

Young pHorever Alkaline Nutritional Starter Pack

Instructions

This pack gives you everything you need to start living the **pH Miracle protocol** taught by **Dr Robert Young**. This pack is designed to build your body and energy from a cellular level and is the result of 30 years of research. Dr Young has analysed over 400,000 blood samples and found that the key areas for extraordinary health, energy and vitality are the following.

Chlorophyll



This is covered by the **ChloropHeal** drops and the **Doc Broc Power Plants** formulation.

The Doc Broc Power Plants themselves are an amazing product, but when combined with liquid chlorophyll will send you energy through the roof.

Working together they:

- Contain huge amounts of photon energy that can be instantly used by the body. You will instantly feel the hit, and have no drops in energy associated with sugary caffeinated drinks.
- Provide the ideal building blocks for the body to regenerate healthy cells.

Oil



Beneficial omega oils are the second cornerstone of extraordinary health. This is provided by the organic Udo's Choice product which provides the exact blend of 3, 6 and 9 omega oils our bodies need.

Udo's gives you the following benefits:

- Provides a fantastic source of building materials for new healthy cells
- Provides a very clean source of energy
- Binds with acids and escorts them from the body
- Improves brain function
- The oil is anti fungal and anti yeast.

Water



It is essential that we drink plenty of water during the day. It is even more important to ensure that the water we drink is pure and alkaline. The body throws off huge amounts of acid everyday through its functions, never mind the extra acid load we heap on top of that.

Meat, coffee, tea, sugars, stress, alcohol all contribute and it takes 20 parts alkalinity to neutralise 1 part acid! Here is where the **PuripHy** drops come in. They massively increase the alkalinity of the water whilst at the same time removing yeast, mold and fungus from the water.

Alkaline Salts



Your body spends a huge amount of energy trying to neutralise the acids in our system by creating and using alkaline salts.

pHour Salts provides the following:

- Takes a massive load off the body by providing alkaline salts.
- Helps to conduct the photon electricity throughout the body, leading to a rapid increase in energy levels.

Digestive System



It is absolutely essential that the digestive system is clear and functioning properly. New blood cells are created in the intestines from food absorbed here. If this area is congested then food and supplements will not be getting to where they are needed.

A congested digestive system is also a massive acid producer adding to your overall acid load. **pHlush** is included to eliminate toxins and undigested matter within the alimentary canal.

pH Stix



We have also included a pack of eighty pH Stix. These can be used to measure your pH levels and track your progress.

Water Bottle



Used to mix and drink the Doc Broc Power Plants, ChloropHeal and PuripHy.

Daily Instructions

Morning

- 1 scoop of pHour Salts in 170ml filtered water
- 1 tablespoon of Udo's Oil
- 4 capsules of pHlush taken with your breakfast
- Put 1 scoop of Doc Broc Power Plants into litre water bottle, fill with one litre of filtered water add 5 drops PuripHy and 10 drops of ChloropHeal. Drink during morning.

Lunchtime

- 4 capsules of pHlush taken with lunch
- Mix another litre bottle with the same ingredients – Doc Broc Power Plants, PuripHy and ChloropHeal

Afternoon / Evening

- Mix another litre bottle with the same ingredients – Doc Broc Power Plants, PuripHy and ChloropHeal.
- 4 Capsules of pHlush with evening meal

Important Points

- Use the pHlush until the capsules run out.
- Test your pH twice per day, once first thing in the morning upon rising and once in the evening. Take an average and track while you are using the products. When combined with an alkaline diet and lifestyle, your pH should initially fall (as your body throws off excess acids) and then stabilise at around 7.5.
- You should use this pack in conjunction with an Alkaline Lifestyle, as outlined in the [Alkaline Lifestyle Course](#).

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