

## Ph Miracle Diet: Weight Loss Basics, And Cooking Tips

One Of The Biggest Benefits Of The Ph Miracle Diet Is Weight Loss. Many People Have Turned To This Diet To Lose Weight As Well As To Improve Their Overall Level Of Health The Ph Miracle Diet Is Very Efficient At Removing Extra Weight.

Obesity Is A Nationwide Epidemic. According To Recent Studies, Over 59 Million Adults Over The Age Of 20 Are Obese (30 Or More Pounds Overweight). One In Three Americans Have A Some Degree Of Being Overweight That Puts Them At Medical Risk For Many Different Conditions, Including Heart Disease, Heart Attack, Diabetes And Hypertension. Even More Startling Is The Number Of Children That Qualify As Overweight And Obese. In The Early 1990s The National Center For Health Statistics Found That 15 Percent Of Children Between 6 And 19 Were Overweight, Which Was Twice As Much As The Results Found In The Early 1980s. The Numbers Have Grown Even More Significant. Today, 9 Million Children Are At Least 15 Pounds Overweight With Many Millions Qualifying As Obese.

What Is To Blame For These Alarming Obesity Rates? The Environment Of Highly Acidic Foods And High Levels Of Stress Have Made For A Disastrous Combination. The More Acidic A Body Becomes, The More Fat The Body Will Store. Overweight Conditions Result From Too Much Acid In The Body. Eliminating Acid From The Diet With The Ph Miracle Diet Will Help You Lose Weight.

The Accumulation Of Fat Is Actually The Body's Attempt To Deal With The High Levels Of Acid Waste. Many People Think That Fat Is Bad And That Fat Is The Enemy That Needs To Be Attacked. Fat Is Just A Symptom Of A Larger Problem ? Acidity. You May Be Surprised To Find Out That Your Fat Is Saving Your Life. Fat Is Actually Protecting Your Body From Rising Levels Of Acidity. When You Eat Massive Amounts Of Sugar, Starches, Red Meat, Dairy Products And Other Acidic Foods, Your Body Uses Fat To Bind To The Acid To Protect Your Cells.

The Acidic Cycle In Your Body Functions In The Following Way. When You Eat Foods That Produce Acid When They Are Digested, This Acid Builds Up In Your Body. When The Acid Is Not Eliminated In A Timely Fashion, It Can Disturb Other Cells And Get In The Way Of Their Functioning. Pretty Soon, Many Cells In The Body Are Being Negatively Affected By The Presence Of Acid. However, The Body Has A Line Of Defense In The Form Of Fat. Dietary And Body Fat Are Both Used To Neutralize The Acid. The Acid Bound Fat Is Either Eliminated Or Stored, Depending On How Much There Is. The Body Can Only Rid Itself Of So Much Acid Bound Fat, So When You Eat A Lot Of Acidic Foods You Will Store A Lot Of Fat.

So People Who Are Overweight And Obese Are Actually Showing Signs Of Being Too Acid. Their Diets Are Too Much For Their Body To Handle, So Body Fat Is Being Used As A Line Of Defense. Fat Is A Symptom, Not The Main Problem. Many People Begin To Think That Eliminating Fat From Their Diets Is The Key. However If They Are Still Eating Acidic Foods They Are Actually Robbing Their Bodies Of The Ability To Protect Themselves. Low-carbohydrate And High Protein Diets Have High Levels Of Fat, But The People On These Diets Need That Fat Because Their Diet Is Highly Acidic (Animal Protein Has Acidifying Effects).

The Dietary Solution For Weight Loss Is To Follow A Program That Is High In Alkaline Foods. The Ph Miracle Diet Balances Out The Acidity That You Have Been Developing In Your Body And Will Restore You To Your Ideal Weight.

Ph Miracle Diet Basics

The Ph Miracle Diet Is The Newest Phenomenon To Strike The Dieting World. Health Experts Have Noticed That Popular Diets Seem To Go In Waves. While The 90s Were Marked By The Low-fat Diet Craze, The Last Six To Seven Years Have Been Focused On Low-carbohydrate Diets Like Atkins, The South Beach Diet, Protein Power And Sugarbusters. As People Become Frustrated With Each Type Of Diet, They Look For Something New To Try. The Ph Miracle Diet Is The Focus Of A Lot Of New Interest.

The Ph Miracle Diet Is So Appealing To People Because It Is A Complete 180-degree Turn From The High-protein, Low Carbohydrate Diets Of The Past Few Years. The Ph Miracle Diet, Also Called The Alkaline Diet Or The Young Diet, After Its Creator Robert Young, Has A Totally Different Approach To Nutrition. Many Holistic Doctors And Nutritionists See It As A More Balanced Approach To Nutrition That Takes The Body's True Needs Into Account.

Basically, The Human Body Has A Ph That Is Slightly Alkaline. The Theory Is That Since The Human Body Runs At This Ph, Our Diet Should Be Comprised Of Mostly Alkaline Foods. The Standard American Diet Has Many Foods That Are Considered Acidic, Such As Animal Protein, Sugar, Caffeine And Packaged Foods. All Of These Foods Disrupt The Ph Balance Of The Body And Cause A Whole Host Of Problems. The Proponents Of The Ph Miracle Diet Say That All Of These Acidic Foods Actually Disrupt The Body's Use Of Alkaline Minerals. These Minerals Include Sodium, Potassium, Magnesium And Calcium, Which Make People Prone To Chronic Diseases.

This Is The Real Crux Of The Importance Of The Ph Diet. The Nutrition And Health Community Has Come To Realize That What A Person Puts Into Their Body Has A Profound Effect On Their Overall Health. Although The Mainstream Medical Community Has Emphasized A Balanced Diet Including Fresh Fruits, Vegetables, Meats And Dairy Products, The Ph Diet Takes This A Step Further. It Points Out That The Acidic Foods Actually Rob Your Body Of Essential Minerals. Those Who Follow The Ph Miracle Diet Are Avoiding Foods That Can Be Disastrous To Their Health.

Many Of The Foods That We Eat Commonly Are Considered No-nos On The Ph Miracle Diet. One Of The Most Surprising Omissions Is The Absence Of Wheat Products. The Fda Recommends Whole-wheat Products For Better Health. Yet According The Ph Diet, Grains Like Wheat, Millet, Oats And Rice Are Acidic And Harmful. The Alkaline Grains Of Buckwheat, Quinoa And Spelt Are Favored For Their Alkalizing Benefits.

Generally, All Meats And Dairy Are Omitted On The Ph Miracle Diet. If You're Worried About Protein, Goat Milk Is Slightly Alkaline. There Is Also Protein Provided From Vegetarian Options Like Beans, Tofu And Certain Nuts And Seeds. Most Vegetables Have Alkalizing Effects, Except For Mushrooms. Fruits Are Limited To Coconut, Grapefruit, Lemon And Lime.

Those That Have Tried The Ph Miracle Diet Say That They Feel Massive Effects On Their Health Within The First Few Weeks. Lowering The Intake Of Processed Foods And Eating More Vegetables Is Good Health Advice For Everyone, Whether Or Not They Follow The Specifications Of This Particular Diet. In Fact, This Has Been One Of The Major Criticisms Of The Ph Miracle Diet. Opponents Say That If People Are Already Eating Fresh Foods And Drinking Plenty Of Water, Then The Diet Will Have No Effect. They Disregard The Acid/alkaline Balance Theory.

Another Important Thing To Consider Is That There Has Been No Scientific Testing Of The Theories Behind The Ph Miracle Diet. Also, Many Conventional Medical Doctors See No Benefit To The Program. However, The Principles Behind The Diet Are Based On Holistic Medicine And Chinese Medicine, Which Have Been Around For Centuries. The Ph Miracle Diet Principles Are Currently Being Studied At John Hopkins's University And By Dr. Neil Solomon Of The United Nations. Soon The Critics May Have To Re-evaluate Their Stance On The Diet's Scientific Basis.

## Ph Miracle Diet Cooking Tips

Adopting The Ph Miracle Diet Way Of Life Means Changing Your Approach To Eating And Cooking. Many People Make The Transition Easily, But For Others The Ph Miracle Diet Makes Them Enter The Foreign Territory Of Fresh Vegetables And Vegetarian Protein Sources.

There Is An Endless Supply Of Alkalizing Recipes In The Ph Miracle Diet Books And Online. You Will Never Be Out Of Meal Ideas If You Take The Time To Look For New Recipes Each Week. Although At First The Meals And Methods May Be Unfamiliar, They Will Become Second Nature With Practice.

Many People Who Start Out On The Ph Miracle Diet Way Of Eating Do Not Know Where To Start. Their Diets Used To Consist Primarily Of Packaged Foods, Meats And Other Acid Forming Choices. While Its Okay To Eat These Foods Occasionally, The Vast Majority Of Their Recipes And Meal Choices Are Now A Thing Of The Past.

This May Seem Overwhelming At First, But Really You Only Need To Find 10 Recipes That You Like And Can Make Well. That`s Really All That Most Families And Individuals Use. If You Rotate Only Two Or Three Dinner Recipes, You Are Going To Get Burnt Out On The Program Really Fast. Try A Few New Recipes Each Week And Build Your ?portfolio? Of Alkalizing Meals Until You Have 10 Meals That You And Your Family Love To Eat.

Look Over The List Of Alkalizing Foods, And Take Note Of Which Foods That You And Your Family Already Enjoy. Then Try To Find More Recipes That Incorporate Those Tastes And Textures. This Will Be Much Easier And Enjoyable For Your Family To Adapt To If You Start Off With Foods They Already Like, Than All Of A Sudden Introducing Tofu, Kale And Dandelion Root.

One Of The First Recipes You Should Try Is An Alkalizing Broth. There Are Many Variations But Basically The Broth Is Made From Alkalizing Vegetables And Distilled Water. The Broth Has A Lot Of Necessary Minerals And Can Help Restore Ph Balance To Your Body. It Promotes Internal Cleansing Of All Of The Tissues And Organs Of The Body. This Broth Can Be Used As A Basis For More Complex Soups, Or It Can Be Served As A First Course Before Any Meal.

Many Fans Of The Ph Miracle Diet Rely On Juices To Help Cleanse Their Bodies Of Excess Acidity. There Are Many Popular Juice Recipes And They Would Be A Good Addition To Your New Way Of Eating. The Juices Can Be Consumed As A Quick Breakfast Or A Snack Sometime Throughout The Day. Most Can Be Made In A Blender, So You Don`t Need A Fancy Juicer.

If You Have Children At Home, You May Be Worried About Finding Recipes That They Will Love. There Are Many Children`s Vegetarian Cookbooks That Can Be Adapted For The Alkaline Diet By Substituting Certain Vegetables. A Lot Of Tasty Fruits Like Apples, Raspberries And Strawberries Are On The Alkaline List. Sweet Potatoes, Which Are A Favorite Of Many Children Once They Try Them, Are Highly Alkalizing Foods And Are Good For The Winter Months. In The Summer Time, Celery And Other Fresh Veggies Are A Great Snack And Can Be Dipped In Homemade Hummus Or A Dip Made From Mayonnaise And Lemon Juice.

With A Little Practice And Research, Making Alkalizing Meals Will Become Second Nature To You And Your Family.

