

UNDERSTANDING HEALTH AND DISEASE 1



Report on an exciting experiment done on 3 distinct groups of Rats.

Rats fairly accurately reflect the dietary effects as in humans as they will eat anything people will.

1st group: fed natural, raw food diet of fruit, veggies, nuts, seeds etc.

2nd group: fed SAD diet (Standard American Diet)

3rd group: we'll discuss later.

1st group: rats grew into healthy specimens and never suffered any diseases. They grew rapidly but never got fat, their temperament was gentle, affectionate, playful and they lived together happily. They mated with enthusiasm and produced healthy offspring.

At what would be equivalent in humans of 80 years old, they were sacrificed and autopsied and found to be entirely free from aging, disease or degeneration in any organ or tissue.

2nd group: fed white bread, cooked food, meat, cakes, candy, soft drinks, vitamins and medicines for their ailments etc.

During their life became fat; from earliest age contracted colds, pneumonia, arthritis, diabetes, heart disease, cancer and most common American health problems. Most died prematurely at early ages. Their temperament was vicious, fighting with one-another, stealing one-another's food, they had to be kept separated to prevent destruction of the entire group!

Offspring were all sick and exhibited the same general characteristics of the parents. As these rats died one by one, or in epidemics, or of various diseases, they were autopsied and showed extensive degenerative disorders in every part of their bodies. The few who survived until the end of the study were physical and nervous wrecks and when autopsied showed disease all through their bodies.

Group 3 was fed the SAD diet until the equivalent age of 40 and showed the same problems, and characteristics as group 2; but then they were put on a water fast for a few days, then changed to the natural, raw diet of group 1, alternating with short fasts for 1 month. The exciting thing is that after 1 month they never suffered any more illness. Their temperament became gently, playful, friendly creatures that lived together in harmony.

Rats sacrificed and autopsied at the end of first part of program showed same degeneration and disease as group 2. But when the rest lived out their lives and were autopsied at end of 80 years equivalency—they showed no sign of aging, disease or degeneration. The disease evident in 1st part of their lives was reversed and perfect health restored!

****The Good News!—It's not too late! We can change our diet and our ways & disease can be eliminated!**

UNDERSTANDING HEALTH AND DISEASE 1



Since 1900 man has gained more knowledge in the area of health and disease than all of history combined. He has spent more money on medical research than all of history combined! America has the finest health care facilities of any nation on earth. The Doctor-patient ratio in the USA is 1 doctor to each 8 patients. This is the best of anywhere in the world. The hospital industry is the 5th largest industry and I believe that the pharmaceutical industry is either first or nearly so. In spite of this, America is in the worse epidemic of chronic degenerative disease in history! Cancer, heart disease, arthritis, diabetes, etc. are rampant.

In recent years there have been 4 medical doctor's strikes. That is where the doctors didn't show up at office or hospital to work. In each city where this took place **the death rate dropped 40-60% !!** Something is clearly wrong!

A patient goes to a doctor; "Here are my symptoms."

Doctors says, "Fine, lets go to the hospital". Five days and \$5,000 later the test results are back. The doctor lines up the test results and the symptoms and comes up with the name of the disease and the patient breaths a sigh of relief. Why? Because he believes if the doctor can name the disease, he must know how to treat it. However in medical school something is very disturbing to discerning students; 95% of the diseases known today, the text books say "cause unknown"! How can we treat something if we don't know what caused it?

Yet the doctor will open his medical bible and look up that disease and across the page he will see the treatment of the day, drug, therapy or surgery. But how can he treat something if he doesn't know what causes it?

If you call your doctor and you have a headache and he says take aspirin and you take it and your headache goes away. What does that tell you? Was the headache caused by an aspirin deficiency? Think about it?

Are ear infections in children caused by a drainage tube deficiency? The body forgot to put a hole in the eardrum so the doctor comes along and puts an extra tube in there. Do you know that those little bodies will kick out as many as 12 pair of tubes? And the doctor keeps putting

them back. Duhh! You'd think that maybe some doctor would go to bed and think maybe, just maybe, the body doesn't want it in there!

What about heart disease, is it a lack of bypass surgery? The body is too stupid; it put those veins in your legs instead of your heart! So almighty doctor comes along and moves them.

We now have an alternate cause of heart disease; an artificial heart deficiency.

When we take a look at many of the so called natural healing arts we can be even more confused. Are we sick because of an acupuncture deficiency? You see most "natural therapists" are operating on the same principle as the medical doctors; **symptomatic relief, without the patient having to change what they are doing wrong that caused the problem.**

There is a law of cause and effect. If we violate a law of this body, there is a price to be paid. We cannot get away with it. It's like a drunk saying "Give me a pill to get me sober but let me keep on drinking." That's the current trend and we like it that way! We like to go to the doctor and say, "Here are my health problems, you take care of them."

"Many act as if health and disease were things entirely independent of their conduct, and entirely outside their control. They do not reason from cause to effect, and submit to febleness and disease as a necessity." 19MR 230

Remember two things: Everyone has a different opinion. You can always find someone who'll tell you whatever it is you want to hear.

If you want to believe there is no such thing as junk-food, the president of the AMA would be glad to tell you that; or you could go down the road and find someone who will tell you that all you need to eat is fruit.

Everybody has a different opinion; why?

Because the laws that govern this universe don't always pay right now. The consequences are not always felt immediately. Sometimes it takes a lifetime or even 2-3 generations. So we feel; "I got away with it, it must work."

"Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Ecclesiastes 8.11

TWO REASONS WE ARE SICK:

1: Ignorance. I just didn't know about it. The law of gravity; does it wait for you to know about it? If you step off a 20 story building, you are going to create a gooey mess down below whether you know about it or not!

2: We are lazy. It is one thing to know and another to act on what we know.

Remember that every theory in history, right or wrong, has had its authority. Don't take my word for anything, test it out and find out if it works! **You are responsible for your own state of health!!**



INNATE INTELLIGENCE

That first cell at conception is given innate intelligence, a life force from the Creator that will direct growth and development of that cell into a perfect human being. And it does it the same way every time, and it does it without a doctor standing over it and telling it how.

In fact it is only when man interferes that we have problems. Moms have morning sickness so doctor gives her a drug; we've all heard of the thalidomide tragedy.

When the baby leaves the womb, this innate intelligence does not stay behind. It continues to lead and direct this body. The body is not designed to get sick; it doesn't know how! It only knows health; but we interfere with it.

A friend called me up and said, "My dog is sick. He won't eat; he has a fever. What should I do?"

"Don't worry about it. All dogs are made with an instinct that tells them what to do when they have a fever; they know they are supposed to go to the vet; so before long, he'll ask you for the car keys. Just let him have them."

No! The dog's body tells him how to overcome the problem; running a fever, fasting, resting. Just put down some water and let him fast. Call back on the 8th day and see if he did not lie there 7 days and on the 8th be fine and begging for food.

Innate intelligence operates in a definite cycle; no guesswork! We only have guesswork when we interfere.

Innate intelligence strives to keep the body alive regardless of cost. This cost can be disease. This will mean more as we study further.

JUNK FOOD VS. REAL FOOD

What makes the difference between 'Junk-Food' (Edible Garbage) and real food?

The difference is what goes on in the cells of the body when we eat it. What is food? Why do we eat? To get what our body needs:

1st Glucose: This is the fuel our body runs on and our main reason for eating.

2nd Protein: This is for body building and maintaining structure.

3rd Fatty-acids, essential oils: These are used in building, hormones, and transport in the body.

4th Minerals: these are used as catalysts in chemical reactions- they make the body function more effectively.

5th Vitamins: We do not live on vitamins and minerals, so taking a vitamin pill in place of a meal is a pretty useless activity. However, vitamins are needed to process our food into useable forms.

6th Water: Every process in the body requires water. In fact, next to oxygen, water is the most important nutrient.

A real food, compatible with the body, contains all 6 factors. Everything the body needs to process it and put it to work. There is also nothing in it to take away from life or hurt the body.

3 QUALIFICATIONS OF A REAL FOOD

1: Grown by nature.

This leaves a wide field; Bananas at one end of the scale and belladonna at the other. What happens if you eat belladonna? You die! So qualification #2

2: It can be picked and eaten without any processing. Well you can pick and eat belladonna.

3: You can eat a whole meal of it and enjoy it, with no toxic side effects.

Junk foods do not measure up to this. (Neither does belladonna.)

Let's compare a carrot and a Twinkie:



	CARROT	TWINKIE
Glucose	yes	yes
protein	yes	a little
Fatty acids	yes	no
minerals	yes	no
vitamins	yes	no
water	yes	some
toxins	no	yes

There are 40 nutrients in whole wheat bread: when refined to white— 0 to 1 or 2. Then they added a few artificial vitamins and called it enriched! It should be called depleted!

If a robber took all your money and then gave you a bus ticket home, would you feel enriched??

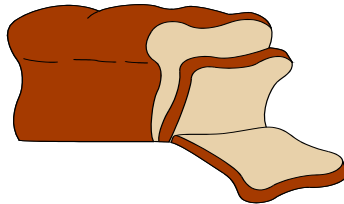
Now lets get back to our Twinkie; It had glucose in it right? Now how does the glucose get used by the body? It can't be used just as it is; No! It has to go through a cycle of 10 steps to be converted into ATP which is the usable energy for our body. This process is called **the citric acid cycle or cycle of Krebbs**. Each step requires a catalyst of some mineral or vitamin. Protein goes through a similar process.

Now our carrot comes with all these catalysts and so is a real food.

But what about the Twinkie? Most food eaten on an American diet is deficient. How does the body use it? And it does use it. ***It draws on our reserves!***

Now, reserves are designed by the body to be used only in emergencies. Baby toddles into the swimming pool; mama doesn't have time to eat a carrot! No, adrenaline flows and the liver pours out glucose and mama runs and rescues baby.

So now the body has glucose to process and no catalyst; so it looks over at the bones and tissues and begins to draw on reserve supply and uses it to process the junk food and keep the body alive. Remember, innate intelligence will keep the body alive regardless of cost. The cost is disease!



TOXINS AND STIMULANTS

What is a toxin? Something the body is not designed to run on. If we put diesel fuel in a gas engine, it will run for a while but will soon clog up and quit.

Our body can get away with running on fuel it's not designed to run on—for a while, but it begins to slow down and get diseased. We call it aging and we think it normal. It is common; but it is not normal!

There are peoples, well documented in the world, that live to 100-120 or more and are active and working right up to a few days before death. These poor people do not have all the wonderful refined and processed foods we have! They live on the right fuel; we don't!

No, that coffee won't kill you today; but it is the long run that counts. It will kill you eventually.

All toxins are stimulants. What gets the body revving up the metabolism when we put in a toxin? It is trying to get it out of the system before it kills you!

There is enough caffeine in 1 cup of coffee (120 mg.) to kill you if injected directly into the blood stream!



Why doesn't it kill you? Where does the energy come from when you drink coffee? Don't say caffeine, because our only source of energy is glucose. There is no glucose in black coffee. Where is the energy coming from? And why doesn't the coffee kill you? When it hits the stomach, the body senses it is about to be poisoned. So it contacts the adrenals; adrenaline pours out and tells the liver to pour out glucose; so the cells speed up to get the poison out of our bloodstream and save our life; one more time.

During this process we feel great! But what is the cost? Did the coffee supply the glucose or the catalyst? NO! Those came out of our reserves, and so at the cost of feeling good; we get sicker! After a while 1 cup is not enough and we need 2.

If a cell is healthy it will make 100 units of energy while we sleep. During the day we use up this energy and by evening we are drowsy and go to bed.

But, if after years of abuse the cell is only able to make 50 units of energy; Do you cut down your activities by 50%? No. Then how do we get through the day? We run on adrenaline the rest of the day. Stimulation gets less and less effective requiring more and more stimulation, until finally the body doesn't cover for us any more and we think we just fell apart; but it was coming on for years, because of abuse.

People can be eating junk food for years and go to the doctor; perfect health. Until—the adrenal, thyroid, and thymus glands can't compensate any more and "suddenly" everything falls apart.

Ever get sleepy after a big meal? Why?

Your sick body says, "I can't keep you awake and still have enough energy to process this big meal." So we learn the American desert habit; Coffee and a cigarette! and whip up those adrenals to keep you awake.

If you truly want to know how healthy you are; eat only raw fruits and vegetables for a couple of days and see if you can even get out of bed! Then you'll know how much adrenaline you are running on.

Some people run on several pots of coffee a day; they seem healthy but the day will come and they pay the price. While we are revved up we think we are feeling good but in the mean time we are getting sicker and sicker!



UNDERSTANDING HEALTH AND DISEASE 2

TURN AROUND, TURN AROUND, TURN AROUND!



Diet changes since 1900.

Fresh fruit and vegetable consumption down 40%

Beef up 75%

Cheese up 400%

Fats and oil up 150%

Margarine up 800%

Corn syrup up 400%

Soft drinks up 300%

We eat over 150 lb. of sugar per man woman and child as opposed to a few lb. in 1900. (And some one is getting 300 lbs. as I don't eat any!)

FACTORS AFFECTING THE HEALTH OF A CHILD

Inherent genetic weakness:

The diet and health of the parents when they conceive the child.

The diet and health of the mother when she carries the child.

What mother eats when she nurses the child, and if she nurses the child.

Parents planning to conceive a child should go on at least a 3 month program to nourish and clean out the body prior to conception! You won't completely cleanse the body this way but you will go a long way towards giving the little one a head start in life.

Babies are frequently born with little pimples on their skin; doctor says this is normal. It is not normal but it is common. Already the child's body is trying to expel toxins before it is even born! The more healthy the body, the more vigorously it will expel toxins.

When you start detoxifying, the body is saturated with toxin, the liver is congested. DO NOT go on a fast as the body will drown in its own filth.

The body must be prepared, and detoxify gradually. When a fast is to be done for more than a couple days, it should be only with knowledgeable supervision.

It's the same with "Blood cleansing" herbs. When toxins are mobilized into the blood stream it can be more than the body can handle!

If you build up alkaline and nutrients you will get a cleansing "cold" once the body has enough energy. Other cleansing crisis can be diarrhea, which indicates liver cleansing; chest colds; skin rashes; eruptions and abscesses.

You also may have a reactivation of diseases you had before but took drugs to stop. Your body will reactivate them to finish what it started. These things never healed. As the body gains strength, it will seek to heal that condition. During these times fast and let the body handle it.

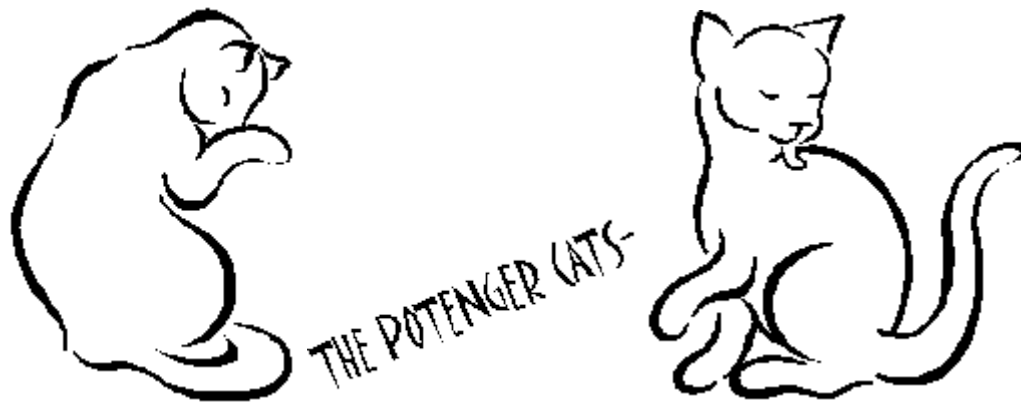
Remember: the body will never take you through a healing crisis unless it has enough energy to do it. The body works in 3 or 7 day cycles; so usually the crisis will be over in that time; rarely it will go to multiples of 7 such as 14 or 21 days.

You may encounter an internal healing crisis. This is when the body feels tired and weak and wants to sleep a lot. It is working on something within, so rest as much as you can and be patient. Remember if you take drugs, you will slow down or postpone healing.

You can't poison a body into health!

What heals the body? Is it drugs? Is it the diet? Its the body's own immune system!

So if the body is very sick, it may not be able to use the nutrients and recover fast enough before the disease kills it. But it is worth a try! It is often amazing just how much nature can accomplish once we get out of the way and allow the body to use its God-given innate intelligence!



In the 1940's a dentist named Francis Potenger, ran an experiment to find out what effects processed food had on the body. He financed his own experiment; this is important to know as the results of many experiments are influenced by the marketing boards and drug companies who sponsor them.

He used about 800 cats and divided them into 5 groups. Two groups he fed on real, natural food and the others he fed processed foods.

The real food cats stayed healthy generation after generation; they never got sick and died of old age rather than illness.

The processed food cats by the end of the 1st generation began to be sick. They developed colds, flus, arthritis and cancer.

The 2nd generation cats developed diseases near the middle of their lives and the 3rd generation developed diseases shortly after birth and many were born diseased or deformed.

There was no 4th generation! Either the cats were sterile or when they did conceive the young were miscarried.



Right now in North America over 25% of young adults are sterile and there are more miscarriages than ever before.

Now the leading cause of death in children under 10 is CANCER. A couple generations ago cancer and heart disease was unknown in the young; granddad got it. But now little kids! Each generation the genetic code gets weaker.

Are we 3rd generation cats? What about the next generation?



ORGANIC VS. INORGANIC

How do Americans know they are full? When their belly hurts. You see your body sets the appetite to obtain a certain amount of nutrients, and if these are not present in the food we are eating, we eat and eat and don't feel satisfied. We only know we've had enough when our belly hurts.

But the stomach can only process so much food at a time; more than that and the food breaks down by rotting and fermenting which creates toxins. These do not just pass on out but are absorbed and increase the body's toxic load.

Too much rotting food and our stomach may cause vomiting or diarrhea to get it out before the toxins are all absorbed. But we run to the doctor or take drugs to keep those poisons in!

Where did the energy for the diarrhea come from? Not from the rotting food—from our reserves.

If we take a cow with a new calf and we take her milk everyday and pasteurize it and feed it to her calf; its own mother's milk, but pasteurized, in about 6 months the calf will be dead. Why?

If we see an X-ray of a person with osteoporosis we will see calcium missing from the bones but in the joints we will see calcium deposits! Why is the calcium being deposited outside the bones and not in the bones where it belongs?

It is because the calcium deposits are *inorganic* calcium and the body can't use it.

Calcium in processed milk is *inorganic*. Plants take inorganic minerals from the soil, and combine them with a protein in one molecule; only plants can do this; that is an organic mineral. It is the only kind our body can use!

Back to the calf; it only lived on the glucose in the milk and its own reserves, once its reserves were gone it died.

The more we process a food the less value is in it.

HIERARCHY OF FOODS

1. Whole: RAW Most life
2. Fresh: raw juice, drink within an hour as it oxidizes rapidly
3. Dehydrated: no additives 2-5% nutrient loss
4. Frozen: 15-30% nutrient loss
5. Lightly steamed, crispy: 15-60% nutrient loss
6. Left-over raw salad: once cut foods oxidize rapidly.
7. Cooked 40-100% nutrient loss (depending how cooked)
8. Cooked left-overs: little nutrients
9. Microwave: 90-100% nutrient loss
10. Less than 0%: (Robs the body's resources) commercial canned; fried; foods with additives; no nutrient value and lots of toxins.

The more money and intelligence put into a food the less value it has to the body!



UNDERSTANDING pH

Your body pH affects everything...Balancing the pH is a major step toward well-being and greater health. The pH scale is from 0 - 14

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes. Shifting Your pH Toward Alkaline... An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. Balance is Key !!!

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system. Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

How does food begin to cause illness? Here we will explore this question.

pH is a measurement of how acid something is. 1 is extreme acid and 15 is extreme alkaline 7 is neutral. Water is neutral.

Our system is designed to run at 7-8 but our blood must be more exact 7.4. If it goes down to 7.2 we die! Even at 7.35 we will turn blue and need emergency care.

Our body has no ability to manufacture alkaline. And yet we run on the alkaline side of the scale; But our daily metabolism is acid producing!

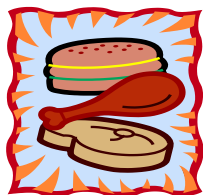
Where do we get alkaline? Nature provided a way—from fruits and vegetables. You say, “What about oranges, isn’t that an acid?”

Oranges contain citric acid which is an organic acid and it can be broken down by the body and every part used. When burnt the ash left of an orange is alkaline and that's what counts.

Cooked meats, when reduced to an ash are acid! And they contain inorganic acids, phosphoric and sulfuric acid, our body cannot process these.

In order to neutralize the acid in one steak in the body it would require 9 meals of pure raw vegetables and fruits! Just to neutralize the acid in one serving of meat!

Here is a list of acid foods listed from least to most acid that are also the main foods in the American diet.



ACID FOODS

MOST GRAINS

DAIRY

SUGAR

MEATS, FISH, POULTRY

COFFEE

TEA, COLA

SALT

ALCOHOL

DRUGS

TOBACCO

Now how does the body keep your blood at 7.4? And if you are alive it is 7.4!

There are 2 main diets that most Americans are on The Junk and Fast Food Diet and the S.A.D. Standard American Diet.

One man was asked how long since he had eaten any vegetables and fruits.

He replied “What do you mean by vegetables and fruits?”

“Well bananas, apples, oranges, salads, stuff like that.”

“Well, two years ago I had a can of green beans.”

The average American goes 7-14 days without eating any vegetables or fruit!

How does the body stay alive?

Simple: The body pulls on its own tissues to bring out alkaline from cells and bones- to keep your blood at 7.4 and keep you alive.

The cell pH can drop much lower than the blood and not kill you, and so alkaline is brought out of the cells: The cell is not healthy but it will still function down to as low as 3.5 before it dies.

Disease starts anywhere below 7. The cells slow down, we call it aging. Cancer cannot exist in a cell pH 5.8 or higher! It can exist at 5.7 or lower. **The average cell pH in USA: 5-5.5!**

No wonder we are on an express train to chronic degenerative disease, cancer etc.! 70% of people over 40 have some chronic disease.

The more acid a cell is the less efficient it is: If it is a heart cell, it doesn't 'heart' as well if it is a kidney cell, it doesn't 'kidney' as well and we call that, disease.

The taste buds are not immune, they also become acid and can't tell us what foods are good and so these foods begin to taste good to us.

The first time one drinks coffee, it tastes bad! We have to put sugar in it to get it down! But as we get sicker and more sluggish, the body says, "I need the stimulation." and we want to drink more and more coffee and the cell pH goes lower and lower.

Ever wonder why when you feel sick and go to the doctor and he takes blood and sends it to the lab and everything is "normal"? Doctor says, "It must be your nerves, here's some Valium." Valium or similar drugs are the #2 most prescribed drugs in this country. What is #1? Ulcer medications!

Why is the blood normal, when the patient feels sick and is sick? Because the cells will not only give up alkaline but will give up other nutrients, trying to keep that blood as healthy as possible—because when the blood gets too sick, we die!

Even people dying of cancer can have "normal" blood tests even a few weeks before death. Innate intelligence does the best it can to keep the body alive regardless of the cost. In my emergency career, I have seen people come in with heart attacks, that had been given a clear bill of health from their doctor the day before!

What is the Answer to Health?

ADD ALKALINE BACK TO THE BODY!

An ideal diet should contain 80% or more alkaline & 20% or less acid.



Get that cell pH back up to 7-8 and have health!

We do not recommend that you immediately give up all the acid foods you are on as you probably won't be able to get out of bed without all that toxic stimulation. Your body runs on the stimulation! You would find out right quick what your true level of health is.

Rather, you should begin to add fresh fruits and vegetables to your diet; so the emphasis is on adding more. We all like to eat more!

Add fresh fruit for breakfast; have a salad before each meal and eat the salad *first*. If you begin getting more nutrients, you will be satisfied with less food; it is the amount of nutrients your body is after, not the amount of food. Each month increase by 10% the amount of alkaline foods. Eat more fruits and vegetables and automatically you will eat less acid foods.

After a while you will lose the craving for meat, coffee, tobacco and such as your body gets healthier. You see, it no longer needs the toxic stimulation and these things become offensive.

It is the toxins in meat that give it its flavor and aroma.

A healthy, grass fed cow doesn't have much taste. Liver is the most toxic part of any animal: Don't Eat Liver!!

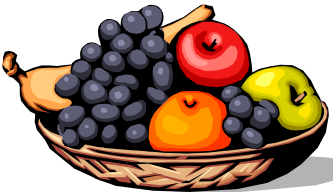
As the body returns to pH 7 and you get healthier, you will find that sugar gives you a headache; dairy gives you mucous; alcohol burns all the way down; you don't like hot, spicy foods anymore; your desire for acid foods will get less and less!

Concentrate on increasing fruits and vegetables and the change will gradually happen! As your body chemistry improves, your taste will dictate what your body wants and habits will change gradually.

ACID		ALKALINE	
oysters	30.	celery	93.8
smoked or salt fish	12-12.2	dandelion	77.1
haddock/cod	12	lettuce	76.7
halibut	7.8	cucumbers	45.5
salmon	5.5	carrots	33.5
Beef	7.4-10.3	figs	32.3
fowl	4.6	egg plant	29.3
pork	4.9	rutabaga	29.8
lamb	4.2	okra	29
herring	6.8	strawberries	26.3
eggs	7.5	beets	25.6
steak	4	limes	24.6
whole wheat	2.9	almonds	1.8
rolled oats	2.6	oranges	23.4
walnuts	1.5	tomatoes	24.5
corn, green	1.3	lemons	21.4
cottage cheese	1	grapefruit	12.3
brown rice	2.3	peaches	12.2
w.w.bread	3	muskmelon	18.8
rye crisp	.7	banana(ripe)	5.6

ACID VEGETABLES artichokes dried beans	OXALIC ACID FOODS: spinach chard
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Brussels sprouts rhubarb ACID MISCELLANEOUS alcohol vinegar sweets chocolate drugs preservatives carbonated drinks spices overwork-late hours lack of sleep / worry	rhubarb cocoa tea ALKALINE GRAIN: millet fresh corn ALKALINE DAIRY PRODUCTS: raw milk whey yogurt kefir ACID DAIRY PRODUCTS: all others
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Other Beneficial Alkaline Nutrients: Spirulina Alfalfa sprouts and teas Wheat grass juice Barley Green Green Kamut Green Magma Carrot juice Raw sprouts Dandelion tea (root or leaf)	
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DO CALORIES COUNT?

What is a calorie? It is a unit of energy.

Calories are not the true cause of over weight. There are 2 kinds of calories; acid-toxic ones and alkaline ones. If a calorie is an acid-toxic one and the body doesn't need it, and it never does, it stores that away as fat.

But if it is an alkaline calorie the body will use it to do work in the body. Alkaline calories are used by the body to cleanse.

If you eat a diet of 1,000 calories a day, toxic-acid calories; you will gain weight. But if you eat 5,000 calories a day of alkaline: raw fruits and vegetables, you will loose excess weight. And you will gain in health.

Remember a severely overweight body is a severely toxic, acid body. If you put such a person on severely limiting diets and fasts forcing the body to loose weight in this way, toxins will be activated and severe illness and disease can follow. Do it the right way; eat more fresh & raw fruits and vegetables and let the body melt that toxic fat away.

To get high amounts of alkaline foods it is good to use a juicer and drink a lot of fresh, raw vegetable juices. Carrot, celery tomato is a very alkaline mix and will be a great help in turning illness around.

How long does it take to get healthy?

How long did it take to get sick?

It did not happen overnight and neither will one get well from chronic disease overnight. If you go on a pure, mostly raw, fruit and vegetable diet with lots of juices it will take about 3 years; if you choose to go slower because you have to keep working and such, it will take 5-10 years. It is up to you, but it is better to be gradually improving then to be getting worse and worse! Remember, it's up to you. We can teach you the knowledge but only you can put it to work for yourself.

We are grateful to the lectures of Dr. Joel Robbins for the valuable information in these last few pages.