

▶ LEARN WHAT DOCTORS AND SPECIALISTS ALL OVER THE WORLD ARE STILL LEARNING

▶ FIND OUT THE TRUTH ABOUT HOW TO SAVE THOUSANDS OF DOLLARS IN HEALTH CARE THROUGH PREVENTION RATHER THAN CURE

▶ LEARN WHY IT'S SO HARD TO LEARN HOW TO BALANCE OUR BODIES, AND WHY WE WEREN'T TAUGHT THIS POWERFUL KNOWLEDGE SOONER.

Seeking *balance*

HOW DIET AND LIFESTYLE CAN CHANGE THE WAY YOU LIVE THE REST OF YOUR LIFE

There is a way of living that is more natural, more aligned, more immunity-creating, more vital, more life-enhancing.

What is Alkalizing All About?

Imagine for one moment a life where people did not age the way everyone ages today. Imagine a life where people had vitality, were able to work all day without fatigue, and where you just knew that every cell in your body was zinging with the energy it was designed to receive. On the following pages I hope to show you ways to return to our natural state and to be able to access some if not all the wonderful states of life above. This course will help you to understand the simple yet profound keys to unlock full support for your whole body, and through the application of these, I hope

you will experience the changes in your life that I have seen in mine.

The prime key, the one that gives access to all other doors, is one simple word; balance. Take a walk in the bush and you will see balance at work everywhere in the most sublime way. Then ask yourself why you, as a human, so-called master of the universe, should be deprived of the intrinsic God-given balance you see all around you. You are a part of the whole; why should you not believe and demand that you can be balanced naturally as well?



Changing Your Mind

Anyone who has been following the leaders in mind-body medicine understand the enormous power our mind has over our body. We are going to look at how to harness that power in simple-to-follow ways so that our purpose of balance and body harmony can be regained. Knowledge is powerful indeed, as long as it is not used against oneself. All imbalance occurs through the power of the mind applied to inadequate knowledge. We hope to supply the right tools to allow you to apply your amazing mind to change the way you will live from now on.



LOOK AROUND YOU: WHAT DO YOU SEE?

*Tired people, obese people, stressed people
confused people, people in pain.*

The modern lifestyle is not 'natural', no matter how many times the supplement vendors tell us it is, or can be.

The modern world we live in is a direct representation of imbalance. See that family over there eating fries and burgers? What about the man sitting, exhausted on the park bench? Or the woman shouting at her car because she has left her shopping list in it.. again? Try to give each person you see a name, like the seven dwarfs. You'll soon find Grumpy and Sleepy, but what about Fatty, Burpy, Skinny, Achey, Lazy, or Sickly?

It's a fair bet to say that if you can see all the seven dwarfs around you, then you too may belong to at least one of the names. What are you? Are you Sleepy, Fatty, Achey, or just plain old Agey?

I'm sure that if you do look around you'll also identify a loved one in the Seven Dwarfs.

Statistics don't lie, and the big three Ogres, diabetes, cancer and heart disease, are always present and always increasing.

Perhaps you believe that modern medicine is going to magically take it all away. Well, it hasn't, and it isn't capable of doing so, at least in our lifetime. Look at what

we've achieved. We've cracked the DNA code, created awesome medical technology, made drugs that will keep you alive if you have the money, and now we are beginning to clone stem cells. But where is the relief from the three ogres? Why are the statistics always growing?

Even apparently lifesaving natural supplements don't seem to be able to save us. New Scientist reported in July of this year that antioxidant supplements derived from fresh fruit and vegetables just don't work like the real thing, despite their supply to the public growing into a \$23 Billion (annual) industry.

Yet there are some voices in the wilderness. The US Surgeon General reports that; 'Foods contain nutrients essential for normal metabolic function, and when problems arise, these problems result from imbalances in nutrient intake and from harmful interactions with other factors. For adult Americans who do not smoke and do not drink excessively, one personal choice seems to influence longterm health prospects more than any other - what we ingest!'

Balance then, in what we eat and drink, will transfer to us the keys to health, vitality, immunity and longevity. Of course, we have all experienced the disappointment of fad diets; even big name ones. They all seem to create wildly fluctuating metabolic changes in the name of weight loss. The

weight may fall, but the body chemistry suffers for it - often drastically.

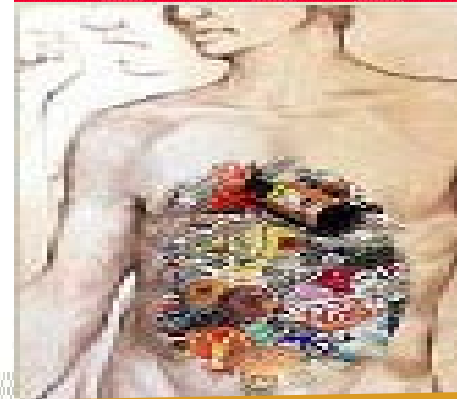
Health itself is now an image rather than a reality, and falling for the image of young and beautiful usually means health carnage as we get older. We are persuaded that if we are not alluring, beautiful, and physically attractive we will suffer forever the fate of the also-ran. Where are the calls to be healthy, alert, strong, alive and caring? What about cancer free, or diabetes free? Why do we need to be beautiful rather than healthy?

And why is it that health has become so complex that even our local doctor has become an errand boy for the 'specialist'? What has happened to medicine that has caused it to be so out of touch with the people it is supposed to serve? I need not dwell on the obvious link between complexity and money. Woe betide the patient who asks 'Why?'

I have never been able to count calories, measure fat, or assess my protein intake. I have never believed that I have to eat certain foods for my blood type, or my metabolic type. I will never embark upon yet another TV promoted diet system. I believe in Balance. I believe it is the key to overall, wholistic health. The evidence is there for those who ask. Take a map of the world, look at the diets and correlate their heart and cancer rates. It couldn't be more obvious.

SMARTER LIVING:

You are and will be what you eat



Today's diet is a melange of chemically altered compounds created for the express purpose of shelf life, appearance and shareholder return. It has nothing to do with nutrition or balance unless it is profitable to be so.

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Take a map of the world, look at the diets and correlate their heart and cancer rates.

It couldn't be more obvious.

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ISN'T IT TIME FOR A CHANGE?

INSANITY IS DOING THE SAME AND EXPECTING A DIFFERENT OUTCOME'
-HENRY FORD

In the six years I have been consulting with people about acid/alkaline balance I have seen some truly amazing health breakthroughs; the sort of health change that makes life alter from subsistent to incredible. I have seen people realise their dreams; the ones they had given up because of poor health. I have seen changes in the 'big three' disease conditions that would have me in jail if I told you.

I have witnessed the changes in my own family; a family that has now not had a cold or flu since beginning rebalancing our acid and alkaline lifestyle. I have spoken to literally dozens of people who have lost significant weight without even trying, without special diets or exercise regimes.

I have talked to researchers who have tested over 60,000 people and I have seen tabulated reports on amazing effects on blood pressure, diabetes and insulin dependency. I have on file dozens of reports from all over the world demonstrating the effect of alkaline balance on many forms of cancer, heart disease and more.

The Course:

The course will be sent to you at intervals by email. Once it begins it will keep going until finished. I can only say to you that this health knowledge has grown and expanded to give me whole new way of looking at many aspects of my own life. I encourage you to spend the time reading the course, using the internet and all the resources you have to validate and test what I say. I know; I too was skeptical and it would not have happened were it not for the intuitional confidence my beloved wife expressed in the whole concept. We are always 'sold' health solutions like so many silver bullets. Just drink this Himalayan Juice, just pop these 'natural' pills daily, just try the detoxifying clay... I understand why we need to be skeptical!

What is Acid/alkaline balance anyway?

It is the ratio of acid minerals and alkaline minerals in our body.

Now this is important! It ISN'T the ratio of acid minerals and alkaline minerals in our food. Please make a note. This is a crucial point in understanding balancing within the body.

Most of us think everything can be fixed by diet. While diet is of course hugely important, we need to understand that the way a body reacts to what we put into it isn't about what it is we are eating. it is about how well our body is working using the minerals it already has in it.

So acid/alkaline balance is all about what minerals stores, or 'buffers' we have in our body. Too much acid and certain symptoms will begin to appear. too much alkaline, the same.

Bob Livingston, Natural Health author summarizes the whole point well. He says:

"It is now believed by many authorities that most disease develops because of a lowering of the function and resistance of the body due to chronic acidosis. In this connection, Dr. George W. Crile, past head of the Crile Clinic in Cleveland and one of the world's greatest surgeons says, 'There is no natural death. All deaths from so-called natural causes are merely the end-point of a progressive acid saturation.'

Acidosis precedes and provokes disease. The well body succumbs to physical disorders when its own acid debris accumulates to the point where resistance is broken down and the body consequently becomes susceptible to cold, fatigue, nerve exhaustion and degenerative disease.

When the body reaches limits of increasing toxins within the body, the digestive tract, or any of the body tissues, it begins a house-cleaning process

SMARTER LIVING:

You are and will be what you eat



And finally, you will be that which chooses what you eat based on what you have become

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Acidosis precedes and provokes disease.

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WHAT IS ACID/ALKALINE BALANCE?

IT IS THE RATIO OF ACID AND ALKALINE
MINERALS ALREADY IN THE BODY

that takes various forms: diarrhea, headache, colds, skin eruptions, abscesses or boils, rheumatism, inflammation of the eyes or other organs, catarrhs, chills, fevers, or anything that we recognize as acute disease. But all these spring from a common originating cause, an accumulation of acid waste in the body.” (From: Foods That Alkalize And Heal, by Mary C. Hogle.)

Commercial foods are acid foods. Acid foods are addictive, causing over-eating and weight management problems. Whole natural foods almost always have a balanced alkaline pH.

Live people need live, whole, alkaline, green food. This is a difficult concept because of the green taste. We have to cultivate a taste. Then our bodies will reject dead commercial foods, salt and sugar. Also, we need whole live foods over time in order to reverse the effects of many years of eating commercial foods. Adults are more like children than children. They will make a very brief attempt to change to raw whole foods, and after a few days they quit, muttering that didn't help them. How can anyone expect to reverse the effects of years and years of poor eating habits in only a few days? Most people don't have the determination to overcome their bad eating habits! You won't get a simpler solution for a return to health than God's creation of whole live food.”

Of course, we need green food because it is alkaline. But remember what we talked about earlier. It is the minerals left in the body AFTER consuming food that make up our balance, and therefore our ability to operate at maximum efficiency. It's like a car having good oil. It isn't the function of the car to have good oil, but it sure can't fulfil its function for long if we have poor quality or acidic, corrosive oil!

So we are really talking about what Sang Whang, author of Reverse Ageing and alkaline balance advocate and practiser for almost 20 years calls waste. It's what is left after we burn up our nutrients. It's also called the 'ash' residue of our metabolism. It isn't even necessary to eat to create

this 'ash'. All you have to do is worry. Stress is increasingly recognized as the biggest manufacturer within the body of acid 'ash'.

So we eat, we combust, we extract energy from the process, and we are left with a residue. If we were able to take that residue from our bodies and analyse it, we'd find its pH, or acid/alkaline ratio, and you can just bet that it will be very acidic.

It will be acidic because, as Sang Whang points out, our whole metabolism is designed to get rid of acid wastes - through the skin, the kidneys, then liver and even the breath. Every breath we take is a process of breaking down acid waste and releasing it as CO₂. Why? Because that's reality. We ingest far, far more acids than alkalis.

So we can begin to see the way we should be looking at food; not what it is made up of, in terms of acid or alkaline minerals, but what it results in, or becomes after metabolism. You will see later in the Course charts that have been created to show this ash for all foods, but even this may be an approximation because it has in many cases been calculated in the laboratory. There, food is completely burnt. Then the ash is added to pure water, and the pH measured.

Unfortunately, the body isn't quite so efficient. 97% of all foods does not completely metabolise (C, N, H and O), leaving organic waste rather than inorganic minerals. Two examples are Uric acid and Lactic acid. There are many more inorganic mineral byproducts from our food, which create Sulphuric acid, Phosphoric acid and Hydrochloric acid. Obviously, acids like this must be eliminated as soon as possible, but that just isn't in the capability of our wonderful but imperfect body. Imagine waiting to dispose of hydrochloric acid until our organs were ready to eliminate it? We'd have a steaming hole burned right through us?

So the body uses the minerals on hand to neutralise these acids to a point where it can safely handle and eliminate them. This is where the alkaline minerals store, or buffer comes in. Alkalizing minerals are sodium, potassium, magnesium and calcium.

And when there isn't enough of these minerals on hand? What does our body do? It can't go next door and borrow, like Mother baking a cake. It has to get them, so it takes them from our bones and teeth.

Live people need live, whole, alkaline, green food. This is a difficult concept because of the green taste. We have to cultivate a taste. Then our bodies will reject dead commercial foods, salt and sugar.

“ We can't go next door and borrow minerals. We have to find them within the body. So we take them from our bones and teeth. ”

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of
introduction