instructions for self administration An encyclopedic look at how we can care for and cleanse our amazingly resilient bodies Booklist American Library Association The Detox Book is an excellent primer on cleansing the body It provides everything you need to know about detoxification why you must detoxify and how to get the best results I highly recommend this down to earth and approachable book as the first step along your journey to health Michelle Cook Health N Vitality **The Alkaline Life** Ross Bridgeford,2024-01-23 Balance your diet balance your life The antidote to degenerative disease is closer than you think and the solution lies in an alkaline anti inflammatory and antioxidant

rich diet Whether you ve just finished The Alkaline Reset Cleanse and are asking yourself now what or you re curious about exploring the opportunities an alkaline diet has to offer The Alkaline Life will provide you with all the tools you need to meet your nutrition goals and feel better With Ross Bridgeford as your guide you ll learn how to live alkaline and stay alkaline for life Ross begins by providing the science backed facts behind the alkaline diet how to do it and why it works Then he dives into how the alkaline diet can work for you based on your goals Finally he provides delicious and nutritious alkaline recipes that will motivate you to stick with this feel good lifestyle in feasible way *Vegetarian Times* ,2002-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Smart Moms in the Kitchen** Meilina Widyawati,2015-07-28 Melalui buku ini Anda akan diajak mengenali bahan kimia tersembunyi di bahan makanan peralatan memasak dan barang barang lain yang berada di dapur Anda dari yang bermanfaat untuk berhemat dan memudahkan tugas Anda sehari hari hingga yang berisiko merugikan bagi kesehatan Anda sekeluarga **Prevention Live to 100 and Love It!** Prevention,Stacey Colino,2025-09-16 Add healthy years to your life with practical science backed strategies that work from the editors at experts at Prevention Featuring 100 photos this user friendly guide which includes strategies for disease prevention and long lasting brain health makes aging well both realistic and rewarding Here s good news People are living longer and better than ever before and now you can too This empowering longevity book with easy to understand text and 100 photos and illustrations offers immediate benefits to extend your lifespan Inside you ll find The latest news on the science of aging including the myths about the aging brain and memory and if it s possible to reverse aging Ideas to take a staying young approach to your 50s 60s 70s and beyond plus the secrets of the superagers Strategies for maximizing your healthspan the years you re in good health including important advice about brain heart and mental health 25 exercises to help you preserve and build balance flexibility strength and cardiovascular endurance The best foods to eat for healthy aging and a primer on science supported diet plans including the Mediterranean Diet DASH diet and MIND diet Tips for navigating menopause and sexual health Action oriented checklists for living your best life now and always Live to 100 and Love It celebrates healthy aging showing how living a long and healthy life is possible for everyone **Bulletin of the Atomic Scientists** ,1972-09 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin s iconic Doomsday Clock stimulates solutions for a safer world **Calm Healing** Robert Bruce Newman,Ruth L. Miller, Ph.D.,2006-12-12 With disease statistics rising and health care costs soaring Calm Healing is a timely book indeed Written in an accessible style the book shows readers how to take an active role in their health by developing their innate skills for healing themselves and others Part I presents a history of mind

body medicine describing meditation methods across cultures and meditation research in the United States Part II creates a new model of the human body based on a synthesis of disciplines including quantum physics and energy medicine Part III describes a wide range of healing methods including the healing practice of humor cardio awareness progressive neuromuscular release awareness based energy breathing transformative compassionate breathing childbirth applications and methods for near death care This section concludes with an analysis of healing the present by healing the past Part IV focuses on self healing and the worldwide transformation made possible by the effective action of groups engaged in mind body healing

Vegetarian Times, 2002-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

Health Bliss Susan Smith Jones, Ph.D., 2008-06-01 Would you like to lose unwanted pounds eliminate the ongoing stress of unbalanced living and regain your zest for life If so then this easy to read diet and lifestyle book is for you as it will gently guide you on a journey to unparalleled vitality your ideal body weight and the confidence you need to control your own health destiny Renowned author Susan Smith Jones shares the secrets of health and diet success that her private clients pay thousands of dollars for She shows you how to select the healthiest and most delicious foods explains how a little bit of exercise can go a long way reveals the importance of silence and solitude and empowers you to make the changes that will make you look and feel younger and more energetic than ever The 21 day approach recommended in this book will give you the motivation you need to take charge of your body your health and your life physically mentally emotionally and spiritually as you learn which foods heal detoxify and rejuvenate your body look and feel ten years younger in just 90 days understand how raw plant based foods facilitate healing and restore youthful vitality lose 20 to 30 pounds over three months by eating more not less free yourself from depression and negative self talk and much much more

So Stressed Stephanie McClellan, Beth Hamilton, 2010-02-18 So Stressed is also a landmark health book for women by two internationally respected female physicians It combines insights from the authors combined 50 plus years of clinical experience to reveal a unique view on stress and how it affects women's bodies and minds McLellan and Hamilton reveal how stress disrupts the intricate balance of the female body to make it the root cause of an astoundingly wide range of physical problems They have pulled together findings from around the world that substantiate their breakthrough view of stress as a previously unsuspected widespread factor in chronic health conditions and premature ageing They guide readers through the body in an accessible interesting new way to show stress's effect on brain and pain endocrine and immune systems metabolism and heart libido and reproductive systems and basic wellbeing Their cutting edge findings make essential reading for women of all ages and couldn't be timelier This very important book will enable women everywhere to make lifestyle choices that will change and possibly save their lives

1 Pound a Day

Roni DeLuz, James Hester, 2014-03-11 From the authors of the hit diet book 21 Pounds in 21 Days an expanded simplified month long program to cleanse the body as well as a new plan for keeping it clean for the rest of life Natural Health, 2003

Food For Life Seymour Koblin, 2012-09-02 Daily food provides fuel and energy for any activity we pursue What we put into our bodies influences the quality of our lives You are what you eat provides a metaphoric reminder that food choices influence all of our personal actions Be in our shared dream of vital health and inner happiness Great Life implies expansiveness Macrobiotic eating embraces the view that because of our position at the top of the food chain humans are the only species on earth that have the luxury of eating any food we choose There is literally nothing on this planet earth that is forbidden in the macrobiotic diet Perhaps those of you who have read or heard about macrobiotics may be surprised by this statement It s the You Can Eat Anything You Want diet that includes an awareness of consequences related to the ups and downs that result from food and lifestyle choices

The Complete Idiot's Guide to the Secrets of Longevity Kandeel Judge M.D., Karen K. Brees Ph.D., Maxine Barish-Wreden M.D., 2008-11-04 Living life to the fullest now and later Modern life can be dangerous to one s health Things like burnout excess weight stress lack of sleep poor diet and pollutants can have a negative impact on the quality of life and ultimately one s health span Written by doctors The Complete Idiot s Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger Readers will learn about Diet exercise and supplementation The pitfalls of longevity threatening lifestyle choices involving bad relationships harried schedules and lack of sleep Insights into toxins from food cleaning products and cosmetics The incredible power of laughter optimism and a positive attitude

5 1/2 Ways to Well-Being Ruben S. Seetharamdoo Ph.D., 2018-08-18 Well being is not a probability that we might one day achieve True well being is our birthright and by embracing the 5 ways to well being that are outlined in this book we can bring ourselves back into balance and experience optimal well being 5 Ways to Well being is a ground breaking work in the field of well being and lifestyle medicine written by an internationally renowned health coach speaker and health scientist 5 Ways to Well being is not a book to just read and absorb Instead it is a book that you actively do A book that prompts you to apply the most current research on well being to your daily life This book is not for everyone it is for people who are proactive about their health It is about you creating your best lifestarting right now The greatest power you have is your ability to choose the way you perceive life and the choices you make about how you will act Its a responsibility but also a great gift Start your journey to a better lifestyle todaybe beautiful be healthy and enjoy every healthy step you take Highlights include A treasury of lifestyle teaching and wellness practices including meditation rituals for self care and connecting with nature Innovative approaches to restoring your body with holistic lifestyle guidance rather than a list of rigid rules How modern lifestyles contribute to chronic disease and how to restore vital health through lifestyle medicine Experience greater physical energy more joy better sleep improved digestion stronger immunity and many other benefits in mind body and soul

Vegetarian Times , 1998-04 To do what no other

magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both Prolonging Health J. E. Williams,2003 Aging doesn t have to mean failing physical health declining mental acuity disease frailty and life in a nursing home You can extend your good health as you grow older by using the best of natural medicine InProlonging Health Dr James Williams O M D shows that there s no reason you can t live to well over 100 years enjoying good health all the while Based on the latest medical findings Dr Williams presents a practical 10 point plan to prolong your health by understanding and changing the ten major causes of aging He shows how to strengthen your heart revitalize your brain rebalance your hormones repair your DNA prevent degenerative disease detoxify your cells avoid insulin resistance This definitive guide to longevity includes more than 90 self help tips a special discussion on Aging and the Brain and specific points for having an informed talk about aging with your health care provider Dr Williams author ofViral Immunity says One thing is certain the better your health the longer you will live and live well *Holistic Dental Care* Stephen A. Lawrence,2018-09-08 Stephen A Lawrence introduces readers to holistic dental care and its role in overall health Most people America would like to maintain healthy teeth and gums during their lifetime While conventional dental care still relies on outdated treatment methods including the use of toxic elements such as mercury and fluoride this is not the way dentistry must be practiced and more and more patients are beginning to realize that there are safer more effective ways to care for their teeth and gums *Holistic Dental Care Your Mind Body and Spirit Guide to Optimal Health and a Beautiful Smile* presents a positive detailed and easy to read argument for the benefits of a more open minded progressive and integrative approach to dental care and overall health Scientific studies suggest that our mind body relationship psychological function physical activity and the food we eat all affect us at biological levels where our habits can alter our immune system and affect our physical emotional and spiritual health When we get sick on any level from an ordinary cold to a cavity or gum disease it s usually because of some imbalance in our immune system often triggered by chronic inflammation oxidative stress and toxins Holistic dentistry addresses these issues by supporting a patient s comprehensive health Holistic dentist Stephen A Lawrence s new work introduces readers to safer gentler and more efficient way of treating their mouths and bodies along with addressing their overall wellness He offers a reader friendly tour through how our body works and approaches dental health through the lens of comprehensive wellness and summarizes current holistic dental healthcare ideas and products to stop cavities and gum disease rebuild teeth at home and positively affect patients and those around them as we strive to spread wellness worldwide Considering the current explosion of green living all over America the increased awareness of how toxins affect our health and a rising interest in bettering our general quality of life through wellness and mindfulness this work fills a gap in understanding how holistic dental health care can be part of an overall

approach to healthier living now Vegetarian Times ,1998-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

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