

The **ALKALINE DIET AND LIFESTYLE**

Let greens be thy medicine



DOMINIC SPEIRS

Contents:

Introduction.....	3
Importance of pH balance.....	11
Yeast and fungus.....	15
Where blood is born.....	19
Truth about the stomach.....	22
Cause of bad circulation.....	25
The body runs on electricity.....	26
Foods to avoid.....	27
How to restore balance.....	32
How to build perfect blood cells.....	34
Best foods to eat.....	40
Attitude.....	45
Exercise, yoga, stretching.....	48
Other factors for health.....	50
Testimonials.....	52
Recommended books.....	53
Recipes.....	54
My story continued.....	57
Vaccines.....	60
Iodine.....	62
Conclusion.....	63

Extras:

FAQ.....	65
Live blood analysis.....	99
Supergreens, the liquid feast, pH testing.....	111
Colon and liver cleanse.....	118
Fats (must-read info).....	127
Short-cuts to cleaning and healing the blood.....	132

Introduction: The information included in this book has changed and/or saved the lives of friends, family and the many other people who I have shared this with since 2004. It is relevant to athletes, health enthusiasts, anyone who has a health challenge and to everyone who wants to prevent future problems. If you are interested in knowing how to stay healthy, lose weight, have more energy or if you have any other specific health goal then this is for you as the principles shared here are universal and if properly applied, will serve you very well.

My story: I had struggled from a young age with cognitive problems in the sense that my mind just didn't process things easily. My ability to focus and learn was limited and it seemed like others were simply more intelligent, but I now know my troubles were all linked to food allergies, deficiencies, toxicity and also gut inflammation. Using substances as a means of coping with life meant that I was just compounding my problems and by the age of 19, the 'partying phase' of my life was over. The bubble burst and it was time to come down. I felt exhausted, flat and had a very severe mental fog, despite having quit all drugs. My original cognitive problems were still there but were now hugely amplified and no longer being masked or numbed by drugs.

At the time, going to the gym seemed like a good idea. I thought that getting strong, healthy and disciplined might be a step towards digging myself out of the hole I was in, but after a few months of overly-intense exercise, my already abused and undernourished body waved a white flag and chronic fatigue set in. I was in the library at a Thai Monastery whilst doing a meditation retreat when I picked up a book on chronic fatigue and that's when it first dawned on me that this wasn't just going to go away by itself. A few days later I came down with Dengue fever, leaving me underweight and even more fatigued, this was made worse by water fasting which was my attempt at kick-starting my digestion (my body couldn't even absorb watermelon!). After some time in hospital back in the UK, I began learning more about nutrition, but with the learning came an almost equal measure of confusion as it became obvious that most experts disagree about what the ideal diet/protocol should be. My trial and error approach gave varying results and I eventually settled upon a raw-food diet (un-cooked fruits and vegetables and their juices), but here again, there was and still is, fierce disagreement even in this area. For example, some people insist that high fruit intake is best, while others recommend low fruit intake.

Almost 2 years on and still underweight and fatigued, my leg was broken in an accident whilst helping to renovate a house (ironically, brain-fog and lack of short-term memory caused me to forget that the 'safety' railings were not fixed properly) and my determination as a healthy raw-foodist meant that I even refused painkillers. Two days later there was another trip to hospital, this time because of breathing problems caused by blood clots in my lungs, I was diagnosed with 2 blood disorders which cause abnormal clotting

(haemophilia and thrombophilia – which I later discovered are just symptoms of acidity whereby acids prevent the liver from making the right clotting factors).

So, despite all my efforts, my health had hit an all-time low and I was on blood-thinning medication (Warfarin/aka rat poison! And having my blood tested every day as my doctor couldn't stabilize my fluctuating blood viscosity/INR), with a broken leg, whilst still fatigued and underweight from the previous illness! This was actually the least of my worries as my main concern was the constant, crushing brain fog and feeling of being dazed. Anyway, whilst on crutches, I heard in my local health food store about a talk on live and dry blood analysis, the work of Dr Robert O Young and his 'alkaline diet' theories.

So, I enthusiastically hobbled along and was extremely encouraged by what I learned. It was the missing link that I'd been searching for and answered my question of why so many nutritional and alternative approaches to health just don't work very well. The speaker explained why many so-called health-foods and superfoods are actually not very good and why most diets out there are based on a false premise and lack of understanding of how the human body functions. How can you know the right diet if you don't understand the body?

The thing which I found most exciting was that the blood analysis demonstration **(which I explain in detail on page 99)** gave positive confirmation that these new theories are correct as blood microscopy can show if a diet, supplement or lifestyle really works or not as the blood never lies. So I booked a consultation and the lady who did the test was able to pick up on my symptoms and also highlight the effects of my current diet choices. She admitted that she was shocked at my results and that mine was the worst blood sample she had ever seen (and actually in the ten years since training, I have only ever once seen blood that bad!), which was genuinely reassuring given how terrible I felt as it categorically proved, to me anyway, that my severe discomfort was not psychological. It was thrilling in a way because now there was something tangible to target and the tools were given to me to get myself into balance and beyond!

She informed me about what steps could be taken to improve my situation and within weeks, or even days, more progress was made than had been made with all my years of trial and error. Sweet fruits and raw fruit juices had been my fix since quitting caffeine and chocolate but all physical sugar cravings vanished and my energy levels were already improving. My doctor allowed me to have the cast taken off my leg 2 weeks early and my warfarin meds went in the bin, so that I could fly, still very underweight, to California and train with Dr Young on the next available microscopy training course.

Since training in 2004 I have witnessed results which show that Dr Young's theories about the body are correct and that his dietary recommendations are perfect for anyone wanting to easily maintain or improve the functioning of their body. My doctor hasn't heard from

me in over ten years. The last trip to hospital was just to get confirmation that my 'lifelong genetic blood disorders' no longer exist, but the doctor glazed over when I said the reason for my recovery was green juices and alkaline water. Colds or flu are a distant memory and my health continues to improve with each year that passes. Health is much more than just the absence of symptoms and having your health is one of the biggest freedoms a person can have.

What we eat and drink directly impacts the health of our blood and I have looked at blood profiles of people on the Atkins-diet, low calorie diets, low-fat diets, high-carb diets and the only nutrition program which I have seen to consistently produce perfectly healthy blood is the one detailed in this eBook. The most important thing to understand is that the body is only as healthy as the blood, not least because blood-cells actually transform into and therefore *become*...body cells. For instance, when an eye, skin, bone or muscle cell dies, it is replaced by a blood cell, through a special process of transformation.

The food we eat is digested and the nutrients or elements in the food are turned into red blood cells. These blood-cells then become new body-cells, so we quite literally are only as good as the food we eat (and also the thoughts we think, but more on that later). This is the only program I know of which focuses on using food to build strong blood and as you will learn that it is ridiculously simple and easy to create healthy blood as the four main ingredients are so widely available. So it is my wish to share this information with anyone who will listen as there are so many people out there who have been unable to get the results they deserve simply because of being sold the wrong information and who, to make matters worse, have often been labelled as hypochondriac, orthorexic, or obsessive by friends, family or medical professionals. Luckily this was never too much of a problem for me but it can be very isolating when people are told, or it's implied, that their issues are all in their head.

People often spend a fortune on supplements and feel little or no change – and I am in the position to be able to explain why these supplements don't work and why, in many cases, they are harmful or at least contain harmful ingredients. It is my hope that this information will affect children, via their parents so that they can grow up eating the best food possible to support their growth and that they may be spared the many diet/junk food related physical and emotional health problems affecting so many children today. But anyone, younger or older will benefit from this information and brilliant health is available to you if you learn how to apply some very simple principles. I have kept things very simple but some of the words I use may sound a bit scientific (which is strange to say as I myself am not really interested in, nor am I very good at understanding science). The only reason for including the theories is for completeness but if you just want to know the bottom line then skip to the sections about food to eat or avoid.

Why are so many people sick and tired? Dirt, is the short answer. **It is our inability to effectively remove our own internal waste products (mineral/vitamin deficiency is probably the second main cause of illness).** All of our cells create wastes as a natural by-product of being alive (all living things go to the toilet, even our cells), it is similar to how cars produce exhaust-fumes from turning petrol into energy, but many of us consume and are generating, more pollution than our bodies can remove.

All of our metabolic and dietary wastes are shipped off to the elimination organs to be removed, a bit like flushing wastes from a house into the sewer. If the elimination organs are overstretched or are not working properly, then these acidic **toxins back-up into the body instead of being removed.** It's a lot like sewage drains backing up into your house, ruining the nice carpets and furniture except in this case it's your cells and organs which are affected. If left unchecked, this acidity would cause damage (to the brain and organs) - so the body works overtime to deal with this back-log of acidic 'sewage' and keep us alive, **causing a drain on our available nerve energy.**

We Feel fatigued, or have any number of other symptoms like headaches, insomnia, and weight gain. Cravings for caffeine and sugar can result because we feel so sluggish. **The standard western diet (bread, dairy, meat, coffee, sugars) is high in acid forming foods** and it often goes hand in hand with (and is a major cause of), constipation, dehydration, shallow breathing and sedentary lifestyles.

So you have the **high acid load, combined with poor elimination** meaning that 'dirt' accumulates in the body, slowing down and taxing our white blood cells in the process. Germs, bacteria and yeast are attracted to the resulting stagnation (just as you would have flies and bugs in your house if sewage backed up) causing us to be more prone to sickness. This explains why so many people are suffering with poor health.

All food, when turned into energy, creates acidity. **An 'alkaline' diet will give you the energy you need for life, but with the least amount of acidic by-product.** I will say now that you are not trying to make the blood alkaline as this is a worry for some, but more on this later.

An alkaline diet quite simply means reducing the intake of acid forming foods and opening up and maximising all normal channels of elimination. This means drinking plenty of water (preferably ionized to recreate what we would be drinking in nature) because water is a vehicle for carrying acids out via urination.

Doing moderate **exercise and ideally use of a sauna** so that acids can be eliminated through the pores of the skin via the sweat. **Walking in nature, especially in forests and at altitude**

to benefit from oxygen and ionized air. Increasing alkaline foods to provide alkalizing minerals and eating good healthy fats which the body can use to cancel and eliminate acids.

You feel good when you clean your house and you may also have noticed how well a car runs after it's had a good oil change. You will also feel good when you flush out all the acids and stagnation from your body.

The idea is to clear away blockages and let the sewage or old wastes drain away. This diet may come across as extreme (or at least the 'cleanser phase' might, as it focuses on lots of raw vegetables and juices but the idea is to allow the blood to run clean for as long as possible as this will benefit the whole body. Fasting has been valued for thousands of years and feasting on green juices and alkaline foods will achieve similar ends. When you stop eating so much dense, protein-rich food, even for a short time, it allows the clean-up crews (our white blood cells) to go in and clean up the mess. But even a 20 or 30% improvement in your diet, when combined with increased fluid intake, can yield big improvements in how well the body eliminates wastes.

The Kaleo diet: Herbivores spend their whole lives chewing and eating raw, green plants and turning those plants into flesh and muscle. Chlorophyll, when eaten, actually creates new blood cells, and those blood cells become muscle tissue or flesh. I will explain the process later. You will have noticed that many humans have skipped this process and have taken a short-cut. People have chosen to eat concentrated plant-matter in the form of meat. It is so much more convenient to eat the animals than it is to spend years, day-in and day-out, finding and eating plants for yourself.

The animals go out foraging, grazing and chewing all day.....and we then eat the animals (often, ironically, without even having the decency to chew the meat properly!) But, the convenience of using meat as the primary source of nutrition, comes at a cost and meat is acid forming, mineral-depleting, constipating, it is less nutritious than eating the plants (I will explain why), especially when cooked and it means something like 150 billion animals are slaughtered every year. There are many other very good reasons for reducing or potentially eliminating animal products from your diet altogether. My main point though is that meat is not a dietary essential.

All animals thrive on Chlorophyll and plant foods; chlorophyll is *the* power food and even lions choose to eat the grass-filled intestines of their prey as they need the greens to stay pH balanced. If you want to avoid animal products altogether, you need to chew/graze and eat what the other plant-eating animals eat and **so that means having a diet centred around green leaves and plant foods (not just tofu, beans, rice, bananas)** and you must consume the same sort of volumes of food, not a few salad leaves and some carrot sticks (that might

be okay for a pet rabbit on a starvation diet). You can try and get a protein deficiency while eating a calorie/volume sufficient plant-based diet.... but it's not going to happen.

We don't need to graze and chew all day as humans have invented useful tools, so we can juice or blend the chlorophyll rich plants for convenience (the convenience of juicing also comes when your health conveniently improves). Once you've had your juice, you can also eat other foods for enjoyment and pleasure. Meat is fine if you don't want to give it up, but chlorophyll should be the main focus as it is the most important building block of all, for reasons which I explain further on.

Have you ever seen a horse's eyes light up when you offer some lush greens over the fence? Or a rabbit when it raids the vegetable patch, or cows running and skipping out to a field of grass after being indoors all winter? Look on YouTube if you are not familiar, but they love it, as do our own cells. **We have exactly the same need and craving for chlorophyll** and 'rabbit food', but we have just lost touch with it.

Our taste buds have been manipulated and lied to by the people who want to sell you garbage in colourful packaging and we've been sold on the idea that food is supposed to be only sexy, stimulating and exciting. We should have become accustomed to the process of eating large amounts of leaves as a child. I didn't eat vegetables for the first 20 years of my life, but now I am addicted to the feeling associated with drinking my greens. You can make juices taste more appealing if you want to, but this morning I drank a juice made with just a pound or more of leaves, including Kale mixed with 5 parts water and ginger root. It was quick and easy to make and gave me my day's greens in one go – great if you are going to be busy all day. For me it's about how good the juice makes me feel, you can eat for pleasure and entertainment once you've met your quota of leafy greens. Some estimate that humans would have foraged for pounds of leaves per day, we didn't sustain ourselves on a few nuts and seeds. Start small and build up and remember to dilute juices with alkaline water.

People say they were hungry all the time when they went vegetarian, but being hungry simply will not be an issue if you drink enough raw juice especially if you get sufficient intake of good oils (we need more fats than animals do as our brain is larger and we need extra warmth due to our strange lack of fur). If you don't drink chlorophyll, your body will send a signal to the brain for the next-best-thing that contains the nutrients it requires and which is the only food it has a reference for and so it asks for meat out of habit. Meat-cravings cease when you drink juice and oils as a new and superior reference for cellular needs being met, is created. The human body is amazing and can *tolerate* a lot of rich 'tasty' foods, but we have not evolved to eat the western diet and I am sorry to say that we cannot separate ourselves from our natural, physical need for large amounts of raw plant matter.

If you are not willing to eat lots of raw plant matter (fruits and veg and plant oils), or if you don't have consistent access to those foods, then you will probably need to eat meat, dairy or some meat substitutes (or beans, grains, lentils etc) and utilise what food you have access to. Do not starve yourself as that is totally counterproductive. Eating 'bad food' is better than malnourishing yourself.

Energy: You also need to know how to meet your energy needs. Animals in the wild don't get fatigue or slumps in energy because they are getting electrons or electrical energy from the air, sun earth and from their food. The body doesn't run on calories as we are told, **we are electrical beings and so we need electrical energy from raw, uncooked fruits and vegetables.** You don't need to know what an electron is, other than the fact the body runs on electricity and if you just focus on getting enough electrons then everything else will fall into place. Foods which are high in electrical energy usually tick all the other boxes such as pH, vitamins, minerals, and chlorophyll. We are designed to get electrons from air, water, the earth and sun.... our skin is a solar panel. So, stale air, rubber soled shoes and polyester clothes, stored water and habitual use of sunscreen (I will talk more about sun exposure later) all affect our energy levels. People live out their lives like a battery which won't hold any charge.

Absorption: To maximize and speed up the **healing of the GI tract (which is one of the main objectives of this program) and for improved absorption** of your food, it is good to go onto a 'baby-food' diet for a while and blend/juice (or thoroughly chew) as much of your food as possible, into a liquid state. The small intestine is important because unless it is working properly, we cannot absorb our food. It is basically the equivalent of the root system of a plant or tree and it needs to be free from damage. But things like tea, coffee, sugar, meat, dairy cause congestion and can potentially harm this region.

These days especially, I often hear people say that they switched to a healthy diet yet they still felt tired.... **but it's not just what you eat that determines your health, it's what you are able to absorb which matters. Juicing and blending allows the important and delicate tissue in the small intestine to recover from the damage caused by acidic food and drink,** thereby improving absorption. Juices provide concentrated nutrients so you can make up for the years of poor absorption. Juicing also saves you having to chew each mouthful of food 50-100 times. Digestion takes place in the mouth, not the stomach (more on this later) and so food must be liquefied if it is to be absorbed.

A vegetable juicer is an incredibly useful tool, especially when dealing with tough, fibrous raw vegetables. **Getting a water ionizer is a really good idea too** as it will purify and then add electrons to the water. Water in nature has an electrical charge but this is lost when water is stored in reservoirs and transported through pipes into our houses. You are

encouraged to centre your diet on plant foods (and especially chlorophyll), green juices and smoothies, essential oils such as Panaseeda, minerals including a good quality salt (Real Salt or Himalayan salt).

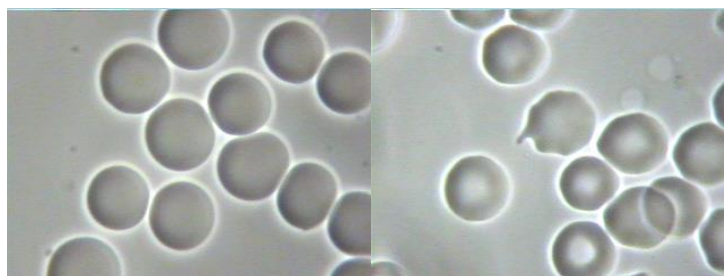
You can still eat meat and so on, but you could try going alkaline for a while and then **let your body decide if it still wants as much animal protein**. You can get the benefits of a healthy balanced diet whilst still eating meat, especially if you are cutting out wheat, dairy, sugars, bad oils etc., but for the absolute best results you would go 100% alkaline at least for a while. Most people find that after letting their blood run clean for a week or so, that they experience a quality and quantity of energy which they have never felt before and decide that they want to explore this further. But **anything you do to improve elimination of acidic wastes constitutes an alkalizing lifestyle** and the more wastes removed, the better you will feel.

Tips: Eat in moderation, reduce (or eliminate altogether): tea, coffee, alcohol, chocolate, sugars, sweets (haribo etc.) carbohydrate, biscuits, pastries, pasties, breads, cakes, donuts, ice-cream, cream, cheeses, milk, eggs, meat, cereals, peanut, cashew, pistachio, corn, fast food, cola, coffee, tea, processed food, ready meals, crisps, ketchup, mayo, jams, marmite, vinegars, yeast, mushrooms, brown sauce. Selective use of animal products if you are still choosing to include them.

Increase: Fresh air, being in nature, walking, movement, exercise, sleep, rest, relaxation, meditation, positivity, optimism, clean ionized water, good salt (the human body contains a pound of salt), omega 3, 6 and 9 oils, avocados, almond/hemp milk, salads, lemon, lime, tomato, cucumber, ginger, herbs, alkaline fruits and vegetables, quinoa, buckwheat, millet. Acidic foods are fine in moderation, aim for making the best choices and selecting the best possible options when using acid forming foods. **Aim to make 80% of your plate alkaline.**

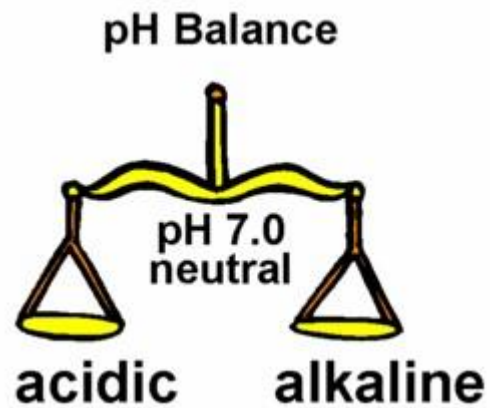
Note: I could just tell you to go and eat more vegetables, but the aim of this book is to empower you with knowledge and information so that you know why to eat/drink more vegetables, beyond what you already know. You should, after reading this, have a better understanding of your own body, than over 90% of the people on the planet.

A picture tells a thousand words (which is the clean blood?)



Importance of pH balance: The next 3 pages are slightly more 'heavy going' but I ask you to please push through and read on because I explain the cause of 10 or more of the most common symptoms that people have, thereby removing the fear and mystery surrounding them.

Why is pH balance so important? Perhaps you know the importance of pH for gardening or keeping a fish tank or maybe even maintaining a swimming pool. **pH Balance within the human body is very important** too. Different parts of body have their own specific pH but this section will be focussing on the blood.



The acid/alkaline balance of the blood is a lot like body temperature in that it can only move/fluctuate within a very narrow and tightly controlled range. **The pH of the blood is slightly alkaline, 7.365** if you are interested and the body makes constant subtle adjustments to keep it right where it needs to be. These adjustments could be likened to how we sweat to cool down or shiver to warm up in response to environmental temperature changes. **Many things threaten to alter blood pH including diet, emotions and environmental pollution** – to which the body must respond. Due to the sheer volumes and variety of acids to which we are exposed, **it is very difficult for the blood to ever become too alkaline** and maintaining a properly balanced pH almost exclusively involves the body using lots of clever strategies for eliminating acids. Ironically, people with blood which is too alkaline, are suffering from an over acidic body and in this case the blood is dumping alkaline minerals into the blood to compensate.

In a similar way to how the human body is able to resist the constant force of gravity, **we also have many mechanisms in place for dealing with the constant and ongoing presence of acids** to which we are exposed from food, metabolism (just creating and using energy creates acid) and our environment, to stop them disturbing the overall alkalinity of the blood.

Elimination organs expel these acids via urine, bowels, sweat and even by exhaling acidic gasses (Co2) through respiration. The body also produces baking soda /sodium bicarbonate to alkalize and neutralize these acids and in fact our blood is salty because salt is used to make sodium bicarbonate which is our main defence against acid. The body will even use omega 3 and 6 oils to buffer acids. Nature intended us to have fully-functioning elimination organs and for us to be eating healthy food full of good fats and alkaline minerals, so that when we occasionally become too acidic, the body can remove any excess and draw upon alkaline reserves when needed.

But we consume far too much acid food and drink including sugar, processed grains, meat, processed dairy, tea, coffee, to name a few and we generally consume far too little alkaline foods such as vegetables and especially vegetable juices. We also don't drink enough water

(nor the right kind of water!) which is the main vehicle for carrying acids out in the form of urine and sweat. Stress, constipation, shallow breathing and lack of exercise further compound the problem. The body's capacity to deal with temperature extremes has limitations and so does its capacity to remain pH balanced. Like I said above, it should be that the body makes subtle adjustments to the pH levels, but for most people the **acidity levels are so extreme that more drastic strategies must be employed by the body**. Just imagine if acids spilled into the blood unchecked. Pouring toxic waste into a river would affect those downstream and in a similar way, acids in the blood would harm the brain and other vital organs.

Every person has specific, genetically predisposed avenues for eliminating those acids which get retained when regular elimination is overstretched. The body utilizes one or more of these emergency strategies for dumping excess acids:

Bones: If alkaline mineral reserves are low, **the body will pull alkalizing agents such calcium ions and sodium from the bones, or magnesium** from muscles to buffer the acid. This can cause people to lose bone density through calcium loss and have weak muscles (the heart is a muscle) through magnesium deficiency. **Osteoporosis is perceived as a disease which 'attacks' the bones, but it is really just the body trying to maintain alkalinity** under difficult circumstances. It can't be reversed with calcium supplements, you need to balance pH and stop or drastically reduce the intake of acids (especially phosphoric acid from meat) which can leach calcium from the bones.

Fat: When people gain weight it is because **acids are being dumped, in purpose-made fat deposits - a bit like fly-tipping rubbish** or like sweeping the problem under the carpet (hence why fat from liposuction clinics is black/brown with acids and toxins). The body can only process so much acid in a day. Any excess is stored away to process at a later date, somewhere that it won't cause immediate harm. Naturally slim people who don't have the ability to build lots of fat-cells must dump the crystallized acids elsewhere and often get acids accumulating in the joints and tissues. **If you want to lose weight you should never restrict calories or volume of food** – you need to eat lots of food to obtain the nutrients required for health but it must be healthy food. **Once the acid has been detoxified, the fat is no longer serving any purpose and the body releases it.** There is no avoiding this – calorie restricting diets, low-fat diets or synthetic protein-shake diets, only serve to acidify the body and starve it of vital nutrients. This results in imbalanced hormones and body chemistry, so you just pile on the weight at a later time. You need to eat fats, but they must be healthy, electron-rich ones such as avocados and seeds. The body uses fat to buffer acid, balance hormones and to build healthy cells – and so eating plenty of fats is the key to healthy weight loss (more on this in the FAQ section)

Joints and stones: The body will take acids in a liquid state and turn them into a less-dangerous solid mass using your fats and vital minerals such as calcium, (which can be seen in the live blood analysis document). These **crystallized acids get thrown out to the**

extremities like hands, feet and to the joints, away from vital organs. Hence why people get acid crystal deposits in joints causing types of arthritis, gout and also noisy, clicking joints.

Skin problems: Many skin problems are caused by **acids being pushed out through the skin** (skin is the largest elimination organ). Body odour is also caused by the body expelling acids and toxins via the skin.

Cholesterol: is actually protective. **The body produces cholesterol to buffer acids!!** It is gooey and sticky and traps acid. Yes, it clogs arteries but while you are acidic it stops the acids from burning veins and arteries. The body also makes plaque crystals to trap and bind acids.

Mucus: An excess of mucus is caused by the body attempting to eliminate acids. Like cholesterol, **mucus is slippery and sticky, it traps acid and tries to carry it out of the body.** But over time mucus builds up inside the digestive tract and clogs the small and large intestines. Mucus is a vehicle for eliminating excess acids and the common cold is often nothing more than your body forcing you to take to your bed for a few days so that it can clean-house. Hippocrates was misquoted - he actually said “if you feed a cold you will have to starve a fever”. In other words, if you have a cold, you should fast on water or juices and allow the body to purge itself of poisons. When you do this, you will recover more quickly and more fully. “feed a cold, starve a fever” is a misquote.

Haemoglobin: the body will even sacrifice haemoglobin (the part of your cells that holds oxygen) to buffer acid and then people get wrongly diagnosed with anaemia and are given iron tablets. Chlorophyll is what’s really needed

Tumours: A tumour is an **extreme example of the body attempting to encapsulate toxic material** to stop it spoiling the rest of the apple cart. This is why biopsies are often followed by complications.

The body will always do its best to keep a lid on things, but as I will explain there are so many knock-on effects of an acidic diet that sooner or later the body becomes overwhelmed.

Even before the body gives way to illness, this constant battle to defend against acids (and severe lack of electron intake) **requires so much nerve energy that you need to sleep more and don’t feel refreshed when you wake**, you need coffee just to get through the day and are addicted to sugar – which gives you a quick boost but only makes the crisis worse.

So hopefully you can now see that **what we perceive as a disease is really the body attempting to maintain alkalinity.** The body is *not* malfunctioning. Yes, the above symptoms may feel uncomfortable, for example you may not like being overweight, but each and every fat-cell is keeping the acid away from your brain and organs. The fat is literally keeping you alive.

Can you now see the futility of suppressing the symptoms of acidity? Cholesterol is a protective response to acid so why suppress it with dangerous acidic drugs whilst ignoring the cause? This is why cholesterol suppressing drugs lead to health problems – the liver is making that cholesterol for a good reason. **Or if an organ gets sick – just chopping off a bad part or removing the whole thing instead of removing the cause** and allowing the body to carry out repairs.

Here is just a quick look at a few of the many symptoms of acidity and an electron deficient diet: **caffeine/sugar addiction, blood sugar imbalances, fatigue, headaches, PMT, insomnia, tooth problems, hair loss, Dandruff, poor digestion, constipation, allergies, body odour, pain (for instance fibromyalgia which is lactic acid being held in the muscle and tissues), inflammation, Crohn's disease, arthritis, cysts, cataracts and poor sight, infertility and many more.**

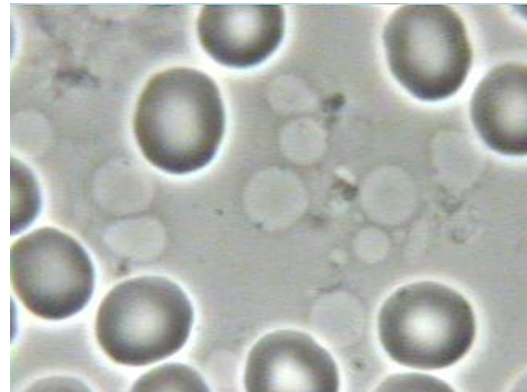
People with a naturally strong constitution (good genes) and good filter organs (liver and kidneys) are better able to eliminate acids and toxins effectively, despite a bad diet and as a result may have no symptoms. This can be a double-edged sword as it often causes them to be complacent about diet. They have inherited good alkaline reserves and their elimination organs have a strong capacity for processing toxins (can drink lots of beer and have no hangover the next day). But one day, after years of constantly taxing the body, a symptom may appear. **Even very strong people can get sick as often we have a specific genetic weakness and acids always go to our weak spots first** (an old injury that won't heal is a classic example of acids going to a weak spot. If you clean out the accumulations, then that old sports-injury can heal). If diabetes runs in the family, then the pancreas could be where a problem manifests. We must not blame genetics alone for disease, as most genetic predispositions will only become a disease in the presence of over-acidity.

You may feel that you have read enough and just want to know what to do to improve your health. In which case just skip forward to the part that explains which foods to eat so you can get started right away. Or you may want to know more detail and in which case read on, **as I will aim to address some whopping great myths in the area of health and biology.**

I will say though that it took me some time to get my head around all this information and even longer to condense and distil it into this book.... so don't worry if you have to read and re-read a few times before understanding it fully. It's not complicated, just different to what you may have learned about the body.

Yeast and fungus (oh joy)

So the body will always try to compensate for over-acidity, but if we continue to accumulate more acid than the body can easily eliminate, then **aggressive microorganisms may begin to take up residence as they are attracted to a low pH environment.**



Bacteria, yeast, fungus and mold (those ghostly white orbs next to the red blood cells in the picture) are Nature's undertakers, designed to recycle plants, animals, people and dinosaurs, just as mushrooms rot dead wood. This is a very helpful part of the carbon cycle, as it means the planet is not cluttered up with dead creatures and that organic nutrients are returned to the earth. Conventional biology says that it is bacteria in the environment i.e. bugs in the air and on the ground who recycle us. This is partly true but nature is not about to leave anything to chance (what if the environment at the time was sterile?) and our cells actually have the capacity to and are designed to, change form and actually morph, at the time of death, from normal healthy cells into bacteria and that bacteria will progress and evolve into various other micro-organisms necessary for recycling. Animals and plants can quite literally self-compost. Here's how it works: when a person stops breathing, CO_2 (an acidic gas) then builds up, alkalizing responses in the blood shut down and the blood environment changes very quickly from slightly alkaline to very acid. The sudden and drastic change in pH is the signal to our cells that we are dead and that we need to be recycled. **I am so sorry if this all sounds grim and morbid**, but it's helpful to understand this because the 'recycle process' is triggered by acidity.....and our entire world is centred around an acidic way of living.

When our pH is balanced, our cells only ever serve to supply us with oxygen and all the other helpful tasks (such as transforming themselves into healthy new body cells) – but when acids appear on the scene the otherwise healthy cells take this as their cue to switch roles. **Under a microscope many people have yeast in their live blood** sample which is the last place you might expect, or would want, to see it. This is because many people are acidifying themselves through diet, lifestyle and poor breathing (causing CO_2 to build up) meaning that the body's 'self-compost button' is being 'pushed' too soon (i.e. the presence of high levels of acid in the body, normally reserved for when we die, has given the impression that we are dead and need to be recycled) and the bugs have enthusiastically begun their work. At this point I want to reassure you that **this process is reversible** and I will go on to give you all the tools necessary to remedy this situation, so please, read on, I'm just getting all the doom/gloom stuff out of the way first.

Once yeast has established itself in a person's body, alkalizing becomes even more urgent because yeast/fungus will compound the problems associated with regular dietary acidity.

Yeast is destructive by design - nature designed it that way for fast, efficient recycling, and it destroys (eats) everything in sight including protein (this is partly responsible for protein or meat cravings), vitamins, minerals, even your good fats but its favourite food is sugar. Yeast has a ferocious appetite for sugar and eats as much as possible. **This causes your blood sugar levels (I will talk later about fuel sources better than carbs) to crash and you feel tired, shaky and often desperate for sugar or caffeine to try and rescue the situation** (when I see yeast in a person's live blood sample I ask if they are tired and sugar addicted amongst other things and I almost always get a big yes in response). Then, like all living creatures, once yeast has eaten the nutrients from your blood, it adds insult to injury by going to the toilet. After eating, yeast excretes acidic wastes called mycotoxins (which worsens the existing situation) as a natural by-product of its metabolism and which makes the environment more acidic and biodegradable (i.e. more conducive to recycling and reproduction/colonisation). They spew out mycotoxins (like alcohol) which poison and choke the cells and neurotransmitters even further (ruining, like a big spanner in the works, so many important reactions in the body in the process) and create tons of **symptoms including foggy thinking, low energy, adrenal stress and all manner of mood and behavioural problems**. If you think about your body as an aquarium or fish tank, yeast is like an algae or some organism which spoils the cleanliness and pH of the water. Drinking good water will flush out these wastes, like changing the water in a dirty fish tank, mitigating the negative effects while you work on getting full control of the situation.

The yeast will breed and colonize (especially in the colon), and do all it can to tear the body down as quickly and efficiently as possible. It's nothing personal, they're just trying to recycle you to keep the planet tidy and the soil rich fertile.

So, on one hand you have your own cells transforming and trying to recycle you, and on the other hand you have your white blood cells working overtime to kill the yeast and to keep you alive, your body is producing new red blood cells to replace the ones which are mutating and your body is wasting tons of alkalizing agents to try and restore proper pH. **No wonder you feel tired with such a conflict taking place**. This is the hidden battle which we take for granted and one which can be seen during a live blood assessment. Some people have such strong constitutions that they don't even have any major symptoms, but it's still a big waste of nerve energy and resources.

Yeast infections are an outward manifestation of an internal fermentation problem, and should more accurately be called an "outfection," as coined by Dr Young. Yeast/fungus will colonise the intestine, compromising blood production and absorption of nutrients. Overgrowth in the colon is why so many people have gut problems: constipation, food allergies (caused by undigested proteins getting into the blood through holes in the damaged gut wall), gas, IBS, Crohn's etc. Yeast overgrowth can reduce chemical and mechanical absorption of food causing weight loss too. **Some say there are over 100 symptoms associated with yeast overgrowth**, so if you have any health challenge it may be worth considering this as a possibility as there are some good options for addressing the

problem. Even conditions such as bi-polar and schizophrenia can be directly related to a specific type of yeast. If I see severe fungal overgrowth, I ask about severe mood disorders and normally the person will confirm that they are on anti-depressants or something along those lines.

Colds, flu and infections: Germs do not 'invade' with malicious intent to cause disease, we have to first send out an invitation. **When we are clean and pH balanced, our inner environment is not conducive for pathogenic microorganisms.** When one is acidic and especially if you already have an internal yeast overgrowth, then germs from the outside environment will want to join the composting party (to help out their friends). White blood cells have many important roles but, contrary to the idea that they are like an army of soldiers defending us against attack, they are only supposed to be a 'back-up system' against germs (i.e. a last resort). **A balanced pH is our primary immune defence** because if we are alkaline.... there will be no germs in our system to fight because they are attracted to acid and so the white blood cells can go about their intended task of janitorial work. Most of us are forcing our white cells to abandon house cleaning duties and help keep the invading forces under control. Louis Pasteur (the father of vaccines and pasteurization) who coined the germ theory (the idea that germs and pathogens cause all disease), after a lifetime of being praised for and profiting from this theory, finally, on his deathbed admitted that ***"Claude Bernard was right; the pathogen is nothing; the terrain is everything."*** **(Meaning that germs will only get a foothold if we are 'fertile soil' for them to grow).** Instead of killing germs (bleach, antibiotics, vaccines etc.) we just need to be pH balanced and to stop eating so much dead food. Mushrooms, fungus and mites don't attack living trees – they just help rot dead, dying or unhealthy ones. Could you imagine if Garbage collectors would periodically force entrance to our houses to plunder our paper and plastics – taking bottles out of the fridge before we had finished using the contents? It doesn't happen and the idea of it is ridiculous. It is actually the same with the human body. We will never ever be recycled before our time, unless we send out an invitation or request via our acidic lifestyle choices. But society is attached to the idea that germs are to blame for our woes.

The Cycle of Imbalance – how yeast overgrowth causes cravings: Acidic lifestyle (and especially the use of antibiotics) will cause the initial overgrowth, this in turn creates nutrient and energy deficiencies (B-vitamins, etc.) which in turn creates fatigue, depression, muddled thinking and makes one feel generally unwell. This causes a desire, or in many cases an uncontrollable need for things like sugar, coffee and starches to provide a quick 'energy' (adrenaline) fix. These adrenaline-stimulating foods make you feel better for a brief moment but the sugar fuels the yeast and creates more acid which further nurtures the yeast, thus perpetuating the problem. The cycle of imbalance continues, getting worse with each turn of the wheel.

The only real solution is to break the vicious cycle with an infusion of alkalinity and electrons (there is no better way to turn off the composing that saturating your body with electrons).

You don't want to kill the yeast because the yeast is your own blood-cells in a mutated form and you can't fight the sugar cravings with will-power because it's mentally/emotionally exhausting and distracting (its futile anyway as the yeast will just nag until you feed them). You simply need to change the environment so the yeast cells will die off or revert back to healthy cells. Yeast can only thrive in an acidic, low energy environment – so all you need to do is remove the acid accumulations and flood yourself with electron saturated living foods.

It is not enough to just take anti-fungal supplements or drugs; you must change the whole environment. Can you see how pointless it is to prescribe acidic anti-fungal medications for athlete's foot or yeast infections? (It's like mopping up water instead of fixing the leak, except anti-fungal drugs make matters worse)

The attitude of thinking we need to kill these creatures is the problem. Antibiotics are supposed to fight infections but can actually cause a yeast overgrowth in the body. This is because antibiotics kill indiscriminately (biotic means life) and kill both good and bad bacteria (or technically they don't kill anything, they cause them to mutate unfavourably causing secondary infections), so although they may alleviate symptoms of an illness in the short term, they can and do set up problems for the future. We need homeostasis in the gut to keep yeast and other germs under control but when this balance is disrupted, yeast and other bacteria can spread from the gut into the blood and soon after finishing a course of antibiotics, people return to the old pattern of picking up germs (coughs, colds, infections etc.) from other people and from the environment. This is a part of why people tend to become habituated to antibiotics. Natural anti-fungals, such as certain herbs, can be very helpful in the right context and provided that the root cause is also addressed.

It is worth mentioning that if a person has a yeast overgrowth they will often ironically be attracted to fungal foods, such as mushrooms, marmite, yeast bread, alcohol. The yeast in the blood wants to invite its friends along and sends signals to your brain, getting the host to do their bidding by way of eating certain foods. Details of fungal and anti-fungal foods will be provided further on.

The list of illnesses associated to yeast and fungus is practically endless. If you have a significant health challenge you can be fairly sure that yeast is involved. Many doctors now understand there is a link between cancer and yeast and that cancer is said to be nothing more than a fungus/mold.

Dr Young also says that the Auto-immune concept is flawed. The body never attacks itself; what we have here is the white blood cells trying to clear and evict rogue (mutating/morbidly evolving) cells. This is yet another classic case of self-preservation which is misinterpreted as the body malfunctioning. This is covered in great detail in Dr Young's book 'Sick and Tired' which is a must-read if you want to really understand the background to everything I am outlining.

Where blood is born:

Now you are going to discover an alternative theory about where blood cells are born. That may well sound strange as it's something we just take for granted but the current medical theory may need to be reviewed.

Scientists in Germany decided in 1952 that blood is produced in the bone marrow and this has heavily influenced the way the way in which nutrition and medicine are practiced. Dr Young believes that this theory is only a *part* truth – which unfortunately has been widely accepted as the whole truth.

The primary blood production site according to Robert Young's research, is actually the small intestine which, although controversial, isn't too hard to believe because the digestive system has such a high concentration of capillaries and possesses everything else necessary for blood production. The intestines also have a steady supply of food for making new blood with, as new cells are made from the foundational elements derived from our food.

It's funny because when the bone marrow theory was explained to me at school it never really clicked. Probably my simple mind thought of bones as white, solid, smooth and that they don't *look* like something you would expect to be responsible for producing billions of blood cells. And logically speaking, why would the body waste energy shipping nutrients from food off to the bones when it can be done on site in the intestines? Dr Young says the body certainly is *able* to produce blood in bone marrow – but it only does this when it is starved of nutrients or if the small intestine is damaged and therefore unable to build new cells.

The body must maintain a certain number of oxygen-carrying Red Blood Cells per sq. millimetre. There is no tolerance for lack of oxygen, so if a person is starving/malnourished or the small intestine is damaged/compromised, then the body will pull foundational elements from the bone for creating new blood-cells with and therefore maintain the integrity of the blood terrain. It will sacrifice anything in the body to get the stuff necessary to manufacture cells. It is however a last resort and is far from ideal in terms of overall health.

The reason that scientists got the mechanics of blood production so very wrong, is that when they were trying to find out where blood is produced their experiment was conducted in such a way that it gave totally misleading results.

Rabbits and pigeons were used in the experiments and food intake was restricted in order to deliberately cause starvation. Because no food was being ingested with which to create new blood, the animals went into preservation mode and began making blood cells from the bones. When the scientists did their tests they could clearly see blood cells being produced in the bone marrow and so concluded that bone is the primary blood production site.

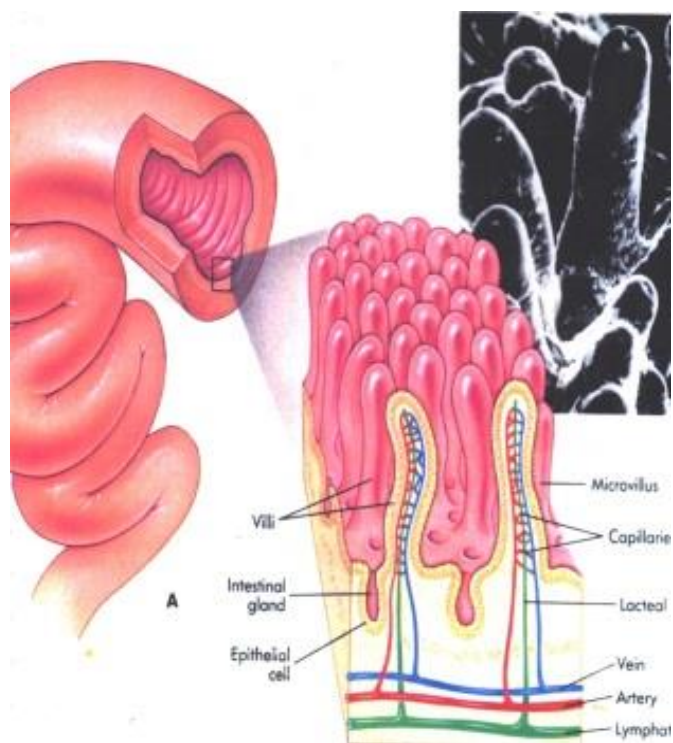
The old bone- marrow doctrine has caused a mentality which distracts away from the real efforts which people need to be making with diet and lifestyle. If people understood blood cells, the building blocks of the body, are made in the gut, would they really eat all the junk food they are told is 'okay in moderation'? And when they get sick would they believe their diet was not the main factor and that they should have a pill or some surgery as the remedy? I believe not. Eventually the correlation would be made that *junk food=junk cells=junk body*. Or **great food=great cells=great body** and the main focus would be on **finding the main ingredients required to make the best cells possible**. At the moment we are told junk body=bad genetics or 'a virus'

The small intestine: Now that you understand that blood cells are actually born in the small intestine, (and even if your current beliefs won't allow you to entertain this particular theory) **you really want to know how to care for your small intestine** and to provide the right nutrients for high-quality cell production.

So here you have a cross-section of the small intestine, the blood-cell production hub. The small intestine is lined with millions of villi and micro villi which are those tiny finger-like structures you see in the picture. Our food goes into the small intestine and the villi 'catch' the food and use the nutrients to make new cells with.

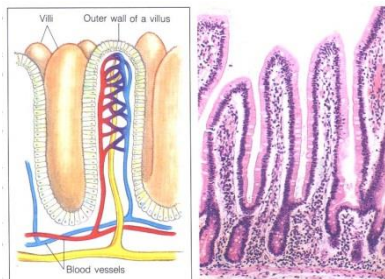
Humans have a long intestinal tract and the villi increase the surface area for maximum absorption of nutrients from complex fibrous vegetable matter over a long period of time. By comparison, carnivores have a short, smooth intestinal tract with much smaller surface area.

All this helps to get the meat absorbed and eliminated as quickly as possible, so that it's not hanging around going putrid inside the gut. Hence why folk who eat a lot of meat tend to get more digestive problems; the meat is trapped inside our long meandering intestinal tract for so long that it goes off. Think meat/milk left on a radiator for 24hrs.... or days in many cases.

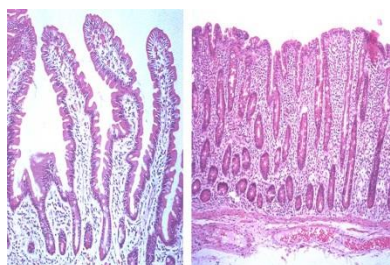


Our Root System:

Our intestinal villi act much like the root system of a plant or tree; Soaking up nutrients from our food and drink and turning these nutrients into blood, just as plants soak or pull up nutrients and water from the soil. Just imagine if the roots of the plant got damaged or destroyed– the whole plant would suffer or die. If our villi are damaged or inflamed the entire body will suffer as we are less able (or totally unable) to absorb nutrients from food.



The biopsy picture on the left shows a cross-section of Healthy villi. They are intact which results in excellent absorption of nutrients and proper blood production. The thousands of purple dots are erythroblasts being produced. **These cells go on to become muscle cells, brain cells, skin cells, bone cells.**



In these pictures the villi are damaged or missing altogether which causes compromised blood production. **The damage is the result of an acid forming diet; sugar, coffee, junk food actually damage/burn the small intestine.** Mucus from an acid forming diet will clog the healthy villi, further reducing absorption. Optimal blood production is not possible here and so the body will 'beg, borrow and steal' nutrients and foundational elements (from other organs and systems in the body) to compensate for shortfalls in the required building blocks so that new cells can be made. In other words, **the body starts wasting or 'eating itself' in order to maintain the integrity of the blood in the absence of normal cell formation in the gut.**

Unless a person were literally starving like the bunnies in the experiment (or the intestine is very damaged), this 'wasting' process will take place over a long period of time and **to a greater or lesser degree according to how nutrient-poor the diet is and the degree of damage to the small intestine.** For many people the damage is not extreme, but is enough to compromise absorption to some degree, resulting in lower than optimal health. This wasting process can still apply to someone who is overweight because the weight being carried is just fat stores full of acids. It is the nutrient reserves which get plundered.

The purpose of this information is not to scare you but just to highlight how **it is within your control to heal and restore the small intestine which will improve the health of your entire body.** The food giants have lied to us and we have (or our taste buds have) allowed people who care only about profit to make our nutrition choices for us and **people are in a lot of pain as a result.** It is time to take the reins and reclaim control.

I will explain how to heal the small intestine, pay back any nutrients that have been borrowed and which foods are required on an ongoing basis in order to build healthy cells.

Intestinal health is pivotal for the building and maintenance of your entire body and I will give you the knowledge required for achieving this.

But first, while I am being controversial I thought I would include this next bit of important information.... (if at a glance it sounds to 'scientific' and boring then as always, skim forward to another section and come back to this if and when you want to. **I'm including all these theories for completeness and because some people are fascinated** and/or really want understand all the details so they can connect dots and build a complete picture)

The truth about the stomach: The prevailing theory is that food goes into the stomach and it is digested with stomach acid and enzymes. The theory I'm about to share is a bit different and as a result it may be difficult for some people to swallow or even entertain. But it makes so much sense when you think about it and when you follow this lifestyle for long enough, your personal experience in terms of how you feel, becomes the only validation you will need for yourself to be satisfied. You will think to yourself, well if the theory is wrong, then how come I feel so good even when violating the 'laws of digestion' (with practices such as drinking alkaline water) and why am I getting measurable increases in strength, fitness and health? **I will also mention in another section two major reasons (the elephants in the room pg 34) why the current stomach-acid theory must be wrong or at least incomplete.** But, as this video shows, even if we were to believe in the enzyme theory, food must be chewed or blended otherwise lumps of undigested food will pass into the small intestine (clogging the villi and putrefying)

https://youtu.be/HFUgziU2_Vo

Personally I was an open door where Dr Young's theory was concerned, as in my early twenties I read books on enzyme theory but I found contradictions, inconsistencies and just a strong sense that something was lacking.

So, the most important thing for you to know in order to begin to understand the true function of the stomach is that sodium bicarbonate is very important in the body. You have phosphoric, sulphuric, nitric, hydrochloric, lactic, and citric, plus many other strong acids in the body, all threatening to burn the delicate tissues and compromise the alkaline balance of the blood. One of our main lines of defence is plain old baking-soda (or sodium bicarbonate) because the body uses this alkalizing substance to cancel and neutralize acids. This is why the blood is salty. The body takes sodium, chloride, water and carbon-dioxide from the blood and makes sodium-bi-carbon-ate. The problem is that for every molecule of bicarbonate produced, an equal amount of hydrochloric acid (HCL) is also made, as a waste product.

With that in mind, the role of the stomach (besides making bicarb for the blood and tissues) is to secrete sodium bicarbonate onto your food to help raise its pH (up to 8.4) before it reaches the small intestine, so that the body can absorb it and turn it into new blood cells (as acidic food simply cannot be absorbed in the small intestine) but as a consequence of

making sodium bicarbonate, an equal amount of hydrochloric acid (aka stomach acid) is produced as a by-product. This, unfortunately is where all mainstream doctors and scientists miss the boat as they believe the stomach *makes acid to digest food* and that the stomach should have a low pH. Unfortunately, as with the pigeon and rabbit starvation-experiments mentioned in the previous section, the experiments to determine proper stomach pH were conducted in a way which gave misleading results. Again, it was German scientists in the 1950's who were to blame (maybe even those same scientists who decided blood is produced in the bone). The scientists looked at the stomach pH after the alkaline mixture of food and bicarbonate had exited the duodenum and all that was present, was the stomach-acid wastes. This led them to conclude that the body uses stomach-acid to digest the lumps of un-chewed food into a mushy-mess so that it can be absorbed by the small intestine.

I was told at school that the food we eat goes to the stomach, which secretes acid and then stomach-muscles massage and churn the food, a bit like a cement-mixer I suppose and this breaks down the lumps of food to make it ready for absorption (and that the sodium bicarbonate is only applied to this mix just before the entrance to the small intestine). I remember thinking that it was strange how I had never been aware of a cement-mixer style situation in my stomach and could feel no muscles contracting there, but anyway.

The reality is that digestion takes place in the mouth, not the stomach. If the food isn't liquefied properly by the teeth, any solid lumps will remain undigested. Raw food digests from the inside out as breakdown begins when the cells are ruptured. This is similar to how our own cells respond to changes in internal environment as detailed in the section about germs and yeast and is why fresh juices start to break down or 'self-digest' quickly, unless ionized and stabilized using magnetic fields for example (as with the Green-Power/Hippocrates juicer). So it's crucial to rupture the cells of your food and either chew it until it is a liquid/pureed state or even better, juice or blend your food and then drink it. Saliva is alkaline and you need to mix your food/drinks with saliva before passing it over to the stomach for further treatment with bicarbonate secretions.

The stomach-acid (HCL), which again is a by-product of making sodium bicarbonate, doesn't have any role in digesting food and it doesn't even touch the food. Stomach acid falls away to the gastric pits of the stomach, away from the food so that it doesn't interfere with the process of *raising* the pH of the food so that it may be absorbed and turned into new red blood cells in the small intestine.

Don't we need HCL acid to digest meat? The question implies that humans can digest meat, when actually we can't digest it very effectively. We can use only about 20% of cooked meat, the rest comes out in the stool and in the process a large amount of acidity is created such as phosphoric acid. It is widely understood, even in the mainstream, that meat is acidifying and is hard on the kidneys. Technically meat should be raw and blended to a

liquid state then you can significantly increase absorption rate.... but I am not recommending this. Chimps know this and they suck the juices from the meat and spit the muscle tissue out instead of swallowing it (and in any case, they only eat small amounts for social reasons).

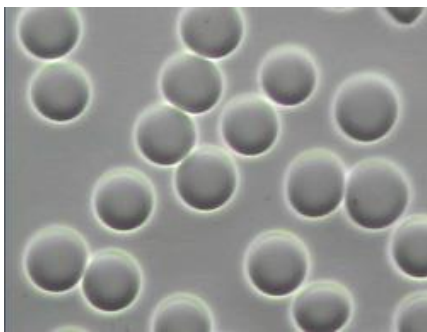
A python, for example, who will swallow whole, un-chewed animals has an extremely acid forming situation to contend with. The carcass will be inside for a week or more, rapidly fermenting and rotting, like meat left inside a hot, damp radiator. Huge amounts of acidic wastes and gasses are produced and there are also all the acidic enzymes caused by the pleomorphic self-composting and breakdown of all that flesh. There is an inflammatory response within the python, organs swell up, metabolism massively increases and without the release of bicarbonate into the blood stream the snake would die from acidosis very quickly. Even the alkaline bones of the prey will dissolve because of the low pH levels (just as a baby tooth will dissolve in a glass of Cola). This whole process is one of rot, decay and fermentation – obviously the snake lives like this but it is not something we should aspire to. We can and should, live according to our alkaline design, if we want to be mentally, emotionally and physically healthy. More on this later. For humans, HCL supplements and medications give temporary relief with some GI disorders simply because they work like drain un-blocker. If a person has many years' worth of animal protein residues in the intestinal tract, then the HCL will burn this away giving relief from symptoms. But, HCL doesn't discriminate and if it will burn those old animal proteins, then it will also burn you too.... because your body is made of animal protein!

If someone has a stomach-acid or enzyme deficiency.....they really have a sodium bicarbonate and electron deficiency. It's like saying a car that won't run has an exhaust deficiency. HCL is a by-product of bicarb production, so low HCL means a lack of bicarb being produced. People should be supplementing with sodium bicarbonate to significantly improve digestion. I felt bad when taking enzymes and feel good when using alkaline salts and ionized water. When you restore the alkaline design of the body, fix the deficiency of alkaline salts and digestion will improve. Naturally, HCL production will increase accordingly, but only as a waste product of making baking soda and in proportion to the amount produced – but the HCL doesn't digest the food and is nothing to get excited about.

We are told that you need acid to digest B-12 and other nutrients, but again this is based on a false premise. Nutrients need to be in an alkaline state (i.e. properly buffered with sodium bicarbonate, before reaching the small intestine) if they are to be properly assimilated. Vitamins and minerals should be colloidal and organic i.e. from plant foods, for best absorption. When someone has GERD or acid reflux, medicines may be prescribed to block the production of HCL. I'm sure by now you can figure out how this is achieved! The drugs ***block or suppress the body's ability to manufacture sodium bicarbonate*** resulting in a reduction in HCL. The knock-on effect is disastrous as you need bicarb to keep the body and blood alkaline.

The cause of bad circulation:

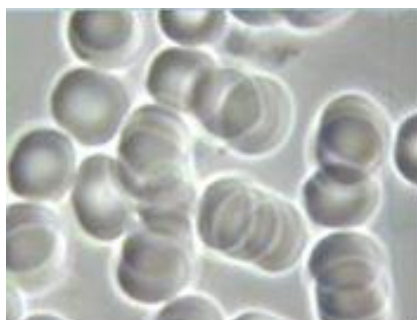
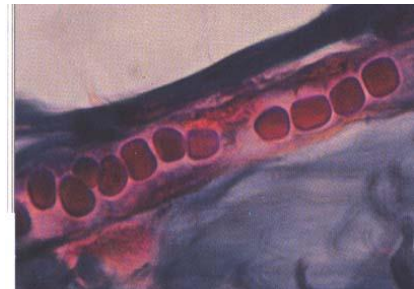
The other main component to keeping the blood healthy is to make sure it is flowing freely. Acids (and their associated protons) from food cause blood cells to become 'clumpy' and sluggish by lowering the membrane's ability to repel. **It is very important that clean, healthy blood cells circulate freely so that they may carry nutrients and remove wastes.** Blood cells carry oxygen (the most vital nutrient of all) and they remove carbon dioxide. Also as old body cells are continuously dying (skin, eyes, brain, liver etc.), they need to be replaced and this is achieved by red blood-cells transforming into new body cells. This however, is only possible if the blood cells are able to actually reach their destination.



This picture shows healthy red blood cells photographed under a high powered microscope. The cells are a perfect size, shape, they carry a full payload of oxygen and they are floating freely without any sign of clumping. They can travel around the body unrestricted to deliver nutrients, remove wastes and replace tired, worn-out body-cells. Cell membranes are supposed to have a negative electrical charge which allows them to repel

each other, just like when you put the matching poles of two magnets together. This means that trillions of cells in close proximity do not stick together.

These free-floating healthy cells are able to pass as intended through narrow capillaries (pictured right) that lead to the extremities, allowing the brain, fingers and toes to receive a proper supply of blood. This translates to good health and energy levels as the body receives oxygen and nourishment. **Capillaries are very narrow, so blood cells must be able to pass single-file and this is impossible when blood is clumpy.**



These cells have lost their ability to repel. The overall surface area of blood is reduced and cells cannot transfer or release their precious cargo of oxygen. It is this inability to fit through capillaries which causes people get **cold hands and feet**, poor circulation, dizzy, headaches, poor memory etc. Clumpy blood translates to less energy and weaker body-cells as new replacement cells do not reach their destination. Oxygen gets trapped and

Co2 (an acidic gas) builds up.

Clumpy blood places increased demands on the heart which is now forced to pump harder and more frequently in an effort to move things along (also acids can weaken the heart and all muscles in general) which can mean higher blood pressure. Cardiac problems and blood

clotting can be avoided by restoring the negative charge of the blood. Basically you want to consume electron rich food such as cucumber, avocado, raw veg, sprouted seeds and especially ionized water (or at least reduce the intake of strong-acid foods) to restore the electrical charge of the cells, but more on all that later. Aspirin does also thin the blood, but does so by exploding cells, a bit like dynamite clearing rubble from a blocked tunnel. And supplements/superfoods designed to dilate blood vessels for better blood flow are also missing the point. **People think that cooked or spicy food keeps you warm – but the truth is that good circulation keeps you warm. Raw foods provide electrons which restore the cells ability to repel, this improves circulation which has the cumulative effect of making you feel warm.**

Earthing: This video talks about the importance of getting bare feet on the earth. We need to absorb electrons through our skin for so many reasons but especially for keeping the blood flowing properly. Devices are available which allow you to sleep grounded: <http://youtu.be/IY3w8kDn2Eo>

Sunlight is also essential – our skin is a solar-panel for absorbing electrons from the sun and ‘sun gazing’ is an excellent way to energize yourself! http://youtu.be/D_ERDxxzvQE

The body runs on electricity: The body doesn’t run on calories in the way that we think. It’s really difficult to explain this because people think you eat food for calories so we eat meat, bread, potatoes, but these foods don’t give us electrical Energy because they are ‘dead’. Your body has to donate its electrons to ionize the food, causing you a net loss of energy, which is part of why you feel tired after a heavy dinner. Alkaline food is amazing as it has a negative charge. Rabbits have lots of energy and a notorious libido for good reason.... They eat rabbit food not pasta.

We absorb electrons from the sun through our skin, from the air via our lungs and from the earth by having our skin in contact with the soil/sand or with something conductive which is imbedded in the earth. Ionized water (or water in its natural state), sprouted living foods, healthy fats, fruits and vegetables are all ways of ingesting electrons.

Tap water has a positive or plus charge of about +150 this will make you tired and cause you to reach for the coffee. Most food in the western diet has a positive or plus charge. You want food, air and water with a negative electrical charge so this means alkaline food, ionized water and being out in nature. Fasting feels good as there is nothing suppressing or demanding your electrical Energy (i.e. you stop eating enervating/draining foods for a time) but you can’t fast forever. It is better to stay high-raw, low protein and low sugar and to eat (or drink) plants and oils full of electrons. This way you feel light, clear and energized (i.e. you get most of the benefits of fasting) but whilst still nourishing and building your body. Overall you end up feeling better than when you fast.

Have you ever wondered why gazelles don't lethargically shuffle along? They absorb electrons through their feet (or hoofs/paws), eyes, skin, and through the many pounds of raw, alkaline, chlorophyll rich, high-electron content food (they don't eat 5 pieces of fruit and veg.... they eat well over 5 pounds of plant matter per day). No rubber-soled shoes, polyester clothes, sunglasses, smog, Wi-Fi, cell phones, stale air for them. **Just pure electrical conductivity.** They are not tired so don't need coffee sugar, processed or cooked food. Why do we think we need 'a good meal of beans, bacon and sausages'? You can eat that but the body then has to ionize or add electrons just to eliminate it. It's like draining or robbing your own batteries. We are (designed to be) like batteries; alkaline and full of electrons. I wish I could tell you to just go to 'a major raw food outlet' and buy 'superfoods' such as maca, Goji berries, cacao and that these foods will give you energy but they won't.

Negative ions: Pollution and processed foods have a positive electrical charge and rob us of energy. Vegetables, grasses and healthy mineral salts all have a negative charge. 'Earthing' or having bare feet on the earth allows us to discharge positive ions and to receive negative ions from the earth - being in nature, especially at altitude, allows us to receive negative ions from the air. All bodily activity and all movement creates a positive charge and so we need a steady supply of negative ions from food, water, air and the earth.

<http://articlesofhealth.blogspot.co.uk/2012/04/spark-of-life-negative-charged-ion.html>

This video shows how energy in salt can energize our cells. Macronutrients are important, but our bodies run on electrons so we need to create lots of conductivity for energy production. You can have plenty of calories, but if you lack conductivity, you will feel flat and sluggish: <http://youtu.be/vBangbi8i60>

Foods to avoid: with details of why they should be reduced in your diet. You will notice that the reason to avoid many foods is not because they are always naturally bad, but because of the way the foods are produced, stored or processed in today's modern world. These foods should ideally be eliminated if you have a health challenge that you want rid of, or if your goal is the best possible health.

Cooked food: You should include at least some raw vegetables in your diet even if it's only salad and avocado. Vegetables are alkaline and electron rich, but they become less so when cooked. Steamed or lightly cooked vegetables are very good, but just avoid really cooking all the life out of them.

Cooked oils: It really is best to avoid cooking with vegetable oils due to the fact that heat causes oxidation (oxidized oils are harmful). Only ever use extra-virgin coconut oil for cooking as it is much more stable and tolerates cooking temperatures without oxidizing. Best of all, steam fry your food and then add healthy, alkalizing cold pressed oil right at the end when it has cooled down a bit.

Sugar: Sugar paralyzes white blood cells for up to 5 hours. When I look at a person's live blood and their WBC's aren't moving, the first thing I ask is about recent ingestion of simple

sugars. This is one aspect of why so many people get 'flu' at Christmas. People get together and beat their system into submission for several days with alcohol, animal protein and sugar, so germs which otherwise would not normally be a problem are allowed to go unchallenged.

Sugar is like jet-fuel for yeast and it is acidifying. However, it would be much better to use real sugar (organic, otherwise it will contain pesticide residues) than to use artificial sweeteners. Aspartame for example is produced by feeding toxic materials to e-coli bacteria – the white powder produced by the bacteria is collected, packaged and then marketed as this popular low-calorie sweetener. The company that makes aspartame is the same company behind DDT, Agent Orange and GMO food. Sweet fruit has a lot of sugar (mangos, bananas, pineapples, grapes, oranges, apples, papaya). Most fruit is genetically hybridised to make it sweeter and is often picked before it is ripe (for transportation) which means it is more acidic. Fruit may have an alkaline pH/ash, but the sugar content means it acidifies the body – although I would say slightly different rules apply to people who exclusively eat a fruitarian diet i.e. they eat nothing but fruit, because at least when a fruitarian eats fruit, the food doesn't ferment in an intestinal traffic jam caused by meat, dairy and grains. I will elaborate more on this in the FAQ section but in any case, sugar/carbohydrate is not, in my opinion the ideal source of sustainable energy. A fruitarian could certainly do an adapted version of this program and just include more green juices.

Avoid corn syrup, molasses and maple syrup. Coconut sugar is better as it has an almost neutral pH and is low GI.

This is a good visual example of how sugar affects our cells: <http://youtu.be/vBangbi8i60>

Stored Grains, nuts and potatoes: The problem with grains is the way in which they are stored. They are stored for so long and in such a way that they begin to ferment and turn fungal. The fungus is not destroyed by cooking temperatures and has been associated with many chronic diseases including cancer. Modern crops are also weaker due to human tampering which makes crops even more susceptible to fungus overgrowth. Wheat, oats, barley, rye and corn tend to be the most fungal. These also happen to be the most acid forming grains anyway and so they should be replaced with grains detailed in Section 2. Many oils such as corn oil and other vegetable oils are also very contaminated.

The same applies to peanuts and cashews. These should really be avoided because, due to modern farming and storage methods, they are very contaminated with fungus. (Practically all corn, peanuts and cashews are now contaminated) This is also because the surface of these foods is soft and fungus easily gets a foothold.

Potatoes are often contaminated with fungus. Sweet potatoes are not fungal though.

Wheat: Scientists caused genetic mutations using a toxic chemical, to create the modern form of wheat which produces a higher yield crop. It is very harmful and should be avoided even if you don't have an allergy. It turns out that wheat was the main cause of my health

problems and it made me feel so depressed and spaced out that I was using drugs as a means of escape. Wheat has been described as a food which meets all the criteria of a biological weapon due to the harm it causes to the gut, brain and immune system.

Meat: Meat is inherently acid forming (nitric, sulphuric, phosphoric acids) but this is made worse when livestock are fed on stored grains (even organic livestock). Fungal residues accumulate in the fatty tissue of the livestock and these mycotoxins are not destroyed by cooking. The term organic simply means no pesticide use, but it doesn't guarantee a low fungal load – it is the length of storage time of the grains which is the issue.

Also, over 50% of the protein in meat is denatured/destroyed by cooking and meat is not really compatible with the human digestive system, many people agree that overall absorption is less than 20%. When eating meat, try to buy organic (this at least means no hormone or antibiotic injections and no pesticide residues from grains if grain-fed) and eat with plenty of vegetables as the fibre will help sweep the acidity away and reduce fermentation. Pork is the most acid forming. Chicken, despite the healthy image, is also acid forming. Chickens do not have a separate urinary tract so much of the uric acid is re-absorbed into the tissues – hence 'juicy' chicken. If you feel you that you are thriving on a diet which includes some meat and you are free from symptoms, then maybe you will decide not to rock the boat and just keep going as you are. I would just suggest to keep carbs low, eat small amounts of meat maybe every other day and increase the amount of chlorophyll rich foods plus ionized water. Then just bear in mind that if you ever feel a change in your health or energy levels, maybe consider following an alkaline diet for a couple of weeks and see how that works for you.

Less Dairy: Pasteurization and homogenization removes any potential goodness in the milk due to the heat and pressure involved in the process. Raw dairy is better for you – and raw, pasture fed goat milk is better than cow's milk. My personal opinion is that raw goat's milk, although not necessary, can be a useful option for some people. It is very easy for the body to absorb and utilize, it has some healing properties and can be helpful for people who have weakened their body through fasting or consistent malnourishment. The ultimate goal should be to move away from dairy. Large volumes of raw vegetable juice, in my opinion is superior, especially when diluted with alkaline water, and without addition of fruits.

Vegan heals back pain with Goat's milk: <http://youtu.be/O-5Pg2aWZzg>

Pasteurized dairy, is very mucus forming which causes clogging and congestion in the body, especially in the area where red blood cells are formed. The calcium in milk is not compatible with the human body (hence why many doctors now say it does nothing to prevent osteoporosis and does in fact makes it worse). Calcium can be obtained from green leafy vegetables, green drinks, chard, broccoli, okra, almonds, etc. Also, dairy products should be avoided because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and their by-products. Dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt makes them a

real challenge for the body to deal with. Avoid milk, cheese, butter, yogurt, ice cream. If you do choose to use dairy products (or any animal products), make sure it is at least organic.

Again, sustainability is an issue – Cowspiracy is a good documentary

Eggs: Due to chickens being fed fungal corn, most eggs have a high load of pathogenic microorganisms. Eggs will always be somewhat acidifying but if you do eat eggs make sure they are organic/free range (and I don't mean the supermarket's interpretation of 'free range'), eaten in moderation and with plenty of vegetables. Eggs can be a good option for people who still want some animal protein in their diet but want to reduce or eliminate meat, as they do contain some good nutrients.

Cut out the yeast: Baked goods such as yeast breads, cakes and pastries should be avoided. According to the American Cancer Society, one out of nine American women will develop breast cancer by age 80. Research links it with the ingestion of baked goods and bakers or brewer's yeast. Research also correlates diets containing yeast or fermented breads to gall stones, kidney stones and arthritis. Also avoid marmite and 'nutritional' yeast.

Tea, coffee, chocolate: Tea, coffee and chocolate are all acid forming and contain caffeine (although there are now ways to reduce the acidity if you are cutting down but unable to fully quit right away). Decaf tea/coffee is not any better because they use formaldehyde to flush out the caffeine. Coffee and chocolate are also fermented which most people don't realise. Chocolate contains Theobromine which is a strong acid and also contains oxalic acid which is tough on the kidneys. Raw chocolate seems to be a better option for people transitioning but despite the claims of it being a superfood – it is best used in moderation. Chocolate has a lot of nutrients, but also contains a lot of toxins and will tax the adrenals. So you can use it – but don't take high doses as recommended by some advocates.

Alcohol: Wine, beer, whiskey, brandy, gin, rum and vodka are the waste product of fermentation. If you want to drink alcohol then obviously moderation is the key and compensate with water, good nutrition and edible clay (more on clay later). Beer made with hops causes 'man boobs' and low testosterone in men and will also disturb a woman's hormone balance: <http://www.lifetwink.com/beer-hops-estrogen-sedation-of-the-population-men-shouldnt-ever-drink-beer/>

Mushrooms: Mushrooms, algae, and truffles all belong to the family of organisms responsible for recycling dead matter and they are acid-forming foods (It is best to avoid fermented foods i.e. kefir, kombucha for the same reasons). You should instead aim to eat sprouted foods and other high-electron foods (i.e. foods which are bursting with life-energy).

Mushrooms contain mycotoxins which over-stimulate the immune system. Reishi mushrooms for example are said to 'boost' the immune system – but ideally you want your immune system to be at rest (i.e. if you are cleansed and alkaline, the white blood cells will just be resting much of the time as there is not much cellular debris or toxins to clear up). If

something is causing white blood cells to be stimulated i.e. rushing about all over the place, then it is probably toxic and the WBC's are trying to clear up the perceived threat. But, trust your feelings and see what really works for you, same with chlorella etc. If you alkalize your system, then you will have no need for medicinal mushrooms to cure your ills and you will get all the claimed benefits of mushrooms but without the downsides.

Condiments and fermented food: Soy sauce, tamari, mayonnaise, ketchup or vinegar. Aim to avoid anything which is fermented or contains sugar, vinegar and regular table salt. I understand the argument for 'healthy' fermented foods but have never yet seen healthy blood from anyone regularly using Kombucha, kefir, sauerkraut etc. The intended idea of fermented foods is for indigenous people to make indigestible food easier for the body to process and for storage purposes too – but it's much better, if you have the choice, to just avoid the indigestible foods instead. For instance, fermented grain in sourdough bread is better than unfermented, yeast bread. If you live in a place geographically where food is limited, then there is more of an argument for eating certain things, but otherwise it is best to avoid these acid forming foods and eat fresh, *electron rich*, live foods. Instead of sauerkraut, have cabbage juice. Instead of Kombucha, have fresh green juice (it has long been proven that the best way to achieve healthy gut flora is by providing 'fertile soil' in the form of dark leafy greens) and I would suggest avoid all dairy, fermented or otherwise. People get perceived benefit from enzymes and probiotics because these things work like drain-unblocker and the acidic bacteria eat rotten material in the GI tract, but in the long-run there are far better ways of maintaining bowel health without the acidic consequences. Bacteria and enzymes are habit forming as they create a cycle of dependence and sooner or later do more harm than good. There are some interesting discussions online about how 'good bacteria' very quickly becomes bad bacteria in an unhealthy terrain and via pleomorphism transform into all kinds of other strains of bacteria.

<http://www.rawfoodexplained.com/fermented-foods/the-harmful-effects-of-fermented-foods.htm>

Avoid tobacco: Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. Research clearly reveals the pathway to cancer is the fermentation of the tobacco with yeast and sugar. When using tobacco, you are directly introducing dried fungus and wastes into your body. Also to prevent tobacco going moldy, manufactures introduce chemicals (over 3000) like formaldehyde and benzene as a preservative. Raw tobacco (brands like American Spirit) is not so bad and some say it has health benefits but I would suggest its best to avoid it. Cigarette papers contain paraffin so do be aware of that too.

Processed food: Try to avoid all processed food. It is normally cooked/pasteurized to death, loaded with sugar/salt/preservatives, packaged in plastic/aluminium and is generally devoid of nutrients.

How to restore balance:

Until this point, your body may have been in 'defence mode' with much of your available nerve energy and mineral resources being used for bailing out acids and so the **regular house-cleaning, plus the building and maintenance tasks have been neglected**. The great news is the body has a tremendous capacity for healing, detoxification and regeneration. We just need to provide the right context and tap into this potential.

The aim is to go into 'healing mode' and to thoroughly clean house. Junk that was swept under the carpet will be cleared out and nutrients which were borrowed will be repaid (again, raw juices will facilitate this). This means a change in lifestyle involving diet, exercise, relaxation and rest. Balancing your thoughts and emotions is important too.

It takes a little while to coax your body out of defence mode **as it will only fully let its guard down and redirect all the troops and resources to house cleaning and construction duties when you stop eating acid forming foods**. As long as you continue to eat acid foods, the body will keep its guard up at least to some degree and the troops will be kept in their defensive positions. After a short time of eating alkaline food, the body feels safe to lower its defences and focus on repairs. If you then suddenly go and eat steak and beer you will feel very sick and is really not advisable (I have heard many stories like this, although not so much with this program as physical cravings are eliminated, its mostly when people do water fasts) as this would mean catching the body totally off guard and is a real shock (I can imagine the body thinking what the heck!?)

The human body has only been able to survive or tolerate the standard western diet by diverting and re-routing (aka wasting and squandering) vital nerve energy and resources to processing this dense, challenging diet **and because our body is permanently braced for what we throw at it each day**. If you go into healing-mode and then suddenly start eating junk food again, the body is vulnerable and totally unprepared. It would be like removing the roof from a house to replace old tiles and then suddenly getting a torrential downpour with strong winds. If you don't think you can commit to doing a proper cleanse, then transition slowly until you are confident. And don't go 100% raw if you haven't got control of your attachments to other foods. It is better to go 80% alkaline and be consistent with a small amount of acid-forming foods to avoid shocking your body with a binge (or with wedding/birthday/Christmas celebrations) as that is a sure way to age and stress your body. I would be very happy if I knew you were juicing up raw veggies every day but still having some healthy cooked foods with a few careful treats. If you can't juice every day, then juice at the weekends or whenever you can, just to make sure your *weekly* intake of raw juices is high. You can rely on smoothies and salads too as a way of getting more raw food.

The main components:

Restoring pH balance – this basically means using all routes of elimination; Drinking water to flush acids out via urine. Cleansing the colon (even just by improved diet) to remove acid wastes from the bowels and to improve absorption of alkalizing nutrients from food. pHlush is a good colon cleanse supplement. Movement and moderate exercise are needed to mobilize acids out of the blood, lymph and connective tissue and working up a sweat to move those newly mobilized acids out of the body via the pores of the skin. So it's a case of using clean, alkaline water, alkalizing vegetables and supplements and also exercise to help your body flush itself clean. Alkaline salts (phour salts) are also important as they replenish the stores of alkaline agents which the body uses to buffer acids.

Kill the yeast – Technically you don't need to kill the yeast. These organisms cannot survive in an alkaline, oxygen rich environment and so if you alkalize your system the yeast will no longer feel welcome. It may be helpful to use anti-fungal herbs and supplements in the short term just to help get the situation under control. Yeast is 'allergic' to large amounts of alkaline vegetable juices.

Restore the charge to your cells – Blood cells need lots of electrons so that they may retain their negative electrical charge which is what prevents clumping. An alkaline diet along with alkaline water, sunlight and clean air will supply the electrons required.

Heal the small intestine – The small intestine is to the body what the root system is to a tree or plant. An alkaline diet will sooth the irritation here and facilitate the repair of damaged and inflamed tissue.

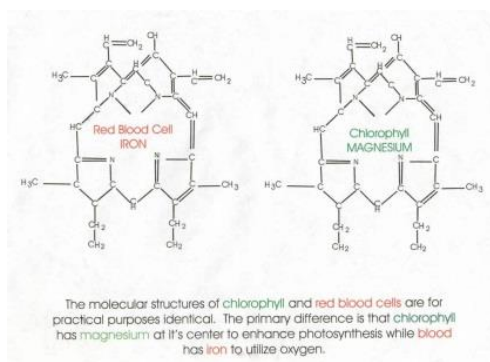
Fasting/feasting on alkalizing juices, soups or smoothies for days at a time is very helpful. I encourage people stay on liquids 3, 7, 14 or 28 days or even for 12 weeks or longer to fully heal and regenerate the small intestine. It is like eating baby-food which requires little digestion and places minimal strain on the gut. Even if you intend to continue eating meat, you could aim to blend it into soups where possible. For instance, have chicken and veg soup (including some raw veggies) but blend it until it's smooth.

Supply raw materials - Yet again I am harping on about raw foods. You can't rebuild a body with a few big salads. You need to think like a gorilla. Plants contain what we need for building blood (I will tell you why in just a moment), so buy a juicer (a \$20 used juicer from eBay is enough to get you started), juice handfuls of spinach, kale, parsley, herbs, ginger root – dilute it with alkaline water and drink. I am not lying, hyping or exaggerating when I say that my cells crave raw vegetable juice and you will get to that stage too. Driving back from London to the South West yesterday, it was the thought of green juice that was keeping me going, not coffee or sugar. I didn't sip it, I greedily drank the whole litre in one minute straight and felt totally satisfied and nourished.

How to build blood (and therefore build a healthy body):

Ingredient #1: Chlorophyll. So with the knowledge that red blood cells are actually born in the small intestine and that they are made directly from the food you are eating, it will be obvious that the quality of your food will have a dramatic effect on the quality of the cells being born. Even if the small intestine is totally healthy and uncompromised (i.e. even if the blood-producing infrastructure is intact), it is still really important to be eating foods which contain the correct building blocks and materials. Otherwise the body must make up the deficit by taking nutrients from other areas of the body to obtain all the required ingredients.

So here's what you need in order to build strong, healthy blood cells:



The first main ingredient is plant blood. For practical purposes chlorophyll, the substance which makes plants appear green, has the same molecular structure as haemoglobin which is the part of our blood cells responsible for holding oxygen. Show this picture to a biologist and they should be very amazed and wonder why they were never taught this. If you look at it in detail you will not find any difference in the structure which means that we

have the same blood as is found in grass and leaves (no one told me that at school!) The only real difference is that the centre atom of haemoglobin is iron whereas chlorophyll has magnesium instead. This is a minor detail and the body can easily convert the blood of plants, into human blood cells with very little effort and so eating/drinking greens is like taking a blood transfusion, meaning higher volume, better quality and more oxygen-rich blood cells. Better blood translates to more energy and better health. Chlorophyll will also refresh and revive existing cells and even the Red-Cross knows that chlorophyll builds blood. Dr Young has shown that athletes can increase blood volume naturally with greens and that there is no need to 'blood dope' like Lance Armstrong was doing. **This for me is the proof that digestion is not meant to be an acidic process facilitated by HCL. Otherwise, when we eat greens, the chlorophyll would (in the stomach) be broken down into individual constituents to the point where the molecular structure no longer resembles the above picture. But, the fact is that chlorophyll, can be used to build blood and so the molecular structure must remain intact.**



This fact also eliminates the bone marrow theory – because if nutrients were shipped off to the bones, as we are told, for the purpose of building blood cells, then again chlorophyll

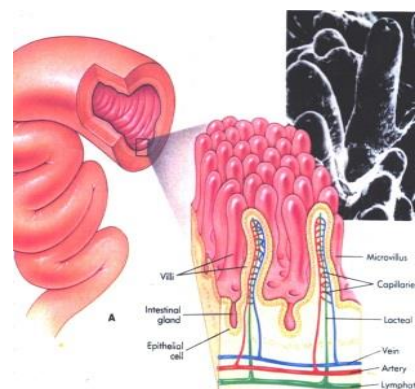
would be broken down to the point that it wouldn't build blood any better than anything else.

You can significantly increase blood volume by taking a tablespoon of liquid chlorophyll such as World Organic, Dsouza's, or the pH Miracle brand, in 4 oz. of ionized water, every hour of the day. If you don't eat/drink greens the body must improvise and 'Jerry-rig' new cells out of whatever materials are available. In this case you may have lower quality blood cells which can't hold oxygen as effectively and because blood cells become new body cells (skin, eyes, brain, muscle) your body won't be realising its full potential because the human body can only be as good as the blood with which it is constructed. In the absence of chlorophyll, the process of converting less compatible materials into blood will also require extra nerve energy and so greens clearly are the most efficient option.

As you detoxify you will lose weight which may cause fear if you are already underweight – but in this case you are just shedding these old inferior cells and gradually as the weeks pass, you will replace weak cells with new healthy ones if you consistently drink lots of greens and good oils and weight will stabilize, then you can build and tone muscle.

People knew about chlorophyll thousands of years ago and reference to the power of eating grass is even made in the bible and ancient Chinese texts. Nowadays nutrition is all about protein and counting calories and we have totally lost the plot.

Our digestive tract is very similar to that of a gorilla's and it has a large surface area for extracting nutrients from fibrous vegetables and we also have very similar nutritional needs. You won't see a gorilla eating steak or drinking protein shakes to get strong, they eat greens all day and they are made of solid muscle. Where does a magnificent racehorse get its flesh, muscle and strength from? *Grass*, this is the power of building muscle with chlorophyll. You build muscle with blood cells, not protein and you build blood with *greens*, not *protein*.



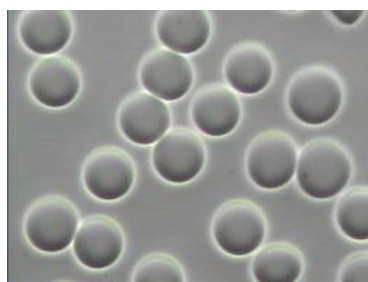
If people are underweight and/or anaemic, it is because of a compromised small intestine and because they don't absorb/consume enough nutrition. I think, had I known as a child what chlorophyll actually does and that Popeye really was onto something, I would have been much happier to have eaten my greens. However, muscles and weight gain won't appear overnight when you increase chlorophyll intake although it can happen pretty quickly with a committed approach. The body will prioritize the healing of vital organs before building strong muscles.

It's a bit like renovating an old house – you need to fix the foundations and cracked walls before you plaster, paint, decorate and build extensions.



Eating solid, cooked food which hasn't been chewed properly is like throwing a spanner in the works of the small intestine. Humans are social and we often talk while we eat and so food gets chewed a few times before being swallowed. Or we just eat in a rush to fill our stomachs. Food and especially animal protein, must be liquefied if it is to be absorbed and turned into blood, so it must be chewed thoroughly or you can juice and blend your foods. Juicing is brilliant as the removal of insoluble fibre means the chlorophyll content can be turned into new blood unimpeded. We don't have time to be grazing all day like horses so juicing is great for convenience as is liquid chlorophyll and certain other concentrated sources such as low-heat dehydrated powders.

I made the mistake of relying on green powders for convenience but nothing can replace the power of fresh juice. I will often juice a pound of greens like kale, broccoli and spinach (optionally with a cucumber and/or celery), then dilute this, sometimes with more than double the amount of ionized water so that it's not too concentrated for the body (or taste buds) to handle, and then drink this over the following few minutes (if juicing broccoli or cabbage, just down the juice asap as the unique and special antioxidants die very quickly after juicing). You can see my good buddy Hannah and I enjoying a glass (or jug) of green juice in the picture. 'Green-juice club' is our favourite time of day and it is literally like drinking a transfusion of new blood cells and you really feel it in your energy levels. Make sure you use warm water if the veg has come from the fridge so that the net effect is that the juice is body temperature or slightly warmer. Cold juice will have the cumulative effect of making you feel cold and it also won't be digested so well.



Green foods are the key to success for so many reasons and the greater the quantity of greens you consume, the greater the health benefits you will experience. Sprouted grasses and their juices are an excellent source of concentrated chlorophyll, but all dark leafy green veg will also contain high amounts. Greens in general and especially grasses are alkalizing, anti-fungal and high in amino acids (wheatgrass provides 4x more protein than meat). An added benefit of these foods is the abundance of vitamins and alkaline minerals necessary to buffer acids, heal the small intestine and nourish the entire body. Greens also cleanse the liver and blood and chlorophyll will help to protect you against heavy metals, electrical pollution and oxidative stress. Although fruit is a source of nutrients and fibre, it is low in chlorophyll and the high sugar content (fructose) of fruit stimulates yeast and fungal growth.

Humans can eat grass, but it needs to be blended, juiced or dried and turned into powder. Human teeth are the original (and in my opinion, the best) wheatgrass juicer, you can just chew a ball of grass for a while, then discard the pulp when there is no flavour left. This means it is fresh-pressed in your mouth with no time for it to oxidize as it does when put through a mechanical juicer. Wheatgrass Juice which contains chlorophyll, vitamins, minerals and nutrients has been linked to many medical benefits. Some of the claimed benefits are listed below:

- Increases haemoglobin production.
- Rebuilds the blood stream.
- Helps prevent tooth decay (especially when chewed)
- Improves the body's ability to heal wounds.
- Purifies the Blood.
- Creates an unfavourable environment for unfriendly bacteria growth.
- Washes drug deposits from the body.
- Neutralizes toxins and carcinogens in the body.
- Helps purify the liver.
- Improves blood sugar disorders.
- Keeps hair from greying.
- Improves digestion.
- Removes heavy metals from the body.
- Reduces high blood pressure.

Remember, the small intestine produces 3 billion blood cells per second, so it is important to consume greens in some form, ideally in liquid form for best absorption, several times per day so that the raw materials are always there and available for the intestinal villi to draw upon. Animals spend their entire day finding and eating the required sources of chlorophyll – and it is estimated by some that humans would once have eaten 6lbs of leaves every day. Thankfully we can just juice or blend for the ultimate in fast-food. The other animals would be extremely jealous if they knew we could just go to a store to buy the greens, then juice or blend them.

Don't just have one big salad in the evening as the body is producing new cells all day long. Juicing really is a fantastic way of consuming more greens and it guarantees sufficient intake of chlorophyll each and every day. It can be a fuss in the beginning, so maybe commit to juicing one head of broccoli or a bag of spinach, remembering to dilute with water. A juice like that will take no time to prepare. After a couple of weeks or when you feel you have built some momentum, you may want to be more adventurous with combos.

Tip: Start off slow with green juices and build up. Dilute with water, ideally 3 or 4 parts water or more if you are really not used to greens.

Ingredient #2: Oil/Good fats/lipids/EFA's. So chlorophyll is ideal for creating haemoglobin which is the inner, oxygen carrying part of the red blood cell. The second main ingredient for building new blood is healthy, essential omega oils. The membrane or outer part of a red blood cell which is what allows the cell to be flexible and strong is constructed from raw, uncooked omega 3 & 6 fatty acids. The membrane acts like a skin for the haemoglobin keeping it surrounded and intact so that it can function as it should. If you only ever eat cooked, heated or otherwise oxidized oils, the membrane will be stiff, less flexible and not nearly as strong or resilient.

In this picture you can see that at least 2 of the cells are expressing EFA deficiency as evidenced by the lack of a cell membrane. These cells are called shadow cells because they look like a shadow, or like a normal cell where the lights have been switched off. It is a pattern which is usually corrected just by increasing good fats in the diet. The brain, nervous and reproductive systems require lots of good fats to function properly and a deficiency can lead to all kinds of neurological and mood problems.



If your diet is plentiful in fats and greens, you can rebuild and maintain the body from top to bottom with high quality materials. (Toned muscles, healthy eyes, hair, skin, brain liver etc.)

Tip: Avoid combining fats and carbs, especially if you want to lose weight. You can eliminate carbs altogether if you want, or, if you were to choose a high-carb/fruit sugar approach for whatever reason, take your good oils well away from starches and sugars.

Ingredient #3: Water. (Sorry I keep emphasising this) The small intestine requires a steady supply of negatively charged water (again, negative being a good thing) which it can use during the process of manufacturing healthy cells. Water is also needed to refresh and cleanse the blood stream so that once the healthy cells are made, they remain healthy and hydrated. Water is needed for so many things in the body but suffice to say it is really important to drink plenty of it if you want to have good blood with high energy levels. More on this in the next section.

Ingredient #4: Salt. There is a good reason for the blood being salty. The body uses salt to make sodium bicarbonate which is used to buffer acids and maintain a healthy pH balance. Salt is critical for health and essential for life. Our hormones communicate via a matrix salt and salt facilitates electrical activities in the body. Table salt is bad. Pure, whole, unprocessed salt is very good. More on this in the next section.

<https://youtu.be/9LfJz6COPyA> To build perfect blood you need **chlorophyll, oil, water, salt....**and people think this diet sounds difficult? Technically you could live this way for pennies if you were prepared to grow or forage for leaves. You can buy hemp and flax seeds and salt for not much money too.

Other components of the lifestyle:

Hydrate: This is non-negotiable if you want to be healthier. If you don't change the oil in your car.... you wreck the car and it is equally important to change the water in your body every single day. It's like changing the water in your inner-aquarium (the blood) so the fish (your cells) are not swimming in their own wastes.

Water is required for flushing out the acid wastes which our cells naturally generate throughout the day. You should aim to pee at least 12 times per day when cleansing, so more trips to the bathroom but the bathroom is where acids are eliminated. Hydration is also essential for keeping the blood thin and preventing constipation as water gets used up in the process of digesting foods.

The fluids you drink are maybe more important than the food you eat. You will feel great benefit from drinking 1 litre of energized, electron-rich water upon waking to flush out the acids in the kidneys. The body's pH will drop to its lowest overnight as it tries to process all the acids from the previous day, so flushing your system with alkaline water is a fantastic way to start the day. If you can't manage a whole litre, then start with a pint and work up and always be sure to drink in-between meals.

Drink 3-4 litres or more of a good quality water each day, this may sound like a lot if you are not used to drinking water but you can start small and build up over weeks and months. You get used to drinking and the feeling associated with being well hydrated and before you know it, drinking non-acidic fluids will become habit.

Many people say they don't like water, but have you ever drunk from a mountain stream on a hot summer's day? I remember the first time I tried water from a mountain spring in the Lake District and it was the best drink I'd ever tasted, I never knew water is supposed to be sweet and I couldn't stop drinking it!

Tap, filtered (distilled, Reverse Osmosis) and bottled waters are dead, meaning they are full of protons and over time will have the cumulative effect of depleting your electrons. Energized water is so much easier to drink than other waters which all smell, taste and feel horrid.

Ionized water is moreish and you find yourself wanting to drink more and you feel a subtle, or not so subtle shift in your energy levels. Tap water, due to its lack of many important properties, doesn't get absorbed properly so it makes you need to pee right away. If you are drinking good water, you will not need to pee as urgently because much more of the water is actually absorbed by your cells instead of going straight through you. As you get used to hydrating you will be able to comfortably hold more water in your bladder for longer.

A water filter/ionizer is a good long term investment – if you've been buying bottled water, work out the cost per day and you will see a good water filter will pay for itself and the quality of water will be far higher.

Also its best to drink water which is either warm or at least body-temperature – cold water shuts digestion down and has a cumulative effect in making the body cold. Warm water has the opposite effect.

The really incredible results occur during the cleansing phase when drinking 6 litres or more of alkaline fluids daily.

Energized water: In rivers and streams, water is flowing over rocks and constantly swirling about which is what generates the desired negative charge. When water passes through straight pipes and is stored, it reacts with the air and loses its electrical charge. Tap water has a positive/plus charge of around **+150**, (tea, coffee and colas are far worse) meaning the body will have to waste its own electrons to ionize the water and give it a negative charge to make it safe and usable. Anything with a + symbol means it will oxidize (grab/steal your electrons) or 'rust' the cells in the body. Anything with a – symbol usually has the opposite effect and is *anti*-oxidant as it will grab hold of anything with a + charge and render it harmless. Negatively charged water will also contribute electrical energy which is what the body runs on...not fat, sugar protein, but electrons. So a good ionizer will give you water with a charge of around **– 800**

When you drink ionized water the first thing you will notice is an increase in mental and physical energy and it is the one 'supplement' which I think everyone should use, especially as it is a one-time investment. You can buy basic devices for a few hundred dollars which are incredibly effective for the money such as the pH Miracle Watermark.

Best foods to eat:

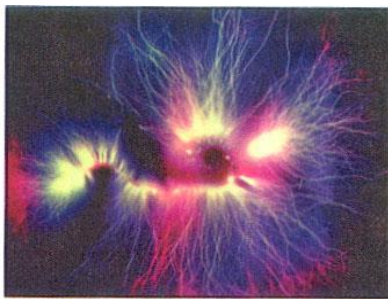
Raw Vegetables: Fresh vegetables are full of electrons and they 'give' this energy to our cells. Eating proton saturated, 'dead' or processed food requires the body to donate its own life force/electrons in the process of ionizing it so it can be assimilated. If you eat a lot of cooked food it is important to balance this out with some raw leafy greens (blended in a Vitamix is a good way to ensure they digest easily) and alkalizing water. In Section two I will show a list of all the foods which are high in energy and which will energize your cells. Ionized water is also a fantastic way to increase electrical energy as it is negative ions on tap.

The typical Western Diet has between 20-50 MHz (MHz simply being a unit used to measure energy) of energy in it, which means that this way of eating will not contribute enough electrical energy to support the needs of your cells in the long run. An extreme example of

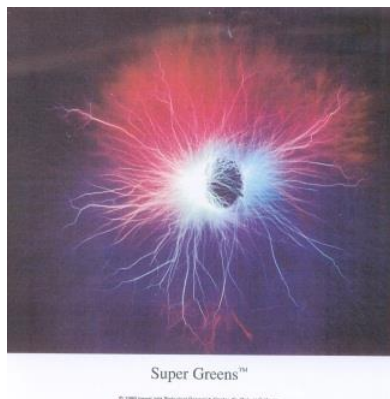
dead-food is a Burger at MacDonald's which has just 3-7 MHz of energy (depending on lettuce tomato content which will provide a small amount of electrical energy!).

You want to look for foods above 70MHz as this is the same as the cells in our body. Raw fruits and vegetables vibrate around 80-90 MHz, raw sprouted nuts and seeds are up around 150 MHz! Dr Young's Supergreens drink is 250 MHz. These foods will make it easy for the body to maintain its optimal frequency of 70 MHz by helping compensate for other energy withdrawals (a cancer cell for example is 40MHz).

Having energy isn't just about eating sufficient calories, you need to electrons or electrical energy if you want to feel fully alive and energized. Electrons from raw foods help your body to make use of food much more effectively and to translate it into energy.



Dr Young used Kirlian photography to view the life-force or **electrical activity of foods**. This amazing picture shows the electron field around a **sprouted lentil** – 150 MHz!!



This picture shows the lid being taken off a container of Supergreens, which is now called pH miracle greens (an alkalizing supplement which has a high frequency of 250MHz – it has a **negative electrical charge** and is full of electrons) A rose has a frequency of 350MHz, maybe one reason why people like them so much!

Vegetables: Good alkalizing vegetables include asparagus, broccoli, cabbage, cauliflower, celery, green beans, spinach, kale, lettuce, parsley, coriander, watercress, rocket, sweet potato and squash. About 80% of all meals should be fresh, raw (or cooked), alkalizing vegetables. You have always been told vegetables are good for you. Benefits of vegetables:

- Chlorophyll content.
- Alkaline forming.

- Vegetables are mostly water. Water is needed to diffuse toxins and eliminate acid deposits.
- Contain fibre (unless juiced) to bind with acids and to clean the colon
- Alkaline Minerals to re-mineralise the body (put calcium back in the bones and magnesium in the muscles).
- Anti-fungal properties.
- Full of electrons to restore the electrical charge/conductivity to the cells.
- Full of anti-oxidants
- Nutrients necessary to build good blood and rebuild the body.
- Detoxify the liver.
- Oxygenate the blood.

When you start eating/juicing these alkaline vegetables and you reduce the intake of acid foods it will free up nerve energy which was being wasted on bailing out acids. This extra energy gets diverted towards regenerating cells and restoring health. Symptoms can then disappear and old injuries can heal. If the body isn't forced to use alkaline minerals to buffer acid, then those nutrients can be used to re-mineralize bones and muscles.

Juicing removes the fibre and so all you are left with is concentrated nutrition and your body doesn't have to deal with all that insoluble fibre.

Ignore the theory that kale or broccoli can interfere with iodine uptake. It is an unproven theory and in any case even if it were true, iodine intake on this program will be more than sufficient to counter any potential loss. This program is highly beneficial for the thyroid.

They want to blame broccoli for the epidemic of thyroid problems, tight underwear for decreased sperm counts and bicycle seats for prostate problems. These are the scapegoats when acid lifestyle and plant deficient diets are to blame.

Salt. Real, unrefined, unprocessed salt is actually essential for good health. Healthy salt is a pinkish colour and it looks and tastes totally different to table salt. Table salt (the white stuff you see in salt shakers) is an industrial chemical because it is produced mostly for industrial purposes. The 10% not used by industry ends up in people's food. Table salt has been bleached, cooked at over 1200 degrees, had anti-caking ingredients added and it is stripped of all other minerals. Try to get unprocessed salt from ancient deposits which have been naturally protected by the geography from modern pollution. It is best to use salt that is extracted from underground deposits or from the Himalayan or other mountain ranges. Open mines or salt taken from modern oceans is likely to be more polluted. Also, even if a product is labelled 'sea salt' it may only contain 1% sea salt as labelling laws are very relaxed. Redmond Real Salt and Himalayan Salt are two very good brands of salt to use and you should add it liberally to food. Brands such as Redmond Real Salt or Himalayan Pink

salt are good or Dr Young sells an excellent liquid salt. Salt is better in liquid form as the electrical properties become more available.

Low-sugar fruit: Low-sugar fruits have all the benefits of high-sugar fruit (mango, etc.) but without all that fructose. Tomatoes (which have an alkalizing effect when raw), cucumber (very alkaline/electron saturated) avocados, (very alkalizing and a great source of energy, antioxidants, potassium, good fats, etc. and are very easy to digest – you can eat several per day) Grapefruit, lemons and limes are all alkalizing. Personally I don't even use much citrus or even tomatoes. Small berries such as blueberries, blackberries, raspberries and strawberries are good in moderation when in balance.

Avocados in particular are brilliant and you can eat several per day. They are excellent for exercise/fitness and as a source of energy in general. To ripen, put them in a brown paper bag and place in a cupboard and they will ripen very quickly (especially if the cupboard is warm) and you can include a banana in the bag if you want them to ripen even more quickly. You can then put them in the fridge to slow the ripening process and they will keep for several days.

Good fats: Avocado, coconut oil and other cold pressed oils are all great. Raw plant fats, when fresh and not oxidized or rancid are excellent for your health. They provide energy because they are full of electrons, they buffer acids and they also are needed for constructing cell membranes. If you only ever eat bad fats, your cell membranes will be constructed out of these bad fats. Fats produce half as much acid when metabolized and used for energy when compared to carbohydrates and so they are also an ideal fuel. A big salad or smoothie with avocado and some quality cold pressed oils will provide lots of good energy which will last for hours, keeping blood sugar levels nice and stable. **Panaseeda is without doubt best brand of oil due to its stability at room temperature, flax and chia are my favourites.** Udo's oil is my second favourite brand as it is the perfect blend of different seed oils and I use it a lot. Bitterness indicates it has gone rancid so you should return it to the shop for a refund if you find it is bitter.

Technically, the most important aspect of food is electrons or electrical energy, not calories. But for everyday life we need some dense, calorie rich foods and healthy fats are ideal in many ways not least because besides calories they also contribute electrons (actually the body splits open the fat to get the electrons, but I will keep this simple). This approach of burning fats for fuel is different to the ketogenic diet in that this approach excludes animal products, but there are parallels and the aim is to ideally eliminate carbs altogether if you are seeking the highest level of health. This would possibly be called an *electrogenic* diet, as it's all about seeking food high in electrons. The only good thing about carbs is the taste, but when you teach your body to burn fats and you experience the different quality and

quantity of energy that you get, carbs will lose their appeal and they won't taste as good. When you are in balance and feel energized from good oils and water, carbs taste overly sweet and the effect feels like a cheap drug compared to the power of fats. Check out my YouTube channel and I will talk more about how to use fats properly and which oils are the best ones to buy.

Good grains. The following grains are less prone to fermentation from storage; spelt, millet quinoa, amaranth and buckwheat. These grains fall into the mildly-acidic-but-still-healthy, category of foods. Complex carbohydrates are acid-forming in the body and should not generally exceed 20% of the diet, so eat them in moderation. Try not to store grains in areas of the kitchen which are exposed to steam and heat from cooking as this will cause the grains to go moldy. You can still eat bread but make sure you choose (yeast free) spelt bread. Ideally, if/when you are ready and have had glimpses of real energy from burning high electron content fats, you can drop carbs altogether like a sack of potatoes if you want to.

Soaked nuts: It is a good policy to soak nuts and seeds in water overnight to make them more edible. Personally I don't eat nuts and seeds and only really use them for making nut milks or I consume cold-pressed seed oils (flax, hemp and chia are my favourites). Raw nuts and seeds contain phytic acid and anti-nutrients which can be removed by soaking. Soak them in water overnight (1-part nut or seed to 3pts water), pour away the soak-water, rinse, then top-up with fresh water and they can be kept in the fridge for 2-3 days (it's a good idea to change the water every 24hrs). Hemp, flax, sesame and almonds are all very good. Discard any broken or chipped nuts from the bag. The skin/hull is designed to protect the nut/seed from oxygen, so when the skin is chipped away the nut is exposed and the oil inside will oxidize. Look at a bag of shelled Brazil nuts in any health-food store – most of them are missing their protective brown skin and large areas of the nut are exposed to the air. The nut has gone a yellow colour which indicates that the oil has turned rancid. The same applies with pine and macadamia nuts as, because they don't have a skin, they oxidize once the shell is removed.

Garlic, onion, spices: I personally cannot tolerate garlic or onions. Many spices are also out of the question for me. They agitate and overstimulate my nervous system and my 28-year long habit of chronic fingernail biting stopped, only when I eliminated garlic and onion from my diet. It took about a week for symptoms to pass, then I realised the correlation. I ate some garlic again and within 2 hours I was uncontrollably gnawing my fingernails! I have heard it said in terms of Ayurvedic medicine that garlic and onions "promote passion and ignorance" (lol) and others say that raw garlic isn't good for (kills) the brain cells. There are also rumours that air force pilots are banned from eating it as it slows reaction times! (I know they also aren't allowed Diet-Coke due to the Aspartame content)

On the other hand, many people believe, Dr Young included, that these foods are healthy and anti-fungal. So, if your body is ok with these foods then go for it.... maybe research it if you are concerned or unsure.

Fresh fish. Try to avoid tuna as it contains a lot of mercury (1 portion contains your maximum 'safe' weekly exposure) and generally the oceans are so polluted now (Fukushima, Gulf oil spill dispersants, mercury etc.) that you shouldn't really have ocean fish more than once or twice per week. Besides which, we don't need omega oils from fish as flax and other seeds will provide omega 3 in the body's preferred form.

<http://brianpeskin.com/BP.com/publications/CADUCEUS-Peskin-2-2014.pdf>

I have put fish in the healthy category as it may help some people to move from eating a meat-based diet, to eating fish occasionally. Sardines are maybe a better choice of fish as they are lower in the food chain and as such have accumulated less toxicity. Without wanting to sound like a bore.... you really should look at the environmental impact of eating ocean fish. Before long, eating fish may not be an option anyway. I'm not saying it will make a difference if you stop eating fish, but when you look at what's going on, you may no longer want to participate.

Liquid food: Blend or juice as much of your food into a liquid state as possible. Even a healthy alkaline meal of quinoa and vegetables isn't going to build blood as well as raw greens. So, ideally you will include juices, smoothies and soups every day. You can drink green juice with solid food, even if you are having fish or animal protein and make sure food is chewed for the benefit of the small intestine.

Daily rhythms: When you eat breakfast, lunch and dinner at roughly the same time each day the body becomes conditioned and is ready for the task of digestion – in other words it has time to prepare and knows what to expect. Try to eat and sleep at regular times. 9pm is a good time to go to bed.

Attitude: The problem with revolving your life around a new dietary approach, in my opinion, is that you can become a bit imbalanced and obsessed with food for a while. It can be difficult to balance your new realisation that your current diet may be less than perfect and also your enthusiasm to heal, improve and flood your body with only the 'right' foods, with the need to stay sane and not fear 'bad' food or use food as an unhealthy form of control.

The food we eat, our likes tastes and preferences are a huge part of our identity and we have a lot of memories and associations to different foods. My advice would be, that if you have the luxury of time and you do not have an urgent health challenge, that you be kind to yourself and transition slowly giving yourself a chance to make new associations to new

foods and ways of eating. Swap beef for turkey and increase salad, veg and water. Eliminate wheat and use spelt instead. Use organic where possible. This all still counts as alkalizing, as relative to how you were eating before it is a much cleaner diet. Right away though you should aim to eliminate MacDonald's, KFC, Haribo sweets, cola and all non-foods. There are plenty of healthier equivalent alternatives and many other less toxic substitutes that you can choose. In many cases you will still be able to eat the foods you like such as curry, pasta and so on, but it just requires substituting some ingredients.

As you alkalize with ionized fluids, your taste buds sharpen immensely, your senses in general become sharper, you become more in tune with what your body wants and your tastes will change accordingly. You basically begin to crave salads and vegetables because you enjoy the taste and you start to notice how good those foods make you feel. Alkaline water will do a lot of the hard work on your behalf "You don't have to give these foods up; they will give you up" Robert Young. Also do not let anyone tell you this is too extreme because that's only true if you live on celery sticks... which no one is advising.

Just make small steps each day because small steps really do add up and also because it takes a little bit of time to learn a whole new way of food shopping, eating and living, even if it only takes you a week or two to grasp the basics. The body and spirit are both very resilient and we can survive well on many different diets, hence why humans have survived so well. **Rivers and oceans aren't always pristine and there is tolerance in our internal rivers and streams for some pollution so don't worry if your blood isn't pure and perfect all the time.** The human organism is tough. This information is intended to be about empowering yourself, learning how to support your body and all whilst living in the real world. It is not supposed to make you want to head for the hills and live in a bubble although you may feel you want to change or modify your work and living environments. You can't avoid toxins but you can reduce your exposure and massively increase your body's capacity for eliminating toxins to which we are all exposed. In general, it is recommended that you approach any dietary or lifestyle changes in the spirit of choosing better health as opposed to fear of toxins, not least because fear creates acid.

Even if all you take away from this is to drink more of the right kind of water, then this is still a very positive thing and it will benefit you immeasurably in the long run in how you look, feel and every other measurement of your health. A great deal can be achieved simply by drinking good water.

Focus on eating more juiced vegetables instead of focusing on what you can't or shouldn't eat. As long as you are eating/drinking more vegetables each day then this counts as progress. So just keep plodding along and all of a sudden you'll realise your health has turned a corner. Make small changes which last and eventually you will build new habits.

If you fall off the wagon, just get back up and carry on. Often times this is not even a step backwards, relative to how your diet was before it was just a smaller step forward than normal. Sometimes, I think, you may need to go backwards to go forwards, in other words don't necessarily expect to be able to conquer all your habits in one go.

It's also good to remember that your body is just a spacesuit for your soul. You really want it to be in good shape, but that said it is not permanent and it is not 'you'.

The cheapest, easiest (and maybe most effective!) way to alkalize: Simple visualization is a really powerful tool and should not be dismissed or underestimated i.e. "oh I won't bother with that, it won't have any effect" or "this feels silly" or, subconsciously... "this isn't difficult, complicated or expensive enough so how could it *possibly* work".

Top level Olympic athletes, F1 drivers, Tennis players, martial artists all use visualization because it works. It has a physical effect on the body and when runners visualize themselves running, their muscles can't tell the difference and reactions occur on a physical level in the leg muscles.

My suggestion is to briefly imagine your veins full of healthy cells and get an image of them circulating in your body doing their thing (especially if you've just had a blood analysis consultation and your blood looked a bit of a mess!). Not much focus is required and you don't need to see lots of detail, just get a sense of it. When you are driving, or have a few spare seconds just check-in with your body and sense these healthy cells flowing in your veins. Also imagine your healthy, alkalized stomach and intestines with healthy villi, being bathed in chlorophyll-rich liquids for the purpose of building blood with. Even if you just ate a burger – don't focus on the reality of the situation or the subsequent guilt, firstly even for a split second give thanks or brief acknowledgment, if you can, for the fact that you even have food in your stomach, then imagine that the burger is actually green alkaline chlorophyll rich liquids in your stomach which go on to become good blood. This is not deceiving yourself and I'm not promoting cognitive dissonance, but what we focus on becomes reality.

If you focus on greens (especially in an emotionally charged, food related situation), the brain/subconscious will begin to attract healthier food choices and will figure a way to make the imagined pictures a reality. If you feel guilty about the burger, your focus is intently on burgers and whether it seems fair or not, you will attract more burgers. Do yourself a favour and forget that this seems unfair i.e. that you attract more of the thing that you say you *don't* want, and just focus on the healthy stuff. I wish I have surrendered to this fact long, long ago as that would have saved me some time and struggles with things like chocolate, coffee and bread all of which I ended up revisiting after my initial phase of alkalizing, simply

because I needed to face up to and go through my addictions.... *instead of running away from them and fearing acidic foods*. Having read a lot of books on raw-food and how cooked food, amongst other things, 'permanently depletes your enzymes' – I was motivated mostly by fear where diet was concerned.

I think it is also a very good idea to DRAW what health looks like to you. If you have a picture, then the brain has something tangible to work towards. You can even imagine 'downloading' nutrients such as vitamins minerals from the ethers if you wish.

Holistic health: Your physical health can only really progress according to growth in other areas of your being. Imagine if you will, a triangle which represents your holistic health (Mind, body and spirit) and to improve or grow your health you need all sides of the triangle to get larger. So, you need to grow the triangle but keep each side equal. If one side is larger than another the shape becomes imbalanced. I found that my physical health has only been able to progress according to mental, spiritual and emotional development and this is something which can't be forced. If you focus on diet alone, you may get rid of your symptom but life will probably just slingshot you back to where you were before, which is fine too and is all part of the learning curve. It sounds corny and cliché but appreciation and gratitude are two of the most potent ant-acids available, but this can require effort and can be like building up an atrophied muscle.

It is not possible to alkalize your body whilst maintaining acidic thoughts such as anger, worry, guilt and blame because these are adrenal-based, sugar-fuelled emotions and the acidity created will make it hard to resonate with the levels of light (electrons and foods with high conductivity/vibration) involved with a high pH, high-electron diet and there will be a conflict here.

That said it really does go both ways and your emotional balance will be impacted if your body chemistry is in chaos and you are eating the dense flesh of unhappy, factory farmed animals loaded with artificial chemicals. Eating high-vibration food will lift your mood and make you feel better. This will make it easier to improve your attitude and choose better thoughts because you begin to get a sense that anger only hurts you and drains your own personal energy. You want to create a snowball effect in the direction of health.

Exercise:

The aim of exercise is to move blood and the lymphatic system, but without creating lactic acid. Rebounding on a mini trampoline is very effective for pumping the lymphatic system and moving acids out for elimination, all without putting stress on the joints. Just gently bouncing up and down will pump the lymph and when combined with hydration this will cleanse and alkalize the body.

As you jump up and down, every single cell in the body is forced to resist gravity (more than normal) and greater force is placed on each cell. This causes the cells to request more nutrition and, provided that you are consuming plenty of chlorophyll and other nutrients, each cell, including internal organs and glands, will get stronger as a result.

This is another health tool used by NASA for increasing bone density in astronauts who have spent time in zero gravity. They describe it as the most effective form of exercise ever created, not least because it strengthens the body and skeleton, but without impact on the skeleton.

Any aerobic activity which makes you sweat is good – sweating is an essential component of removing stored acids. Using a sauna is an excellent form of passive exercise which removes a lot of acid with very little effort. Even if a person's diet isn't perfect, then yoga can help to compensate a great deal as it is so cleansing, oxygenating and helps to open the detoxification pathways.

You can't alkalize if you don't move your body, even with the best food. But, like a car that hasn't been properly serviced, if you are low in important nutrients, water, electrons etc. you should not push yourself very hard in exercise. Magnesium is essential for your muscles to work properly, if you are low in this or other vital nutrient you will put extra strain on the body.

Massage is another way to move and eliminate toxins from the body. Lymphatic massage is very powerful and can be a great tool if you have congested lymph. Skin-brushing and also hot/cold alternating showers are great for moving the blood and lymph.

Supplements: There are so many extremely useful supplements available these days, but I'm going to keep this list short and simple so that it doesn't seem overwhelming or unapproachable. Check the how-to guide and for instructions.

One product in particular is perfect for people on the go, who don't want to or aren't able to make a lot of fresh juices, who don't like vegetables or who just want a convenient way to quickly alkalize themselves using an easy supplement. The powder is micro-ionized and contributes alkalinity, electrons and chlorophyll plus over 100 vitamins, minerals and antioxidants. pH Miracle Greens is a mixture of powdered green veg and grasses so there are no synthetic or acidic ingredients and is designed to work with a pH boosting liquid which is added to the water and greens to increase oxygen in a form that can be used by the body (nascent oxygen).

You can drink this by the litre and you will actually feel it working instead of just believing or hoping that it's doing you some good. Your body will crave the feeling associated with drinking it. Then, as you become more alkaline you will naturally gravitate towards better food choices, so even if all you do is use this supplement, you will find you begin to crave different foods. You can drink it when exercising and as a result will get lots of energy and very little or no lactic acid. Start with 1 litre per day and build up to 2 or 3 or more. During a

detox it is good to drink up to 6 litres, which is perfectly safe provided you are using good water with it.

Other foundational supplements would be magnesium, iodine and a good alkalizing product called pHour salts which is a blend of calcium, magnesium, sodium and potassium. I can recommend anything in the pH Miracle range of alkalizing supplements including the green drink, pH drops, 4salts, L-Carnitine, multi-vit and min etc.

Many people, meat eaters included, are deficient in B12 and so it can be wise to supplement, just to get yourself topped up. Methylcobalamin is the form preferred by the body. **I talk more about supplements on page 132.**

Detoxification: Just drinking water or the greens supplement can be a very effective cleanse as it increases the amount of acid that the body can get rid of. You could do a ten day alkaline cleanse which involves living on green juices and smoothies/soups with plenty of alkaline water (or even just 2 or 3 days). Many people decide to go beyond the intended ten days as they start noticing changes in how they feel. Or you could have one or two liquid meals then one sensible cooked meal in the evening.

You might also consider a colon cleanse using herbs, clay and psyllium fibre to deep-cleanse the colon. Colon congestion/damage is a cause of many problems.

Doing a liver flush may be a good idea too, especially if you have a history of food or drug abuse or any type of significant health challenge. A blocked liver was one thing which stopped me getting the absolute best from this program. I will include information and links in the 'how-to' guide.

If you hydrate consistently with alkaline fluids then you should be able to avoid unpleasant detox symptoms (headaches, runny nose etc.). These symptoms are caused when toxins are diffused into the blood for elimination making the blood thicker and dirtier, causing you feel bad. If however you continually flush your body with alkaline fluids and green juices, the symptoms of detox and also withdrawal symptoms can be avoided.

Other factors for pH balance and health:

Electrical pollution – please avoid spending hours and hours on your computer and avoid using cell phones where possible (keep your phone on flight-mode where possible). If you do spend a long time on a computer, it is good practice to get up every hour and move around, ideally jump on a rebounder and do 50-100 high-knees (running/sprinting with knees higher than normal) to get the blood pumping even for a short time. A product called Qlink can help strengthen your defences to EMF radiation. This is a good presentation about the strange health effects of cell phones <http://youtu.be/6D9IsoSX5zgg>

Sleep - This is an app for your phone or computer which eliminates blue-light from your screen. After sunset the screen turns a slightly warmer colour so that your melatonin production isn't affected and you get a better night's sleep (also you should ideally sleep in pitch black as I'm sure you already know): <https://justgetflux.com/>

TV – It really does rot the brain! Out of 400 flicker-rates, 'they' chose the one which puts your brain into the most hypnotic/suggestive state. This means the constant stream of fear-based messages (news, dramas etc.) flood your subconscious unchallenged. When you research tell-lie-vision, you could be forgiven for thinking it is aimed at keeping the population disempowered and easily manipulated <http://youtu.be/hb-lW9yBrwU>

Microwave ovens – throw or give yours away if you haven't already.

Low energy light bulbs – these bulbs produce high levels of EMFs and cause 'dirty electricity' to spread into the rest of the wiring in the house. The flicker rate of these bulbs is harmful and the bulbs also contain dangerous amounts of mercury and are arguably worse for the planet and human health than old style light bulbs. Halogen or LED bulbs are much better.

Vaccines – if you are in any doubt about vaccines, do some internet searches to see the ingredients lists (mercury, aluminium, anti-freeze etc.). I will include my thoughts on vaccines at the end of the book.

Amalgam dental material – have amalgams properly removed if possible and work to detoxify the mercury from your body. MS cases went from 8,000 cases to 120,000 in the same year the first copper/amalgam first placed.

Personal care products and household cleaning products – many contain aluminium and other harmful ingredients.

Non-stick cookware – try to use stainless steel, ceramic or ideally Saladmaster products. Using the Saladmaster will mean you can have food which is cooked but still keeps its electrons

Earthing: This video talks about the absolute importance of getting bare feet on the earth/sand (even just once a week). We need to absorb electrons through our skin for so many reasons but especially for keeping the blood flowing properly. Devices are available which allow you to sleep grounded: <http://youtu.be/IY3w8kDn2Eo>

Sunlight is also essential and 'sun gazing' is an excellent way to energize yourself (it's one of my favourite activities)! It involves staring at the sun during times of very low UV: http://youtu.be/D_ERDxxzvQE

Sundroid is an app which will give you accurate sunrise and sunset times so you know exactly when it is safe to look at the sun.

We need to absorb electrons from the sun, so we should expose your skin to sunlight. Wearing sunglasses prevents your body from assessing how much melanin is needed to

protect from the current levels of UV present – so avoiding use of sunglasses will increase UV protection making you less likely to get burned.

Stories/testimonials: You might be interested to see a few examples of how dramatically this lifestyle can affect a person's health:

A friend of mine had chronic kidney disease and his kidney function was only 60%. He had seen various specialists and was told there was no treatment available to stop or even slow down the degeneration. So, I gave him an alkalizing supplement and suggested he modify his diet. Within just a couple of months his kidneys were tested and were shown to be functioning at 100% (by the medical establishment's standards). All he had done differently was to drink 2 litres of alkaline, electron rich green drink per day and he also had cut out white bread. The problem with having a specialist of any particular organ is that they don't get to see the entire picture and can't necessarily see what's upstream from the problem they are viewing. It's a bit like looking at a painting with your nose pressed against the canvas. In my view it is unlikely that anyone can have any success in treating the kidneys when the patient is acidic and dehydrated.

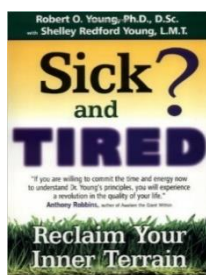
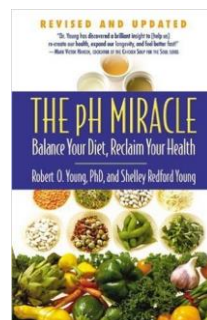
One of my first case studies was a man named Hanz, who had broken both his legs badly whilst in the RAF in his youth. His parachute hadn't opened properly and he only just survived the fall. For 30 years he had used 2 walking sticks whenever he needed to get about and he still had a lot of pain. After just 3 months on a high alkaline diet, he was able to walk with just one stick and at other times (about 50% of the time) he could walk without any support – the pain was also significantly reduced. Acids go to our weak spots and settle there, and whilst in hospital after the traumatic (all physical and emotional trauma causes acid) accident, he would have been eating acidic food and taking acidic medication and so the acids had stayed, preventing the bones from fully healing. It goes to show that no matter how old an injury may be, if you can remove the daily acid wastes produced in the body *plus* the old acid accumulations, the body can often heal itself.

A local plasterer who was doing some work on my Mother's house had a lifelong problem with psoriasis which covered his back, chest and arms. Within just a few weeks of hydrating with an alkaline supplement his psoriasis was all but gone. It was one of the most satisfying stories because it was such an easy-fix and the results so dramatic to see. He was free from the discomfort which had been with him his whole life.

My Dad had dangerously high blood pressure and the doctors wanted to put him on medication. Within a few weeks of an improved diet and 2 litres of green drink per day his blood pressure was totally normal.

Recommended books:

"The pH Miracle" (revised and updated) by Dr Robert O Young - This book contains easy-to-understand information about alkalizing and also contains lots of good recipes. The pH Miracle (revised and updated) is a phenomenal book and is extremely comprehensive and well written, making this lifestyle approachable and empowering **"The pH Miracle for diabetes"**, Dr Young explains how he cured 300 people with type 1 and type 2 diabetes!



'Sick and Tired' by Robert Young Also written by Robert Young, this gives more technical/medical information and is more in-depth and scientific. It is an excellent read if you want to really understand how this lifestyle works. This was the book which really got me on the path to properly understanding the theories behind the alkaline lifestyle.

"The Magnesium miracle" Dr Carolyn Dean

"Iodine: Why You Need It, Why You Can't Live Without It, 5th Edition" Dr Brownstein

"Iodine bringing back the universal cure" - Dr Mark Sircus

"The Amazing Liver Flush by Andreas Moritz" This book explains the importance and benefits of liver flushing.

"Cleanse and Purify Thyself" by Dr Richard Anderson - This book explains the importance and benefits of colon cleansing (using the colon cleansing products listed above) and is an excellent book.

"Earthing: The Most Important Health Discovery Ever?" – Clint Ober - This book talks about the importance of connecting with the earth to absorb electrons and rid ourselves of excess acidity and also the many health problems associated with lack of regularly grounding ourselves.

"Slow Burn" by Stu Mittelman - Stu Mittelman sets world records for distance running and teaches the importance of eating fats and exercising in a way which maintains good pH.

"The Tao of Sex, health and longevity by Daniel Reid" is a good all-round book on the subject of health.

"The Sedona Method" – a great system for learning to let go of stress and emotional problems

"Living Clay" by Perry A. Talks about the miraculous benefits of living clay.

Food ideas and recipes: I am probably the wrong person to motivate and inspire you with recipe ideas as my diet is mostly centred around quite simple foods (I don't even use garlic or onions!) but you will find a few suggestions below. If you get hold of some decent alkaline recipe books (or even just a copy of The pH Miracle), you will be able to make healthy curry, pasta dishes and casseroles while in the transitioning phase, or to eat once you have fully cleansed/healed yourself. The alkaline versions of your favourite foods will often taste better, basically because they digest more easily and are made with better quality, fresher and less acidic ingredients.

I highly recommend Ross Bridgeford's recipe book and blog as excellent resources for ideas and inspiration: <http://alkalinedietmadeeasy.com/the-alkaline-diet-recipe-book/>

Be creative and try to adapt your favourite foods by using healthier versions of the usual ingredients i.e. swap wheat for spelt and so on. If in doubt, just aim to eat as much blended food as possible.

You can eat a wide variety of foods for enjoyment and you can basically eat what you feel works for your body, but set a goal to meet your daily requirements for chlorophyll (green juices and smoothies), oil (chia, hemp, flax, Udo's blend etc.) water (alkaline, ionized), salt (good quality salt such as Redmond Real salt or Himalayan, ideally added to some of your daily drinking water)

For ideas about what a typical day's food could look like, please visit my YouTube channel and I will show you how to make juices, smoothies, alkaline curry and other food ideas.

More smoothie ideas on this page: <http://www.phmiracleliving.com/s-12-whole-body-cleanse.aspx7>

Shopping list: Lots of green vegetables for juicing and blending (spinach, kale, broccoli, arugula. Salad-making ingredients. Avocados. Good cold-pressed oils (see document on good fats). Hemp seeds, chia seeds, almonds for making nut milks. Millet, quinoa, buckwheat, rice. Sourdough spelt bread.... that sort of stuff.

Food resources: Redmond Real-Salt is some of the best salt available. Dr Young's brand is the best in my understanding. Some shops and websites in the UK sell Redmond, otherwise just buy any good pink Himalayan salt from your local health store
<http://www.realsalt.com/>

This raw flatbread is good for travel and is raw, organic and very filling. Great with avocado and salad. Good for people transitioning to an alkaline diet. As with all dehydrated foods, you should drink extra alkaline fluids to make up for the low water content
<http://www.puravidafood.co.uk/Living%20Breads.htm>

Mung bean pasta is a good substitute for wheat pasta. Also look out for spelt pasta, soba noodles, kelp noodles and other similar items in your local health store <http://www.explore-asian.com/mungbeanpasta#.VCbx6fZwbX4>

If you want to switch to a better brand of chocolate while transitioning to a healthy diet, this company sells excellent raw chocolate. It is sweetened with coconut sugar which has an almost neutral pH. It is low GI and is all raw and organic. Try the Vanoffe bar which tastes more like milk chocolate and also has no cocoa – or they sell dark chocolate too if that's what you prefer. <http://www.therawchocolatecompany.com/>

There are other good brands such as Conscious chocolate, Om Bar.... or just make your own!

Recipes:

1 (optional) fresh young coconut (all the water inside plus all or some of the flesh)

1 avocado

½ a large cucumber or 1 mini cucumber (peeled if you like)

A big handful of spinach and/or Rocket a.k.a Arugula

A few small frozen peas

¼ tsp or more of stevia leaf powder (which is a bit acidic, though ok in moderation)

¼ tsp or more real salt

Add a few Oz of alkaline water to achieve the right consistency. Blend in a Vitamix

Until Smooth. Play about and make your own recipes. Use grapefruit, lemon, lime,

Celery, coconut oil, almond butter, almond or hemp milk **Or if you're a bit crazy like me**

and want a simple smoothie: Just blend Celery, Kale, Avocado, salt, water – stir in the flax at the end

Cinnamon smoothie:

1 x avocado

¼ tsp coconut oil (Tiana is a good brand as its fully raw)

Coconut water

Alkaline water

1 x tsp cinnamon (Ceylon cinnamon) or according to taste

Stevia leaf and Real Salt to taste

Avocado: Another idea is to make a green vegetable juice, dilute with slightly warm alkaline water and then blend an avocado or two into the juice (then add flax or chia oil).

For example, juice up some celery, cucumber (and/or rocket, parsley, coriander, spinach, broccoli, kale, cabbage, watercress) and then blend with some avocado. You can even juice some soaked hemp seeds or almonds if using a twin-gear juicer. This will actually keep you warm in winter, such is the effect on circulation and good fats reduce heat loss in the body too.

If someone has come to me for a blood test and wants to know what they can do to really improve their blood before their next follow-up test, then this is what I suggest drinking. It's a great way to add lots of alkalinity and chlorophyll in a concentrated form and without the fibre to interfere with nutrient uptake.

Tip: I blend warm water with the avocado, pour that into my glass jar and then stir in the fresh juice to avoid blending the delicate nutrients of the juice.

Salads: Try eating a big salad with some good oil, salt, lemon and half an avocado.... ideally drink some fresh green juice with it. This makes a surprisingly good meal and if you chew properly, so will feel like you've had a good meal. Tip: if eating outside, avoid exposing the oil to sunlight as it will oxidize quickly.

Cooked food: For dinner you might have a soup, salad, veg and maybe have some cooked buckwheat, quinoa or millet.

Another meal idea is mashed sweet potato (steamed or baked) with steamed peas, broccoli etc. and rocket or lettuce, avocado, tomato, ginger.

Or sourdough spelt bread toasted with avocado, almond butter, guacamole or whatever you can think of.

You can eat soups, steamed veg, gluten-free porridge and you will get many recipe ideas in the pH Miracle book. If you eat animal products, then aim for organic and fresh where possible and eat plenty **of veg and salad** to buffer the acids from the protein.

What do I eat? So I often get asked this. I was born and raised vegetarian, I quit cheese and milk a long time ago for a number of reasons. Fruit doesn't do much for me, fruit based green smoothies are okay but I prefer fats over sugars. Oats barley and rye are of no interest to me, and I have an allergy to wheat. Garlic and Onion also are off the menu. Drink and drugs are also not an option. So, what's left? All the alkaline foods which my body cells crave and enjoy. Green juices (juice of kale, broccoli, spinach, cabbage, wild greens) and good oils. I have given up on using food for pleasure or entertainment and instead I focus on being as 'scientific' with my diet as possible, using it to enhance my health and fitness and see how well my body can function. It's not that I am disciplined, it's just happened by default really. In terms of enjoyment or escape I will sometimes have some cacao or raw chocolate – but have a view to eliminate this altogether. I will eat cooked veg and sprouted lentils and so on, generally for social purposes when with friends. My ideal day in terms of nutrition and ideal food intake for my body's needs is as follows: 4am – water. 5am: 1 x tsp of panaseeda flax oil. 6am 1 x tsp flax oil. 7am flax oil. 8am flax oil. 9am big green juice, properly diluted with water. The oil intake is dependent on activity, and is taken in between meditation, exercise and so on. More juice and oils through the day. Optional smoothies/salads/steamed veg/avocado/coconut oil. I can't use food as an escape due to limited food options, so my aim is simply to make myself feel good and high naturally though clean living.

My story.... (continued): This isn't intended to come across as a story all about me, but some people may want to know the details so I included as much info as possible as it may just help someone, especially the bit about vaccines.

My childhood was enjoyable in many ways, running around in the fields of the Devon countryside, but as far back as I can remember my brain felt a bit scrambled and memory, learning and focussing on tasks for any length of time were not easy for me. The first time I recognized it as a problem was at primary school and we were set a very simple task in class, we were supposed to draw the life-cycle of a penguin and I failed miserably! The teacher thought I just hadn't tried properly and so sent me out of the room. My education pretty much went downhill around that time and it was clear there was no point even trying, which in one way suited me as the curriculum wasn't very stimulating. Also as you can tell from this book, my tendency is to question the official versions of things, but that type of thinking is never really encouraged in school, although it would have been nice to know I could do the work if I tried.

Socially I was a bit awkward and shy although still had friends, my mother said I used to be quite extrovert and confident as a small child but then suddenly became more shy and quiet. I am convinced (in my own subjective opinion) that this was due, at least in part, to a reaction to childhood vaccinations as mercury detoxification was instrumental in turning my health around. Removing my mercury fillings made a significant improvement to my mental foginess and ability to concentrate as some people just don't methylate mercury well.

My parents raised me on a vegetarian diet, but my refusal to eat vegetables or anything healthy meant my diet was centred on cereal, bread and milk. Wheat was the main staple of my diet and was in all of my meals, so a correlation was never made that an allergic reaction to it was affecting my mind. If I were to have gone a few days without it, then there would have been a big difference in my mood and someone may have identified wheat as the problem.

My diet was extremely high in sugar and allergens but very low in nutrients so my brain was scrambled from the start. Gut problems and food allergies can cause brain inflammation and this was a large part my problem. The various head injuries I had as a child probably hadn't helped either! (Too many to list)

Due to a lack of normal happy social interactions I instantly gravitated towards 'recreational substances'. Getting drunk at 13 and liking it soon progressed, by age 15 to drinking alcohol, smoking cigarettes and cannabis/skunk regularly and had taken speed a few times. The problem with drugs is that they make a person with low dopamine levels feel normal for a short time, then when the drugs wear off reality feels unbearably dull and flat. When a happy person takes drugs, they get high then come back down to earth and carry on with their life as usual.

When cannabis wasn't available my friends and I had got into the habit of inhaling solvents (butane gas and industrial solvents!). Around this time my dentist extracted four teeth to make room for orthodontic braces and it was on this day that my mood crashed to an all-time low which happened literally as I was walking out of the dentist's office. All four teeth contained mercury fillings and they all cracked during extraction meaning mercury vapour and particles were inhaled and some particles were swallowed. Days passed and I was still depressed and even more foggy-headed (this time with added numbness in my head, yay!), and so I just smoked more pot to compensate, which didn't really work. I hadn't made the correlation at the time and probably just thought it was some residual trauma from the tooth-pulling.

Starting college at age 16 my brain was pretty much useless. I decided to quit, or at least was thinking it might be a good idea, all cannabis use to try and get some clarity. But I met a new social circle and before long we were all taking speed or ecstasy most weekends and smoking skunk all day, every day. It was exhausting just holding everything together and even being a lazy stoner was hard work as I didn't want people to see how much I was struggling. After a two-week long ecstasy binge at the end of college which incorporated Glastonbury festival and lots of surreal adventures, I decided to quit everything and finally succeeded on New Year's Eve 1999. I stayed in that night and painted my bedroom a happy yellow colour.....but the paint fumes made my headache even worse!

By this point I was basically a walking zombie ('mong' doesn't nearly do it justice) and I spent about 3 months in bed, not able to face the world. My head was numb and it felt like blood/oxygen supply to my brain was totally lacking. Just thinking used to feel uncomfortable and laborious and avoided thinking and situations that required thought.

It was frustrating as I knew I was intelligent but my brain just couldn't make connections or retain information, several people actually thought I had Asperger's syndrome and maybe they were right? My speech was laboured as thoughts didn't flow and I couldn't find the right words to make sentences with. There was constant white-noise in my head, ringing in ears and sensitivity to sound. The sound of a fridge humming, or a ticking clock would annoy me, in fact most things made me irritable. There was a constant feeling of pressure in my head, neck and behind my eyes. Also lower Back and neck pain, Lung discomfort and I was underweight for a long time. I had low motivation, needed to sleep or lie down a lot.

I was sensitive to foods, chemicals, electrical radiation, and pollution and was generally lethargic, cold most of the time and had constant sugar cravings. My symptoms felt so bad and unrelenting that my main fear was they may be permanent, but the thing which got me pointed in the right direction is when, at my lowest point, my Mother gave me a 'crystal-healing' session, which meant having special rocks strategically put all over me.... who would think? Somehow this lifted the fog and gave me a glimpse of what clarity feels like and also

that clarity helped me attract the answers and solutions I needed. Until then all this stuff was repulsive woo-woo hippy stuff, but had agreed to it out of sheer desperation. The effect wore off quickly but this experience made me determined to do whatever it takes to get back to that place. There was a sense that if this energy or feeling was to be able to reside in my body that I needed to get my body in shape and so began an intense exercise regime (up at 5am for a 5k run, 100 press ups and sit ups, hot/cold showers then later added an hour at the gym with an ex-army personal trainer) which despite being good intentioned, was more than my abused and exhausted body could handle and I developed chronic fatigue. After that was dengue fever. Weight loss and fatigue were made worse by water fasting which was my attempt to fix my digestion, heal my and conquer sugar cravings, but here again, my body was not in a fit state and after an ill-advised 21 day fast, ended up in hospital for 2 weeks. While recovering and about two years later, I broke my leg and got blood clots in my lungs and was diagnosed with blood clotting disorders.

It was whilst on crutches that the theories discussed in the article were introduced to me and since then it has been a process of mental and physical detoxification, addressing deficiencies and rebuilding my mind and body from the ground up. In my case there was a huge amount of momentum in the direction of (mental, physical and emotional) acidity, toxicity and general discouragement that it really has taken a while to fully turn things around and stabilize on this new trajectory so as to be free from discomfort and able to contribute to the world.

My one regret is that I didn't take the 6 months as advised by Dr Young (my health was an extreme case), to fully heal my gut with a liquid only diet. I got back from the US and rushed straight into doing my 100 case studies and then travelling the country, excitedly trying to share this information with others. I tried to live on only juices but despite feeling really good, would also feel cold and very spaced out. My health was in limbo for years and I was just able to sustain myself at an ok level, using supplements to prop myself up but eventually it caught up with me to the point where my hair was starting to go grey at 27 and I had to put the brakes on and learn patience! So I took a long break from this work, and it wasn't until 2015 that I finally developed the mental strength needed to live on only juices/smoothies only and to know how to do it in a way which eliminates coldness and the feeling of being ungrounded and spacey (I cover my many mistakes in the FAQ section, but low iodine and magnesium levels were partly responsible for my problems)

Now I want to pass on this experience so it can benefit others. At the time of writing, even after just a couple of weeks, the estimated 100 grey hairs are starting to reduce in number and it will be interesting and exciting to see if grey hair can be fully reversed with this approach. Anyway, it's all been a valuable part of my learning and experience. But if I can do it then you can do it and especially if you consistently apply all the principles outlined in this article.

Vaccines: <https://youtu.be/6oEtF8FdqpA>

I know the subject of vaccination is controversial but I am convinced they do far more harm than good and that they are unnecessary. **I understand the concerns people have** about this issue but this is largely due to a lack of understanding and I will share some information which I think should clarify things.

Before I say why I think vaccines are unnecessary, I will say that I totally agree with the points raised in the video clip above and that if we are going to vaccinate, then **we should do so selectively** and nobody needs 30 plus vaccines. There should be proper testing and researching of ALL the ingredients contained in vaccines. **Mercury and other toxic ingredients should be removed.** And **we shouldn't give multiple shots to babies** on the same day.

Personally I believe vaccines are not required when people are truly healthy. Even Pasteur (who coined the germ theory) admitted on his deathbed **that "the pathogen is nothing; the terrain is everything"** this basically means that germs will only get a foothold in a weakened or compromised body. When we are healthy, germs are no threat to us. So the real work should be on building health instead of trying to bleach and sterilize everything and vaccinating people. Vaccines damage the immune system, acidify the body and damage the small intestine due to the many toxic ingredients. **This starts a cycle of antibiotic dependence which further weakens the body's resistance to illness in general.** People then look around them and see that everyone is sick and this reinforces the perception that germs cause disease and that we need more of the very things which destroy health (vaccines, antibiotics and other pharmaceuticals).

The problem now is that since WW2, people have commonly been raised on formula milk which **lacks the immune building properties of breast milk**, and people have been vaccinated, given antibiotics and then there are the thousands of other immune and health suppressing chemicals to which we are all now exposed in this modern world **(not to mention all the nuclear fall-out from the atomic bomb testing)**. So in short, we have much weaker constitutions these days. Because we are genetically weaker now (and remember, a lot of our strongest genetics were wiped out by the 2 great wars when millions of strong men with the best genes lost their lives) and have higher toxic loads and less minerals in the soil due to intensive agriculture, people who choose not to vaccinate their children, unless they really understand good nutrition and alternative health, **may find that their children still get sick** (also due to genetically modified and antibiotic resistant strains of bacteria), which of course again feeds the perception that vaccines are necessary.

In an ideal scenario where people started eating and living right and where the air, water and soil quality of the world were restored to pristine levels, **it would take several generations to fully rehabilitate humanity to its original blueprint.** I know people will say we are healthier now than ever before, but the reason people got sick 70 years ago was often due to poor nutrition and sanitation and **physically difficult living/working conditions.** They may have died younger but **their immune systems were incredible and they were phenomenally robust and hardy.** If we could combine our original constitution of 70 years ago, with the working/living conditions of today and availability of good food, minus all the pollution (air, water and electrical radiation), drugs, vaccines, emotional stress we would have the winning combination!

For now, it means using a water filtration system, sourcing clean food (organic where possible), avoiding eating fish, not least due to the mercury content and never eating commercial meat due to presence of antibiotics, pesticides and hormones. If you are wondering about whether to vaccinate your child, then you need to understand pH balance and then make that choice for yourself. If you and your children are pH balanced then germs will be far less likely to get a foothold and if on the odd occasion you are out of balance or run down and one of you picks up a bug of some kind, it won't fully take hold. I very rarely get any colds or coughs, but if I ever feel the start of something coming on, I flush it out of my system before it can establish itself. Luckily I have never taken antibiotics and so my body is actually quite hardy, but I was damaged by vaccines and the mercury affected my mood and mental state. It is only since making a deliberate effort to remove mercury from my system that I have recovered and so I really want parents to educate themselves about the ingredients in vaccines as the damage caused by them can be significant and long lasting. People also say that vaccines eradicated Polio, but it is worth mentioning that polio was never eradicated - it was just reclassified, mostly as MS. This is a good article which explains Pasteur's deathbed statement about how, contrary to his original theory, germs are not to be feared: [](https://thebovine.wordpress.com/pasteur/)

Once you stabilize body pH and the electron balance of the blood, tastes will change, cravings will disappear (sugar cravings simply mean you lack minerals and energy/electrons) and you will wonder why you never knew about this before. **You won't get colds or flu as germs only get a foothold in an acidic terrain.** Just as mosquitos gather round stagnant water. Most of all, you will have the confidence to control your health. I could just say "eat more veg" but I want you to really understand your health better than 99% of the experts.

How and why to use Iodine

Just google for nascent or Lugol's iodine reviews on amazon and you will see the sort of results people are getting. It helps with mental clarity (clears brain fog), memory, fatigue, eyesight, hearing, all kinds of cysts, diabetes, arthritis, inflammation, lungs, low body temperature, kills infections, mold and pathogens, it can get rid of food poisoning symptoms very quickly, protects from radiation, helps the prostate, breasts and reproductive system/fertility, adrenals and adrenal exhaustion, decalcifies the pineal gland (causing vivid dreaming and improved meditation etc.) and restores proper thyroid function but I am really just scratching the surface here.

Almost everyone needs to take iodine and its especially important when pregnant. The current RDA is set at 150micrograms which is only the minimum amount required by the thyroid to prevent goitre. It is not enough for full thyroid sufficiency and doesn't take into account the need of other cells and glands for iodine.

They took iodine (a nutrient) out of bread and put bromide (a poison) in instead. All because of poorly conducted experiments which assume that iodine is dangerous.

I personally have been taking upwards of 200 **milligrams** because high doses are necessary for eliminating bromide, fluoride and chlorine from the pineal and thyroid (nothing else is capable of displacing these toxic halides) and also for providing every cell with the amount of iodine necessary for health. Iodine is alkalizing too and its importance cannot be overstated.

I do not tell others to take such high doses, but rather you should research for yourself (beyond the websites containing biased info intended to scare you away from using iodine) and decide what dose you feel comfortable with.

Some people say supplements are a waste of time but it is physically impossible to remove toxic halides such as bromide, fluoride and chlorine without using iodine and as you will learn, you must take the 'companion supplements' to support higher doses of iodine as diet will not provide enough of the minerals required to compliment iodine therapy.

Any generic Lugol's iodine will work well and it is widely available. Nascent iodine is another option but it contains alcohol. I find that Lugol's in ionized water works the best overall.

Start small, build up gradually and invest a little time learning about iodine usage. You could maybe take 1-2 drops of Lugol's in a glass of water on an empty stomach in the morning, and see how you feel. You will need to take a multi vitamin and mineral to support the process of detoxification and also make sure you have good salt in your diet.

If you get a headache or backache, put half or quarter of a tsp of (Himalayan or Real Salt) salt in 5oz of water, drink this and then follow with a litre of pure water and the pain will go quickly. Iodine displaces bromide which can cause discomfort when it accumulates in the

kidneys – salt will flush it out. Salt-pushing is essential when building up to higher doses of iodine to prevent problems. To make it easier – just prepare a litre of water with salt in and carry that around with you. It is also a good idea to take extra zinc, selenium and magnesium (2g of magnesium chloride per day). Actually the **selenium is essential and you should take 200-400mcg of selenium in the form of selenomethionine per day when using iodine**. <http://drsircus.com/medicine/iodine/iodine-rescue> <http://youtu.be/oDRd40VK5PY>
Note: there are some very good iodine support groups on Facebook

Quotes:

"In a time of universal deceit - telling the truth is a revolutionary act." - **George Orwell**

"Even if you are a minority of one, the truth is the truth." - **Mahatma Gandhi**

"Condemnation without investigation is the highest form of ignorance" **Einstein**

"The truth is like a lion. You don't have to defend it. Just let it loose. It will defend itself" **St Augustine**.

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear". - **Buddha**

I know a man who gave up smoking, drinking, sex, and rich food. He was healthy right up to the day he killed himself. - **Johnny Carson** (just kidding!)

"Nothing tastes as good as good-health feels" – **Robert O Young**.

Conclusion:

Well done for making it this far and thank you for taking the time to read all this information and letting me share my views with you. My aim when writing was to be fair and balanced as possible and to make this lifestyle seem approachable. This is not meant to be a scientific document and I'm not pretending to be a scientist or medical professional, it's just my attempt at distilling all what are in my view, the most interesting and relevant parts of Dr Young's research, into an easy-to-understand format. I will also say that I believe in all the other fantastic healing modalities including herbalism, energy medicine and so on, but everything will be more effective and long lasting if the nutritional foundation is correct.

My intention is to keep adding to this book and make it more comprehensive and also to work on providing proper diet/supplement protocols (possibly in video format) with detailed information on how a person might implement changes with confidence. In the meantime, feel free to email me and I will do my best to notify you of any new developments and/or projects.

If you would like to be healthy, free from dis-ease, energized and full of beans you will need to think outside the box and take your health into your own hands because the majority of humanity are not getting the results you are looking for.... follow the herd at your own risk.

Information exists which will allow you to be healthy, but certain people clearly feel that the flow of this information must be controlled otherwise global population would increase dramatically and people would begin asking for a different way of life, beyond what we are currently being offered (billions of people turning their noses up at mass produced crops, such as corn and wheat, plus giving up dairy and meat would have big implications for the global system).

Think about it, if you were in charge and had decided that population needs to be kept in check to balance with the available infrastructure, you have a few options: Overt population culling (not very popular), childbirth lottery (only slightly less unpopular), or, give people the total freedom to eat and drink whatever they (think they) want and to have as many children as they want, knowing that when people live this 'American dream' there will be a lot of people dying and having fertility problems. So this keeps population to a certain rate of growth and also creates opportunities and employment in the form of medical care and research in all its forms (the stock market relies on pharmaceutical performance) plus it maintains an illusion of 'freedom'.

Yes, people are living longer, but with the right diet and lifestyle people would not only be living longer, they would be healthier, less dependent on a medical establishment and people dying in their 50's or 60's of heart disease, cancer and so on would be rare. Also fertility rates would increase.

So good health is not going to be given willingly to 'the masses', we have to actively seek it and find the information outside of the mainstream. The corporations who bought government and who control the media, care not about the populace. As we lead by example, others inevitably follow and this is how change will occur, in our health and also in the priorities and values of humanity. If you don't want to be a statistic, then you need to take responsibility for your own health.

If people knew the truth about where blood is produced, that it is made from the food we, if they knew that the stomach is not supposed to be acidic and if they understood the true cause of obesity and chronic degenerative diseases then they would behave differently. But people don't understand so they eat things that they wouldn't otherwise eat. Then when they get sick they accept information and treatments which they wouldn't otherwise accept.

Any questions or comments?

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BONUS 1: FAQ GUIDE

- How should I approach this lifestyle?
- What about having fun?
- Why do some people fail on the alkaline diet?
- How do I lose weight?
- Will this diet heal my symptom?
- Why is this diet so restrictive and draconian?
- Why is this information so intense or extreme?
- Don't we need a varied diet?
- How many calories should I eat?
- Shouldn't I just listen to my body?
- Don't we need meat and dairy?
- How much protein do I need?
- Should food choices be aligned to your blood group?
- Shouldn't we eat what our ancestors ate?
- Is it wrong to eat animals?
- Will an alkaline diet disrupt stomach acid?
- Is drinking ionized water or sodium bicarbonate safe?
- Is it possible to be too alkaline?
- Are health improvements caused by placebo?
- Do food combinations affect pH?
- Do we really need a special detox diet?
- Is there any evidence that people live longer on this diet?
- Is this our natural diet?
- Are 'liver stones' real?
- Is fruit really that bad?
- So sugar doesn't contribute energy?
- Will this help with sugar cravings?

- The media says organic food is no more nutritious?
- Is drinking too much water dangerous?
- Is fasting a good idea?
- Is meditation alkalizing?
- Do we need supplements?
- What ratio of acid/alkaline food should I eat?
- What sort of exercise should I do?
- Does juicing waste the pulp?
- How do emotions affect acidity?
- Do animals need alkalinity?
- Are doctors aware of this info?
- Do Viruses exist?
- Will this help with dental problems?
- Is soy good or bad?
- pH of Lemons.
- Is cider Vinegar good?
- pH testing says fruit is alkaline?
- Is 'Bragg's amino acids' a good soy sauce substitute?
- Is nutritional yeast healthy?
- Are probiotics and enzymes healthy?
- Is sodium bicarbonate the same as bicarbonate of soda that is used for baking?
- Is fat good or bad?
- More about fats:
- What about antioxidants?
- Why do I need to soak Nuts?
- Which nuts and seeds are good to eat?
- Will detoxing make me feel bad?
- What about Quackwatch?
- What equipment do I need to buy?

How should I approach this lifestyle?

First thing is to decide what your goals are. Are you a bit of an extremist looking to explore your own potential, or achieve the highest level of health, fitness and natural-highs possible? Or maybe you simply want to reverse your symptoms, feel more energetic and get a bit leaner? This isn't meant to be some elitist, master-race type thing, it's about having options and choices. You can treat this as a cleanse that you do for a few days each year, or a lifestyle that you adopt permanently.

I was raised a vegetarian, so for example it's easy for me to say to reduce or avoid animal produce as I have no emotional attachment to them, nor do I have the psychological conditioning which says animal protein is essential for strength, but the reality is that for whatever reason, many people do not want to change their diet too radically and I fully understand. In my opinion meat and dairy have addictive properties and as a result some people say they feel weaker when they give it up. Animal products can mask deficiencies, parasites and underlying health issues, a bit like papering over the cracks, so when you stop eating animal products you experience yourself, with your various deficiencies but without the narcotic numbing and/or stimulating effect. This can feel uncomfortable and it feeds the suspicion that you might be getting 'protein deficient'. There is also the placebo effect to consider whereby people are told from day one that they will get sick if they don't eat meat and so the psychology has a big influence on how people respond to going vegetarian. Another huge factor is that people give up meat and then switch to a vegan diet which is severely lacking in certain essential elements and but whilst I maintain that animal products are not essential for health, you don't have to stop eating it unless you decide to and a lot can be achieved by just cleaning up your diet and drinking more water.

In general, my view is that a good meat based diet is on balance going to be far better for your body than a junk food and/or poorly constructed vegan/vegetarian diet. For instance, the paleo diet is a good clean diet in the sense that it focuses on whole, natural foods and excludes a lot of junk, but I would say that it would be an idea to reduce meat intake to small portions eaten every other day, do a good intestinal cleanse once or twice a year and to hydrate with alkaline fluids to compensate for the acidity. As always, my recommendation is to blend meat or fish with vegetables in a blender and to have it in the form of a soup. If you are going to include animal products, you should aim to keep carbs low.

Whatever you decide, it is much, much better to be consistent with a good, wholefoods diet than to yoyo-diet trying to be perfect and then bingeing on all the foods you have been missing – this just shocks and confuses the body. It takes time to change and so don't try to be perfect right from the start. Just keep improving, one step at a time, learning and experimenting with new foods. You will find that cravings for unhealthy foods will reduce and that you are attracted to healthier choices (which may actually sound a bit scary! as we

often have emotional attachments to certain foods and the idea of not wanting to be addicted to them anymore might be daunting as it's like the thought of losing a very familiar friend). Either way it's all about increasing electrons/conductivity and alkalinity as easily as possible.

It has taken me over 10 years of consistent effort to get good at applying to principles of this diet and lifestyle (and working through my own addictions, attitudes, emotions, issues ups and downs etc.), so don't expect to be able to grasp and apply everything right away unless you are already in a very good place holistically speaking. Do the basics first which are fairly obvious just from a once-over of my book, then build on that in your own time. I have tried to condense and distil all the most relevant information so as not to overload you, but have added extra links to articles, online resources and also books recommendations for you to explore in your own time if you feel curious or inclined to do so.

Of course, you can be happy and healthy on other diets but this is just about giving you the option to choose what I think may be the best diet possible and to experience practically endless energy every day. Also, try not to throw baby with bathwater, look for what you agree with and if there is any information with which you disagree, or which makes you feel uncomfortable then try not to let that stop you learning something new from this article. Feedback is always, appreciated good or bad. I am always learning so if you have anything to add then do let me know. ☺

What about having fun?

The important thing isn't that you live a totally pure life. Fun is alkaline. A pure diet with no fun is not as good as a poor diet with lots of fun. You don't need perfect blood. Though eventually you may get to the point where you value clarity, health and strength, more than the type of fun that involves recreational food and drink.

Many great people through history would have had strong genetics and health, but ate an average diet and still achieved amazing things and lived wonderful lives. The body has, up to a certain point, developed a clever strategy for dealing with dirt and toxins to give you a degree of tolerance with your diet and lifestyle – and that's called flu. If you don't maintain a really clean blood stream every day, you can expect a cold or flu once or twice per year where your body forces you to go to bed so it can purge. Germs from other people are not the sole cause of flu, but they can act as a catalyst. The annual purge is a bit more stressful for the body, and wild pendulum swings are more harsh than consistency, but it works well enough for a lot of people.

Clean blood has been valued for a long time. Buddhists would have had clean blood with no food past midday i.e. fasting on water for 18 hrs per day. Religion and spirituality has always

emphasised periods of fasting to facilitate greater connection with God. Part of this is allowing the blood stream to run clean for a while, meaning less interference with ones connection to source.

The main aim of this book is just that you understand the body has certain physiological requirements and that you must live within certain limits if you want to feel comfortable and energetic. I found all this info very inspiring and liberating and that is the intention when sharing this.

If you drink alcohol use water and milk thistle. If you get ill, understand why instead of blaming germs (it's just a purge) – that knowledge is empowering as you are owning your symptoms as your own creation, instead of blaming germs.

This diet and lifestyle was created to reverse imbalances found during live blood analysis. Many people are sick and they don't know why and so the aim is not to be a party-pooper and tell people not to have fun, but instead to have an avenue which they can explore and potentially improve their health if sick, or take health to a higher level if they are currently healthy. Knowledge is power, if you have options, you can make choices

It's not my place to say what people should or shouldn't do - I'm just saying we don't need meat we don't need dairy we don't need carbs. You can eat those things and you can be healthy on other diets.

Why do people fail on the alkaline diet?

There are many versions of 'the alkaline' diet which include acidifying foods such as sweet fruit so choosing the wrong alkaline diet may be one reason why they didn't get success. Otherwise it is normally because they were missing some key component which is very often not drinking enough good water. Water needs to be ionized to recreate what you get in nature.

Or they fail because they just eat salad. People say they ate vegetarian or alkaline for a while but were just hungry all the time. Animals eat pounds of plant matter daily, the ones that don't.... have to eat other animals. You can't give up meat and just eat a bit of salad. You need to juice and blend larger amounts of plant matter. Meat is convenience food, but the convenience of juicing comes when the benefits are reflected in your mental and physical wellbeing. Your whole life conveniently becomes a nicer place to be.

Or people fail because they overwhelm themselves and place unrealistic expectations on themselves. If you go 100 percent alkaline you need to hit the ground running and it can be really stressful learning a whole new way of eating/drinking/living in one big move.

If you are totally new to diet change and have eaten meat your whole life my personal suggestion is to still eat a small amount or clean organic meat as a failsafe while you find your feet. Small amounts of organic meat is fine while you decide how you want to transition and

blending meat (as in a veg soup with some meat is better). If you have a pressing health challenge, then you may want to get extra help and go into a cleanse/detox right away but otherwise make small changes. **Swap 2 things each month for less acidic options.** Swap wheat for spelt. Or spelt for millet. Beef for turkey. Just head in the right direction, whilst maintaining a consistently high nutrient intake and with emphasis on alkaline hydration, green drinks in some form, reducing junk food. Starvation fails. **Swapping high-acid food for progressively healthier options will work every time.**

This program is about COWS (chlorophyll, oil, water, salt) If you consume more cows (**and I don't mean beef**) and eat less acid, you will be barrelling towards higher levels of health and energy. If you have the luxury of time, then give yourself a break and get from A to Z in stages. Everyone, without reservation, can safely dump the Haribo's, white bread etc. but don't give up your organic meat and steamed veg and try to survive on celery.

I failed to fully stabilize on this program as I made a few key errors. I will list some of my mistakes, to save you potential problems in the future.

Firstly, as I mentioned in my book, I went out trying to fix other people before fixing myself ("physician heal thyself!). Trying to heal everyone else is just a product of the ego anyway and that was an important part of the learning curve for me!

How not to succeed long-term:

- 1) Relying on powdered greens for convenience and not **drinking enough juice** or enough volume of plant food in general. This made me feel spaced out and undernourished.
- 2) Not **diluting juices with some alkaline water** and/or drinking *cold* juices.
- 3) Not exercising consistently. Even **walking will do as a bare minimum**. High intensity exercise tends to be more acidic but, if you are not in a weakened state, it is fantastic for getting body temperature up and conditioning the muscles (heart included).
- 4) Important: Being low in **iodine and magnesium** etc., this leads to fatigue, coldness and low resistance and many, many other problems.
- 5) Not realising my strong allergy/intolerance to garlic, onion, spices. I had to go a full week without these things for my symptoms to go. It wasn't until age 27 or 28 that I finally realised these foods were highly irritant to my nervous system.
- 6) Before doing the liver flushes detailed in the 'how-to' section, I struggled to digest fats and I had multiple chemical and environmental sensitivities. Cleaning the liver could make all your efforts in terms of improving health, much more effective.
- 7) Wrong attitude: Fearful attitude towards acidity, toxins, electrical radiation instead of deciding that I am bigger than all of those things (it's all about making that choice). **Perfectionism, or the 'all or nothing' attitude towards health which is self-defeating.** Even if you are off the wagon.... don't 'wait till Monday' to start being perfect. Still make the juice, smoothie or whatever.

How do I lose weight?

Fat deposits are put in place and are created by the body to safely store dangerous acids. This sounds strange because we are repeatedly told to believe that excess fat is caused by eating too many calories. 1000 calories of broccoli won't make you fat. 1000 calories of cake, will make you fat.... because cake is acidic and made of poorly combined highly processed ingredients. And no, it's not because cake is high in fat, because 1000 calories of avocado won't make you fat either, because avocado is alkaline.

I have overeaten junk food on many occasions but I never got fat and I couldn't get fat if I tried because my genetics don't allow for it. My metabolism is the same as many overweight people (who can often ironically be quite fit) and even when I had chronic fatigue and slow metabolism.... I still didn't get fat. So the 'slow metabolism' argument doesn't hold either.

For me, eating huge amounts of junk food would cause build-up of acidity in the body (because of my lack of body-fat creating ability) causing constipation, leading to poor assimilation followed by weight *loss* regardless of calories consumed.

For people who genetically, *can* gain weight, fat is there as a protective mechanism to keep excess acid away from the brain and vital organs and so *losing weight is a process of detoxification not calorie deficit*. **When you get rid of the acid then there is no reason for the body to retain the fat.** If you're overweight you need to eat real, alkaline food in larger amounts with emphasis on copious amounts of green juices if you want fast, healthy weight loss. Forget calorie counting, Atkins etc. Avoid wheat, GM corn and soy at all costs also. Exercise, but not to extremes as the lactic acid will cause your body to retain weight. Blend food where possible and eat an abundance of good fats and vegetables.

Drinking electron-deficient tap or bottled water will stop you losing weight. Believe it or not, just drinking alkaline energized water will cause you to lose weight.

The pH Miracle for Weight Loss is a good read.

Will this diet heal my symptom?

Technically no diet can heal you, but the body can heal itself when it has the right tools. The aim of an alkaline diet is to remove acidity and other hindrances which stand in the way of the body's innate healing abilities and also to provide the building blocks for repair. I have seen many 'incurable' illnesses disappear when people give their body the right context for healing. Instead of focusing on the symptom, we should focus on healing the blood. The blood supplies the body with life, like a body of water which supplies an entire planet – so it makes sense to get the blood as healthy as possible. Diet has a huge impact on the blood which is why good nutrition is so important.

'Why is this diet so restrictive and draconian'?

The restrictive phase is only for a short period of time, just long enough to allow the small intestine to heal and regenerate. You would consume large amounts of food in a liquid/pureed state which in my opinion is not restrictive because you get to eat the foods with the highest mineral, chlorophyll and antioxidant content, in a form which is nearly effortless to digest. It's actually about as abundant as you can imagine, hence why it's a lifestyle for me now...even if a little less 'entertaining' to the senses than steak and wine.

When you eliminate all the really acid forming and enervating food/drink, it is possible for your body to reach a level of health which you may not even have believed possible. Even by making a 50% improvement you will get massive benefits and maybe even live symptom free – but you are encouraged to work towards making your diet as good as possible as that is when you experience the energizer-bunny levels of energy and clarity. So you can take this to the level you are comfortable with but I really hope you get to experience what true health feels like as health is much more than just the absence of symptoms. A good diet gives good results; a great diet gives great results. If you want the best results possible then you may want to consider going fully raw.

I went from being someone who ate pizza for breakfast to someone who loves green smoothies and juices because my taste buds changed and also because of the feeling associated with consuming these living foods. So tastes do change and once the spell is broken you will find you are not missing the acidic foods and that you don't feel deprived without them (and you wonder what you ever saw in those other foods).

It is nice to think that we are looked after by doctors and government (or those not so caring or selfless corporations who 'influence' government) or that we can hand responsibility to someone else, but the truth is you are the only person who can influence your health for the better and so the only option is to start making small improvements, which, over time, add up. Attachment to unhealthy food is psychological – when body chemistry changes enough it is literally like you break a spell or curse that was holding you.

Why is this information so intense?

Firstly, I would say that **a lot of people have very intense symptoms involving a huge amount of pain and suffering and so relative to that suffering I really don't feel this information is that extreme.** In my own opinion, conventional biology is far more intense and scary, with malevolent invading microorganisms, genetic defects whereby we cannot control or influence how our genes express themselves and a general lack of belief in the body's innate ability to heal and regenerate, even when given the right context. To me it all smacks of helplessness and hopelessness whereby our only hope if we get sick is to suppress a symptom with medication, suppress the pain with a medication and then suppress the

symptoms and side-effects of taking so many medications with yet more medications, or if all else fails having surgery to remove the bad bits or having someone else's organs put into your body. This article is just explaining that the body will run extremely well if we abide by certain principles and that the body's ability to heal itself is not limited to paper cuts. It's only scary or uncomfortable because the following of those principles does not include the use of food or ways of living to which we may be accustomed. But tastes change and it is possible for anyone on any budget to begin the process of alkalizing and energizing themselves even if you just modify your current diet slightly.

I chose not to dress this information up or to sugar-coat it as there are plenty of people already doing that and telling us what we want to hear such as food advertisers, biased tabloid studies, people selling fad diets. Information is just information and just as gravity causes us to go down if we walk off a balcony and fire burns if we put our hand in it, acidic foods acidify the body. That information isn't scary, but it may conflict with beliefs which we have invested in or grown up with. The information discussed here should be empowering as it explains how food affect us all on a cellular level and it then gives you the knowledge needed to fuel the body with what it really needs with much less guesswork. I think this information will eventually be seen as self-evident, once it has gone through the other stages of being laughed at, ridiculed and opposed!

I will also say that I'm not trying to force anyone to believe this information and I have no emotional attachment to the outcome of people reading this. It is controversial but I think people should know the other side of the discussion with regards to the topics covered. Most people don't even know there is another side to the discussion beyond the mainstream narrative. This info is especially relevant for people who have tried both conventional and alternative approaches but failed to get results, or who have intellectually found contradictions and inconsistencies in other approaches to health.

Don't we need a varied diet?

What you really need is a wide variety of nutrients such as vitamins, minerals, trace minerals, chlorophyll, oils, antioxidants, amino acids and plenty of electrical energy (electrons), all of which are supplied in abundance on an alkaline, plant-based diet. You need greens and fats for building strong blood cells which are then used as building blocks for constructing a strong body. You could live and be very healthy on the right kinds of green smoothies and juices. In general, the colour to look for when choosing food is GREEN!

How many calories should I eat?

You should eat as much as you want to eat, as long as its healthy alkaline food (and no more than 20% of what you eat is from the mildly acidic category of food i.e. millet, quinoa etc.) Don't waste time counting calories but aim to stop eating before you are really full and

avoid eating late at night, but apart from that you can eat all you want. Some people find 5 or 6 small meals per day works well, or you can have 3 regular meals. The fluids you consume between meals are most important. Out of all the foods and food groups, the one thing which fills me up, nourishes and satisfies me more than any other thing, is green juice and possibly good fats such as hemp milk due to the omega fatty acids. I am always reluctant to use the word nourish as it has been so abused and overused in marketing, but you will learn the true meaning of this word when you begin consuming fresh juices on a regular basis.

You can't thrive on just a few lettuce leaves, so be sure to eat plenty of nutritious food to supply the energy and nutrients required for healing. It may be hard to get your head around as we are always being told to reduce calories, but starving yourself is counterproductive. You need to eat more food and try to work on having a better relationship with food.

Shouldn't I just listen to my body?

Yes and no.....it depends what you think your body is saying. You need to know you can trust your body's messages first. There is a difference between listening to the quiet voice that guides you and being at the mercy of the chaotic state of your body chemistry.

You cannot wait until you are thirsty before drinking water. Most people are dehydrated and as such the body holds onto the little water it has as a survival strategy...meaning that thirst signal is affected.

Protein or fish cravings are the body's way of asking for fat. It doesn't know how to ask for cold pressed oil, hemp milk or whatever as it doesn't have a reference for those things, so it asks for the thing which it has a reference for and that is meat (most people have eaten meat at some point and so the body has a memory of having its nutritional needs met with it, and so a request is sent in the form of a craving). Protein cravings go away when you address oil and chlorophyll deficiency. Egg cravings are often caused by a vitamin D deficiency. Sugar cravings are the body's way of asking for energy, so if you supply electrons, minerals, chlorophyll and so on, the sugar cravings go away. Chocolate craving can be caused by magnesium deficiency. hunger pangs are often just a cry for water.

But overall yes, you do need to listen to your body. This is a one-size-fits-all approach in the sense that it addresses the universal need for chlorophyll, oil, water, salt...but once in balance and even as you just begin to get into balance, your body will get better and better at telling you what it wants and you will get so much better at listening and interpreting the signals being received. And there won't be this conflict where you know you should eat something healthy but your body (or the fungus, which is actually able to control the brain to a large degree) says "gimme chocolate!!" and you oblige. Your body will say "fancy a smoothie?" or "may I have some water please" and you won't need to be asked a second time.

My body for example cannot tolerate garlic, onion, spices – all of which are allowed on an alkaline diet.... but my body hates these things. I dislike peppermint but love ginger. My body dislikes carrots and I don't really get on with nightshades and so on. We all have different preferences and our bodies react differently to different things.

Don't we need meat and dairy?

I can't think of any good reason why we might need meat unless better alternatives are not available. The nutrients in meat are second-hand, sure it's a condensed food, but plant foods will give you stronger, more efficient muscles and better health. Animals eat plants/chlorophyll and convert them into blood, then this new blood is turned into quality muscle tissue (all meat, one way or the other, is grass or chlorophyll). You are much better off just copying the animals who are clearly getting phenomenal results and just eat the plants yourself. Meat is convenience food as it's easier to eat meat than it is to eat chew a stack of leaves each day, but juicing/blending makes it much easier to consume the large amount of plant matter necessary to maintain and build a strong body. If you don't eat meat, you need lots of greens instead so you eat what the animals are eating, not just tofu, Quorn (Quorn is best avoided, even wild animals turn their nose up at it), rice, beans. It's all about chlorophyll, not protein.

The omega oils in fish were originally derived from the plants that the fish were eating, we should just eat plants, not the fish. Technically meat is more nutritious when raw, and also should be blended in a blender if it is to be digested. If people want to eat meat, it is a personal choice, I just want everyone to understand that it is not essential to health so that they don't feel dependent on it.

Yes, indigenous cultures have eaten meat and have been healthy for a long time, but their lifestyles are very different; the animals are wild, portions of meat often very small (negligible by the standards of most western people) and not eaten every day (also these cultures often have the sense to include clay in their diet to absorb toxins in the gut). You can be very healthy (up to a certain point, in my view) on a sensible diet which includes even larger amounts of meat but this still doesn't change the fact that the body can truly thrive on a well-constructed plant-based diet.

The role of carnivores is to kill the weaker, slower animals leaving the stronger and faster ones to reproduce, which is helpful for maintaining a strong gene pool. It is then down to the vultures, hyenas and the yeast and molds to make sure there is only bone remaining. Humans in many areas of the world don't need to eat other animals.

Weston Price attributes healthy teeth and bones to indigenous people eating organ meats etc. But his studies didn't include the fact that most of these cultures are bare-foot or otherwise have a lot of contact with the earth/sea meaning they get electrons into their blood and body as nature intended. When we are not in contact with the earth, calcium

ions are leached from the teeth/bones to compensate – which is another reason why astronauts lose bone density so quickly.

Are humans designed to eat meat: <http://youtu.be/sH-hs2v-UjI>

This article covers some interesting points about if we should eat meat:

<http://www.healthtalkhawaii.com/blog--articles/meet-your-meat-under-the-clear-wrap>

We haven't really evolved to eat meat; we have become accustomed to it. We pass down the cellular information of eating meat to the next generation and so it takes a while to teach ourselves to live without it and I recognise this is a really big deal for some people.... until they taste what being alkalized feels like.

How much protein do I need?

This is quite a good video on this subject: http://youtu.be/aR9iz8d_Dj4

Not much is the answer, even the World Health Organization says that only 5% of our calories need to come from protein sources. The only time we need more is when we are growing rapidly as a baby and so breast milk is about 7% protein. There isn't even a medical term for protein deficiency – only general symptoms associated with starvation and which are not specific to protein.

Again, gorillas, giraffes and elephants – some of the strongest creatures on the planet do not eat steak or take protein supplements. Your entire body is made from transformed blood cells (which are created in the small intestine) and you build the best quality blood with greens and oils. As long as you are getting a lot of plant matter/chlorophyll then you really need very little to no overt protein, not least because greens are very high in amino acids anyway.

Don't just give up all protein without upping your greens and good fats though. You need to make sure you get all the oils, greens, minerals and electrons required (when you unplug from the matrix you must ensure you have an alternate energy source) **and you will know when you are ready to reduce your protein** because of how the green juices make your body feel. My muscles respond to exercise very well when I have green drinks before and during a workout. If you still choose to use whey then go for grass-fed, raw, goat or cow whey concentrate.... or try a non-dairy alternative. Juicing hemp seeds, which are technically a fruit, will give you complete protein. They are 33% complete protein and are the perfect ratio of omega 3&6 plus countless other nutrients. Soak them for a few hours, drain and rinse, then put them through your masticating juicer with celery and greens for the perfect alkaline power drink. Or, blend with water (and maybe some coconut oil) and strain through a muslin bag or sieve and make your own fresh hemp-milk. 6 or 7 tbs per day is a good amount, but you can use more if you feel you are getting good benefits from it. Hemp seeds are easy to sprout, so that is something to try if you feel brave. Soak overnight,

drain and rinse. Then leave the seeds in a kitchen cupboard to sprout. Rinse once or twice per day and give the seeds a chance to soak up some water for a few minutes when rinsing. I use an old Perspex dish but any container will work fine.

Some of you may know the intense workout DVD called 'insanity' (nothing to do with mental health.... it's just an insanely intense regime.... though hmm, on second thoughts) – You can look it up on YouTube if you don't know it. I just completed the 2-month program which is non-stop interval training. My diet was 100% vegan before, during and after and I didn't use any vegan protein supplements. As long as you get enough greens and fatty acids, then you can sustain whatever exercise you choose.

If your body doesn't do well without meat or protein, it is most likely because of a deficiency in chlorophyll, oil, sodium, magnesium, iodine, zinc or some other important nutrient which is affecting hormones and other reactions in your body. Meat masks deficiencies and so when you go without it for a while you experience all those deficiencies which had previously been suppressed. As I say, if going without protein feels like a deprivation, then do what feels right for you and just gently work towards balancing your body chemistry.

When you have a good body-pH and a healthy small intestine you will only need a very small amount of protein per day. About 90% is recycled in a healthy alkaline environment and so your protein requirement will actually be very low. But, most people are more acidic and so nutrients get 'spent' instead of being recycled, so you need to make sure you have enough protein in your diet for you.

You can easily meet your protein requirements just by eating greens and avocados, but you can eat lentils and beans too for example (personally I don't eat lentils, beans, soy or tofu – but whatever works for you). Wheatgrass contains 4 x more protein than meat and it has none of the acidity. Meat does have a high protein content but it's not very bio-available. Also the cooking process reduces the usable protein of anything by at least 50%. If you crave protein, then you actually need to address your omega 3&6 deficiency as a lack of good fats will trigger protein cravings. If you address your fat deficiency your meat cravings will simply disappear, it works every time! Of course you can get ripped and fit on meat, and you can be very healthy on a balanced diet which includes meat and have a long happy life, but it is not essential (nor is it optimal). If you feel that lean chicken and turkey is really working for you, then keep going with it, but work on cleaning up your overall diet (as everyone should) and increase hydration with alkaline water and green drinks. Maybe you can view this 'alkaline diet' as a cleanse that you do twice a year, meaning you go vegan for up to 10-21 days in the spring and again in the autumn. Address nutrient deficiencies and keep track of your urine/saliva pH to make sure you stay within healthy ranges. Or, you could go raw-alkaline vegan get yourself all healed up...then carefully reintroduce meat. I only keep going on about meat so that those who are confused or would like to quit meat, feel that they can do so with confidence.

Muscles built on plant protein won't look as 'bulky/puffy' due to less fluid retention and swelling/inflammation, but will be just as strong or stronger and also will be more energy efficient and flexible. If you were to fast or reduce calories, the muscles built with plant material won't be broken down for fuel so quickly because the body always scavenges for abnormal proteins to use up first – so if your muscle tissue is made of healthy, plant-derived cells, even when fasting you won't lose those hard-earned gains.

Should dietary choices should also be aligned to your blood group?

The 'blood-type diet' is based on the idea that all human life started in Africa, then, as population increased and food supplies were running low, we spread out across the world. As we migrated we had to eat different food according to what was available in different regions and our bodies became hardwired to be compatible with specific foods. For instance, O-types (theoretically the original hunter-gatherers of Africa) should eat meat but avoid grains (as O-types were into hunting and never cultivated grains), whereas people in Asia are suited to lots of grains (they pioneered grain farming) but not dairy.

If you eat the wrong foods, according to this theory, then it causes an allergic reaction and the blood turns clumpy. In theory it's an interesting concept and there may be some element of truth to it but in practice it doesn't work as a stand-alone approach to eating. For instance, I'm O-type and according to the theory I should eat meat and avoid avocados but Instead I am vegetarian eat masses of avocados and am very fit and healthy as a result. One thing that does ring true is to avoid grains, as my body doesn't really tolerate grains but there are plenty of people who, according to their blood type should be able to eat grains, who can't and this is more of a reflection of intestinal damage and the state of modern crops such as wheat.

The author, Peter D'amo says avocados will make Type-O blood turn clumpy, but I test my own blood using a microscope and avocados have never caused my blood to become clumpy. Stu Mittelman the well-known marathon runner was using the O-type approach when running from east to west coast of USA, he started 'burning out' so adopted the kale and avocado approach - he was tested by doctors to be healthier at the end of the race than he was at the beginning and also was the only person to finish the race. He talks about blood type in his book 'slow burn' and actually believes in it, but only up to a point. As Dr Young says, there are only 2 blood types: healthy.... or unhealthy! We run best on electrons, chlorophyll, salt, oil and water. It doesn't matter what your blood type is, meat, grains, dairy do not build the strongest blood and are not ideally suited to our intestinal tract which hasn't changed or evolved whatsoever. What we maybe have is a cellular or genetic memory of a certain way of eating, but why not, if you have the choice, begin the process of rewriting your cellular information so that it is more in keeping with you natural, physiological, alkaline design?

Shouldn't we eat what our ancestors ate?

Not necessarily in my opinion. We all have the same fundamental requirements and our need for chlorophyll, oil, water and salt (C.O.W.S) is universal. Also just because our ancestors ate a certain way doesn't mean it was healthy or optimal, they would have just been eating what was available to them. In my view it is best to only copy people who are getting the results we want, so for me that means copying the diet (with a few extra modifications i.e. we need more omega fatty acids/oils to stay warm due to our strange lack of fur and also our larger brains are made mostly of fat) of deer, gazelles, horses, bunnies and gorillas who are strong, fit, lean and who don't get sick.

We have no idea how healthy our ancient ancestors really were and it is unlikely they lived a very long life. They certainly were strong and fit because they weren't eating junk food, they had fresh, non-irradiated air and water, they were physically active (throughout the entire day, not one hour at the gym) and were free of modern pollution. It would be safe to assume they were phenomenally strong especially by today's standards but that still doesn't mean they were eating the best diet possible. We need to look at what the strongest animals eat and the fact we have the same digestive tract as a gorilla.

Humans can eat most things and survive but we now have scientific methods of seeing the diet most suited to our physiology. Live blood analysis demonstrates that chlorophyll is the best food for building blood and therefore building a strong body.

I for one don't judge people by their diet. Humans have had to work very hard to adapt to life on this planet in very challenging climates and conditions. We are the only animals who need clothes to stop us from dying from exposure and so we have had to do many 'unnatural' things just to make it this far. Well done humanity I say!

If you subscribe to the idea, that everything is basically made up of energy or vibrations (not solid matter), then everything, our diet included has a certain vibration. Do you remember the picture of the sprouted lentil? In my opinion these foods are ideal for thriving as they have a higher frequency than something that is dead and dense. Our ancestors would have been more concerned with base level survival, so again, we get to choose who we are, what we want, where we are headed and we can choose a diet which is aligned with our values and how we want to feel.

Lloyd Pye investigates if we really evolved from cavemen! (This is a must-see **if you have an open mind** and are interested in this sort of thing) <http://youtu.be/e5qJYwfAju8>

Is it wrong to eat animals?

Just in my opinion it is probably not morally wrong or bad to eat animals depending on the context. Animals eat each other every single day on an industrial scale because they need to and also because this serves an important purpose as it helps to manage numbers and it

keeps the gene pool strong. Some humans also rely on eating animals for survival as they don't have many other food options. I love animals and prefer not to eat them not least because there are better sources of nutrition. I've had experiences of feeding wild birds and rabbits out of the palm of my hand because they felt in no danger and that is the level of trust and friendship between humans and animals that one day could be considered typical.

So animals don't have the right to not be eaten, because they eat each other, but we have the right to choose not to eat them and we have the right to stop the horrific, vile abuse and suffering that occurs in factory farms. There is no excuse for tolerating this and this should be opposed by people in large numbers.

My advice is to quit animal products if you feel up to it, especially when you are lucky enough to live in an economy where you have better food options available to you. At the very least keep intake low and be extremely picky about the animal products you use. There are now too many people on this planet for everyone to have a meat based diet and we are now forcing the hands of 'food scientists' who want the demand to be so high that it outstrips supply, so they can have an excuse to grow meat in laboratories!

There are the health and environmental benefits of avoiding meat and especially the fact that billions of animals are dying and suffering to feed the attachment to a high protein diet whereby factory farming is the only financially practical option to meet the current high demand. Also pet ownership is encouraged so they can sell repackaged offal as pet food and unimaginable numbers of cats and dogs are suffering from the pet industry.

Will an alkaline diet disrupt stomach acid?

No, absolutely not. I have been living on high-alkaline foods and liquids for well over 10 years and my digestion has only ever improved during that time. A major purpose of the stomach, contrary to the current prevailing theory, is to alkalize food before it reaches the small intestine. Stomach acid is the by-product of creating sodium bicarbonate and is actually a waste product. An alkaline diet will only improve digestion and overall digestive health and it will help to neutralize unhealthy acid accumulations including stomach acid. Please see eBook for more detail.

Is drinking ionized water or sodium bicarbonate safe?

Yes, they will cancel out stomach acid/ HCL wastes and the remaining alkalinity will be used to buffer other acids in the body. Ionized water will take the burden off your body's buffering system which is always working using energy and raw materials to keep the body alkaline and saturated with electrons/energy.

Is it possible to be too alkaline/ can the alkaline diet make the blood too alkaline?

The aim of an alkaline diet is not to make the blood more alkaline, but rather to help the body in its efforts of maintaining the ideal pH balance of 7.365. If you wear a coat on a cold day, you do so to help your body more easily achieve a comfy temperature, not because you are trying to overheat your body. And in the same way, alkaline foods don't make the blood more alkaline, they just help the body to more easily buffer metabolic and dietary acids.

It is practically impossible to become too alkaline on an alkaline diet. The body is always producing lots of acid because all functions of the body are acidic. Even thinking/mental activity uses lots of oxygen and energy and therefore creates acidic wastes. Resisting the force of gravity requires energy....as some acid is created as a result of gravity.

Car engines use petrol to generate power and they create acidic exhaust gasses as a result - it is just the same in the human body. An alkaline diet is maybe a bit like using cleaner fuel and improving the exhaust/elimination system of a car – things just run better. But even on a 100% alkaline diet you will still generate acid. Fats like avocados are a cleaner source of energy than pasta for example and will produce at least 50% less acid – but you will always have acid. Just as you can improve a standard car engine to reduce emissions, you would always have exhaust gasses. If someone's blood is too alkaline it is because they have a systemic acidity problem and the body is attempting to compensate by dumping alkaline minerals into the blood – the worst advice to give this person is to eat meat to 'reduce the alkalinity'.

Breathing, thinking, moving, digestion, and metabolism – every function of the body generates acid. We have organs in the body responsible for alkalizing these acids with good old baking soda (sodium bicarbonate) – stomach, pancreas, salivary, gall bladder etc. all secrete bicarb. We are alkaline by design, but all functions are acidic and we need to live in a way which encourages and maintains pH balance.

All routes of elimination should to be used and maximized to get the acids out and away: **Sweating** is a fantastic way to get rid of acid – we have millions of pores and a huge surface area – skin is the largest elimination organ. **Urination** (drink lots of good water), **defecation** (you need to poop regular!), **respiration** (remember to breathe and push out old stale air from the lungs)

Are health improvements caused by placebo?

Placebo works when people are convinced something is going to heal them. Many people who get dramatic changes in health really didn't think it was going to work.

I think what happens is people make some changes, they then notice a shift in how they are feeling, this brings confidence and faith that they are on the right path and then there is a

snowball effect whereby doubts and fears begin to fade away and then healing really accelerates and the process becomes fun.

I also believe that a severe medical diagnosis causes an unfavourable placebo effect. When someone then goes and learns some empowering information about their health, this negative-placebo burden is removed from them.

Do food combinations affect pH?

Eating foods in the wrong combination will create extra acid. For example, fruit, when eaten alone, normally digests in about 30 minutes. But, if the stomach is full of cooked proteins/starches then the fruit is forced to sit on top and wait, instead of being absorbed. So it begins fermenting and this fermentation causes lots of acidity. Eating carbohydrates and meat in the same meal will cause a similar effect. Carbohydrate takes a few hours to digest whereas meat takes considerably longer and much of it isn't digested at all. Eating meat and carbs together will create a situation where they slow each other down and fermentation occurs. In my opinion it's not about enzymes cancelling each other out as we are told, it's about dense food mixed with denser food causing stagnation. If you want to eat meat, then it is best to eat it alone with just vegetables/salad or vegetable soup and not with bread pasta or rice. Dairy doesn't combine well with anything.

Chimpanzees in the wild who eat small amounts of meat (mostly for social reasons) chew the meat and swallow the juices, but spit out the fleshy part as they know it is of no use to them. Really meat should be eaten with just non-starchy vegetables (ideally blended) but at the same time you need to do what you feel works best for you. Ideally you should eat dairy alone and on an empty stomach and it is recommended that you eat fruit on an empty stomach, not that I am recommending either.

Do we really need a special 'detox diet'?

The body does indeed detoxify itself (liver, kidneys etc.), but it does not have an infinite ability to do this. An extreme example is how an alcoholic gets liver problems. Most people aren't alcoholics, but there is a sliding scale of toxicity and the respective stress which that has on the filter organs. The body can create extra warmth on demand and it can cool itself down too, but the body's ability to respond to temperature extremes has limitations. In the same way, the body cannot just process all the alcohol, drugs, caffeine, junk/processed food, pollution, heavy metals and keep smiling. The alkaline buffering systems (plus vitamins, minerals, antioxidants) will eventually get depleted – it makes no sense to think the supplies of alkaline buffers (sodium, magnesium, calcium, potassium) are inexhaustible like some magic bank account and that we can draw out forever, without paying in more than is going out.

Is there any evidence that people live longer on this diet?

“It’s all very confusing, I know a guy who is in his 90's and he eats really unhealthily but he is fit and well. He is also a heavy smoker”

Firstly, it’s worth mentioning that for every person who can eat and drink what they want without getting ill, there are many people who *do* get sick. It is brilliant that they lived to their 90’s but health is more than the absence of symptoms. It’s one thing to survive into your 90’s and another to thrive into your 90’s.

But in general it’s difficult to answer the question of longevity because the modern ‘alkaline lifestyle’ was only created in this format in the past 20-30 years. There is much to suggest that this way of eating will extend life or at the very least will improve quality of life. I trained with Dr Young and the last I heard, his bone density was still increasing well into his 50's and that's a pretty good sign that this approach works as bone density normally peaks at age 30. Also, a doctor who studied the body of someone who died naturally of old-age but who had been eating Dr Young’s alkaline diet for a long time said to Dr Young: “this is the healthiest dead-person I have even seen”.

This diet is adapted for the modern world and was created to meet the needs of people today. It takes into account the corruption of specific foods in modern food production and is designed to compensate for the acidic, proton saturated and electron deficient (air, water, food) world in which we now live. In the old day’s meat was not poisoned, dairy was raw and livestock were pasture fed (I know the people with selective hearing will take that as an endorsement for these foods!). Genetics had not yet been damaged by antibiotics and atmospheric radiation so these old folks who smoke and drink tend to have very strong constitution and can compensate for an energy poor, acidic diet.

People born after WW2, were more likely to have been formula fed and subjected to radiation (electrical plus fallout), pesticides, vaccines, antibiotics and so are generally weaker. Not to mention that much of the strong genetics were wiped out in the two world wars. People are living longer now largely due to improved availability of fresh food and improved sewerage and water plus easier living conditions, but overall health is lower and people are dependent on pharmaceuticals and medical intervention. If people today went back 100 years without modern sanitation and obsessive bleaching, they would not last 5 minutes as our resistance has been shot and we certainly couldn’t keep up with the hard labour. So, the alkaline lifestyle (eating foods which are most highly compatible, which require little to no conversion and in their purest concentrated form) helps to compensate for all the challenges we are up against and also helps undo genetic damage. A few generations of healthy living would help to fully restore the genetic strength and it would be possible to have the best of both worlds (easier living conditions, *plus* strong genetics)

Also to answer the question another way, maybe we need to re-evaluate our definition of health? It is one thing to survive, and not get cancer but it is quite another thing to thrive

and be full of energy. Serious longevity (over 120 yrs.) is maybe not likely at the moment but this approach is the best way to stay on an upward trend and even keel.

Is this our natural diet?

I have no idea if there is such a thing as a natural diet for humans but all animals have a plant centred diet. Carnivores feast on grass filled intestines...Other animals just eat the grass. Either way there is no reason to not have a diet centred on chlorophyll. To me the natural diet is one which creates the best looking blood cells and which makes people feel energized. So that means pH balance and lots of electrons. If that includes the use of a water ionizer with which to recreate the water that would come from a mountain stream or using a blender/juicer, then that's acceptable to me

You can be very happy and healthy on other diets, even if that involves eating some animal products, for instance people say they feel good on the 'alkaline paleo diet'. But the info in this book is the only way that I know of to build 'perfect' blood as seen in all the pictures shown throughout this article. Getting your blood really clean and strong may be what is required by your body so that it can affect the healing of a specific symptom in the body.

This diet, at its highest level (the 100% alkaline option) is for people who are looking for something different and/or for people who have tried and failed to get results they desire with another approach. **Knowledge is power. The theories and information are for anyone who would like to understand the true physiology of the human body, even if you choose not to follow the dietary advice. At least if you understand all sides to a discussion, you can make an informed choice.**

Are liver stones (as per the liver flush I talk about in the how-to guide) real?

Some have suggested think that the liver flush doesn't achieve anything and that the stones which are flushed from the body are 'soap stones'. The soap-stone theory says that olive oil combines with Epsom salts in the body and this mixture is heated by our body-temperature causing it to turn into soap and that this is what is released during a liver flush. But, the temperature required for this to happen is simply not possible inside the human body, plus the Epsom salts are taken 2 hours before the oil and are already long gone.

You can flush until no more stones come out which invalidates this theory and after doing about 20 flushes, no more stones will come out, regardless of ingesting olive oil and Epsom salts.

Is fruit really that bad?

Fruit is better than chocolate or junk food because fruit is at least clean and natural – but it does contain lots of acidic sugar (which the fruitarian will say is a good thing!) and has a lot

of potential to ferment in an unhealthy/congested GI tract. Fruit has been hybridized to have far more sugar than is natural and it is also often picked before ripeness. If you love fruit, then keep eating it while you work towards transitioning to an alkaline diet. I was eating lots of fruit as part of my raw-food diet, and was hooked on all the sugar, but after a couple days going 100% alkaline...I noticed that I didn't even miss or crave fruit – once your body starts getting large amounts of chlorophyll, nutrients and *electrons* you will not want a sugar fix (sugar cravings are really a craving for electrical energy and conductivity). But, while transitioning and finding what works for you, maybe try a green smoothie which combines leafy greens and fruit. You will need a powerful blender for this to work as you need to emulsify the greens properly, but the greens will slow down the release of sugars whilst adding chlorophyll and alkalinity.

If you are not ready to train your body to burn fats for fuel or just can't see this working for you right now, then you could try a hybrid program combining the principles discussed in this document with a fruit based diet.

This would involve eating properly ripened fruit blended with lots of leafy greens, and drinking plenty of water – also you will need to keep your fat intake low as sugar and fat together just doesn't cause a good reaction in the body. Exercise is essential to sweat out the extra acidity from sugar. You could research people like Victoria Boutenko for ideas and information. Fats are my preferred source of fuel, but you need to know what you are doing and a good fruit based diet with plenty of greens will be better than a bad high-fat diet. Also, if you need a fuel source for sports or activities requiring explosive bursts of energy, then you may want to use a more fruit-based diet. For the record, now that I am fully in tune with my body's energy needs, I can recognise that my body has a strong dislike for the effects of fruit sugars.

Fat is an excellent, alkalizing source of energy. Humans used to eat high-fat, low carb diets before modern agriculture – **it is the combination of fat and carbohydrate which causes so many health problems.**

So sugar doesn't contribute energy?

Sugar will mostly just give the illusion of energy. When you eat sugar, the body will release electrons, minerals and insulin into the blood to buffer, neutralize and respond to the sugar – so it is not only the sugar which is making you feel good – **it is also the body's response to that sugar which gives you a nice feeling.** So, in the long run, sugar will contribute to draining the body of electrical energy. The same applies to acidic energy drinks, meat and also other foods which prompt an alkalizing response from the body. It's a bit like using a credit card; when you spend using a credit card you might have the experience of feeling wealthy as you have 'spending power' and you get a nice feeling (not that I've ever had a credit card thankfully!), but it is only an illusion of wealth. It's temporary, unsustainable and

you will pay interest in future. In a similar way, an undernourished mother-to-be will often feel healthy and glowing when pregnant, but that is because she has huge amounts of nutrients being 'borrowed' from her bones and vital organs and put by the body into the blood-stream to be given to the baby (nature always prioritizes the baby over the mother, regardless of the cost). If diet is poor and nutrients are not repaid, once the baby is born there will often be a crash or come-down and the mother will, unfortunately feel exhausted, drained and even severely depressed/anxious. Similarly, using sugar means you are freewheeling on nutrient and energy reserves.

Fruit does contain nutrients and electrons which will help the body cope with/handle the sugar. Drinking lots of water will compensate for acidity and the net loss of electrical energy and alkalinity – so if you are going to consume a high sugar diet, you should go for well ripened organic fruits and drink electron rich water. The body runs on electrons/electrical energy, fats are the best source as you get the electrons but without all the acid and sugar from carbs.

Will this help with sugar cravings?

Uncontrollable sugar cravings which are never satisfied despite eating endless amounts of sugar are caused by yeast overgrowth and also a lack of nutrients. Yeast will eat sugar from your bloodstream, causing you to feel shaky (that is not to say that you need sugar in your blood, you need to adjust to an alternative and preferable source of true, sustainable energy) and tired and so you grab more sugar and coffee to keep you going. By switching to healthy fats, juices, smoothies, salads and other high-electron low-acid foods and eliminating sugars you starve the yeast of its 'preferred poison' and you stabilize your energy levels with a clean source of electrons and nutrition.

Also, another reason for cravings: without the proper nutrients the body can't generate energy so you crave sugar to 'hotwire' your system but it never provides sustainable energy.

If you eat empty/processed foods, your body will never be satisfied and will tell you to keep eating and eating continuously in the vain hope you will eventually consume something containing the minerals, vitamins and electrons which it requires. Food cravings will continue forever.... **until you break the cycle and start consuming nutrient dense foods in sufficient quantities.**

The media says organic food is no more nutritious?

This is a red-herring as the real reason for choosing organic produce is normally about avoiding pesticide-laden food. Besides that, organic food is typically more nutrient dense.

Is drinking too much water dangerous?

All the bad press about drinking lots of water relates to athletes drinking copious amounts of the wrong-kind of water (full of protons, which pull electrons from your body) which disturbs their electrolyte balance and robs minerals. Don't drink huge amounts of tap or bottled water without first treating it to raise electron content. So, water should be filtered and ideally ionized. Also make sure you do not limit sodium in your diet.

Is fasting a good idea?

I have mixed-feelings about fasting as I feel there is too much risk of the body wasting and having to steal nutrients from the bone and organs to maintain volume of blood cells. I think short fasts are safe for most people and fasting one day per week on green juices or smoothies is an excellent habit to get into. But longer fasts are riskier and I would suggest that it's very important to get healthy and properly nourished before trying a long fast. The most important priority initially is to get the body strong and cleansed, so green-juice fasting could be a good idea (as long as you provide good oils too). Once you are strong and healthy then you can go into water fasting, safe in the knowledge your body is able to support a spiritual practice such as this. Make sure you know what you are doing and ideally fasts should be properly supervised. Do not abuse fasting or use it as a way to avoid facing relationship issues with food.

Fasting when ill is a great idea. Eating causes nerve energy to be redirected to the task of digestion meaning less energy available for healing. If ever I feel the beginnings of a cold (it happens very occasionally), I fast on juices and clear it out of my system before it can get established. There was a story recently of a woman recovering from Ebola, the news report said "she is recovering, sitting up and talking to people and eating some food" when I heard the bit about eating food I thought to myself she would quite probably be relapsing pretty soon. The next day they said her condition had deteriorated and they were now trying experimental medication on her. Luckily she didn't die but food was the worst thing to have given her.

Is meditation alkalizing?

Yes. The brain is always trying to solve problems and is chattering away throughout the day. Mental activity uses up energy and **all energy production generates acid**, so learning to still your mind is a great idea. When you sit and focus on your breath and consciously decide to not engage in thought for even a short period of time, all the energy and oxygen that would have been consumed focussing on (often pointless) thoughts or concerns, is redirected back into the body. Eventually, you will find that you are calmer and more focussed and this will translate to better health. There are many other benefits but the physical benefits alone make it worth the effort of just stilling your mind even for a few minutes per day.

I have done a few 10-day silent retreats and it's a bit like restoring a computer back to factory settings. It gets rid of all the clutter so your mind can solve problems more quickly and work with more clarity.

Subliminal message CD's and affirmations can also be very helpful for reprogramming the subconscious and clearing out all the garbage which we pick up from education, society, family, TV etc.

Do we need supplements?

So we all know that the air water and food on this planet has been affected by modern industry, agriculture and by the chemicals we use in the home. Even indigenous peoples out in the wilderness know this and polar bears have DDT and lead inside them. It is my view that nutritional supplements can give extra protection against the various forms of pollution.

Chlorophyll can help eliminate a wide range of pollutants including heavy metals and is a fantastic way to keep yourself clean on the inside.

Lead can deplete zinc in the body and the body also uses zinc to combat acidity. Supplementing on a daily basis can top up your defences and provide constant protection from dietary, environmental and emotional stresses.

Even conventional organic food these days is not what it used to be. Due to intensive farming methods the topsoil has been depleted making it harder to get all the minerals (especially iodine!) you need from food alone. Pollution and stress can deplete the body of minerals and other nutrients too. I advocate the careful use of supplements although I would say at least 90% of what is on the market is a waste of money due to the ingredients and manufacturing processes involved. The only supplements I use are mostly food-based or otherwise found in nature and I really get lots of benefit from using them, especially for exercise/fitness. As an example wheatgrass is the only vegetable which can absorb every single mineral and trace mineral from the soil.

A healthy diet alone may be fine for maintaining health, but a healthy diet alone is not always enough for *restoring* and optimizing health. If someone has been doing drugs/stress/junk food and/or have a health challenge, then supplements can be very helpful for addressing the deficiencies and toxicity accumulated over long periods of time.

What ratio of acid/alkaline food should I eat?

The general rule of thumb is to eat lots of fresh whole food. It is advisable to change one thing at a time, however, if you have a significant health challenge, or if you feel you want to boost your energy levels quickly, and you feel confident, then it may be wise to go 100%

alkaline for a few weeks/months or longer. That means eliminating all acidic foods and even temporarily eliminate the low-acid grains/sugars and starchy vegetables which can still add fuel to an existing yeast infestation. It also means liquids or smoothies only so that the small intestine, the root system of the body, may be given time to heal itself in peace.

Once balance has been restored and for healthy people in general, Dr Young's recommendation is to aim for the 80/20 ratio. This means eating 80% high alkaline food and 20% mildly acid forming food. In the early stages of the process there may be some initial detox symptoms as stored acids are being expelled, but this should be viewed as a positive thing. The more you move the toxins out by drinking alkaline fluids, the better you will feel. All avenues for eliminating acids need to be utilized, and this is achieved by increased hydration and improved digestion to move acids out via the bowels and urine. Sweating is another important component, as this allows acids to exit via the skin which is the largest elimination organ.

What sort of exercise should I do?

Anything that doesn't make your muscles burn with lactic acid. Even very high intensity training is okay as long as your body is able to cope with the extra acidity created and that you **take breaks to do much milder forms of exercise with the focus on moving the lymph.**

Checking your urine/saliva pH is a good idea to see what happens to your pH levels with certain types of exercise and just make sure you drink alkaline fluids before, during and after exercise. The most important thing is that you sweat as this is how the body gets rid of acids. Running, cycling, and all forms of cardio can be good and yoga or Pilates helps with strength, balance, coordination and flexibility. **Yoga is fantastic as it is such a holistic practice which also has a powerfully detoxifying and alkalizing effect on the yogi.** Even if a person's diet isn't perfect, then yoga can help to compensate a great deal.

Rebounding (using a mini trampoline) is excellent as it moves the lymph and strengthens all the cells in the body (NASA says this is the most effective form of exercise ever created). For more details on exercise and lifting weights read "The pH Miracle" revised and updated. Again, you need green juices to build blood which in turns becomes muscle and bone. I have done programs such as Insanity and P90X, but these are not the ideal type of exercise to promote health as they push the body very hard which can force the body to externalize essential nutrients to fuel the workout. You get fit on the outside and sick on the inside if you aren't careful. Also they are addictive as you get a buzz from endorphins (and electrons which the body dumps into the blood to counter this type of exercise) and you end up needing to get your 'fix' of this type of exercise.

Does making vegetable juice mean the pulp is wasted?

Insoluble fibre really just gets in the way of the digestion and absorption of nutrients. If you eat lots of animal protein, then fibre/pulp will be helpful for 'sweeping' the intestines clean and will stop too much fermentation and stagnation occurring. Otherwise, the ideal scenario is to juice vegetables when cleansing/building a better, healthier body because removing the pulp means there is nothing to slow down absorption of nutrients – plus you can consume far, far more produce in the form of juice than if you ate the produce whole (again, best to dilute juice with alkaline water). Avocados contain some soluble fibre which can be absorbed but in general, vegetables contain fibre which has no nutritive value.

Eating fibre won't deep clean the colon, the best way to do this is to do a proper colon-cleanse which will allow the removal of debris and putrefaction. Then, dietary fibre really has no value except for people still eating animal products.

You can blend avocado into the juice to create a filling smoothie which satisfies the need for something more than juice alone, but which still digests quickly and easily. Otherwise, if not making juices, then just have regular green smoothies as the food is at least liquefied which is important as only liquefied food can be digested. If you are not going to blend food, then you must liquefy food thoroughly by chewing, **as your stomach has no teeth!**

How do emotions affect acidity?

Emotional stress produces hydrochloric acid in the stomach which is 3 x stronger than any dietary acids and this is one reason why stress feels so bad. That said, when you start to eat more alkaline foods, your capacity to deal with emotional stress will improve.

Do meat-eating animals need alkalinity?

I have heard of animals being extremely healthy on a vegetarian diet, but they need lots of greens and good fats. If you keep an animal, it is probably best to include quality organ-meats and also include alkaline vegetables in their diet. Dr Young who compiled all this alkaline information, works with pets as well as humans, and creates special diets for lions, panthers and other big animals. In the wild, when killing prey, these carnivores eat the intestines first as the intestines are full of the alkaline grasses which they require for health. Celebrities keep these animals who often get sick due to acidity, so Dr Young feeds them greens to reverse cancer, diabetes etc. So it is good to feed your pet at least some broccoli and green vegetables. Animals in the wild generally don't have cancer, due to their diet and constant contact with bare earth. Livestock get cancer all the time.

Carnivores have a shorter, smoother intestinal tract designed for processing meat quickly, before it goes bad, as it does in the long meandering human intestinal tract, but, animals can also eat vegetables too.

Are doctors aware of this information?

Some are aware, and some are not. I have actually had people referred to me by doctors and in one of these cases the NHS doctor had said there was nothing he could offer the lady except painkillers and so he recommended dietary changes in the direction of pH balancing. He even gave her a copy of Dr Young's book to borrow. Unfortunately, the dominant belief is that if we get sick it is due to faulty genetics or some invading organism and the pharmaceutical companies seem unwilling to fund the research which would inevitably stop these part-truths being perpetuated. The proof of the pudding is in the eating and the simple fact is that when people alkalize themselves properly, they report significant (often 'miraculous') benefits. There will always be people who will say this won't work or that this doesn't work, but before allowing anyone to influence your personal health choices, be certain to ask these people if they have tried this themselves (they are although good intentioned, often just preaching their textbook theories as gospel). And also be wary of claims that you find on the internet by anonymous people who say this won't work, as you will just be pulled around in different directions until you are more confused than ever. You need to decide what makes sense to you and maybe experiment a little, see how you feel and if you feel good then go a bit deeper into this lifestyle.

Do Viruses exist?

Yes, viruses exist but they are not living, invasive organisms as we are led to believe. This article explains what a virus really is:

<http://articlesofhealth.blogspot.co.uk/2007/12/understanding-virus-as-liquid-acid.html>

Will this help with dental problems?

If you have dental problems, maybe the most important thing to do is alkalize your body. Acidic saliva is a very big contributing factor to all oral problems and so it is essential to correct any pH imbalance. I would recommend finding a good holistic dentist and getting your mouth checked out, including root canals and pockets, as these can be the cause of many *health* problems apparently unrelated to your mouth.

Is soy good or bad?

For me the jury is out on soy products. Personally I think some forms of soy are okay in moderation and soy milk is better than dairy. One argument against soy says the phytoestrogens in soy may feed some cancers, but evidence shows people who consume soy have lower risks of cancer. Also people say that soy may have an estrogenic (feminizing) effect on men.

My belief is that phytoestrogens from soy are actually protective because when they latch onto and occupy the oestrogen receptors, they block the stronger types of oestrogen (xeno-oestrogens from plastics etc.), preventing access to receptors thus stopping them from causing health problems **(and because the phytoestrogens are weak, they don't themselves cause problems)**. Sprouted soy-seed is brilliant for everyone to use though and can be recommended without reservation.

Always avoid GMO soy as this will make you fat and badly mess up your hormones. Also, with many soy products they use a chemical solvent called hexane to extract the soy. This is especially true with soy and whey protein powders and other similar products which should be avoided. Tofu can contain a lot of ammonia too and so just avoid it altogether if you can.

pH of Lemons:

Lemons do contain acids, but they also contain lots of alkalinity. On balance you will have a net-gain of alkalinity and so lemons are considered alkaline. Make sure they are ripe, and be careful of your teeth. I don't really get on with citrus personally.

Is cider Vinegar good?

If one's colon is clogged full of undigested proteins, then drinking vinegar will burn away this impacted congestion so that the colon can 'breathe' a little better and you get a perceived benefit. People use cider vinegar for arthritis (arthritis is largely caused by congestion in the colon which leads to acid deposits elsewhere) and they do report getting at least a short term benefit. But, if you continue to use it without addressing the root of the problem, you just end up burning healthy tissue. Vinegar is acidic, it is proton saturated and pulls energy (electrons) from the body and is a product of fermentation so should ideally be avoided. Magnesium peroxide/oxide is a perfect way to cleanse the colon of debris and you get the same benefit as vinegar plus loads of other benefits (alkalinity, electrons, and oxygen) and without the damage caused by the vinegar. They say vinegar is high in potassium but avocados are a great source of potassium and they are alkaline forming and electron rich. Basically there are much better ways to cleanse the colon such as Aloe-Vera or just doing a good colon cleanse using clay and psyllium. Vinegar will dissolve undigested animal protein in the gut...but remember that your body is made of 'animal protein' and you don't want to be dissolved!

pH testing says fruit is alkaline?

The traditional method of pH testing is flawed. They take the food, incinerate it and then test the ash for mineral content. Fruit may contain alkaline minerals as revealed by the ash

method, but it is also very high in sugar. Sugar acidifies the body, not least because it is like rocket fuel for yeast/candida, but with the ash method, all the sugar is burned and so this not taken into account.

Is 'Bragg's amino acids' a good soy sauce substitute?

It is slightly acidic. It may be much less acidic than soy sauce and vinegar but it is not alkalizing. This can be used as a substitute for soy sauce but you still need to use it in moderation. Now that you know salt is good for you, you can use salt for flavour; try a dressing made with salt, lemon, cold pressed oil.

Nutritional yeast'

It is best to avoid all forms of yeast including marmite and especially nutritional yeast. A b-12 supplement might be a good idea too just to get yourself topped up.

Probiotics and enzymes:

Acidophilus is really not good to use and it harms the gut in the long run, bifido strains are not so bad to use. A channel-4 documentary tested methods for improving gut flora (they monitored stool samples) and found leafy green veg is better than live yoghurt and far better than Probiotics as it creates fertile soil for flora to achieve homeostasis.

We have more brain cells in our gut than we do in our head and there is a direct nerve pathway between gut and our brain. So please don't burn this delicate tissue with acidic acidophilus and enzymes. If the gut (the 'primary brain') is damaged through acidity and if there is yeast overgrowth, it's a lot like having something wrong with your actual brain. If you heal the gut your 'actual brain' will become calm and happy. The small intestine has been referred to as the primary brain whereas the one in the skull is a secondary brain! If the intestines are full of animal protein (death) it will affect a person's outlook. This is why people get such magical changes in their mental state by cleansing the colon. "don't turn your guts into a graveyard for dead animals"

Is sodium bicarbonate the same as bicarbonate of soda that you use for baking etc.?

I have heard that baking soda is tainted with aluminium in the manufacturing process - or maybe there are anti-caking ingredients added. It is best to go for pharmaceutical grade (BP Grade) sodium bicarbonate because purity is the issue but essentially the two are the same in function. Boots the chemists sell it.

Is fat good or bad?

Fat is bad if it is cooked, oxidized, combined poorly or if it is pressed from seeds or derived from animal products which are contaminated with fungus (the body will build fat cells to store the toxins in cooked or rancid oils – but it is not the fat itself which causes weight gain). If fat is blended or combined with carbohydrates/sugars, it can cause weight gain due to acidity caused by fermentation and also the reaction between fat and insulin causes fat to get stored on the body instead of being used for energy.

What about antioxidants?

We need a mix of pro-oxidants (essential fatty acids etc.) and anti-oxidants.

Pro-oxidants are like fire starters or kindling, and ignite metabolism or our 'fire of life'. Some pro-oxidants are better than others. Raw plant fats burn clean and steady, whereas sugars burn 'messy' and hot. In the same way that a fire produces sparks as a result of combustion, when we burn or metabolize food, free radicals will be produced. Anti-oxidants stop these free radicals from burning/damaging tissue in the same way that a fireguard or screen stops sparks from burning the living room carpet. So, you need a strong 'fire of life' or digestive fire/metabolism, but it needs to be a slow burn. You wouldn't pour jet fuel on your log fire at home, and in the same way you will ideally reduce sugar, meat and other foods which create lots of free radicals.

Generally speaking, alkaline foods will create a strong fire which burns slow and strong. And an alkaline diet will also provide an abundance of natural anti-oxidants too. So, it ticks all the boxes.

Why do I need to soak Nuts?

Nuts and seeds contain chemicals which are designed to keep them safe and undigested when eaten whole by animals and also to keep them in a dormant state until the rainy season. Eating raw nuts and seeds will mean your body must waste lots of digestive energy trying to defeat all the chemicals and anti-nutrients which block digestion. Soaking them in water mimics the effect of being planted in moist soil and so they release all their chemicals into the soak-water because they think it's time to sprout. So, soak nuts/seeds overnight (1 part nuts or seeds to 3 parts water), throw away soak water (as that's where these chemicals/substances will have been released), top up with fresh water and these will keep in the fridge for 3 days. It is good practice to change the water every 24hrs. Soak-water is good for houseplants btw.

Which nuts and seeds are good to eat?

It's a bit of a minefield! The main problems here are hulling or extraction process and storage methods. In the UK I tend to avoid sunflower and pumpkin seeds unless they look really fresh. Hazel, Brazil, macadamia and pine nuts also tend to be oxidized unless you shell

them yourself. Hazel and brazil nuts often are missing big patches of their protective brown skin and have oxidized/turned rancid (the oil in nuts and seeds are vulnerable to oxidization from heat, air and light). When macadamia and pine nuts are shelled they become totally exposed to the air (they don't have a protective brown skin like almonds, brazils etc.) and are fully oxidized (they should be white but have a distinct yellow tinge instead). Avoid all peanuts and cashews as they are fully contaminated with very poisonous aspergillus fungus. Walnuts and pecans are generally no good unless you shell them yourself. Also avoid hulled seeds i.e. hulled hemp and sesame.

I like hemp, flax, chia, and sesame as the really small seeds are free from damage. Almonds are fine as long as you throw away chipped and moldy looking ones and I always look forward to walnut season. You don't have to be too obsessive, this is just a guideline. Nut milks are best as you get all the nutrients without the fibre which is harder to digest.

Will detoxing make me feel bad?

Fat is created to park acids and sweep them under the rug to get them away from vital organs. This is why regular dieting feels so unpleasant. 1) You are not eating foods you are used to and which you think you enjoy eating 2) as you lose the weight and the fat is burned up as an energy source, toxins bound up in those fat stores are released into the blood to be eliminated, making the blood dirtier. This makes you feel bad, making you feel like death, hence the letters '**die**' in dieting I suppose. You need nutritious foods which provide nutrients required for detoxification and also to hydrate with lots of alkaline fluids and keep acids moving out. Keep flushing all day long. Each time you crave junk food, that's because there is old junk in in your blood being detoxed, and eating junk food would instantly stop the uncomfortable detox process so your brain asks for chocolate or a burger. So drink a litre or pint of alkaline fluid to flush the toxins out and the physical craving will go away – instead of putting the brakes on the detox by eating something heavy.

The same applies even if you are not overweight. You will still have acids to eliminate but they will be in the joints and connective tissue. You still need to wash them out of the blood stream then pee them out. As long as you continually flush yourself out throughout the day, you will avoid the nasty detox symptoms and can even avoid caffeine withdrawal headaches altogether. But if you start the cleansing process and suddenly forget to drink water, the blood gets thicker with toxins and you will feel bad, so just keep drinking.

What about Quackwatch?

"I have 'googled' and found Dr Young listed on Quackwatch as a "bad scientist and fake doctor teaching bad science is this true"? No, it's not true. He just teaches something that

the medical community haven't understood yet as so he has attracted criticism. Also, he is getting result without the use of drugs or surgery and so I think he is ruffling a few feathers. To make it onto Quackwatch is a compliment because it means you are challenging the status quo and I hope to feature on their site myself one day!

Here is the truth about Quackwatch:

<http://articlesofhealth.blogspot.co.uk/2011/02/stephen-barrett-real-quack.html>

What equipment do I need to buy?

Equipment: You don't need to rush out and buy all these items all at once but you could consider getting a good water filter as soon as you can afford to. These are just my recommendations but you can do your own research to see which products you like best. The intention is just to save you trial and error when buying health-related products.

Water ionizers: Firstly, to consider, there are 'natural ionizers' which mimic the effect of water running over rocks to generate an electrical charge (as happens in rivers and streams) and they do not require any mains electricity. These are available to buy for around the \$600/£350 mark. Two good options are the **Ultrastream** and the **pH Miracle Watermark**. Filter cartridges last about 3000 litres or 12 months, whichever comes first. Both can either be installed under the counter or they will sit on the counter and be connected to any regular mixer tap.

Other devices such as the Chanson Miracle Max or Jupiter Athena (the Athena being my personal favourite) are costlier but you can achieve a much higher negative ORP (oxidization reduction potential) with these. These devices do use electricity and in my opinion they are worth the extra investment if you have the option to do so as they also give you tighter control of the pH. They also micro cluster the water meaning it is better absorbed and most people notice they feel much more energized and healthy when they drink this water. You can install a pre-filter or a Nano-filtration system to get the water really clean, Jupiter Ionizers have excellent pre-filtration built in. Most electric ionizers require some maintenance and you need to flush them through with a citric acid solution every few months to remove calcium build-up, but the filters last a very long time so on balance they require less maintenance than natural ionizers. These start at around \$2000/£1400 mark.

Jupiter ionizers self-clean, so you don't need to do any flushing with citric acid.

Finally, I would say a good pH/ORP meter is a worthwhile investment as you can check everything you are drinking and use it to make sure your ionizer is working correctly. Hanna Instruments for example make good combination pH/ORP meters.

Rebounder: The Bellicon is one of the best rebounder on the market at the time of writing as it uses bungee cords instead of springs and so the bounce is much softer (and also is

silent as opposed to springs which can be very loud): <http://www.bellicon.com/en/home/>
Otherwise Needak is a good brand.

Vitamix or Blendtec Blender: You will need one of these if you want to make green smoothies where the leafy green vegetables are fully broken down and emulsified. Tip: If using a Vitamix blender, leave the plunger in place when blending as it will prevent a vortex forming and so will reduce air and oxidation of your smoothie.

A stick-blender or any other blender will work very well too for softer things and would be okay for blending tender leaves but not kale for example. I often simply juice my veg then blend in an avocado using a hand/stick blender as I think this creates less friction than a Vitamix.

Green Power Juicer. My preferred juicer is the green power juicer. It crushes the vegetables slowly instead of spinning at high speed meaning that more of the nutrition is preserved. The special jug container will keep juice fresh in the fridge all day, so you can have fresh juice in the morning but save a jug full for when you get back from work. You could also buy a spare container for storing double the amount:

<http://www.ukjuicers.com/green-power-kempo-gpt-e1305-exclusive-pro-juicer-white>

Qlink pendant: This is a pendant which, believe it or not will mitigate the negative effects of radiation from phones, WIFI, cell phone masts etc. these are also used by athletes to get measurable increase in performance and there is lots of research and evidence proving these pendants work. Dr Young has used live blood analysis to demonstrate the before/after effects of wearing a qlink: <http://www.qlinkproducts.com/Scripts/default.asp>

Earthcalm pendant: This is another pendant designed to protect from EMF and microwave radiation. You could research both pendants and see which you like the sound of. I feel a significant improvement by wearing mine:

<http://www.earthcalm.com/?gclid=COak8t712cACFQrjwgodhGcAdg>

Low radiation cordless phones: These are cordless phones which do not produce high levels of radiation. Most digital phones send a powerful signal from the base station even when the phones are not in use. http://www.gigaset.com/en_UK/information/cordless-phones.html

FIR sauna: Far Infra-Red saunas make you sweat more than a regular sauna and will also draw toxins out from deeper inside the body. They also don't heat the air like a steam sauna and so you don't overheat or feel uncomfortable. Be sure to drink alkaline fluids before, during and after the sauna.

Shower filter: You inhale and absorb lots of chlorine while showering in mains water because the water is hot so your pores are open. Also the chlorine evaporates into the air which you then breathe in, giving it direct access into the blood. Actually showering in chlorinated water is worse than drinking it because at least when you drink water the body will be able to filter some of the toxins. If you run a bath, run it hot and leave it for 5 minutes to cool down – this will give the chlorine time to evaporate. Obviously you can't do this with a shower and that's why a filter is a good idea in the long run. Chlorine isn't some lethal poison in this example, but in absence of a shower filter you can spend less time in the shower and turn the heat down a bit. Iodine clears chlorine from the body too.

Inversion Table: Basically you hang upside down by your ankles, using your body weight to decompress your spine. This cured my lower back pain and bad posture caused by slouching and also has many other benefits including increased blood flow to the brain: http://www.naturalliving.co.uk/acatalog/Sissel_Inversion_Table-2.html?gclid=CPf2-YGk38ECFSPItAodImEAFQ#.VFfmZPZFBqU

Clothing/Natural fibres: Natural fibres like wool and cotton allow the skin to breathe properly so that acidic gasses can be released instead of being held in the body. Synthetic fibres also create static which blocks negative ions in the air, stopping you from receiving them. This is an excellent brand of merino clothing and the thermal base layers are excellent <http://uk.icebreaker.com/>

BONUS #2

NUTRITIONAL BLOOD-CELL ANALYSIS.

REMOVING GUESSWORK

FROM DIET AND LIFESTYLE CHOICES
WITH LIVE BLOOD ANALYSIS AND THE
MYCOTOXIC OXIDATIVE STRESS TEST

Summary of Live and dry Blood analysis: Live blood analysis primarily looks at short-term patterns as the lifespan of a red blood cell is 120 days (it takes 120 days to replace every blood cell with good new ones. Then a further 7 years of good eating for the resulting good RBC's to replace every other cell in the body). Live blood is very changeable and so this test is mostly concerned with your diet and lifestyle over the past few months.

Dry blood analysis is less changeable and offers a deeper level of insight into how the body is coping with life's stressors. It looks at your overall 'health bank account' including assets, savings and what you inherited – genetically speaking. If you have strong dry blood, then it means your body is coping, responding and compensating for all that you are throwing at it. People with a strong constitution often abuse this gift with substances.... because they can, but eventually this can take a toll.

You can have a bad diet and still have strong blood because your body has the ability to compensate due to good reserves. Just as you can have bad spending habits, but still be wealthy if you have good assets and so on. If you have strong dry blood, it means you are starting from a strong foundation, so your body will respond positively to even very minor dietary modifications quickly as it has lots of energy for healing, detoxification and building. For some people, drinking less alcohol and consuming more water will yield huge increases in feelings of wellbeing.

A weaker dry blood sample means you need to be a bit more careful and watch what you eat and be more careful how you live. It means you should work on building and investing your health reserves. This is often a blessing and a lesson in humility, especially if it is the result of poor diet or lifestyle. It is motivating to see your dry blood getting stronger, and then you truly value your health and energy and you understand what it is worth.

Someone with weaker dry blood doesn't have large energy reserves left, they may have chemical sensitivities and lower overall resistance vs someone with strong dry blood who can still eat and drink what they want and feel fine and don't understand those 'picky eaters', people with allergies, sensitivities and hypochondriac type symptoms. 'Normal people' have livers which process everything so well, they don't understand why others aren't like them.

Live blood analysis: This Involves looking at blood under a powerful microscope to gain information about the health of the body. It is a very helpful and motivating tool because **it can show the current appearance of the blood and improvements can be monitored as a person's health progresses.**

It allows me look at the relative health and quantity of the red and white blood cells (and what type of white cells are present), the fluid (plasma) that the cells bathe in along with potential presence of organisms such as bacteria and candida. I can also look for markers which relate to organ stress (liver, kidney, digestion, reproductive), bone health, endocrine

(hormone) system, heavy metals, parasites, nutrient deficiency, injuries, allergies and more. Without knowing a person's history, it is normally possible to guess what their symptoms are and what sort of diet they eat, **all from 2 small drops of blood taken (painlessly) from a fingertip**. Problems show up in the blood, sometimes years before they manifest as symptoms and so many people use this test to monitor and prevent any future problems. As they say, an ounce of prevention is worth a pound of cure.

Why look at the blood cells? Blood cells hold oxygen, deliver nutrients and remove wastes. They are also the building blocks of your body because when old cells die, **blood cells literally become new body cells** (brain, eyes, muscle, skin cells etc.) via transformation. Your whole body is made from blood cells.

Blood is your river of life. It is actually a large flowing organ and has access to all areas. Just as contamination of a river would affect those downstream and the surrounding environment, impurities in the blood can compromise your entire body.

If we eat junk foods the blood will get polluted and **our cells will be swimming in unclean fluids, causing them to get sick just like fish in a polluted river**. It also means we don't get the right nutrients with which to build new cells, so the cells will be born weaker and less well-nourished meaning they don't perform their functions as effectively and when they transform into body cells, they pass on their lack of vitality to the entire body.

Using a high-powered microscope to look at a drop of blood, it is possible to view the health of the 'fish' and quality of water in the river and also the effects downstream and on the wider environment.

Many conventional blood tests look for problems in the blood and view them as a consequence of some specific disease and then look to treat the sick organ or whatever it may be – but my view is that the vast majority of problems originate in the blood as a result of what we eat and that the body gets sick as a consequence of a compromised blood terrain. It is also my opinion that you can't successfully treat any illness without correcting the blood.

Once the relevant diet and lifestyle changes have been made, improvements can be seen in the blood very quickly and typically the body will then begin to express signs of massively improved health. It is very common for people to report that all aspects of health and fitness improve and that symptoms disappear altogether. The body knows how to heal itself but it can only self-heal when the main rivers and waterways in the body are nourished and clean.

Live Blood Analysis: - If you had some pet fish that were not thriving and you noticed that the water in their aquarium was stagnant and dirty, **would you treat the fish with drugs or surgery, or would you change the water and clean the tank?** Well our blood is like the

aquarium in this example. It is our inner-environment and the blood is like a fish-tank for our cells. Live blood microscopy is like a snap-shot of water quality in the fish tank and also of how well the fish are doing. I can say now that to improve the 'water quality' in the blood we need to change its liquid component daily, by drinking plenty of quality water. This is especially true if waste products from yeast are constantly polluting the water. You don't have to make your blood perfect, but if you improve the cleanliness then the whole body will benefit. Fasting has long been used as a tool for allowing the blood to run clear. When you fast or feast on juices and smoothies, the body begins to self-clean and will scavenge for old proteins and fats.

This live blood test is mostly concerned with the past 120 days as that is the life span of a red blood cell. It basically reflects the consequences (for good or ill) of what you have been eating and drinking for the past 4 months.

Live blood is very changeable and the appearance of it is even subject to change due to the food or drink consumed on any given day, so the test does not give definitive information about your overall health (i.e. 'clumpy' blood can be caused simply by dehydration but doesn't mean your blood is always clumpy, or you could be on a great diet but then went off the rails for a short time).

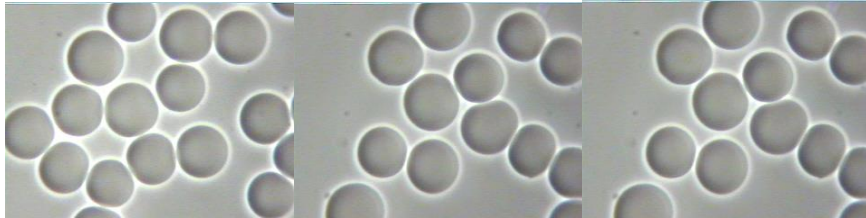
A single water sample from a river could not possibly reflect the overall health of the entire local environment and similarly a single live blood sample is not conclusive either. The blood in your veins has been different throughout your life according to diet/lifestyle/emotions at different stages of your life. Another analogy is looking at live blood is like looking into spending habits for the past few months.

If your diet and lifestyle has consistently been the same for many years, then the appearance of your live blood on the day of testing will be an accurate reflection of how it would normally look on a typical day. **So the test will show you the immediate effect of your current diet/lifestyle on a cellular level.**

Also, as I say, live blood can be very changeable but with that said, some patterns such as the presence of yeast, can imply more long term and deep seated issues and give excellent clues about how a person could best proceed with diet modifications.

The procedure: A single drop of blood is taken from a fingertip and then quickly placed between two pieces of thin glass. This means the sample is protected from the ambient air and therefore is still alive. Living cells and plasma are magnified 28,000 x under a high powered microscope and the live, moving images are relayed to a computer screen via a high resolution video camera. Live cell analysis looks at red and white blood cells and the plasma. There are thousands of cells to view in just one drop of blood so the pictures below are just a tiny example of what can be seen in a consultation. Conventional blood tests are often concerned with the quantity of blood cells – so information about the *quality* or vitality of each cell is lost. Laboratories generally use blood which days old and no longer

living – these tests have value but it is very helpful to look at the health of the cells while they are still alive. **I believe that if we simply focus on optimizing the quality of the blood (see pictures below), the body will, in its wisdom achieve balance in every way**, including correcting the volume of cells.



In a healthy sample the cells should be uniform in size, shape, and colour and the plasma (what the cells bathe in) should be free **from organisms and debris such as candida, acid crystals** and so on. It is possible to see from the above picture that the cells appear perfectly healthy and are carrying a full payload of oxygen. These can go on to become healthy new body cells (skin, brain, muscle etc.).

Cells should be gently repelling away from one another so that when they are circulating inside the body they do not stick together. Alkaline food and drinks provide (negatively charged...with negative being a good thing btw) electrons which ‘energize’ the blood so that the cells may repel properly (just as magnets repel when you push matching poles together). **Blood which is oxygenated and properly flowing will translate to more energy and vibrant health** as the nutrient laden cells will be able to reach their destinations. You will not feel sluggish with blood like this! Blood which is healthy and full of vitamins and minerals are perfect for building a healthy body. Get your blood right, and you can expect to experience a level of health you didn’t know was possible

Live blood examples:



The cells in the first picture have lost their negative (-) electrical charge and they now attract instead of repel, causing clumping. This clumping reduces the overall surface area of the blood, trapping oxygen/carbon dioxide and causing congestion.

Unlike veins and arteries, the capillaries at the body’s extremities (brain, hands, feet) are very narrow, so the cells must pass through in single-file. When blood is clumpy they can’t do this, so blood does not reach the brain, hands, feet, or ears in the volumes required.

This is why so many people suffer with **poor memory, ringing ears, unclear thinking or get they dizzy/see stars when they stand up**. It is also one reason why people can get chronically cold hands and feet, even in summer. Clumped cells do not easily reach their intended destinations for the purpose of becoming new body cells and when they do arrive they are not as good as they could be.

As I begin writing this, most people are dressed up in warm coats and wearing hats and gloves. They are feeling the cold despite all the 'warming food' and cups of tea. Historically I used to suffer with the cold very badly but for me now, summer hasn't ended and I'm still wearing shorts! Breakfast and lunch for me is often green juice with avocado which, combined with exercise/movement means good blood flow and a warm body.

The black lump in the second picture above is associated with cigarette smoke (green crystals in the blood are lactic acid, orange crystals are uric acid, cannabis smokers have red crystals etc.). If regular routes of elimination are overstretched (often just due to not drinking water to flush acids out) **the body will 'dump' these crystallized acids somewhere away from vital organs**, to deal with at a later date (a day which for many people never comes), a bit like sweeping it under the carpet. This is why people's joints click or they have or an old injury site which won't heal (**crystals accumulate where bones or injuries haven't fully healed**) and this is when localized symptoms can appear. When I first began the process of cleansing my body at a deep level, masses of black crystals started appearing in my blood....4 years after I quit smoking! When you start cleansing your body at a deep level, the **live blood gets worse before it gets better** as years of stored rubbish comes out of the woodwork and is diffused into the blood for elimination. It is an amazing process and it is incredible to watch how quickly your body begins necessary repairs when you provide the right context.

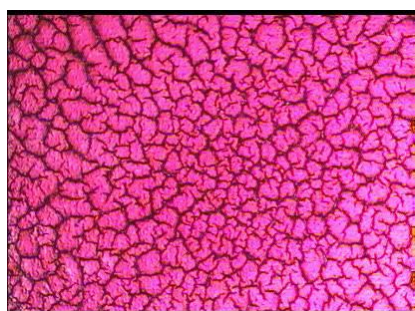
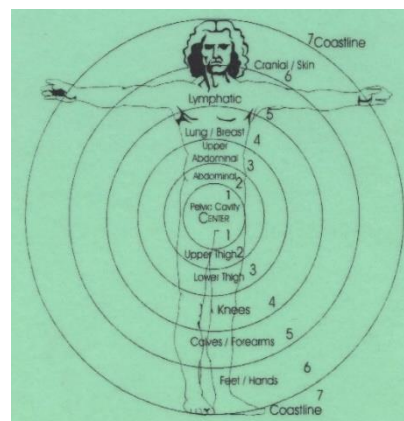
Yeast: Having yeast in the live blood is a bad idea. Yeast uses up nutrients and like any living creature, it goes to the toilet after eating. It's like having a good house with a good heating system (i.e. a good body with good metabolism), but then leaving all the windows open in winter. You have to keep turning up the thermostat (i.e. burning more nutrients and nerve energy) to heat the house (to keep the body functioning properly)

Or, it's like having a good savings account, but then having holes in your pocket. Or carrying a bag full of bricks. In all examples, you spend out but don't even get any benefit. At least with a spending spree you have fun, or turning the thermostat up as a treat you feel warm – but in the case of yeast it is just dead energy.

Addressing the yeast issue will free up a tremendous amount of nerve energy which will then become available for enhancing enjoyment and experience of life.

Dried Blood Analysis

A drop of blood is collected on a glass slide and is then allowed to dry. The blood is left to sit on the finger for approximately 30 seconds before it is pressed onto the slide in layers. This test uses a lesser magnification than is used for live cell analysis, so we are looking at blood from further away. **The picture below shows thousands of dried cells**, being viewed from a distance so that you can't even see individual cells and the spaces between cells no longer exist.



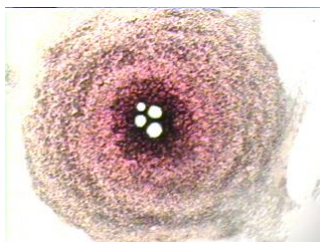
You want to see a good network of fibrin which is seen as the black crooked lines in the picture. This is what strong blood looks like. Fibrin is activated to form a clot and **overall relative health can be accurately assessed by looking at the fibrin network and clotting action**. Ideally there should be a tightly-knit network of black lines (with no breaks or dead-ends) as this suggests a strong overall

constitution. **A strong dry blood sample with no unusual patterns means your body is eliminating environmental and metabolic acids** (every cell in the body excretes some acids as a normal function of metabolism) properly and typically you will be feeling healthy and energetic with lots of stamina. **People with blood like this also tend to heal and recover quickly.**

As well as looking at the fibrin network, other visual patterns appear in the sample and their **size, shape and location tell me where acids are gathering in the body and which organs may be under stress**. These patterns have a very distinctive appearance and are easy to recognize.

The blood is holographic and a single drop of blood is like a map of the entire body. When I look at a blood sample, I mentally separate it into imaginary, evenly spaced rings radiating out from the centre, just like you see in the picture (shown right, numbered 1-7) and each ring relates to a different region of the body.

Ring one relates to the pelvic cavity, ring 2 relates to the abdominal area. Ring 4 is knees and/or lung/chest area and so if I see something in ring 4, I will ask about symptoms in knees or chest and normally get confirmation of what is being observed in the blood. **Some patterns have their own unique pattern and can appear in any ring but are easy to recognize and interpret.**



Here is an easy one. I am looking at ring one here, the centre of the sample, so as you can imagine I would be asking questions relating to the pelvic cavity such as **frequent urination? Bladder problems? Possible prostate** related issues and so on.

How does it work? When un-eliminated acids cause irritation in any part of the body, this causes the release of certain proteins from the affected area into the blood. As a drop of blood sits on the fingertip after the initial pinprick for the required 30 seconds, it goes through a natural process of spinning and this centrifugal force causes these proteins settle according to their weight. Weakened organs from the centre of the body produce light-weight proteins that don't spin out very far whereas weakened organs from the extremities produce heavier proteins which fly to the outside (and heavy metals like lead do the same, forming a dark ring at the edge). So, **the centre of the sample relates to stressed organs in the centre of the body and outside of the sample relates to the outside or periphery of the body.**

So **the dry blood assessment gives a much deeper level of insight** as it looks at the cumulative effect that one's lifestyle has on the body. It's more than just a snap-shot of 'water quality' – it looks at the wider environmental impact of the quality of your internal rivers and streams.

You are not looking at individual cells up close as with live analysis, but instead we look from further away to see how the cells clot and to see any unusual proteins in the blood. Much of the most information about how your body is coping with your diet/lifestyle is available in dry blood.

Generally speaking, **years of good eating will create clean, strong blood stream which will in turn produce a healthy body.** Years of being fed with and supplied by poor quality blood will produce the opposite, although strong genetics will compensate for poor diet up to a point. Dry blood looks at your constitution which includes genetics, but also the cumulative effects of diet and lifestyle over the years. A strong sample, with no breaks, means strong constitution – especially if you are on a poor diet at the time of testing as this means your body is compensating. So if live blood looks at short term patterns, dry blood looks at your overall 'health bank account' including assets, savings and what you inherited – genetically speaking.

If the body is coping well, and you are able to eliminate toxins via urine, bowels, respiration, perspiration, before they can localize and cause harm, **you will see a healthy clot, free from unusual patterns.** But when parts of the body get compromised from being

subjected to ongoing toxicity (like a village downstream from industrial pollution) they release specific markers into the blood which can be viewed under the microscope, giving important information about a person's health.

Once diet/lifestyle changes have been made you will not see significant changes in the dry blood results immediately, but progress can be pretty quick. Your new diet will promote the creation of fresh, clean blood which will go on to supply the organs (which have been like the desert waiting for the rain!), which will **in turn begin to heal and regenerate and stop producing these proteins or markers**, but it doesn't all happen overnight. If a river had been polluted for many years, it would take time for surrounding villages and environment to heal...but it's only a matter of time. Billions of cells are being replaced every second – so the moment you begin eating right, you make instant progress – Billions of cells at a time!! It takes 7 years to replace every single cell in the body but with that said **you will begin to feel better from proper diet modifications right away** as your blood flows along carrying nutrients and more oxygen. Just think of the Johnny Cash song and rebuild yourself one piece at a time.

You just need to understand that if you focus on the blood, the body will take care of the rest. The blood is the delivery system for all your nutrients, so if you get it this part right, the body will fix itself. You can't heal your skin or hair with special creams and lotions – you need to heal the blood. Likewise, all the superfoods, elixirs or drugs in the world won't provide health to the body if the blood on which it depends for nourishment is malnourished and polluted!

What happens next?

Once I have looked at a person's blood, I will offer diet and often supplement information which in many cases will largely be the same or similar for a lot of people. It is then just a case of helping a person with the practicalities of implementing changes and fine tuning their approach along with monitoring their progress. Everyone, regardless of blood type, metabolic type or Dosha, needs to help their body to maintain its correct alkaline blood pH, so all my nutrition advice is based around pH balance, but some issues may require an individual to take a more specific and targeted approach. **When I re-test a person and can see that their blood is better than before, this is normally accompanied by them reporting to me the numerous health benefits they have noticed.** The blood analysis is a nice visual confirmation and a way to monitor improvements on a cellular level.

Disclaimer:

The information provided here is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

Live Blood analysis history: Viewing live blood under a microscope is probably as old as the microscope itself. But it was the work of European scientists Dr Antoine Bechamp and Dr Gunther Enderlein in the mid-19th and early 20th Centuries that would advance the use of the microscope, challenge the medical establishment of the day and propose new ways of interpreting what was being viewed in the blood. Other microscopists included noted physiologist Dr Claude Bernard, who coined the term “internal milieu”, Germ Theory advocate Louis Pasteur, Californian Dr Virginia Wheeler Livingstone and Canadian scientist Gaston Naessens. (Dr Robert O Young PhD D.Sc: 2001 Sick and Tired)

Pasteur formulated the ‘Germ Theory’ by plagiarizing Antoine Bechamp’s theory of pleomorphism. Pleomorphism can be clearly demonstrated when viewing live blood cells

Bechamp postulated that it was all about the internal environment within the blood and that bacterium was a consequence of a polluted environment in the same way that rats would appear when rubbish was dumped because they wished to feed off it. Bacteria exist all around us yet we do not get sick all the time because we have immune systems that recognise these organisms and remove them from the body. When the body becomes acidic or toxic similar to a rubbish dump then it becomes a ‘fertile soil’ for bacteria, yeast and mold, hence disease.

Pasteur’s theory was accepted by the then medical fraternity because it meant huge revenues for pharmaceutical drug companies. Bechamp’s theory was rejected because it merely meant that the individual would have to take responsibility for their own health by choosing the correct nutritional habits and lifestyle and there was no money to be made from that. The medical fraternity therefore deemed Bechamp’s theory as ‘unscientific’ claiming that Pasteur’s theory could be consistently demonstrated. Pasteur’s theory has since been shown to be faulty because we now have antibiotic resistant strains of bacteria and at the same time vindicating Bechamp who said that the bacteria or microzyma could not be killed as it will only change or mutate.

In the 1920s, European medical practitioners added another twist to unconventional microscopy when they began looking at dried blood samples, later called the Oxidative Stress Test. A glass microscope slide is dabbed onto a bead of blood on the finger in sequence several times, resulting in a slide with eight individual drops of blood pressed upon the slide and allowed to air dry.

The resulting patterns seen in the dry blood under the bright field format reveal a characteristic ‘footprint’ which can be seen in similar cases and, thus, are predictive of

certain generalised pathologies. For instance, cases of advanced degenerative disease show very poor clotting and minimal fibrin formation with many white 'puddles' disseminated throughout the sample. In contrast, a healthy control subject's blood shows a tight, fibrin-rich clotting pattern with no white puddles.

In the 1930s, the head of surgery at Massachusetts General Hospital, Dr H L Bowlen MD, introduced the dry blood test to America. Dr Bowlen learned the dry test from President Dwight D. Eisenhower's physicians, Drs Heitlan and LaGarde. In the 1970s, one of Heitlan-LaGarde's students, Dr Robert Bradford of the American Biologics Hospital in Mexico, began teaching other practitioners how to perform this test. So there is now over 70 years of dry blood testing data by hundreds of healthcare practitioners worldwide.

Nutritional microscopy is now an alternative examination routinely practised by holistic medical, osteopathic, chiropractic and naturopathic physicians, as well as other healthcare professionals around the world, to provide an insightful view of the biological terrain.

Dr Robert O Young has extended the work carried out with live and dry blood analysis with nearly two decades of research. In particular, his findings on the use of the Mycotoxic Oxidative Stress Test have resulted in major advances of understanding.

These are some of the main applications or attractions of microscopy:

Athletes or people wanting to get fit:

Potential for **huge increase in energy, stamina, and flexibility** just from improving oxygenation and function of the blood.

No need to blood dope – you **can increase haematocrit** and therefore athletic ability, **naturally and legally.**

Reduction or elimination of lactic acid and so recovery time and muscle soreness is reduced.

Help old injuries to heal faster and reduce exercise induced wear and tear of joints.

Massively reduce the amount of protein required whilst getting stronger than before.

Reduce the amount of sleep required and wake up feeling rested.

If you puff and pant, ache after exercise, feel irritable or shaky or have blood sugar problems – then you need to get your blood balanced and oxygenated.

Move past your current plateau and get the level of fitness you want.

Health seekers:

Get rid of sugar cravings.

Find the right foods and supplements for your body.

Have **confidence with food** – confirmation with blood analysis means no more guesswork.

Prevent health problems – problems show up in the blood, sometimes years before they manifest as symptoms.

People with an existing health challenge:

See with your own eyes how the blood and **body can heal itself when given the right tools**. Learn why many supplements, therapies or medicines don't work and can't work until you **balance your blood chemistry** and body pH.

How to prepare for a consultation: You should fast for 2-5 hours before the test and should drink plenty of water too. Reading this article prior to a blood assessment will save some time and you will get more out of the session.

Contact details for blood analysis: To discuss booking a consultation with myself (in the UK) my email address is dominicspeirs@hotmail.co.uk and mobile number is 07460162562

Alternatively, here is a list of Robert Young trained microscopists worldwide:
<http://www.phmiracleliving.com/t-Microscopist-List.aspx>

BONUS #3

*AN INTRODUCTION TO
'SUPERGREENS',
THE PH MIRACLE LIQUID
CLEANSE
AND THE URINE AND SALIVA PH
TESTING METHOD*

How to use Supergreens/pH Miracle Greens/Doc Broc Greens:

Powdered greens can be a really great option for a lot of people. My personal preference is to juice my greens myself where possible and then dilute with ionized water but when this isn't possible or to increase chlorophyll intake, I will use liquid chlorophyll and/or, an ionized powdered greens supplement formulated by Dr Young.

Add 'pH Miracle greens powder' and optionally some 'pH drops' to ionized or purified/bottled water. In the beginning you may want to take a very small dose of 'greens' just while your body gets used to it. 'Greens' are powerfully detoxifying and if you have a health challenge and/or have not been eating a clean, mostly organic diet for some time then it may be wise for some people to transition gently, to avoid a 'detox reaction'.

The 'Cautious-start' dose: Take a quarter scoop of greens plus 1 or 2 drops of pH solution per litre of water (just halve the dose if you can only manage drinking half a litre of liquid in one go) Monitor the reaction in your body – if you feel fine then, as each day passes you can start adding more greens powder to each green drink you make. If you feel confident from the start, then you may want to experiment with stronger doses right away. Before long you can build up to the full maximum dose of 5 pH drops per litre too.

Some signs of a detox reaction include headaches, runny nose, flu-like symptoms, frequent loose bowel movements, skin eruptions.

If you experience any of the above symptoms it is perfectly safe and natural. It means old stores of toxins in the body are being mobilized into the blood for elimination. However, to avoid discomfort, if you think you may be 'detoxing' too fast, just lower the dose and the symptom/s should pass quickly. Over time as your body becomes more alkaline and cleansed, you will have no trouble tolerating the full doses as described on the product containers (1x scoop greens per litre and 5 x pH drops per litre)

Once you are well and truly used to the greens and pH drops you can start to increase the dose to really speed up the process of alkalizing and energizing. One scoop per litre is a great maintenance dose but if you have a health challenge or if you need increased nutrition for sport or exercise then it is advised that you use 2-3 scoops per litre. So basically, start off with ¼ scoop of greens with 1 or 2 drops of pH liquid per litre and build up over time to taking 1-3 scoops of greens with up to 5 pH drops per litre. **You can skip the pH drops if you are using good alkaline water if you want.**

Some examples of what you may experience from the greens: Increased energy, reduced cravings for sugar, caffeine etc. _Desire to eat healthy food. _Better sleep (this is very common, not least due to increased hydration). Start losing weight. Start gaining weight (if needed)

PLEASE NOTE: The dormant factors in powdered greens become activated once introduced to water and so should be consumed within 30-40 minutes, best within the first 10 mins.

Dr Young's 10-day alkalizing cleanse is outlined here:

This basically involves having 3 meals per day of juice, smoothies and/or soups. Between meals you drink alkaline fluids, take supplements which are optional, and use alkaline mineral salts. You can do this cleanse for any length of time ranging between 2 or 3 days up to several months or you can just continue for as long as you want. 10 days is a good length of time. This is about removing old acidic wastes from the body, but also and perhaps more importantly the aim is to allow the small intestine, which is the root system of the body and where new blood is made, to fully heal and regenerate by eating food which is already in a liquid, alkaline state. Most of my meals these days are raw, high in chlorophyll, alkaline and are blended or juiced as this is the food which tastes the best to me and which energizes my body and mind. Other food may occasionally look or smell tempting, but upon eating it becomes very clear what I am not missing.

The following cleanse schedule outlines a typical day on an alkaline diet/alkaline cleanse and includes the proper use of mineral salts used throughout the day. You can adapt the schedule to suit you, but this just gives you some idea of what to do and when. You don't need to do the pH testing or use the supplements as they are optional and you can instead just have 2 or 3 juiced or blended meals per day with plenty of ionized water in between, as highlighted in green below. You will want to use a good oil supplements such as Udo's Choice though. This oil is widely available but make sure it doesn't have a bitter taste. If it tastes bitter, you should return it for a refund as it hasn't been stored correctly.

7:00 am: Test the pH of your urine with a **pH Test Strip**. If the urine pH is below 7.2 take 2 teaspoons of 4 Salts powder (or sodium bicarbonate) in 5 ounces of water.

7:15 am: 1 litre of ionized water, body temperature or higher.

7:30 am: Liquid colloidal supplements (optional)

8:00 am: Juice or smoothie and capsule supplements (optional)

9:00–Noon: 1.5 litres of ionized water or with added concentrated green powder and pH drops or liquid chlorophyll (optional)

Noon: Test the pH of your urine and saliva with a pH Test Strip. If either is below 7.2 take 2 teaspoons of 4-Salts in 5 ounces of ionized water.

12:30 pm: Liquid colloidal supplements (optional)

1:00 pm: Raw soup, juice or smoothie and (optional) capsule supplements

2:00–5:00 pm: 1.5 litres alkaline water or with (optional) added concentrated green powder and pH drops or chlorophyll

5:00 pm: Test the pH of your urine with a pH Test Strip. If the urine pH is below 7.2 then take 2 to 3 teaspoons of 4-Salts in 5 to 6 ounces of water.

5:30 pm: Liquid colloidal supplements (optional)

6:00 pm: Raw Soup, juice or smoothie and (optional) capsule supplements

7:00–9:00 pm: Alkaline water.

9:00 pm: Test the pH of your urine with a pH Test Strip. If the urine pH is below 7.2 take 2 teaspoons of 4-Salts in 5 ounces of water.

Try juicing cucumber, kale, broccoli, celery, lettuce, chard, spinach, when you're juicing you can use carrot or beet to sweeten the taste; but, they contain sugar, so you always want to use them moderately. If you are dealing with an acute condition, you don't want to use them at all.

My favourite smoothie at the time of writing this is as follows:

Blend an avocado with some pint of water (using a stick blender which is very quick and easy to clean) then stir in the juice of one head of broccoli and a whole cucumber and a pinch of salt. Also juicing parsley, celery and a few leaves of Cavolo Nero kale makes this pretty much the perfect drink. You can even run a few almonds through the juicer to make it even more sweet and creamy. Stevia leaf might help you enjoy this more in the beginning while your tastes are still changing.

I can do this, including the cleaning of my juicer, in around ten minutes – it just takes practice. When using broccoli, you will want to consume the juice right away as the special and delicate antioxidants start to die quite quickly so I often find myself sipping my smoothie as I clean the juicer. Have the avocado cut and spooned into the water before you start juicing as that will save time too so you just blend it then stir in the fresh juice and start drinking. I will upload a video on YouTube to show how to do all this.

The pH Miracle Living Acid/Alkaline Saliva and Urine Test:

1. First, upon waking test your saliva with the pHHydrion paper. When you get out of bed, lick and wet the end of a pHHydrion test strip with your saliva. Note the colour change and write down the pH number. Do this before brushing your teeth, drinking, smoking, or even thinking of eating any food. The optimum saliva pH should be 7.2.

2. Next, test your first urine of the morning. This is urine that has been stored in your bladder during the night that is ready to be eliminated when you get up. You need to pee on a strip of pHHydrion paper, note the colour change and write down the pH number. The first urine should run optimally between a pH 6.8 to 7.2. If your first urine pH is lower than 6.8 you are deficient in alkaline buffers and need to move to a more alkaline diet rich in fresh green vegetables and fruits. If your first urine pH is higher than 7.2 your alkaline buffers are sufficient to neutralize the acidic foods and drinks you ingested the day before. To balance the pH of the urine you need to move away from acidic foods and drinks and begin ingesting liberal amounts of electron rich green vegetables, low sugar fruits and healthy polyunsaturated fats.

3. Next, test your second morning urine before eating any food. This number should be the pH of your second urine after you have eliminated the acid load from the day before. The acids should be gone the second time you go to the bathroom so your urine pH should be ideally 7.2 or higher. If the pH is lower than 6.8 then you are in a state of latent tissue acidosis and you are deficient of alkaline buffers such as bicarbonate, sodium, potassium, magnesium and calcium. The lower pH is also indicative of a diet high in protein and an increase in acids from proteins including nitric, sulphuric, phosphoric and uric acids. Eliminate from the diet proteins from beef, chicken, turkey, pork and fish to normalize pH at 7.2 while eating liberal amounts of green foods and green drinks and healthy polyunsaturated fats.

4. For breakfast eat an avocado soup, vegetable soup, the healing soup or drink some fresh almond milk or a fresh green drink. Wait five minutes and then check your urine and saliva again. Write these pH numbers down also. The pH numbers will go up from the first and second morning urine and saliva if you have sufficient alkaline reserves to buffer acids. If you do not have sufficient reserves then the pH numbers will show very little change or even go down from the early morning pH numbers.

5. Make sure you check your urine and saliva pH between meals, i.e., between breakfast and lunch and between lunch and dinner. The pH should always be between 7.2 to 8.4, right after meals and between 6.8 to 7.2 a couple of hours after meals.

The five tests above show the following:

1. The efficiency of the digestive system to deal with what you ate the night before, i.e., the first and second AM urine and saliva pH. These numbers will change from day to day if you are living an eating acidic. When you begin the 'pH Miracle Living Plan' you will see the pH of the urine and saliva become more constant and balanced at a pH of 7.2 or higher.

2. How well you treat yourself in general, i.e., how 'strong' the salivary glands, stomach, pancreas, gallbladder and liver are in dealing with excess acidity. This is once again the AM urine and saliva pH. This number shows the overall state of your health, the condition of the alkaline reserve of your body which reflects the diet you have been eating over the last months and years. This pH number stays rather constant and will only change after some work has been done in alkalizing and energizing the body as outlined in the pH Miracle books. Since the saliva and urine pH is an indicator of intracellular pH, saliva and urine pH readings should never be below the pH of the phosphate buffer system, 6.8. (See below).

The most accurate readings of saliva and urine pH is recorded immediately upon awakening-after sleeping at least five hours and before brushing your teeth.

It is during sleep that the body removes waste and is in an anabolic state restoring and replenishing the body. For example, if you have a saliva or urine pH of 5.5 and only 5.6 after eating, you know that you are deficient in alkaline reserve and your body is devoid of the minerals necessary to process food properly -- your body cannot adequately respond to the physiological crisis of handling food or drink that is acidic.

3. The pH of your saliva and urine after you eat or drink gives you an indication of your alkaline mineral reserves and your body's ability to deal with the acid residues created from the digestion of that food or drink. It is normal for your pH number to increase after you eat or drink not stay static or decrease. A decrease, once again indicates your inability to deal with acid, the deficiency of alkaline reserves and the build-up of latent tissue acidosis. Even if you think of a food like an avocado or a lemon the pH of your saliva should increase by a whole point. This simple test indicates you have sufficient alkaline reserve minerals to pull into your digestive system to begin the digestive and alkaline buffering process.

The ideal urine and saliva pH pattern is 7.2 on awakening, 6.8 to 7.2 before eating and 7.2 to 8.5 following any alkaline meal or drink. A simple test can be done at most any time of the day by eating a few almonds.

This will check the adequacy of the alkaline reserve of the body. When a healthy person with adequate alkaline reserves eats a few almonds, the saliva pH almost immediately goes up to a pH of 8.4. The more acidic the food that is eaten, the more rapid the response of the alkaline reserve, and the higher the saliva pH should be following a meal.

4. The pH of the saliva and urine between meals should be kept in the basic range, pH 7.2 or higher. After one eats, the stomach releases its necessary sodium bicarbonate to help alkalize the food. While doing this action, it also makes an equivalent amount of base or baking soda, sodium bicarbonate that is picked up by the blood stream and delivered to the alkaline glands of the body, the saliva, the pancreas, the gallbladder, the pylorus glands in the duodenum and the liver. The maximum amount of base in the blood and therefore in the urine and saliva occurs one to two hours after you eat.

This rhythm of the acid and base flow of the body is called by Frederick F. Sander, the Base-floods and the Base-tides of the Acid-Base household. This information was first published in 1930, by Frederick F. Sander, a German scientist, in a book called, The Acid-Base Household of the Human Organism and its cooperation with the nail circulation and the rhythm of the Liver. In his book he states that the body fluids and therefore the urine is most acid at 2:00 A.M. (pH 5.0 to 6.8) in the morning (the base tide) and most alkaline at 2:00 P.M. (pH 7.0 to 8.5) in the afternoon (base flood).

'The ideal pH numbers depend on the time of day. Plotted on a curve it looks like the double

hump of the back of a camel. Two times a day the urine should be alkaline and that is the top of the humps and corresponds to 10 A.M. and 2 P.M., the alkaline tide after meals. During the rest of the day the pH should be between 6.8 and 7.2. This is optimal urine. The first urine in the morning should be more acidic because of the decalcification that takes place during the night in neutralizing excess acids.'

If all the acids generated in a day from digestion, respiration, metabolism and degeneration are not all flushed out during the night they accumulate, day after day. The results are the expression of states of imbalance as the body desperately tries to maintain the alkaline fluid pH at 7.365. The day to day build-up of acids affects each of us differently depending on our genetics, lifestyle and diet. I have found that acids settle in the weakest parts of the body and if not eliminated through the bowels, urinary system, lungs or skin, acids are then bound to fat and stored on our hips, thighs, stomach, breasts and brain. Bottom-line acids are the expression of all symptomologies and the direct cause of ALL sickness and disease.

Monitoring your saliva and urine pH puts the responsibility of caring for your health back into your hands. Measuring the saliva and urine pH guides your therapy and shows you how living, eating and drinking determines the quality and quantity of your life.

You should monitor your saliva and urine each day for at least 12 weeks or until you establish your balanced pH at 7.2. Once you have established a balanced saliva and urine pH at 7.2 you can reduce the number of tests to once a day or 2 to 3 times a week.

Testing pH of drinks and liquids:

pH strips are not accurate for measuring liquids other than urine and saliva. You need either a digital pH meter or a liquid reagent (you mix a chemical liquid with the liquid you want to test and wait for it to change colour)

BONUS #4

INTRODUCTION TO THE
COLON-CLEANSE AND
LIVER-FLUSH.

Colon cleansing:

Colon cleansing can provide a massive boost in health, energy and feelings of wellbeing. Health begins in the core of the body and a deep-clean in this area will often yield seemingly miraculous results. Modern processed food can cause masses of undigested wastes and mucus to become stuck in the colon and lymphatic system. This will compromise the digestion and assimilation of nutrients causing the body to be malnourished. Undigested debris will produce toxins and putrefaction which pollutes the body, paralyses white blood cells and makes it hard to hold a proper pH. This is an extreme example, but John Wayne who died of cancer had 50-60 pounds of undigested meat in his digestive tract.

A colon cleanse using clay, psyllium and specific herbs will clear all this waste and the effects will be reflected in how you look and feel. My favourite cleanse-kit is made by Arise and shine and the link is provided below.

You will feel like a different person after the cleanse and many people report massive changes in their health. Cravings, allergies and health problems can disappear or reduce and digestion will improve. It helps with clearing yeast, fungi, and parasites by improving the drainage and elimination of acid wastes. Do the basic groundwork first by following a good diet for a while and then look to do a colon cleanse if/when you feel ready.

Clay which is used in the cleanse, is alkaline and has a powerful effect on healing and cleansing the small intestine (where blood cells are produced)

Good mental and emotional health begins in the colon. If the gut is filled with junk, this will affect your mood/emotions and the quality of your thoughts. Dr Young refers to the intestines as the primary brain and if there is a problem here such as constipation and toxicity, it will cause anxiety and stress.

Arise and shine colon cleanse results (emotional releasing) <http://youtu.be/Ocb-Koip6TY>

How to do a Colon cleanse:

Here you can take a look at a colon cleanse schedule:

<http://www.ariseandshine.com/cleansing/cleanse-guides.html>

Liver flushing:

The idea of doing a liver-flush is to push out the old accumulations of coagulated bile which can build up in the bile ducts. Basically, when there is more acid and poison in your day-to-day life than the body can eliminate (drugs, medication, poor diet) then wastes get solidified and become stuck in the liver. Because of this congestion, the flow of bile is reduced, digestion becomes impaired and this can be reflected in a person's overall health. A 'liver flush' involves taking Epsom salts to temporarily widen or dilate the bile ducts, then consuming some olive oil mixed with grapefruit juice, which triggers the sudden release of

bile through the liver, and this tidal wave effect easily pushes all solid obstructions out of the dilated bile ducts and into the intestine for elimination. It is a very simple procedure but I will give full details further on. Liver flushing on YouTube:

<http://youtu.be/DnnlnAsRP20>

After cleaning my liver, which required me to repeat this procedure about 20 or 30 times due to all the drugs and junk food I had used, I noticed that my breathing had improved. My liver was so congested that it had been obstructing my right lung because the liver was too large from being full of old accumulations. Once the liver was back to its normal size my lungs could inflate fully on both sides. My digestion of fats and other foods improved significantly and there were no more twinges in the liver area. I instantly lost interest in coffee and my health and energy improved. Also, my chemical sensitivities massively improved to the point where paint and other fumes don't give me headaches. In general, right after each liver flush, I felt cleaner and fresher and like my body had been restored to a better level of health.

If you are someone who regularly cleanses/detoxes but never feel fully cleansed and often swing or yoyo between clean eating and 'dirty' food, then you may just need a good colon or liver flush. When you have a large amount of old acidic junk lodged in your body (including old emotional toxicity which is held in the liver and colon) you will never fully feel cleansed, even on a raw diet as you will still be resonating with foods which have the same makeup as the acidic residues in your body. People may view you as obsessive, orthorexic and so on, but in many cases the cause is more physical than it is psychological. If this sounds like you, then ignore the doubters, trust your own instincts and the messages given by your body and work towards doing a deep-clean of the liver and colon.

On the other hand, sometimes people feel weak and tired and think that they are full of toxins as that seems to them like the only explanation for how they feel, when really they are just lacking chlorophyll, electrons or electrical energy. In this case they will notice the biggest difference from just drinking ionized water, green juices and eating an alkaline diet. Go for the easiest fruit from the tree first, then if you are still not right, think about trying a liver flush.

How to do a Liver flush:

Before you try this flush you should know I have been on a vegan diet for a long time. I was still having one coffee per day at time of starting the flushes but as my body was generally very healthy and I was taking good alkaline supplements, I didn't have too much trouble doing 20-30 flushes over a 6-month period. Sometimes I would even do 3 in a row for example Friday night, Saturday night, and then again on Sunday night although I am NOT suggesting that anyone else tries this. It is important to monitor how you feel as everyone

will react differently; you might be very hardy and find this process very easy or you may need to go more slowly. ***The standard advice is to leave several weeks between flushes.***

The flush will put extra demands on your body so it's best to do on a weekend or whenever you have less workload and more time to relax. Avoid hard exercise for a few days or until you feel your body has recovered. The Epsom salts will drain some electrolytes and those need to be replaced by eating well. The salts also dehydrate the intestines so again hydration and vegetables/juices are needed to recover properly.

This is what I did:

Note: this all looks complicated on paper, but after you've done this a few times you get to the point where you just do things 'by eye' and chuck all the ingredients in without measuring or thinking too much. It's not really an exact science and you can experiment but I'm just saying what got the best results for me.

Preparation: For 5 days you should have no sugar, chocolate or coffee, or at the very least avoid these for 2 days. Avoid animal products, non-organic and junk food in general. At this time, I ate mostly steamed veg and grains like millet, quinoa, spelt, buckwheat and lentils, green smoothies and soups would be good too. Drink plenty of good ionized water. Also for 5 days before the flush you should drink a couple glasses of apple juice (fresh if possible otherwise packaged is okay) per day, as there are specific acids (a necessary evil!) in apple juice that will soften the liver/gall stones so that they pass easily. Otherwise to avoid all that fruit sugar you can use malic acid tablets instead of the juice.

Flush day: On the day of the flush you eat breakfast such as veg and some low-acid grain (buckwheat, quinoa, millet) or sweet potato. Or, a large amount of fresh vegetable juice.

For lunch it is best to just have veg like sweet potato but having grain again is okay and you eat your lunch sometime between midday and 1pm (with no food eaten past 2pm). Chew food thoroughly or just blend it into a soup. ***You must eat zero fat on day of flush, so no dairy, no avocado, no olive oil etc. No fat with your breakfast or lunch.*** When we eat fat the gallbladder releases bile into the intestine to digest the fat. You want the gallbladder to be full to the brim of bile so that later, when you drink the olive oil, there is maximum pressure for forcing the stones out. If you eat fat on the flush day, you lose all your bile.

So its breakfast in the morning, then lunch around 1pm. Drink some water before breakfast and between meals (several litres in total on the flush day).

Then, at **5pm** take 2 teaspoons of Magnesium oxide which can *optionally* be mixed with some buffered vitamin C powder (50/50 mix) in about 10 Oz of water. So it's 1 ½ tsp mag oxide with 1 ½ tsp Vit C or, just 2 teaspoons of plain magnesium oxide with no vitamin C. 10-20 mins later (or at about **5.30**) drink a good amount of warmish water and make sure you can quickly access a toilet once it takes effect. Magnesium oxide will empty your bowels

so that when you do the liver flush, the stones will be able to pass without obstruction. You can do colonics/enemas if you prefer)

Next, dissolve 4 tablespoons of Epsom salts into 750ml of water. This will make 4 x equal servings of about 185ml each)

6pm take one 185ml serving of your Epsom salt solution (this dilates the bile ducts in the liver) **20 mins later** Drink lots of warmish water to really flush your bowels and to replace the water that you are losing as water should be going straight through you like a racehorse at this stage. You can and should drink more water, but should stop drinking by 7:30

8pm take another serving of Epsom salts solution (this again dilates the bile ducts in the liver). 20 mins later drink more warm water. You can and should drink more water, but stop drinking by 9:30.

10pm – This is the part of the procedure where you drink the oil and grapefruit mix. This is made by mixing 125ml of good quality olive oil with about 225ml grapefruit juice. Put the oil and grapefruit in a bottle and shake hard, you can shake again when the oil separates. Drink it whilst standing by your bedside, being sure to get it all down within 5 minutes (hold nose if necessary, but I actually quite enjoy drinking it!) and **then get straight into bed**. Lie down flat on your back with head elevated on 2 pillows. Do not change position for at least an hour. Relax your mind. You may feel the stones travelling out of your liver into the intestine. **If you feel nauseous, try to ride it out as this means you are passing large stones.** Avoid moving too much/going to toilet in the night. If you have drunk sufficient water up until 9:30 as instructed your bowels should have eliminated everything and so you should not have the urge to go to the toilet in the night.

Following morning **6am** – go to the toilet, you may notice that you pass some stones. Then drink another 185 ml dose of Epsom salts, **or instead, take 1-2 tsp of magnesium oxide**. (I prefer the magnesium oxide option myself as it tastes better and it is healthier too).

8am – final dose of Epsom salts, **or again use magnesium oxide**.

You will go to the toilet lots in the morning and should see stones floating in the toilet like the ones in my pictures.

Lunch at **12pm** of steamed vegetables. Keep it low fat for a little while.

Liver flush notes:

If you use the magnesium oxide for the morning doses, you will only need to mix enough Epsom salts for the 6 and 8pm doses, so just half the quantity you mix up. **You will only need 375ml not 750ml.**

In between doses of Epsom salts make sure you drink water otherwise you will get

dehydrated. Though you should wait 20 minutes before and after taking Epsom salts or Magnesium oxide to avoid dilution.

Prepare the oil and grapefruit 10 minutes before 10pm and have it ready by your bedside. Drink it and lie down right away – **if it's not all down in 5 minutes you may not get any stones out.** Make sure you have prepared for bed and have done everything by 10pm.

Don't drink cold water at any stage in this procedure as this chills the liver and you may not get any stones out.

Your first flush is the hardest as you wonder if you've done everything right and you're not sure if you'll get any stones out, but **after the first flush it gets easier.**

It is best to do any detoxing when the moon is waning and also, spring/summer and autumn are best times of year.

After a few flushes I no longer wanted coffee and still do not ever crave it.

Here's a website where you can do more research on this:

http://curezone.com/cleanse/liver/huldas_recipe.asp

Here are some of the stones which were flushed from my liver. The spoon and coins are for scale only; they didn't come out of my liver in case you wondered:









BONUS #5

Essential Fatty Acids:

They are essential because the body cannot make or manufacture them.

What does omega 3 and 6 do in the body?

These oils are used for cell construction (every cell has a membrane made of fat, so you need to consume good fats if you want healthy red blood cells as seen in live blood analysis). They are used to buffer or neutralize acids in the body. They are needed for the brain and nervous system, hormones, fertility, skin – **just about every important function in the body requires good fats:**

Some common deficiency symptoms include rough or dry bumpy skin, dry/dull/lifeless/brittle hair, excessive thirst, frequent urination, sleep problems, attention problems such as poor concentration, distractibility, poor memory. Depression, mood swings, anxiety

The following challenges have been correlated with low levels of essential fatty acids:

Reduced brain function, inflammation, cholesterol problems, high blood pressure, heart disease, diabetes, arthritis, depression, bi polar, schizophrenia, ADHD, skin problems/psoriasis, IBS, asthma, macular degeneration, menstrual pain, breast cancer, colon cancer, prostate cancer.

Raw, high quality plant oils/lipids will never harm you, however a deficiency in good fats can make you overweight and sick as you need good dietary fats to have balanced hormones. Topping up your oil levels will make a drastic difference to your health and how you feel.

These oils are present in nuts, seeds and oily fish. Most people are very deficient in EFA's due to poor diet and also the fact that cooking will destroy/denature these oils. I have heard it said that technically you can meet minimum requirements for omega 3 on a fruit based diet, but I don't know this as a fact.

I recommend using an oil supplement for building red blood cells (3 billion cells born per second, each one requires oil) as even a healthy diet will not provide nearly enough to compensate for years of deficiency. Contrary to what you are told, eating oily fish is not sufficient and the heat from cooking will denature the oils too.

The problem is finding good oils. it is difficult to press oils without them oxidizing or turning rancid. Once oil is pressed from a seed, it is no longer protected by the seed's hull and will react with oxygen. If there is any heat, air or light in the manufacturing process and it will go rancid/oxidize. The equipment required to press oil properly is very expensive so most people do it the 'cheap and cheerful' way, then label it 'cold pressed' (the laws are very relaxed on labelling – and they can call anything 'cold pressed' if they wish). Shockingly most oil is rancid before it even arrives at the shop and has a bitter, rancid taste. It may come as a surprise to you but ***flax oil is not supposed to taste bitter! It should have a lovely smooth nutty taste!***

I have tested all of the common brands and the oil is rancid. I've even tested 'fresh' hemp seed oil and again the oil was oxidized, which is such a shame as hemp naturally contains the perfect ratio of omega 3&6.

One company called Andreas' Seed Oils, uses special technology which can press oil with zero oxidation. The oil is so good that it doesn't even require refrigeration and this is the absolute best oil available. Their chia seed oil has to correct ratio of omega 3 and 6...but it is very expensive. The owner and Ex Olympic athlete Andreas Wecker was "shown in a dream" how to build a machine which would press oil with zero oxidation. I can confirm that the oil is indeed perfect...although it is expensive.

Also Food's Alive is another brand using somewhat superior technology. Although the oil is not as stable as Panaseeda, the company has a high turnover of stock and so the oils are fresh meaning that oxidation levels are low. Needs to be kept in the fridge. Can be frozen and thawed as many times as you want to prolong freshness.

Next is the widely available Udo's Choice (and similar such as Barlean's). If it is bitter tasting, then it is rancid and you should return it for a refund. This oil is good enough for me to be able to recommend it although the oil is stabilized using antioxidants and by flushing oxygen residues out of the oil in the bottling process. It's less than perfect, but good enough if just using a few spoonful's per day. If its bitter, then it hasn't been stored properly. Ideally buy from frozen, but if the shop doesn't freeze the oil then it must at least be from the refrigerator. Once at home, store it in fridge, don't leave the lid off bottle for long, and don't expose to direct light. If you are going away for a while you can freeze the bottle and thaw on your return. You can freeze/thaw the oil as many times as you want. If using Udo's oil on cooked food, just wait for the food to cool down a bit first otherwise heat will cause the oil to begin oxidizing. You can use it in fresh dressings or take straight off the spoon.

A great way to consume oil is to have a salad and drizzle the oil (2 tbs) over the top, then squeeze some lemon and add a sprinkle of salt. Or you can do the same with a plate on non-starchy veg such as steamed greens and broccoli once it has cooled down a bit.

So out of the many brands I have tried this is a pretty short list. If you know of any other good oils, then please let me know! Making fresh hemp milk is a good option too.

DHA for your brain: We need DHA for our brain to work and we are told to take 'high DHA' fish oil capsules. I suggest this is bad advice and that you do not use fish oil as much of the delicate DHA will just oxidize in the blood before it even reaches the brain.

The body wants and prefers more stable ALA oils from plant sources which it will transport to the brain and will convert it to DHA on site to prevent the oxidation that would otherwise occur in the blood stream: <http://brianpeskin.com/BP.com/publications/CADUCEUS-Peskin-2-2014.pdf>

People say the body doesn't easily convert ALA from flax, hemp or chia into DHA but they can't prove this as it would mean drilling into a person's skull. It is just propaganda from the fish-oil industry who want to sell you overpriced (often rancid) fish offal. The fish are able to make DHA and so can all the other animals....so what makes humans any different?

Well, conversion of ALA into DHA can be lower in some people depending on age and also what they eat but it won't be a problem if you improve your diet. It is high sugar junk-foods and margarines which block conversion of plant fats to DHA. Most of the 'fish-oil-industry' sponsored studies involved people taking flax oil mixed in margarine and of course, conversion to DHA was low. But it was the margarine (and the rest of their diet) which was to blame. So an alkaline diet will ensure optimum conversion:

<https://youtu.be/dhJk417N5y8>

We need a more nuanced approach and to get away from this blanket attitude that humans can't create DHA. If you want to take a fish oil (or vegan DHA supplement) just in case as insurance, due to consuming a less than ideal diet, then choose a good one with plenty of extra antioxidants to prevent it oxidizing in the blood. If you are healthy and managing to eat well, then you probably just need a good quality plant oil supplement. You could even alternate, or take both.... it's up to you. The process of rebuilding the blood stream requires plenty of good oils and so either way, you should aim to get a good amount each day.

This series of videos talks about the roles of omega 3 and 6 and also explains that there are various markers which can be found in the blood that prove omega 3 from plant sources are converted to DHA: https://youtu.be/ztXUsSX0CXs?list=FLG-L0R94dM1PWSh_hg05nww

Fat for energy:

So, you need fats for building new blood cells (and these cells go on to become muscle cells and every other cell in the body!), but fats are also an excellent source of calories/energy, and technically we don't even need carbohydrates as the body can convert fat into energy.

All energy production in the body generates acidic by-products. Cars produce carbon dioxide (an acidic gas) when they burn petrol and, in a similar way, we produce metabolic acids when turning food into energy (more or less acid according to the fuel we choose). Fats in their raw plant form are a much cleaner fuel than carbohydrates; they burn slowly and do not generate so much acid. Sugar metabolism burns through more oxygen, whereas fats create a stable, alkaline and oxygenated environment which makes you feel calm and focused – leaving lots of oxygen for your brain and muscles to work properly. Lactic acid is created when your cells burn sugar and without enough oxygen being present. It's best to exercise slowly and to use fat for fuel- with focus on stamina. Explosive, adrenaline/sugar based exercise will quickly burn up all the oxygen and then lactic acid is formed. The 'no pain, no gain' mantra is wrong. Muscle can be built without pain as long as you have healthy red blood cells to build new muscle with.

Slow burn is a great book, written by Stu Mittelman. He runs very long distances using fats for fuel and focusing on pH balance. The body can only store a small amount of fuel in the form of sugar, (hence why runners load up on carbs and then still need sugar gels etc. when running) but the body can store far more energy in the form of fat

Switching from carbs to burning fat instead, allows the pancreas to 'rest' and to heal, whereas sugar metabolism taxes the pancreas which is otherwise forced to constantly produce insulin. Fats provide a slow release of energy (or electrons) which prevents the fungi stimulating blood sugar spikes associated with carbohydrates.

The problem is that most of us have conditioned our body to burn carbs for fuel. It will take a while to condition and train the body to burn fats effectively. Moderate exercise is required to raise metabolism every day (even brisk walking once or twice a day) otherwise the fats you eat won't be burned properly.

Also, the 'little and often' approach is important. If you start guzzling lots of fats and oils, you will stall your digestion and feel sluggish. If you've ever made a small fire then dumped loads of wood on it, you will see how the flames go out as it chokes the flames. It is the same in the body, you need to use 'kindling' and then stoke the fire gently (i.e. build metabolism) and, as your body burns fats better, you can keep adding more fat to your diet, otherwise you will feel sluggish and heavy. Also it requires a mental shift as carbs give you a rush, and fats give you nothing exciting at first – carbs are like putting petrol on a fire, you get instant flames but it burns out quickly, fat burns longer but takes a while to catch fire. But, as metabolism shifts you start to feel you are getting really good consistent energy. Avocados are a great source of energy, they are high in 'calories' but are very easy to digest

and do not produce as much acid when being metabolized. Eat several avocados per day if you want.

Fats are also very alkalizing and are used by the body to buffer and neutralize acids. The name 'essential fatty **acids**' is misleading because they are alkaline forming and the body uses fat to buffer and neutralize acids.

Liver flushing will help the body to process good fats more effectively. A congested liver (if you have a history of drug or medication use or a very toxic diet) may cause you struggle with a diet which is higher in fats, so you may need to take this into account and see how you feel. Once your body is healthy and alkaline and you have your fuel-mix sorted, you will only need about 5 hours' sleep! Fats create less free-radicals than carbs, so less sleep is required.

It's best not to cook with olive oil; ideally use extra virgin coconut oil as it tolerates high temperatures without oxidizing. But use olive oil until you get hold of some good coconut oil. Steam-fry the veg first and then add oil towards the end.

Short-cut herbs and supplements for cleaning and healing the blood. Easy fix solutions.

Whist I encourage a natural approach using wholefoods, supplements can be a great asset when wanting to improve your health.

Oil - Firstly you need a good oil supplement. Oil is needed for building blood but is also needed for buffering acids and cleaning the blood. If on a budget, you can just juice hemp seeds or make hemp milk. Panaseeda is my favourite brand of oil.

Supergreens and pH drops – this combo is useful for every single pattern that can be seen in the blood during blood analysis. It makes my job as a nutritionist easy, as even if this is the only thing you take, the blood will improve. It works by improving blood-flow and oxygenation. It is ionized so it restores the negative charge to the blood cells so they are able to repel instead of clumping. It adds chlorophyll for building haemoglobin. It is full of alkalizing and cleansing herbs. I have seen yeast, platelets aggregation, acid crystals, clumping, liver stress and every other pattern in the blood improve just by drinking Supergreens. These are the ingredients (but it's also the fact that the formula is ionized which makes it special):

Kamet Grass, Barley Grass, Lemon Grass, Shave Grass, Wheat Grass, Bilberry leaf, Alfalfa Leaf, Dandelion Leaf, Black Walnut Leaf, Blackberry Leaf, Plantain Leaf, Red Raspberry Leaf, Boldodo Leaf, Papaya Leaf, Strawberry Leaf, Rosemary Leaf, White Willow Bark, Blueberry Leaf, Slippery Elm Bark, Marshmallow Root, Pau D'Arco Bark, Beta Carotene, Rose Hips (Rose Canina) Fruit, Couch Grass, Meadowsweet Herb, Oat Grass, Soy Sporuts, Kale Leaf, Spinach, Okra (Abelmoschus Esculentus) Fruit, Cabbage Herb, Celery Seed, Parsley Leaf, Broccoli Floret, Tomato Fruit, Watercress Herb, Alfalfa Leaf Juice, Peppermint Leaf, Spearmint Leaf, Wintergreen Leaf, Sage Leaf, Thyme Leaf, Avocado

Beyond the above products, If you want to cleanse the blood you can do a lot worse than using the products on this page: <http://www.phmiracleliving.com/c-8-health-supplements.aspx>

I like the pH Miracle greens combined with pH drops (puripHy), pHour salts, L-Arginine Max, L-Carnitine, Multi vit and mineral.....all the products on that page work very well though. Terra pharma clay is excellent for absorbing toxins and is a great all-round substance to use. **pHlush is good for cleaning the colon of undigested proteins.**

HCA is good for blood sugar issues and there are various other symptom-specific products on that site.

If I get enough interest, I may consider stocking the Panaseeda and pH Miracle products again, to make them available to people in the UK. You can find me on Facebook or send me a message to dominicspeirs@hotmail.co.uk

There are so many different alkalizing and cleansing herbs, therapies and healing modalities so feel free to explore and find what works for you. A book on herbs would be a good investment.

The emerging research in the area of Molecular Hydrogen looks interesting and so you may want to consider investigating hydrogen tablets as molecular hydrogen is good for blood flow and has powerful anti-oxidant properties too.

Cannabis and hemp - Okay, so I never thought I would see the day where I write that cannabis is healthy but I will explain my position on this subject as the medical benefits can't be ignored.

I had tried to quit smoking cannabis practically every day for over a year when I was 19 (and had been uncomfortable with the effect it was having on me since long before that), but failed every time because of the grip it seemed to have on me. Also the symptoms of amplified mental foggyiness persisted for many years after quitting. As a result, I have always viewed cannabis with at least some suspicion (and even fear) and for the longest time I saw it as something bad. But, I now realise that it is actually a medicine (and/or food) which can offer tremendous healing effects. When abused, or used as a drug, it can create problems.

Cannabis is alkalizing, but smoking/heating causes it to become more acidic and when combined with tobacco (containing 3000 plus carcinogens) and rolling paper (containing paraffin) things get even worse, not to mention hybridization which increases chances of psychosis. I have included the following articles by Robert Young to give a short overview of the health benefits of juicing raw cannabis (I was shocked to learn **that raw cannabis is totally non-psychoactive and will not get you high!**) and also how cannabis actually works:
<http://articlesofhealth.blogspot.co.uk/2013/12/the-benefits-of-juicing-raw-cannabis.html>
<http://articlesofhealth.blogspot.co.uk/2014/02/the-science-is-mounting-on-efficacy-of.html>

If you live in a country where cannabis is controlled and not available to you, you can just use hemp or a hemp derivative like CBD oil. CBD is the Anti-psychotic component in cannabis which counteracts and balances the high which cannabis smokers get from THC. CBD content is lower in modern strains of marijuana due to hybridization which is one reason people can develop mental problems when smoking pot. CBD has many other healing properties (besides being anti-anxiety and anti-psychotic) and will stimulate healing

in the body (by stimulating the endocannabinoid system) but will also naturally relax you (without getting you high) and has a range of mental/emotional benefits. This company sells very good CBD oil: <http://cbdbrothers.com> (CBD is also present in hemp seeds, so juicing these will provide some CBD)

This amazing video explains how even regular cannabis won't make you high, in any way, if it is juiced raw - <http://youtu.be/7xPmR8j4plw>

This video shows marijuana's ability to stop seizures and muscle spasms:

http://youtu.be/hrVXRZY1_x0

L Tyrosine <http://youtu.be/quJOHXY1ev4>

Lithium Orotate <http://youtu.be/ijMbycw2boM>

5-HTP - <https://youtu.be/wltfQ4qOA8Q>

Glutathione <http://youtu.be/FJv7HC1pYUk>

NAC <http://youtu.be/x3fnYISxWq8>

These supplements will help stabilize your mood and also get to the root cause of your problems, helping you to address dietary changes. You can achieve a lot just by cutting out junk and 'dead' foods and by increasing fresh, raw living foods – this will lift your mood instantly. There is a strong link between bi-polar and overgrowth of specific yeast forms so this should also be addressed.

Borax for arthritis, testosterone, hormones and candida: (I use about half a tsp in water per day) Borax is a natural alkalizing substance which contributes boron to the body (very important) plus is anti-fungal, helps with male/female hormones, arthritis and more (borax also helps remove fluoride from the pineal gland): <http://www.health-science-spirit.com/borax.htm>

YouTube videos:

Fat Sick and Nearly Dead (inspiring movie about a successful 60-day juice fast)

<http://youtu.be/3mS0YA465ts>

Video Testimonials (from Dr Young's website):

Dr Avril Campbell: <http://youtu.be/4NHKrg0HV08>

Jonathon Mitchell, a 27 year old, was diagnosed with Post Traumatic Stress Disorder, Bi-polar, Insomnia, and Depression due to his service in the Marine Corp in Iraq. He was put on 5 medications of which he is now off because of the pH Miracle Lifestyle:

<http://youtu.be/72ahxkjMgQ4?list=PLE6xKC88KAtgU7TCUh4sp3kCpFEIAY-I>

Amazing testimonial on Hip Pain & Depression Relief Testimonial:

<http://youtu.be/KyT9GLT6MvM?list=PLE6xKC88KAtgU7TCUh4sp3kCpFEIAY-I>

John's Wegener's Testimonial:

<http://youtu.be/R2Lnh-KRNe0?list=PLE6xKC88KAtgU7TCUh4sp3kCpFEIAY-I>

Bodybuilding testimonial: <http://youtu.be/9pBvHDO3FI>

Cancer testimonial: <http://youtu.be/UpEm27IAURI>