

TONY O'DONNELL C.N.C., NATUROPATH

# MIRACLE DETOX *Secrets*

plus pH Balancing for Peak Vitality



"Miracle Detox Secrets is a must for those who want to improve their sense of well-being and health!" —Jack Canfield, Co-author, *Chicken Soup for the Soul*®

# Miracle Detox Secrets Plus Ph Balancing For Peak Vitality

**SJ Ball**



### **Miracle Detox Secrets Plus Ph Balancing For Peak Vitality:**

*Miracle Detox Secrets* Tony O'Donnell, 2008-07      *The pH Miracle* Shelley Redford Young, Robert O. Young, 2010-07-02

Never count calories fat grams or portion size again Your body s pH balance is the key to optimal health weight mental clarity and overall vigor Strike the right balance by nourishing your body with certain foods to create an alkaline environment and say good bye to low energy poor digestion extra pounds aches and pains and disease This innovative program proven effective over decades works with your body chemistry to revitalize and maintain your health Now completely revised updated and expanded this classic guide includes the latest research and reveals the secrets of Core nutrients an all new program that provides the most important components your body needs chlorophyll from green vegetables essential oils alkaline water and pure mineral salts Cleansing remove impurities and normalize digestion and metabolism with new ways to detox the body Exercising right a brand new chapter on which alkalizing exercises help maintain the correct pH level Alkaline foods over thirty five new tempting pH powerful recipes to help you easily balance your body using foods like tomatoes avocados sprouts nuts lemons limes grapefruits and green vegetables Learn how to balance your life and diet with the incredible health benefits of this revolutionary program

The Top Books of the Year Miracle Detox Secrets Plus Ph Balancing For Peak Vitality The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Miracle Detox Secrets Plus Ph Balancing For Peak Vitality : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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