

# **Dr. Robert O. Young's Complete Whole Body Alkalizing Program**

## **The Alkalarian Approach To Optimal Health**

*“There is only one disease –  
The constant over-acidification  
of the body.”*

- Dr. Robert O. Young

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# THE PH MIRACLE INSTITUTE

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Research scientist Robert O. Young, PhD., D.Sc., working together with his wife, Shelley Young, founded **pH Miracle**(®) over thirty years ago -- devoted to sharing a unique health philosophy and specialized nutritional products world wide.

**Alkalarian** (al-kah-LAIRE-re-in) A person and/or a diet that emphasizes predominantly alkaline food, drink and lifestyle, thereby maintaining a balanced acid-alkaline body chemistry for optimal health and vitality.

*This handbook contains a whole new way of looking at diet and nutrition. When you change to an alkaline lifestyle, you can have the lean, trim body you've always wanted and experience a new level of wellness, energy and mental clarity, by utilizing Dr. Young's Complete Program.*

## **How do you know if you're overly acidic?**

### **Fat is an Acid Problem!**

Perhaps one of Dr. Young's most well known discoveries is his theory of the cause of overweight. He has shown that fat is actually an over-acidification problem. What does that mean? The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. Fat is saving your life! Fat is actually a response from the body to an alarming over-acidic condition. The solution? Alkalize and energize.

### **What about Underweight?**

At the other end of the health spectrum, the yeast and fungus produced within an overly acidic body can feed on your nutrients and reduce the chemical and mechanical absorption of everything you eat by as much as 50%. This causes many people to become excessively thin, which is no healthier than becoming overweight. Without protein, your body cannot rebuild new tissues or produce enzymes, hormones, or hundreds of other chemical components necessary for cell energy and organ activity. Fatigue, illness, and body weight changes are the results. An underweight person may lose a little more weight as their body chemistry stabilizes. As their body normalizes, they will begin to gain towards their ideal weight.

Healthy bodies are not overweight or underweight. A healthy body naturally maintains its own ideal weight. You can begin to restore health, balance, and harmony to your body with *Dr. Young's Complete Program*. As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight.

### **Allergies**

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is

weakened, which prevents the total breakdown of amino acids – often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions.

*pH Miracle Greens with PuripHy pH drops and Dr. Young's Complete Program* introduce oxygenating and alkalizing elements into your body – helping to balance the conditions that may lead to hypersensitivities.

## **Fatigue**

Fatigue is probably the major symptom or complaint of an overly acidic body. The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones. This also interferes with the reconstruction of cells and other necessary components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness.

*pH Miracle Greens with PuripHy pH drops* are formulated to bring you vital nutrient elements and easily digested protein. This alkalizing, energizing, and nourishing formula begins oxygenating your body.

## **The New Biology<sup>®</sup>**

Dr. Robert O. Young's *New Biology*, most simply stated, is that the over-acidification of the body is the single underlying cause of *all* disease. In contrast, the old biology, based on the work of Louis Pasteur in the late 1800s, stems from the idea that disease comes from germs which invade the body from the outside. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.

Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we "swim" in daily. Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes.

Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering the alkaline pH, creating an acidic pH environment, and threatening the health of the "fish," your cells and organs.

What if we throw in too much food or the wrong kind of food (acid-producing food like dairy, sugar, and animal protein) and the fish are unable to consume or digest it all, and it starts to decompose and putrefy? Toxic acid waste and chemicals build up as the food breaks down, creating more acidic byproducts, altering the optimum alkaline pH.

Basically, this is a small example of what we may be doing to our internal fluids every day. We are fouling them with pollution (smoking), drugs, excessive intake of food, over-consumption of acid-forming foods (dairy food, sugar, animal protein), and

any number of transgressions which compromise the delicate balance of our internal alkaline fluids.

Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to *all* sickness and disease!

## **Alkaline Water**

The most important thing you will learn in this handbook is to hydrate the body with alkalizing water. Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. A thirst for water will develop as one begins to hydrate with water.

A diet high in acid foods such as meat, dairy, grains, high sugar fruits, and bread, causes acid wastes to build up in the body. When acid wastes enter our bloodstream, the blood system will attempt to dispose of these wastes in liquid form through the lungs or the kidneys. If there are too many wastes to handle, they are deposited in various organ systems like the heart, pancreas, liver, colon, and other locations.

The breakdown of this disposal process of acid waste could also be called "the aging process." To slow down and reverse this process, one must begin by removing this over-acidification of the blood and tissues by including liberal amounts of alkaline water in the diet. Alkaline water has a pH between 9 and 11, and will first neutralize harmful stored acid wastes and gently remove them from the tissues.

***pH Miracle Alkalizing Team***  
***pH Miracle Greens or Dr. Young's Original***  
***Green Powder and***  
***PuripHy pH Alkalizing Drops***

*pH Miracle Greens or Dr. Young's Original Powder* has four times the power of ordinary green powders. *Dr Young's Original Greens* contains 49 organically grown grasses, sprouted grains, and green vegetables which infuses your body with more than 125 easily absorbed vitamins, mineral, and amino acids.

*PuripHy pH Alkalizing* drops is a water and oxygen catalyst in the bloodstream. This formulation has been shown to have an alkalizing, neutralizing, oxygenating, and pH balancing effect on the body.

A structured water such as distilled or reverse-osmosis is best. It is ideal to have one-gallon/4 liters, or more, of water each day. A normal amount of *Green Powder* per day is approximately 3 teaspoons. It is easiest to keep your *Green* drink in a water bottle so you can shake it up to keep the greens well mixed. Make up a bottle at a time and use at room temperature (the body must work to warm up an iced drink or cool down a hot drink). If you choose to have a warm drink, then heat it so you can still comfortably keep your finger in it. Note: allow an hour or two after a heavy protein meal before drinking *Green and PuripHy pH Alkalizing Drops*, so as not to neutralize the stomach acid for protein digestion.

**Excellent daily schedule of hydration**

Upon rising: 1 quart/liter of water with 5 drops of *PuripHy pH Alkalizing Drops*

Between breakfast and lunch: 1 ½ quarts/liters of water with 1 ½ teaspoons of *Green Powder* and 5 drops of *PuripHy pH Alkalizing Drops*.

Between lunch and dinner: 1 ½ quarts/liters of water with 1 ½ teaspoons of *Green Powder* and 5 drops of *PuripHy pH Alkalizing Drops*.

Between dinner and bed: Water with lemon/lime juice as desired

***PuripHy pH Alkalizing Drops* is for use in water (do not place under the tongue).**

# The Alkalarian Diet

Dr. Young's New Biology and The Alkalarian Diet assure a balanced body chemistry and proper acid-alkaline ratio.

## **1. End the “breakfast food” myth. Don't let the first meal of your day slow you down!**

Most foods and beverages people choose for the first meal of the day promote high levels of acidity, yeast, and fungi growth in the body. Foods like breakfast cereals, sweet rolls, toast, pancakes, waffles, muffins, oatmeal, maple syrup, honey, coffee, orange juice, etc., contain huge amounts of sugars and simple carbohydrates which over-acidify the blood and tissues. As you over-acidify the blood and tissues, you create a terrain that promotes the growth of bacteria, yeast, and fungi – the great decomposers of cells and tissues in the human body. What a way to start the day!

Traditional high-protein breakfast foods like eggs, sausage, bacon, omelets, etc., also compromise the terrain and ultimately promote the growth of yeast and fungi. In addition, all meats, especially pork, are high in parasite activity.

Therefore, when you make a commitment to balance your eating habits and improve your health, breakfast – and every meal of the day – must take on a whole new look. When you start your day, your choices for breakfast would also work well for lunch or even dinner. Any food you choose to begin the day should be good for your body any time of the day. For example: try soups for breakfast – vegetable and lentil. Other cultures like the Japanese have long served soup for breakfast, instead of the very sugary continental American and European breakfasts.

A favorite breakfast for many people new to the Alkalizing diet is millet or brown basmati rice with fresh avocado and tomato slices, soaked almonds, sunflower sprouts and flax oil. An excellent way to start the day! Vegetable soups and juices (such as *Dr Young's Original Green Formula*) in the morning offer a low carbohydrate, high fiber, and delicious way to start your day. Blood sugar levels are not sent soaring, causing an increase in blood insulin and a burden on your pancreas.

## **2. Add liberal amounts of dark green and yellow vegetables and grasses from a wide variety of sources.**

*Dr Young's Original Green Formula* is just one way of adding 49 different greens to your daily diet. Fresh vegetables and grasses are an excellent source of the alkaline salts that are anti-yeast, anti-fungal, and anti-mycotoxic. The chlorophyll (or “blood of the plant”) contained in plants and grasses is identical to the blood of humans, except for one atom. Green foods such as wheat grass and barley grass are some of the lowest-calorie, lowest-sugar, and most nutrient-rich foods on the planet.

Juiced, green vegetables are very cleansing. Vegetables and grasses are also loaded with fiber. While fruit is a good source of fiber, the high sugar content (fructose) of fruit stimulates yeast and fungal growth. Basic rule of thumb: vegetables for breakfast, vegetables for lunch, vegetables for dinner; and three teaspoons of Dr Young's Original Green powder blended into 3 liters of water every day.

### **3. Feature in your diet low carbohydrate vegetables, legumes, and some grains.**

Complex carbohydrates are highly acid forming in the body and should not exceed 20% of the diet, so eat them in moderation. Good low carbohydrate vegetables include asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, spinach, kale lettuce, okra, onions, garlic, parsley, radishes, and squash. Red new potatoes are the best choice in the potato family and should be used sparingly.

- Enjoy eating fresh legumes. Stored beans can become moldy and contain mycotoxins.
- Avoid stored grains. They are full of fungus-producing mycotoxins. Eat fresh-preferably sprouted-organic grains in moderation, as they are acid forming. Some of the ancient grains like amaranth, spelt, quinoa, buckwheat, and millet are more alkaline grain choices.

### **4. Eat lots of sprouts.**

Eat lots of sprouts.

Some of the best foods to eat are sprouts. Sprouted seeds become more alkaline as they grow. They are live plant foods that are biogenic, which means they transfer their life energy to us. Sprouts can easily be grown in your kitchen during any season.

### **5. Increase alkali-forming foods, eat less acid-forming foods.**

**Good alkali forming foods** include fresh sprouts, spinach, kale, Swiss chard, avocados, lemons, limes, cucumbers, celery, cauliflower, Brussel sprouts, asparagus, green beans, eggplant, broccoli, fresh tomatoes, zucchini, green/red/yellow peppers, onions, okra, garlic, parsley, watercress, cabbage, squashes, soy beans (tofu), garbanzo beans, raw almonds, Brazil nuts, hazel nuts, sesame seeds, flax seed, sprouted grains and legumes.

Green juices from all green vegetables and their tops are highly alkaline. Also, vegetable broths are extremely alkalizing to the body. These need to be yeast-free and preservative free.

**Acid-forming foods you should avoid** are all animal products, which include meat and milk products, refined grains and yeast products, and most fruits. These include pork, veal, most fish, beef, organ meats, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs corned beef, pastrami, pepperoni, rice, potatoes, pasta, breads, cheeses, milk, buttermilk, sour cream, yogurt, ice cream, butter, margarine, mushrooms of all kinds, algae, corn and all corn products, coffee, tea, wine, beer, soda pop, cider, yeast products, soy sauce, ketchup, mayonnaise, vinegar, Tempe, sugar, artificial sweeteners, and of course, no candy, gum, pies, cakes, donuts, and chocolate – just to name a few.



**6. Feature proteins such as broccoli, spinach, sprouts, garbanzo beans, tofu, or, fresh fish with scales and fins.**

Vegetables carry the sub-cellular units and the amino acids to make proteins in amounts that are congruent with the body's needs. Also, all green vegetables are high in calcium.

**What about protein?** Animal protein foods provide more protein than is required by the human body. Our bodies are only 7 % protein. In contrast to cow's milk, which is protein rich, human mother's milk is only 5% protein (i.e., better suited to the body's protein requirements). In addition, animal protein foods often contribute factors to the body, which are unneeded and then represent a challenge to dispose of (e.g., saturated fats).

**7. Drink plenty of alkaline water.**

Ideally one will drink one gallon (4 liters) or more of good, structured water each day. Distilled or reverse-osmosis (purified) water are more neutral and can be brought into the alkaline range with drops of PuripHy pH Alkalizing drops.

**8. Eliminate bakers or brewers yeast and all yeast-containing foods.**

You should especially avoid baked goods such as bread, muffins, pies, cakes and pastries. In America, one out of nine women will develop breast cancer. The Japanese have a much lower rate of this form of cancer – and research links it with the ingestion of baked goods with bakers or brewers yeast. Research also clearly links diets with yeasty or fermented breads to gall and kidney stones and arthritis.

**9. Eliminate milk, ice cream, and especially cheese.**

These should not be eaten because of their lactose (milk sugar) content as well as the presence of yeast and fungus, molds, and mycotoxins. There are approximately 12 grams of lactose in every eight ounces of milk that can break down into sugars that can feed yeast and fungus. Because of the high sugar and fat content of dairy products, the fact that dairy cows are fed stored grains and fungal-based antibiotics, and the fermentation process of cheese and yogurt, all dairy products should be eventually eliminated from the diet. Some alternatives are soy, almond or rice milk.

**What about calcium?** If milk products are eliminated, where should one turn for their calcium needs? Many worry that eating an alkaline diet would seriously deplete one's calcium intake, which is vital for so many functions of the body. All leafy, green vegetables and grasses are inherently high in calcium. We also need to understand that calcium can be pulled from the bones to help neutralize an over-acid condition which is caused when animal products are eaten; thus we see that people are suffering from a calcium-robbing problem rather than a calcium deficiency problem. As long as we are eating an alkalizing diet that is rich in green foods and green drinks, we don't need to worry about getting enough calcium.

## 10. Avoid fungus foods.

Mushrooms of all kinds, morels, algae, and truffles are all acid-forming foods. They contain mycotoxins, which poison human cells and lead to degenerate diseases. Mushrooms in all forms are extremely poisonous whether eaten whole or in teas. There is no such thing as a good mushroom. The mushroom is not a vegetable, but rather the fruiting body of a yeast or fungus.

## 11. Avoid alcoholic beverages.

Wines of all kinds, beers, whiskey, brandy, gin, rum and vodka are purely mycotoxic. Alcohol is a fungus-produced mycotoxin made by yeast, which causes direct injury to human health.

## 12. Avoid smoking or chewing tobacco.

It is widely understood that smoking or chewing tobacco causes cancer, but we've never understood the process – until now. Dr. Young's research clearly reveals the pathway that the fermentation of the tobacco creates with yeast and sugar. Tobacco leaves are coated with yeast, fungus, and mycotoxins, which poison the cells and tissues of the body. When using tobacco, you are directly introducing dried fungus and wastes into your body.

# What to Shop For

**Produce:** Fruits to eat freely are: fresh tomatoes, avocados, lemons limes and an occasional grapefruit. Vegetables may include kale, chard, celery, parsley, cabbage, dark lettuces, spinach, peppers, broccoli, zucchini, asparagus, peppers, cucumbers, and green beans; alfalfa, onions, garlic, leeks, cauliflower, fresh herbs, leeks, eggplant, squash, carrots, beets and occasionally, fresh, red, new potatoes, etc.. **Note:** When a person is in balanced health, small portions of fresh, seasonal fruit may be added as a snack (apart from meals).

**Health Food Section:** Bulk foods such as Basmati rice, soy beans, garbanzo beans, lentils, and other legumes; raw sunflower, sesame, alfalfa and flax seeds; raw almonds, hazelnuts, pumpkin seeds, and Brazil nuts; fresh, seasonal pecans and walnuts; millet, quinoa, amaranth, buckwheat and spelt; liquid, no yeast vegetable broth; soy, almond, or rice milk; almond butter and sesame tahini, unsalted brown rice cakes; quinoa and spelt rotini, buckwheat and rice soba noodle; and virgin, cold pressed olive oil.

**Refrigerated Section:** *non*-genetically engineered tofu, White Wave Italian Baked Tofu, Alvarado Street Sprouted Wheat Tortillas (freeze well), Udo's Oil blend, flaxseed oil, fresh salsa (made with lemon/lime juice, not vinegar), and humus.

**Seafood/Meat Section:** Occasional small portions of fresh fish with fins and scales (trout, salmon, etc.); fresh, free range turkey, on rare occasions may be ordered from most health food stores during the holidays.

**Freezer Section:** Nature's Path Unleavened Manna Bread (whole-wheat variety only), Earth Seed Breads, Soy Bocca Burgers (vegan variety only).

**Water:** Distilled water in gallon jugs (5 gallon bottles are recommended because heavier plastic is safer) or reverse osmosis/purified water.

**Spices:** Spice Hunter (The Zip, Stir-Fry Ginger, etc.) or Frontier spices. Best salt choices in order are: Real Salt (mined in Redmond, Utah and found in many health food stores), Celtic sea salt, and Bragg's Amino's (replaces traditional soy sauce).

**Remember to read your labels. Watch for acidic ingredients such as citric acid, mushrooms, yeast, vinegar, peanuts and corn/corn syrup.**

## Menu Suggestions for Quick Alkaline Eating

**NOTE:** A host of rejuvenating recipes to alkalize and energize for life are now available in Shelley Young's wonderful recipe book *Back to the House of Health*.

**BREAKFAST:** **Hot Millet Salad** is a delicious and satisfying hot and cold combination. Millet is an ancient, more alkaline grain. For each serving bring ¼ cup millet and 1 cup water to a boil. Cover; turn to simmer for 25 minutes. Place cook millet in a soup plate. Drizzle some flax oil over the top and spray lightly with Bragg's Aminos for flavor. Cut over the top ½ avocado and ½ tomato. Break a handful of sunflower sprouts over the top and toss on a handful off sliced, raw almonds. Spray lightly again with Bragg's Aminos. This will hold you until two or three in the afternoon!

**Vegetable Soup** is satisfying and can be used for any meal for the next few days. Lightly stir fry some cut up vegetables such as green beans, celery, zucchini, yellow squash, red peppers, leeks, onions, garlic, shredded cabbage, etc., in a little vegetable broth or water. Put in a pot of heated vegetable broth. Flavor with spices such as herbs de Provence, oregano, basil, parsley, etc. Add some Bragg's Aminos/Real Salt for flavor. Sprinkle with flax, sunflower seeds or sliced almonds. You may desire an unsalted brown rice cake with almond butter to go with the soup or some sprouted wheat tortilla chips dipped in humus or almond butter. Cut up a package of Alvarado Street Sprouted Wheat Tortillas into pie-shaped pieces and place on two baking sheets. Lightly toast at 350 degrees for 10-15 minutes.

**Buckwheat cereal** with almond milk is quick and filling on a cold morning. Buckwheat groats, cracked or cream of buckwheat are available in most health food stores.

**Steamed broccoli** is an excellent choice for breakfast. Lightly steam broccoli for 5 minutes. You may add chopped onion and/or another green vegetable. Lightly stir in some *Basic Salad Dressing* and top with soaked almonds or hazelnuts. To soak nuts, place enough for the day in a container and cover with water. Place in the refrigerator overnight. Drain the next morning and enjoy. Rinse twice a day.

### **Basic Salad Dressing**

1/3 cup fresh lemon/lime juice  
1 cup cold pressed extra virgin olive oil  
½ teaspoon ground oregano  
½ teaspoon ground cumin  
½ teaspoon garlic powder  
½ teaspoon Zip, by Spice Hunter (or a dash of cayenne pepper)  
1-Tablespoon Bragg's Aminos

**LUNCH:** **Salads** are great for any meal. Keep spinach and darker, leafy lettuces cleaned (use a salad spinner to remove excess water) and place in a covered container, with a paper towel in the bottom, in the refrigerator. This way it feels like a salad is almost ready to serve. Then build a salad fit for a king or queen with your choice of the following: fresh avocado, tomato, sprouts, green or purple onion, cucumber, celery, peppers, etc.. Cut over the top some chunks of White Wave Italian Baked Tofu or fresh,

firm tofu. If desired, add a few spoonfuls of humus/salsa. Sprinkle with sunflower seeds or sliced almonds. Toss with *Basic Salad Dressing*.

**Wrap It Up!** Start with an *Alvarado Street Sprouted Wheat Tortilla*, burrito-size. Spread on some humus, cut on some avocado and tomatoes. Add some alfalfa sprouts, black beans or garbanzo bean, and spray with Bragg's Amino and top with fresh salsa/pesto. Then wrap it up!

**Madrid Gazpacho Soup** is an easy, raw, blender soup. Blend 3 large tomatoes, 2 cucumbers, 1 red pepper, and 1 small jalapeno pepper. Add 1 quart of distilled water, 3 tablespoons olive oil, the juice of 2 lemons, 1-teaspoon ground cumin, and 2 teaspoons Real Salt. Add garlic to taste. Blend in blender in portions a second time to emulsify oil. Chill in the refrigerator. Place in bowls and garnish with chopped tomatoes, celery green onions, cucumbers, red peppers, and avocados.

**DINNER:** An **Alkalarian Stir Fry** can be completed in about 20 minutes from start to finish. Bring water to a boil and break one package of *Buckwheat Soba Noodles* by Eden into fourths into the boiling water. Cook for allotted time and drain. While noodles are cooking, sauté 1/2 package of cubed extra firm tofu in a little Bragg's Aminos and vegetable broth for about 5 minutes in a large frying pan. Remove from pan and set aside. Place the following in the stir fry pan: 1 chopped, red pepper, 1 chopped onion, cut up broccoli or asparagus, a little Bragg's Aminos and vegetable broth. Stir-fry for 5 minutes and add tofu and noodles. Pour over some virgin olive oil and sprinkle with raw, unhulled sesame seeds, garlic, and *Stir-Fry Ginger* by Spice Hunter. Lightly stir together. This is a meal in itself!

Occasionally you might grill a small portion of **Fresh Salmon, Trout, Halibut, Sole, etc.**, and garnish with sliced lemon. Serve with a generous amount of steamed vegetables and a small portion of basmati and wild rice topped with sliced almonds.

**Beans and Rice** are a nice combination. Soak and cook dried beans such as kidney, pinto, garbanzo, etc., and drain. Season beans with ground cumin, chili powder, real salt, and garlic. Add vegetable broth to cover beans in pan. Season with fresh parsley, chopped onion and pepper and grated carrot. Simmer until onions are cooked and mix in fresh chopped tomatoes before serving. Add Bragg's Amino's to taste. Place in a bowl and add a scoop of basmati rice. Serve with a generous serving of salad.

**NOTE: MENU SUGGESTIONS ARE INTERCHANGABLE FOR ANY MEAL.**

## *Dr. Young's Complete Whole Body Alkalizing Program*

**NOTE: The supplement dosages listed here are generalized. Your particular situation (body type, health challenge, etc.) may require adjustment to the dosage. Keep in mind that taking more is not necessarily better; we say "less is more, more often." Listen to your body.**

**Click on the product names to learn more.**

This program offers you the ultimate combination and value of nutrition and health support from The pH Miracle family of products. These products form the basis of Dr. Young's exclusive wellness program and provide a complete foundation to cleanse the body of impurities while building a leaner, more energetic and efficient body. If you want to put your health ahead by months (and for some years), you will want to use this wonderful program.

**For maximum results, take 1 dose of each of the following supplements 6 times daily. (1 dose= 1 capsule or 3-5 drops of liquids or 1 teaspoon of powder per liter of water)**

### **Cleanse**

As the body becomes overly acidic and toxic, normal metabolism and cleansing systems slow down. The body becomes sluggish.

[\*pHlush capsules\*](#) is an all-natural mineral formula designed to provide a balanced source of minerals that breakdown undigested proteins and mucous in the small and large intestine. The major ingredient, magnesium oxide binds exotoxins, endotoxins, and mycotoxins in the digestive system so they can be removed through proper elimination. Some of the best of these binders are the herbs *slippery elm*, yellow dock, ginger and marshmallow root which presents every cell in the body with organic alkaline salts. Nature uses these to build and vitalize the body. This formula prepares the body for the control and removal of yeast, fungi and molds, and their acidic poisons: **1 capsule the first day; then 1 with each meal, three times a day. Additional capsules may be added depending on your results.**

### **Control**

Four products specifically address the overgrowth of bacteria, yeast, fungi, molds and their mycotoxic waste products, which poison the cells.

[\*DepHense\*](#) is an exclusive, synergistic blend of the trace minerals silver, gold, titanium, and copper. Silver and gold have a long usage as a general support to the body's own natural defense system; Silver in particular is a powerful natural antibiotic. **3-5 drops under the tongue, three times a day.**

### **Construct**

As the cleanse and control products handle the yeasts, fungi, and mold, and their mycotoxins – then the way is cleared for the body to begin constructing a new framework for health by renewing its cells and rebuilding healthy blood and tissue. Our modern diets are highly acid producing. We eat too many processed, simple carbohydrates, and too few fresh, green vegetables. It is green vegetables, which help to balance an overly acidic system. Green vegetables and grasses are naturally high in life-sustaining alkaline salts, which interact with acids in the blood and tissues, helping to neutralize them.

[pH Miracle Minerals](#) provide the minerals that are essential for normal biochemical functions. All other nutrients, such as vitamins, proteins, enzymes, amino acids and carbohydrates, require minerals for biochemical reactions. *Mega-Min* is a complete multiple trace mineral formula, plus the twelve cell salts and red beet root, all combined in a base of five herbs. **1-2 capsules, three times a day with meals.**

### [BASIC STARTER PACK](#)

The [Basic Starter Pack](#) provides the essential, basic, daily nutritional elements not found in today's traditional diets. The nutritional formulas contained in the *Basic Pack* promote a balanced inner ecology.

[PuripHy](#) pH drops are a water and oxygen catalyst in the bloodstream. This formula has been shown to have an alkalizing, neutralizing and pH-balancing effect on the body. **Four liters/quarts of structured water a day, with 8 drops LL Prime-pH per liter/quart (ideally 3 of the liters should have 1 teaspoon each of Greens Powder).**

[Dr. Young's Greens Powder](#) is an exclusive, synergistic blend of greens, vegetables, and grains. This nutrient-rich, alkaline formula helps to gently pull the blood and tissue balance from an acid base to an increasingly healthy alkaline state. When used in conjunction with *Dr. Young's Complete Program*, the blood and tissues will naturally reach and ideal pH-balance. This formulation includes organic, concentrated ingredients, many of them sprouted –when the plant is at its nutritional peak. Each ingredient in the formula is concentrated at its cleanest and purest state, and contains no *sweeteners* of any kind. As mentioned above, **add 1 teaspoon of Greens and 10 drops of PuripHy to each liter of structured water (3 liters/quarts of Greens a day is ideal).**

[pHlavor Salts](#) is an alkalizing mineral salt that is anti-yeast, and anti-fungal containing over 88 natural ingredients proven effective in providing the necessary alkalizing elements of sodium, magnesium, potassium and calcium. This product provides the ions for electrical conductivity for the transportation of energy to the cells. It also promotes an alkalizing environment preventing the transformation of body and blood cells into bacteria, yeast, fungus, and mold, and preventing their overgrowth and return. **Spray directly in the mouth at least 9 times a day.**

[pHour Salts](#) will increase the pH of the extracellular and intracellular fluids as determined by the urine pH at 7.2 and above. In addition it is a foundational alkalizing formula for the alimentary canal, especially the stomach to buffer excess acids that can lead to digestive disorders. **Take 2-3 capsules with each meal, three times a day.**

## The pH Miracle Whole Body Alkalizing Cleanse

**Monitor your progress on the cleanse. How long you cleanse is not the goal so much as gaining benefit without undue discomfort. Some mild discomfort is possible, but do not push beyond this for the sake of reaching a specific number of days.**

The hallmark of Dr. Young's research is the hydration of the body with alkaline water, in combination with the alkaline nutrients. During this cleanse, the environment of the blood is quickly changed so that it will not support bacteria, yeast, fungus or mold. The body will begin to detoxify during this process.

As toxins begin to leave the body, one may experience symptoms of nausea, light-headedness, flu-like feelings or a drop in energy. When this occurs, immediate hydration with water, Prime pH and fresh lemon or lime juice will help flush these toxins out quickly, and thus their negative effects. When the symptoms occur, increase your daily water intake.

Your nutritional intake during the cleanse consists of *Dr. Young's Original Greens Powder*, distilled or reverse osmosis water, lemon/lime juice, juiced greens, raw, pureed soups, and essential oils, and any other *pH Miracle* supplements you select to take. The supplements contained in *Dr. Young's Complete Whole Body Alkalizing Program* will maximize the effects of this cleanse to its fullest potential and bring the body into balance more quickly. You will want to drink at least one gallon (4 liters) of water a day. Dr. Young says, "A gallon a day keeps the doctor away"!

The liquid colloidal products are taken ½ hour before the pureed soups or juiced greens, three times a day (some people with more chronic problems may choose to use these 6 or 9 times a day for a period of time). The capsules may be taken with juiced vegetables or pureed soups three times a day. Essential oils can be added to the soups or taken by the spoonful, 3 tablespoons per day. Good oils include cold pressed flax, virgin olive, Borage, primrose, and oil blends such as our brand, Omega 3, 6 and 9 oil from hemp.

Mealtime: you may have three meals a day consisting of juiced greens or raw, pureed soup (whichever you prefer). An example of **juiced greens** is 1 cucumber, 1 stalk of celery, 1/3 bunch parsley, a hand full of alfalfa sprouts, and some spinach leaves.



## A typical day on the Cleanse

You should feel successful however many days you are able to cleanse. Each day you remain on the cleanse is one more day of ridding the body of acid buildup. Because the *Greens Powder* is your major nutrition during this period, you may, if you desire, increase the amount of powder you put in each liter/quart.

7:00 a.m.....1 liter/quart distilled water with *PuripHy pH drops*

7:30 a.m.....Dr Young's pH Miracle **colloidal** supplements

8:00 a.m.....Juiced greens and Dr. Young's pH Miracle **capsules**.

9:00 – 12:00 noon.....1 ½ liters/quarts Dr. Young's Original Greens and *PuripHy pH drops*

12:30 P.M.....***Dr. Young's pH Miracle colloidal supplements.***

1:00 P.M.....Popeye Soup and Dr. Young's pH Miracle **capsules**.

2:00-5:00 P.M.....1 ½ liter/quart *Dr. Young's Original Greens* and *PuripHy pH drops*.

5:30 P.M.....***Dr. Young's pH Miracle colloidal supplements.***

6:00 P.M.....Healing Soup or juiced greens and pH Miracle **capsules**.

7:00-9:00 P.M.....Distilled water with lemon juice and *PuripHy pH drops* as desired

### **Popeye Soup**

Serves 4-6, 10 minutes preparation

1-cup yeast-free vegetable stock (Pacific or Imagine Foods)  
2 unwaxed cucumbers  
1-cup fresh, raw spinach  
2 green onions  
1 clove garlic  
1/3 red bell pepper  
Braggs Aminos to taste (pure soy product)  
½ tsp. Garam Masala, curry powder or other favorite spice  
Cayenne pepper or Zip (Spice Hunter) to taste  
Fresh limejuice to taste

1. In a Vita Mix or blender, add the avocado and ½ of the vegetable stock and puree. Then add the rest of the ingredients, one at a time, blending to desired thickness and

thinning with the remaining water as desired. Add Braggs Aminos to taste and flavor with spices and limejuice to your desire.

2. Warming options: This soup can be served war or cold. If blending in a Vita Mix, the longer you blend, the warmer the soup will get. If you do not have a Vita Mix, you can carefully warm the soup (not cook it) in a pan on low heat. Only warm the soup until you can hold your finger in it without having to pull it out. This will keep the food at about 118 degrees, which will keep the food raw, but warm and not cooked.

## Healing Soup

2-3 cloves of garlic, minced  
2 tablespoons fresh cilantro  
1 large onion, chopped (yellow or red)  
2-3 tablespoons fresh minced ginger  
3 cups of yeast-free vegetable broth (Pacific or Imagine Foods)  
1 quart distilled water  
1-diced cucumber  
1 stalk of diced celery  
½ head of shredded cabbage  
pH Miracle Alkalizing Hawaiian Salt to taste.

1. In soup pan lightly steam-fry minced garlic cloves and onion. Add broth and water and bring just to a boil and immediately remove from burner. Add vegetables, ginger, and cilantro. This will warm the vegetables, but not cook them.
2. Add pH Miracle Alkalizing Hawaiian Salt or lemon juice to taste. Put the soup in a Vita Mix or blender and puree.  
Thin with added distilled water or vegetable broth as desired.

This soup is especially soothing when tired, stressed, if you have a cold, or flu, and is very anti-fungal!

## After the Cleanse

Try to stay “green” for the next 3 weeks. Eat raw and lightly steamed green vegetables. Have green salads with a lemon-based dressing. Eat lots of sprouts for energy. Have liberal amounts of essential oils. Continue drinking one-gallon/4 liters of distilled or reverse osmosis water each day with 3 teaspoons of *Dr. Young’s Original Greens Powder* and 20 drops of *PuripHy Alkalizing drops*.

Note: A person with severe health challenges may choose to go through one or two more *Dr. Young’s Complete Whole Body Alkalizing Programs* and stay “green.” 2-3 months before adding back other non-green alkaline food choices.

Some who need to loose weight may find themselves at a plateau from time to time. One may plateau for a few weeks or months, and then begin losing weight and toxins again. Remember to continue with one gallon of water and *PuripHy pH drops* and *Dr. Young’s*

original Greens. It is also ideal to follow an alkaline diet The ideal balance is 70- 80% raw, alkaline foods with 20-30% cooked, warmed, or mildly acidic foods. **The acid foods allowed in this 20-30% should not be taken to mean cakes, candies and ham.** These are things like red new potatoes, rice, -- those things that are low on the acid scale which can be consumed when appropriately balanced with healthy, alkalizing foods.

### **Maintenance Program**

After one has completed *Dr. Young's Complete Whole Body Alkalizing Program*, remember to maintain with the *COWS Pack and the Vitamin and Mineral Support products*. Other packs, such as the *OrthoPack* may be selected to add structure to the body and lubrication to the joints. The Men's Support Formula and Women's Support Formula maximize the functioning of the Male and Female body. The *EnvironMental Pack* may help one achieve greater clarity of mind and a brighter mood. There are over 50 target products that may help fine-tune your health.

Your pH Miracle Health and Fitness Coach should be the first resource to which you turn when questions arise. Don't sidestep this important resource. They have been through the program, they are doing the program, and they have solved many of the problems with which you may be struggling. Let them teach you. Other excellent resources on guidance in optimal health are Dr. Young's books, *Sick and Tired?*, *The pH Miracle*, *The pH Miracle for Diabetes*, *The pH Miracle for Weight Loss* and Shelley Young's recipe books, *Back to the House of Health I and II*; and other videos, cassettes and articles distributed through the pH Miracle Institute. If these don't adequately help you, it is reasonable to turn to the pH Miracle Center at (760) 751-8321 or our website at: [www.phmiracle.com](http://www.phmiracle.com)

### **Blood Analysis and Microscopy**

You may contact The pH Miracle Center at (760) 751-8321, to inquire about live and dried blood demonstration. The purpose of these demonstrations is to determine the acid/alkaline balance of the body. After an initial live and dried blood cell demonstration and Alkaline lifestyle change, a subsequent blood demonstration can give valuable feedback on improvements in the alkaline/acid balance that are being achieved. Dr. Young also teaches a comprehensive microscopy course where students can learn the science of live and dried blood cell analysis with the assistance of a high-powered, compound microscope. For more information contact The pH Miracle Center ([www.phmiracle.com](http://www.phmiracle.com)).

### **Alkalize and Energize Network**

Go to [www.phmiracle.com](http://www.phmiracle.com) to join the network and receive training and education on lifestyle, science, and products created by Dr. Robert O. Young.

## Great Business Opportunity

Many people initially come to the pH Miracle Institute purely to find an enhanced health and wellness, and in the process they discover a viable health and fitness opportunity. Some may have no interest in building a business. That's okay! Their exclusive interest is on building a more vibrant personal health. Many find as they do "the program" that it creates a lot of interest within their network of friends and family. As pounds are shed, health challenges are resolved, and energy levels are increased, acquaintances will take great notice of these changes, and demand to know what has produced them. In the process of helping others come to the same results, pH Miracle customers and associates find that their businesses begin to grow. At this point an associate will recognize that pH Miracle has a viable business opportunity for them. Here again, your *pH Miracle Coach* are your resources for training and assistance in building your business.

### NOTICE

The information contained in this handbook is *for informational and educational purposes only*. It is *not* an attempt by the writers or publisher to diagnose or prescribe, nor should it be construed to be such. Readers are hereby encouraged to consult with a licensed health care professional concerning the information presented, which has been received from sources deemed reliable, but no guarantees, expressed or implied, can be made regarding the accuracy of same. Therefore, readers are also encouraged to verify for themselves and to their own satisfaction the accuracy of all reports, recommendations, conclusions, comments, opinions, or anything else published herein before making any kind of decisions based upon what they have read. If you have a medical condition, please consult your medical practitioner.

The pH Miracle Institute