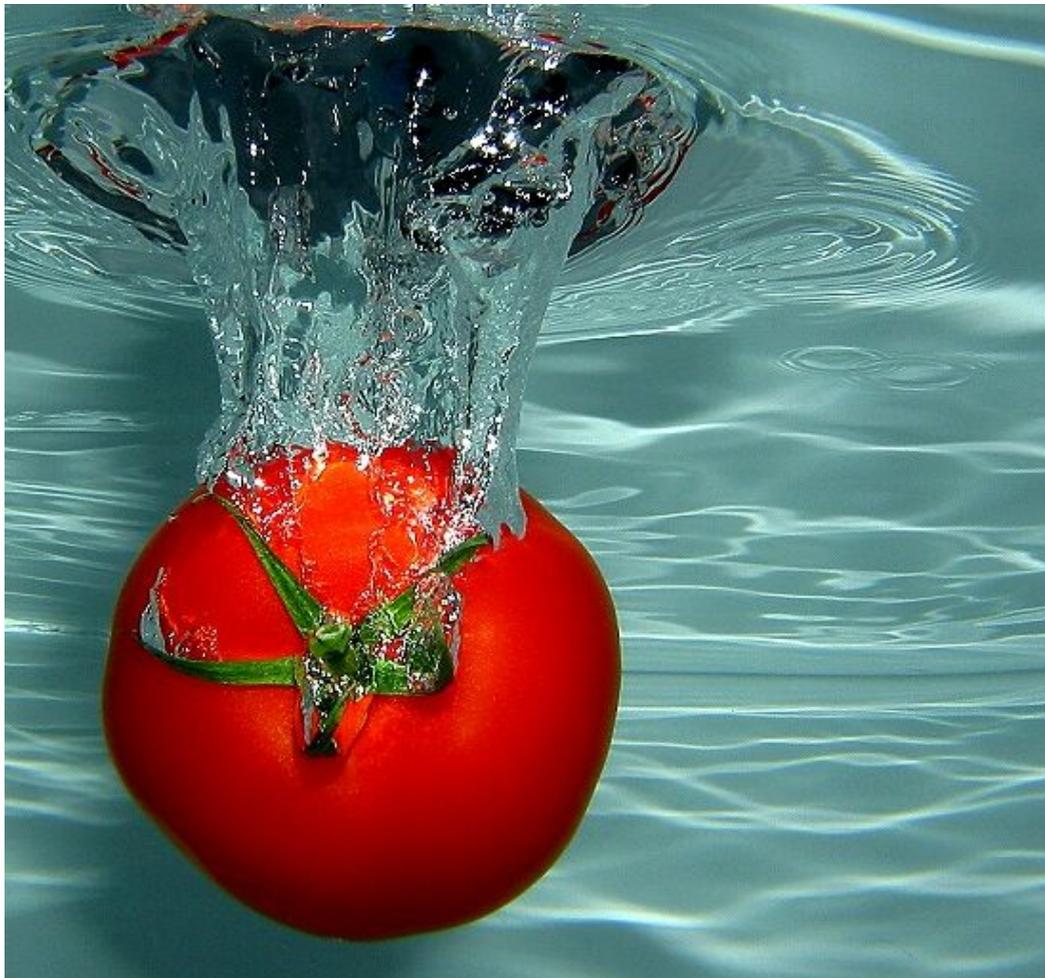


PASCAS CARE Sick and Tired?

Alkaline or Acidic



“Peace And Spirit Creating Alternative Solutions”

**PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593**

Queensland, Australia

Pascas Foundation is a not for profit organisation

**Em: info@pascasworldcare.com
Em: info@pascashealth.com**

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

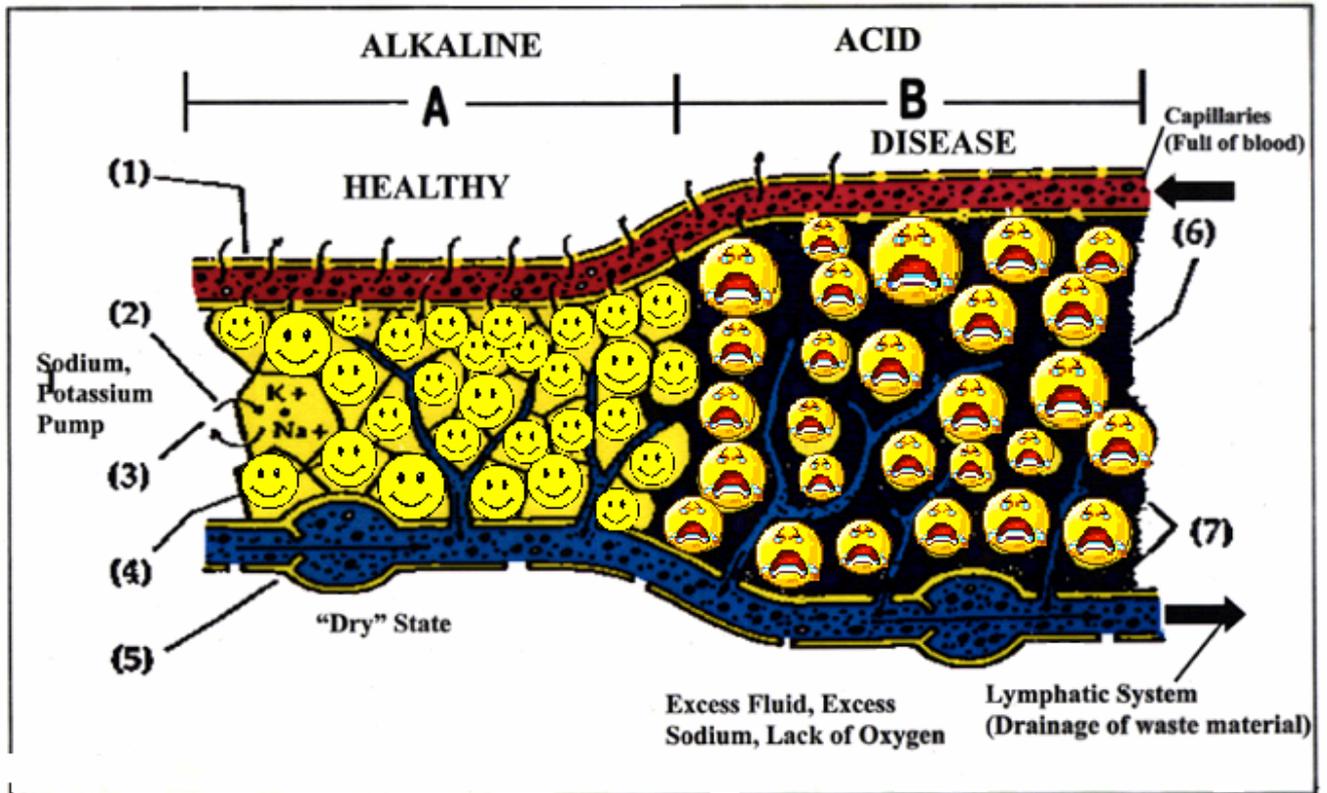
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

Do you realise how simple a health program is?



The Reasons Why We Need a Health Programme

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Robert O. Young Ph. D., D.Sc.<http://www.snyderhealth.com/index.html>

Within the past decade, Robert O. Young has been widely recognized as one of the top research scientists in the world. Throughout his career, Robert Young's research has been focused at the cellular level, with a specialty in nutrition. Robert Young's research findings have been published in noted journals.

He is also a keynote speaker at medical and health gatherings all over the world. He has appeared as a guest on many national radio and television shows. On April 22nd 2002 he appeared on the Early Show with his wife and co-author Shelley Redford Young. Among his accomplishments: Developer of a new theoretical paradigm called the Mycozymian Theory; a biological process called Pleomorphism; and the discoverer of the aetiology of diabetes, cancer, and atherosclerosis. Robert Young has devoted his career to searching for and finding the missing pieces necessary to complete the larger picture of health.

Shelley Redford Young, L.M.T.

Shelley is a licensed massage therapist with a passionate interest in optimum nutrition. With Dr. Young she speaks to audiences around the world on the basic requirements of a healthful diet, sharing her delicious, alkalizing, vegetarian recipes.



Dr. Robert O. Young is a pioneer of analysing living blood cells. He has spent years researching diseased and healthy cells under the microscope. He found that unhealthy cells – that is the cells of unhealthy people – appear dark and misshapen, while healthy blood cells are round and vibrant in colour, practically glowing in comparison.

Dr. Young set out to find what caused this 'inner light.' He discovered the essence of life is derived almost exclusively through plants, and that every cell in the body needs the light derived from green plants. The greater the amount of green foods consumed in the diet, the greater the health benefits achieved.

Dr. Young also found that these plant foods are cleansing and alkalizing to the body, while processed and refined foods can increase unhealthy levels of acidity and toxins. Through his findings, Dr. Young concluded that over-acidification of the body is the key underlying cause of almost all disease. Because today many of us consume a diet primarily comprised of acid-forming foods, (i.e. sugar, meat, dairy, yeast breads, etc.) rather than green plant foods, they are sick and tired. Dr. Young and his wife, Shelley Redford Young, set out to help others understand the acid-alkaline theory.

They are the founders of InnerLight International, the Robert O. Young Research Center, the InnerLight Foundation, and Shelley Young's Academy of

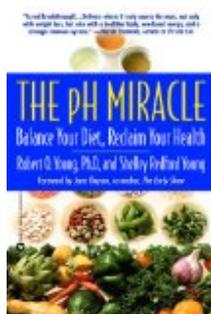


Culinary Arts. In addition, Dr. Young is the author of "[The pH Miracle: Balance Your Diet, Reclaim Your Health](#)", "[Sick and Tired?: Reclaim Your Inner Terrain](#)", and Shelley Young shares her alkalizing recipes in "[Back to the House of Health](#)". It is through these resources that one can learn how to overcome health challenges naturally and come into balance. When the pH level in the body is unbalanced, almost any area of the body can be affected; nervous system (depression), cardiovascular system (heart disease), muscles (fatigue), skin (aging), etc. Even obesity is a sign of over-acidity, a normal body response which protects vital organs from damaging acids and their effects. Conversely, in an alkaline environment, the body reaches an ideal weight and corrects negative health challenges naturally.

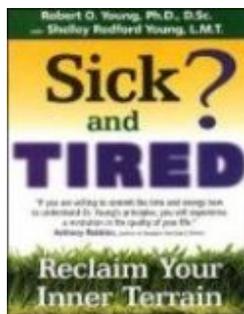
Dr. Young set out to harness the natural light and energy found in green plants and direct this energy to individual human cells. The result is a family of natural, plant and mineral-based supplements, in both capsule and liquid colloidal form. Colloids are tiny particles, absorbed in the mouth and throat. These products not only increase energy, but also help to destroy harmful organisms that decrease one's energy and vitality. The electric charge and frequency of these particles are designed to match that of the body's cells. In this manner, a new level of health may be achieved; health problems, negative symptoms, illness, fatigue, and excess weight evaporate away! According to Dr. Young's program, the nutrients found in supplements, alkalizing foods, and water can bring the body back into balance. These vitamins, minerals, and herbs infuse the body with new energy, adjusting less energized areas to a new level of light. Other products spotlight energy on the performance of specific organs. These "targeted" products offer a most prized possession of health.

Alkaline food and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, and tissues, while strengthening immune function and organ systems. For this reason, the Alkalarian Diet was developed to guide those who wish to regain balance and vigour in the body. Some people may choose to follow the Alkalarian Diet completely, while others slowly transition themselves and their family. For many, the change is not an overnight event, but a process. Taste buds that have been jaded by the toxic effect of sugar, salt, and other artificial flavours may take some time to adjust and appreciate the subtler taste of vegetables. Some individuals opt to add an alkaline food and eliminate an acidic food each week, until reaching the goal of an alkaline diet.

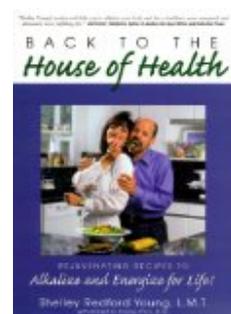
These books have all the answers you will need to get started.
They are extremely helpful and ABSOLUTELY recommended!



[The pH Miracle: Balance Your Diet, Reclaim Your Health](#)



[Sick and Tired?: Reclaim Your Inner Terrain](#)



[Back to the House of Health: Rejuvenating Recipes to Alkalize and Energize for Life!](#)

What Is The pH Miracle?

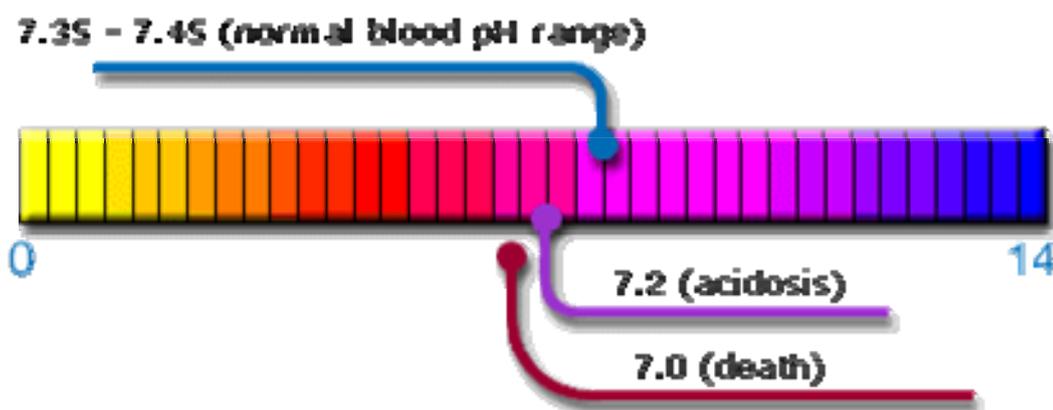
potential Hydrogen

"The pH Miracle" is a phrase that has been coined by [Dr. Robert Young](#). It is what best describes his program for alkalizing and energizing the body back to health. In the segment of the website he endeavours to give you a full understanding of what causes the body to get "out of balance" (and the resulting sickness and disease of the human body) and clue you in on what you need to do to get your body back "in balance." The science behind this idea is thousands of years old. But science, through the use of superior technology, is able to show us some extraordinary things that we could never see before – basically a "new biology." In Dr. Young's book of the same name, [The pH Miracle](#), he describes in detail every aspect of this new biology. Those at SnyderHealth.com will try to decipher some of the finer points of his program and help you understand your body in a way you may never have.

To view a summary of Dr. Young's aetiology of Overacidity and overgrowth of Yeast, Fungus, and Moulds, [please click here](#).

We know that there is a lot of reading in this section. Believe us, the short time it will take you to understand some basic functions of your body and the subsequent program for healing is NOTHING compared to the life of joy and fulfilment which can be your very own "pH Miracle."

Forget cholesterol counts. Forget calories and fat grams. Forget blood pressure, blood sugar, hormone levels, or any of the other markers of health you're used to at the doctor's office. It turns out that the single measurement most important to your health is the pH of your blood and tissues – how acidic or alkaline it is. Different areas of the body have different ideal pH levels, but blood pH is the most telling of all. Just as your body temperature is rigidly regulated, the blood must be kept in a very narrow pH range – mildly basic or alkaline. The body will go to great lengths to preserve that, including wreaking havoc on other tissues or systems.



The pH level of our internal fluids affects every cell in our bodies. The entire metabolic process depends on an alkaline environment. Chronic over acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions, from the beating of your heart to the neutral firing of your

brain. In other words, **overacidity interferes with life itself. It is at the root of all sickness and disease.**

If that's not enough to get you interested in balancing your body pH naturally, non-destructively, keep this mind: **Overacidity is also what's keeping you [FAT!](#)**

The goal then – and what this program allows you to do – is to create the proper alkaline balance within your body. The way to do that is by eating the proper balance of alkaline and acid foods. That means 80 percent of your diet must be alkalizing foods, like green vegetables. (That percentage will go down somewhat once you've successfully rebalanced yourself.) In addition, high quality supplements will help you achieve and maintain pH balance.

"The pH Miracle" Dr. Robert O. Young and Shelley Redford Young, Warner Books; (May 2002)

pH4			pH7			pH10
Strong Acids		Mild Acids		Mild Alkaline		Strong Alkaline
 White Bread		 Meat/Fish		 Fruits		 Asparagus
 Alcohol		 Legumes		 Vegetables		 Cayenne Pepper
 Colas/Sodas		 Nuts		 Avocados		 Melons
 Sugar		 Dairy		 Almonds		 Kelp

OVERACIDITY AND OVERGROWTH OF YEAST, FUNGUS AND MOULDS

by Dr. Robert O. Young, Ph.D.

Dr. Young has degrees in chemistry, microbiology and nutrition, and has spent many years researching the relationship between mycotic infections (yeast, fungus and mould) and the aetiology of human disease. His research and articles on microtoxycosis have gained wide recognition in the U.S.A. and he is currently listed in Who's Who for his breakthrough research. He is the vice-president of Research and Development of InnerLight International, where he has developed colloidal and holistic nutrition formulas now being distributed around the world.

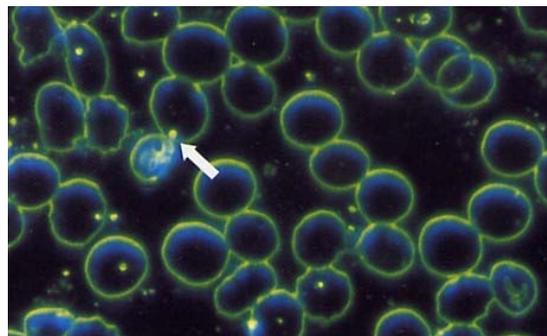
ONE SICKNESS, ONE DISEASE: MYCOTIC INFECTION

One of my (Dr Young) discoveries is that there is only one sickness, and that is the *over-acidification* of the blood and tissues caused by an inverted way of eating and living. Our present day civilized food with its abundance of *sugar and animal protein*, especially meat, fish, eggs and dairy products, causes this over-acidification of the blood. This in turn encourages the proliferation of *microorganisms* which have a common origin and go through various evolutionary steps, the first one being *virus*, then *bacteria*, then *fungus* and *yeast*. This is called pleomorphism.

Blood is a living tissue just like your liver and heart. When you take on body fluids or blood of any other person, when you take on a transplant, you are literally taking on the elements of some foreign body.

PLEOMORPHISM

Pleomorphic means "many forms". Pleomorphism is the foundation of microbiology, and it discredits the germ theory which traditional medicine believes in. Microforms such as **viruses, bacteria and fungi are all the same organism at various stages of their evolution**. The first stage of its evolution which is the primitive stage, is what medical science calls a *virus*. Viruses are a pathological. They are actually composed of a microzyme (a microörganism which is supposed to act like a ferment in causing or propagating certain infectious or contagious diseases; a pathogenic bacterial organism) at the core that is protein encapsulated. As the biological environment becomes overly-acidified, the primitive stage evolves to the intermediate stage, and this is bacterial. This culminates in the final stage which includes the *yeasts, fungi* and *moulds*. These forms proliferate and evolve in a compromised biological environment such as acidified blood and tissues. Try a very simple experiment: what happens when you pull the plug on your refrigerator? What appears first? The bacterial forms, then the yeasts, funguses and moulds, and all of a sudden everything just decays, which is what occurs in these final anatomical phases.



CYCLE OF IMBALANCE

I call these phases the cycle of imbalance. In the cycle of imbalance, we have low energy and fatigue, poor digestion, excess weight, unclear thinking, aches and pains, major disorders, and these are all symptoms of this cycle.

ACID-ALKALINE BALANCE

It is very important to have a chemical balance between these acid and alkaline conditions, both in the blood and in the tissues. The acid and alkaline conditions are opposites, and when they are balanced, they cancel each other out. However, it is easy for the body tissues to become too acidic, and this imbalance sets the stage for disease. In scientific terms, the acid / alkaline relationship is known as pH. The pH of the body has a profound effect on the inner environment and the microscopic organisms. The pH of blood and tissues should be approximately 7.3. The pH of saliva and urine should be 6.8 to 7.0. Acceptable medical lab parameters are 5.5 to 6.5 for the urine, but at 5.5 and 6.5 the urine is too acidic.

PURPOSE OF THE KIDNEYS

Is to separate the alkalinity from the acidity. The acidity goes out through the urine. The alkalinity is bound by calcium, potassium and magnesium and taken back into the blood to neutralize acidity in the blood and tissues. When you over-acidify, you are stressing the liver, the kidneys and the bladder, and you run out of your alkaline reserves which are needed to chelate or bind these acids. Then you start getting localized problems.



SUGAR, FERMENTATION AND CHRONIC FATIGUE

These microscopic beasts get their energy from blood sugars which our bodies are supposed to be using, and they grow and multiply by eating our bodies' proteins. Their needs can turn into our cravings. One of the favourite foods of these microforms is *sugar*. They thrive in a declining pH which is acidic, therefore requiring you to eat more pastas, grains, yeast-containing breads, potatoes and especially high fructose fruits and juices, and more sugar in any particular form. Fruit is good, but not in a compromised biological terrain, so when you eat fruit it becomes a food for fungus and fermentation.

TOXIC WASTE PRODUCTS AND CHRONIC FATIGUE

These microforms then poison us with their waste products. The waste products are acetylaldehyde, uric acid, alloxin, alcohols, lactic acid, etc. *Chronic fatigue* is the fermentation of our glucose in exchange for acids. These acids are known as acetylaldehydes which are then broken down into secondary metabolites as alcohol. The result is fatigue – I call it the drunkenness disease. You have just intoxicated yourself due to excess acidification and you have produced alcohol in your system. If you are suffering from lack of energy, all you have to do is change the biological terrain.

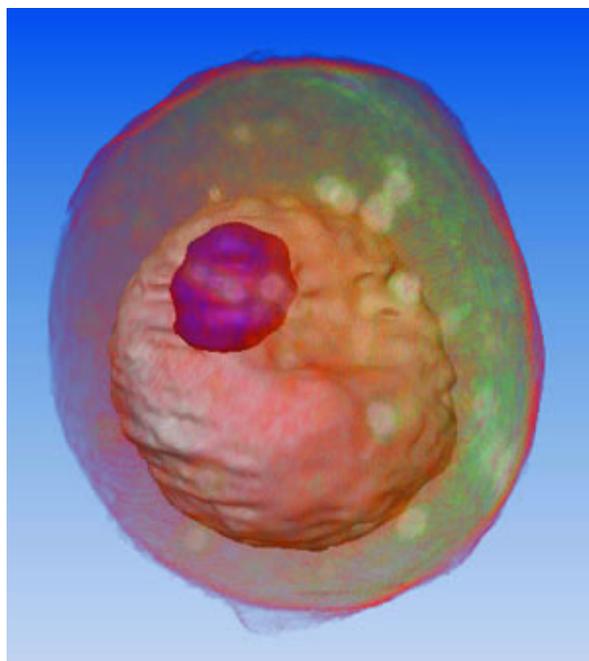
REVERSING THE MICROFORMS

These organisms are indestructible – you cannot destroy them. All you can do is change their form, and cause them to retrograde. Bacilli literally evolve backwards out of that cycle when you change the

biological terrain. We can control them by retrograding the yeast, fungi and moulds and their bacteria and neutralize their waste products through supplementation and diet. You do that by giving up the very foods that you crave.

PARASITES

These microforms of mould and fungus mixed with the blood cells can be seen through a microscope and these are found in both healthy and non-healthy individuals. Our bodies are moulding, rotting and basically hosting a parasite party. Actually parasites are the side effects of the more serious problem of over-acidification. Why are you so concerned about parasites when you are being fermented or rotted by fungi and yeasts. I find less than 10% of people are infected with flukes or roundworms or flatworms, but I find 100% of the population infected with these higher development fungal forms in live blood analyses. I have yet to find anyone free of this.



FOODS TO AVOID

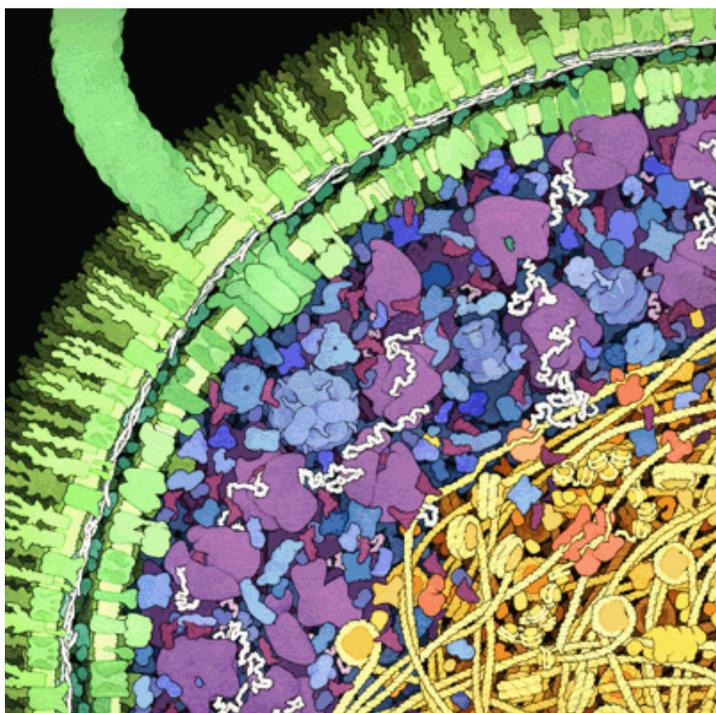
Very few of us know that pleomorphic bacteria, yeast and fungus and their toxins are characteristically present in stored and fermented food. The following list of foods are high in pleomorphic bacteria, yeast, fungus and mould, and produce mycotoxins which cause specific diseases and should never be eaten. *Pig meat* including sausage, bacon, salami and ham contain fungus associated with many cancers. *Beef, lamb, chicken and turkey* contain a variety of different fungi. You need to avoid all *mushrooms*. There is no such thing as a good mushroom. Mushrooms disperse spores of fungus throughout the blood and tissues. *Peanuts and cashews* contain over 25 different strains of fungi. *Dairy products* including milk, cheese, yogurt, cottage cheese, ice-cream, and butter contain fungi. *Eggs, barley, corn, stored grains and cereals, and stored potatoes* are fully colonized with fungi. *Alcohol* contains fungus. *Tobacco* contains yeast. *Yeast* in any form such as brewer's yeast or breads should not be eaten. *Sugar* including honey, maple syrup, corn syrup, sucrose promotes the growth of pleomorphic bacteria, yeast, fungus and mould and suppresses the immune system response up to five hours. *Vinegar, caffeine* in any form, and high fructose *fruits* acidify the blood and tissues. When you drink orange juice, the sugars in orange juice are released so quickly into the blood stream that they cannot be oxidized. Therefore they are fermented and the acids that are produced literally anaesthetize the immune system. It shuts it down for three to five hours. Apple juice does the same thing. The problem is excess sugar. Grape juice and grapefruit juice are a little different. Apples, oranges, pears and bananas are more likely to be fermented. The banana get liver spots the same way you get liver spots, through excess fermentation and rotting. If you have spots on your hands, face or arms, if you have moles, these are toxins coming to the surface of the skin. These are acids. This is a manifestation of the one sickness. You have to change the inner terrain, and if you do, these spots will either disappear or change in colour. **Hydrogenated oils like margarine and shortening** and vegetable oils interfere with normal biochemical processes and increase cholesterol, interfere with liver's detoxification system and interfere with essential fatty acid function.

CYCLE OF BALANCE

The cycle of balance is reflected in these signs: energy, vitality, clear and bright eyes, mental clarity, concentration, a lean and trim body. The first step is to re-establish the internal pH which should be slightly alkaline. The diet should be 80% alkaline, 20% acid. It's a 4:1 ratio. If you have a serious disease, your diet should be 100% alkaline, or at least a 5:1 ratio.

FOOD YOU SHOULD EAT: ALKALINIZING FOODS

We need to eat foods which will actually heal the body. We need to go back to the garden and eat live foods like leafy greens, foods which are high in chlorophyll. For breakfast I eat salad, for lunch I eat salad, and for dinner I have salad. What is good for dinner is also good for lunch, and what is good for lunch is good for breakfast. You have to over alkalize the blood and tissues. You can freely eat *dark green and yellow vegetables, root vegetables, freshly juiced vegetable juices*, foods with high contents of *chlorophyll*, nuts like *almonds or hazelnuts* which are more alkaline. Almonds are high in oxygen especially after they have been soaked for 12 hours. *Sprouted grains and beans* like alfalfa, mung beans, clover and radish, seeds, essential fatty acids from *flax oil, borage oil, and virgin olive oil*, soy products like tofu, grains from *spelt, millet and buckwheat*, *herbs, spices, seaweed*, lots of *onions and garlic* and *distilled water*. Fruits like avocados, lemons, limes and grapefruits are low sugar, therefore less likely to be fermented.



FATS AND CALCIUM NEUTRALIZE ACIDITY

Obesity is thought to be a fat problem, but it is not. Obesity is the way your body reacts to indulgence of foods that create excess fermentation and acids. *The fat is retained in order to bind the acidity* somewhere away from the organs that sustain life. **If we didn't have fats in our diet, we would literally be destroyed by the very acids that we are poisoning ourselves with.** **When you try to reduce your cholesterol by using drugs, you set yourself up for a heart attack, because you have the acids without the fats and the acids will destroy the cells.** Fats bind the acids and neutralize them to prevent them from poisoning the cells. The same thing happens with *calcium-blocker* medications. In the United States, the FDA warns that if you take calcium-blockers, you are at risk for heart attacks. Why? Because if the body does not have sufficient fats to bind the toxins, *it will use calcium to bind the toxins*, and if you are blocking the calcium with medications, there is nothing to bind the toxins and you end up with a heart attack.

ARTHRITIS, STONES AND TUMOURS

We have *stones* because calcium neutralizes excess acidity and stones are formed. *Arthritis* also occurs because calcium is being utilized to neutralize acidity. Sugar is metabolized by microforms, producing the acid, which is then bound by the calcium and we get calcium deposits in our joints. We also get calcium deposits in the brain or in the breast. Calcium deposits always precede the *tumour* because it is the first line of defence in neutralizing over-acidification. *Osteoporosis* is a body response which occurs if there is not enough dietary calcium. It pulls calcium from the bones to neutralize the acidity. If we then take more calcium, as *supplements*, we get more calcium deposits, we get more stones, and we end up with breast cancer or prostate cancer.



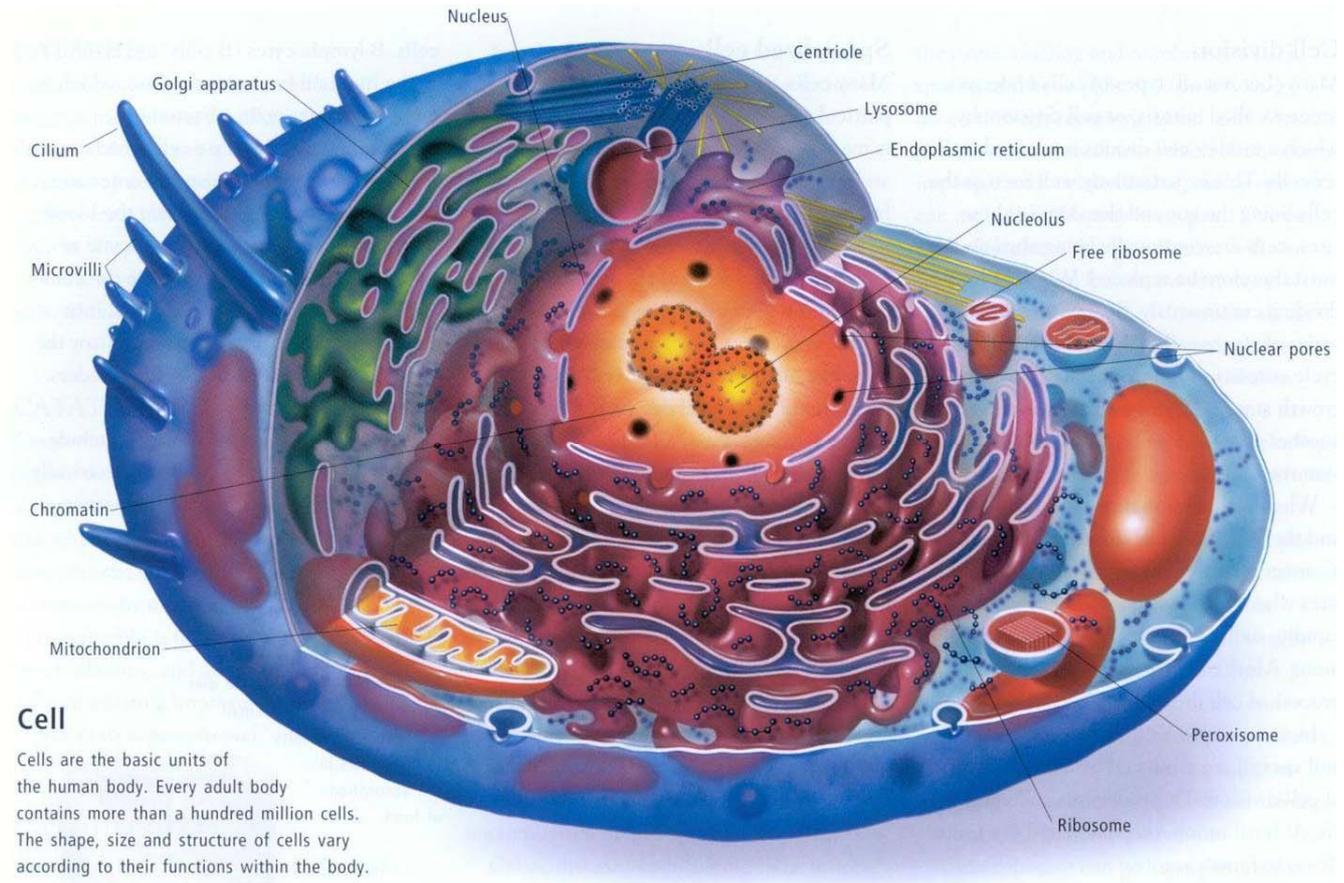
CANCER, HORMONES AND ACIDITY

Cancer is not a virus; it is an acid problem produced by a mould. It is an infection due to excess fermentation in the weakest parts of the body. What causes cancer in *cigarettes* is the yeast and sugar they use to accelerate the fermentation process in the tobacco leaves. Cancer is not a localized problem that is metastasizing. Cancer is a systemic problem that has localized. We know through research that the supplementation of *hormones* can be a risk factor for breast cancer. When you supplement hormones, those hormones are subject to fermentation in a body that is out of balance, and when hormones are fermented, they produce an acid which has to be eliminated. These acids are then stored in areas of fatty tissue and what more perfect place to put it than the breast. How can emotion or fear cause rotting processes? Biologically, it's simple. Emotions create acidity through the release of hormones that are then fermented which produces the acid. And we then start craving the foods we should basically avoid.

When someone has cancer, excess proteins are found in the urine because cells are being lysed or destroyed, and those proteins are then being thrown freely into the blood stream and then through the elimination, show up in our urine.

ENZYMES

I do not suggest that you should be taking enzymes. I do not use amylase and protease. I developed an enzymatic formula of a noni complex which is unfermented, with no sugar, with green papaya, garlic and tissue salts.



Cell dehydrated



**PASCAS
HEALTH**



**Feeling
Healing with
Divine Love is
the key!**



Fungus Mould Yeast Infection

http://www.oxyomega.com/yeast_infection.html

Yeast infection symptoms include depression, fatigue, headaches, irritability, muscle pain, skin rash, respiratory, urinary problems, vaginitis. Other symptoms include digestive disorder, hypoglycemia, hyperactivity, impotence, memory loss, learning difficulties, menstrual problems, premenstrual syndrome, short attention.

Common yeast infection or also know as Candidiasis is caused by the yeast *Candida albicans* and thrives in the colon. Mould and fungus are members of the plant kingdom and yeasts are subgroups of these organisms.

Candida is the thick white mucous, cottage cheese in appearance discharges from the vagina. Yeast infection can grow on the skin, mouth and inside our bodies. Yeast in some type are present in every adult, child, and in some animals. Yeast infection health problems affect people of all ages and both sexes.

Fungus is forever lurking to multiply in moist locations. When our resistance or immune system weakens, it can overgrow in our bodies. In some type, the roots can penetrate the lining where it resides, such as the intestine. When this mucous membrane lining is penetrated by rhizomes or the roots it becomes possible for partially digested food particles, toxins, and yeast product to pass into the bloodstream. Yeast infection results in weak immune system, degenerative conditions and sickness.

Article in Healthy and Natural Magazine called The Silent Spring Within, quotes. "Center for Disease Control report stated that, the incidence of serious fungal infection in hospitals has nearly doubled since 1980. Yeast infections accounted for 78 percent of these infections."

Though the Center of Disease Control concludes that internal yeast is the cause of infection, they have not made the connection that the yeast may be systematically the result or misuse of birth control pills or antibiotics.

Common Fungus Mould Yeast Infection Symptoms

Depression, digestive disorders, fatigue, headaches, hypoglycemia, hyperactivity, irritability, impotence, memory loss, learning difficulties, menstrual problems, muscle pain, premenstrual syndrome (PMS), respiratory problems, short attention, skin rash problems, urinary disorders and vaginitis.

Some physicians experiences are showing other connections between yeast infection, parasites, and other disorders like Arthritis, Crohn's disease, Hypoglycemia, Multiple Sclerosis, Myasthenia gravis, Schizophrenia, Psoriasis, Grave's and Systemic lupus eryt hematosus.

Most physicians continue to treat vaginal yeast by using medication that only suppresses the symptoms instead of dealing with the real issue.



Yeast infections are fed by carbohydrates, sugars, yeast and fermented foods. Most people who have yeast infection do not realize they are feeding it daily. Do not eat cooked or fresh fruit with other food because it spoils and ferments in the stomach. Fresh fruit when eaten alone will not ferment. Carbohydrates will ferment if eaten with proteins.

Some moulds or fungus produce toxins to protect their environment. The toxins or fungus, when inhaled are the significant cause and effect of many health conditions like common allergies, asthmatic reactions, coughing, depression, diarrhoea, headaches, irritability, fatigue, memory loss, respiratory problems, sinusitis, sneezing, sore throat, weak immunity and wheezing.

Mayo Clinic has determined that fungus causes nearly every case of chronic sinusitis, the most common chronic disease in the nation. The symptoms of chronic sinusitis include: inflammation of the nose and sinus, stuffiness, nasal blockages, thick mucus and post-nasal drip. There is no known medical treatment but there are alternatives.

There are thousands of fungus which causes cold or flu symptoms but they all have the potential of causing other health effects. The toxins produced by some fungus are carcinogenic and suppress the immune system, lymphoid tissue, bone marrow, liver and kidney.

Avoid Certain Food During Fungus Mould Yeast Infections

During any mould or yeast infection you should avoid all food with sugar, sucrose, corn fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, maple syrup, date sugar and turbinado sugar.

Packaged Processed Food. Canned, bottled and boxed food usually contain refined sugar product and other preservatives or ingredients.

Avoid bakery goods that contain yeast or mould like bread, pastries, biscuits and muffins made with bleached white flour. Eat food with organic whole-wheat flour or stoned ground corn meal.



Food that contain yeast and mould are all cheeses, alcoholic beverages like wine and beer that have been fermented. Other fermented beverages include cokes, cider and root beer. All types of yeast or mould used in processing are genetically altered with cloned and mutant types that cause additional health related problems.

Avoid condiments, sauces and vinegar-containing food like mustard, ketchup, food with monosodium glutamate, mayonnaise and salad dressings.

Avoid fungi and all types of food that contain mushrooms, morels and truffles.

Reduce tobacco, coffee and tea intake. Avoid processed meat and fish products, especially when antibiotics have been used in the animals. Today, 50 percent of the antibiotics in use are fed to livestock.

One important thing to always avoid when infected or any disease is avoid mould and yeast. Most all commercially used yeast has been genetically altered for years. Substitute with sourdough breads. Better yet, bake your own bread and use sourdough starter instead of yeast. This way, you will avoid the preservatives and hydrogenated oils used in commercial breads.

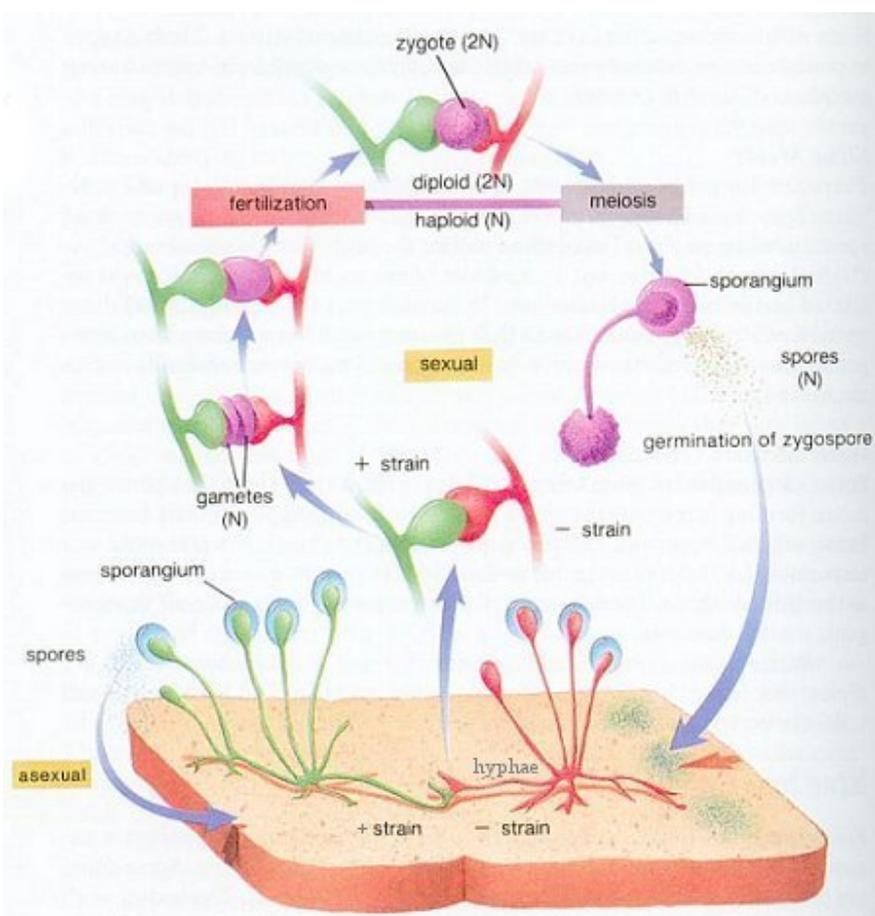
Effective Fungus Mould Yeast Therapy

Disease or other conditions like yeast infection are due to the deficiency in our bodies oxidation process that leads to an accumulation of toxins stored in the fat tissue. These toxins ordinarily are burned in normal metabolic functioning.

Most effective way to rid the colon of fungus mould or yeast infection and other toxic waste products is to irrigate the colon with ozone water and hydrogen peroxide. The ozone oxygen is absorbed into the bloodstream and circulated throughout. When our bodies have ample oxygen, it produces enough energy to optimize metabolism and eliminate toxic wastes in the tissues. Natural immunity is achieved when the immune system is not burdened with heavy toxic buildup. Oxy-Mega Colon Cleanser oxygen supplement will benefit the same as ozone to balance our bodies chemistry, eliminate waste, and restore proper tissue and organ function.

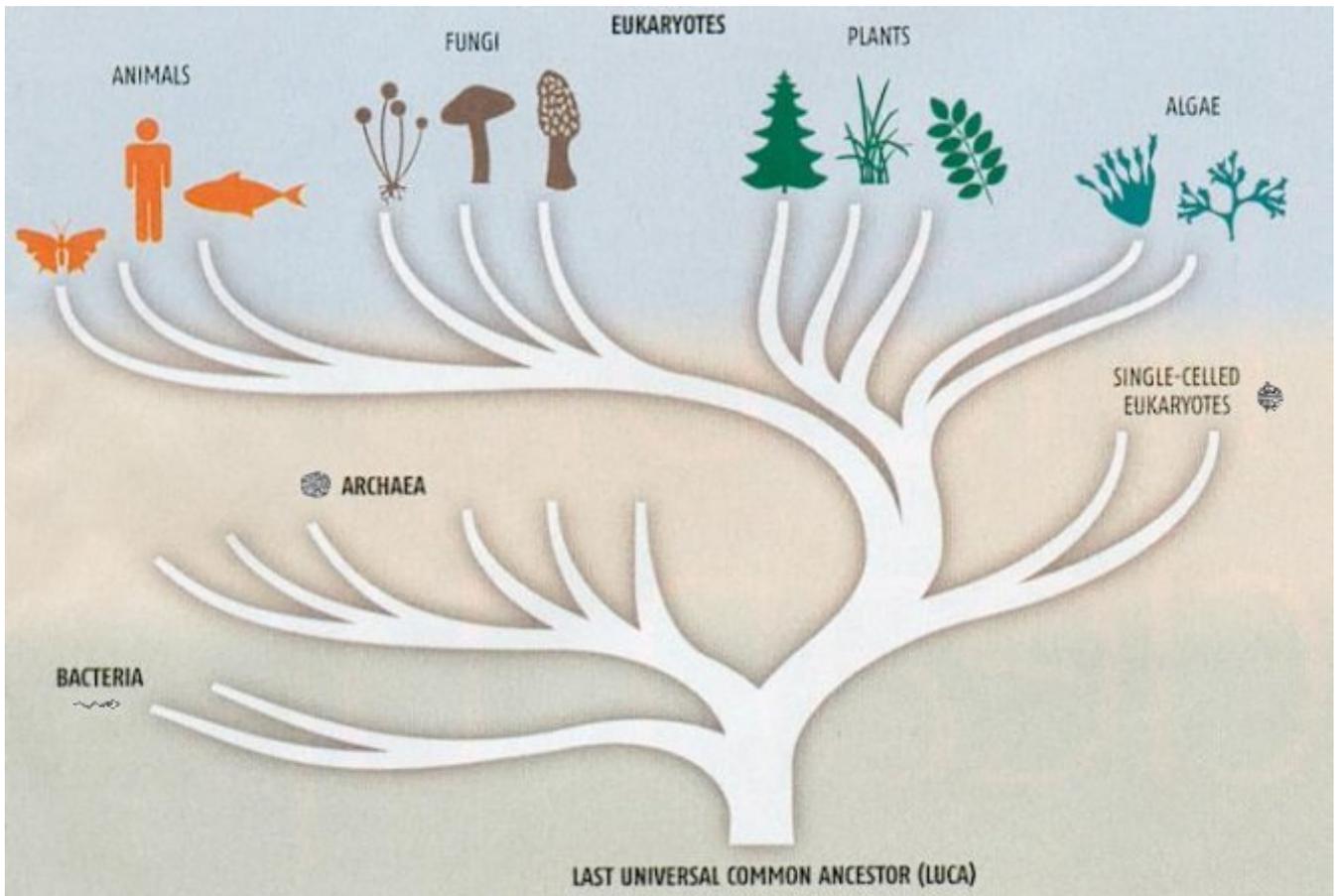
As dead bacteria and other poisons or toxins are released, some cleansing effect may be experienced while the toxins are being released through the skin, lungs, kidneys and bowels. After two weeks, some reactions to the cleansing effect could include skin eruptions, sinus or chest cold, boils, headaches, diarrhoea or other ways our bodies use to loosen toxins. This effect is temporary and should not last for more than one week depending on your condition. This is commonly referred to as the Healing Crisis. Many will quit their attempt to get better and fall back into their old degenerative habits because of this.

Less expensive and more gentle treatment for yeast infection is the Oxy-Mega colon cleanser oxygen supplement. Combination of



friendly bacteria and Oxy-Mega colon cleanser, or similar, can benefit and restore the balance of bacteria and regain control over the bad bacteria and yeast. This combination, along with the correct plant derived liquid vitamin and mineral dietary supplement will also help to cleanse and restore balance.

Eating fresh organic vegetables and unprocessed food will hasten the elimination of debris from the intestines. You can eat them raw or partially cooked. Squash and bananas help promote the growth of the friendly bacteria in the colon. Friendly bacteria also produce lactic acid, which lowers the pH of the large intestine.



**PASCA
PERS**

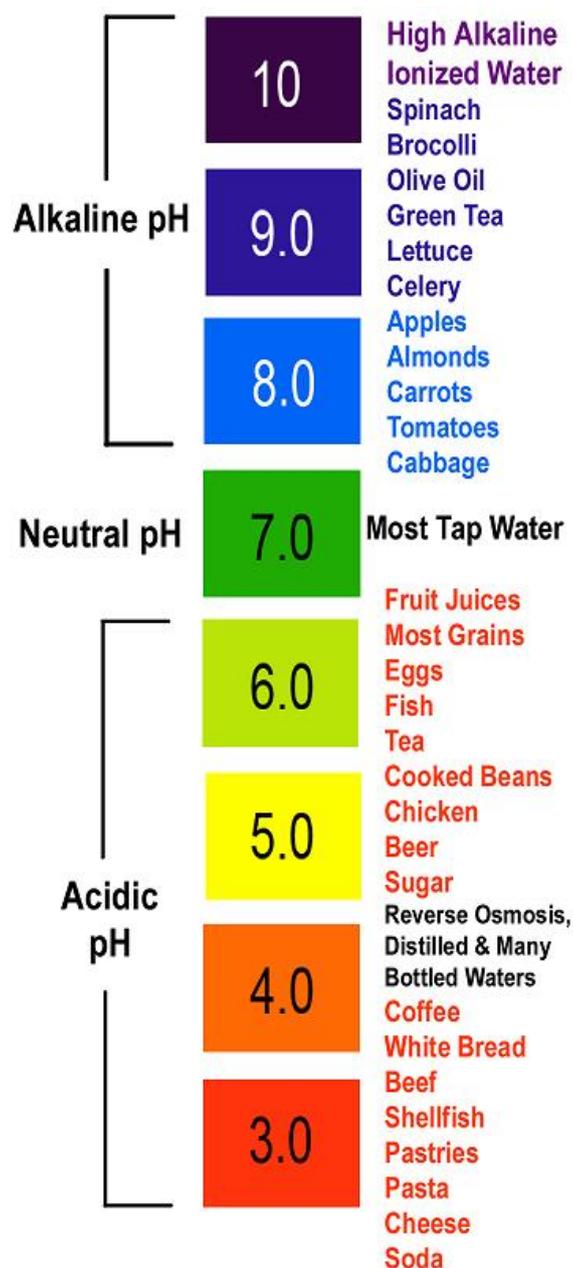
Food "Ash"

<http://www.snyderhealth.com/foodash.htm>

All food digested in our bodies metabolizes, or burns, down to an ash residue. This ash residue can be neutral, acidic, or alkaline, depending mostly on the mineral content of the original food. For example, potassium, calcium, magnesium, sodium, zinc, silver, copper, and iron form basic ash; sulphur, phosphorus, chlorine, and iodine leave acid ash. Most elements are alkaline.

Fortunately for us, it is easy to categorize which foods leave which kind of ash. In general, animal foods – meat, eggs, dairy – processed and refined foods, yeast products, fermented foods, grains, artificial sweeteners, fruit, and sugars are acidifying, as are alcohol, coffee, chocolate, black tea, and sodas. Vegetables, on the other hand, are alkalizing. That includes a few that are technically fruits: avocado, tomato, and bell peppers. A few non sweet citrus fruits are also basic in the body, as are sprouted seeds, nuts, and grains. Grains are acidifying, though a few (millet, buckwheat, and spelt) are only very mildly so. Raw foods are more alkalizing, while cooked food is more acidifying. To maintain a balanced pH in your blood and tissues, your diet should consist of at least 70 to 80 percent basic foods – that is, no more than 20 to 30 percent acidifying foods (and at least half of that 70 to 80 percent should be raw). The more alkaline your diet, the more rapid your improvement will be. Unlike the familiar old "food pyramid," which has an overall acidic effect, this program will bring you back to basic.

These food "ash" pH charts provide some insight into which foods are alkaline and which are acid. They have been broken down into three categories: foods that you can eat freely, foods that you can eat sparingly, and foods you should never eat. Each food is assigned a number which represents its approximate relative potential of acidity (-) or alkalinity (+) present in one ounce (28.35 grams) of food. The higher the number, the better it is for you to eat. These charts come in handy when trying to decide if certain foods are bad to eat, that is, not life enhancing. And remember, some foods are listed on the "Foods You Should Never Eat" chart because they contain yeast – the other thing we are trying to avoid.



Food "Ash" pH Chart*

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food

Foods You Can Eat Sparingly

Fish		Non-Stored Grains	
Fresh Water Fish	-11.8	Brown Rice	-12.5
		Wheat	-10.1
Fruits		Nuts and Seeds	
(In Season, For Cleansing Only Or With Moderation)		Wheat Kernel	-11.4
Rose Hips	-15.5	Walnuts	-8.0
Pineapple	-12.6	Pumpkin Seeds	-5.6
Mandarin Orange	-11.5	Sunflower Seeds	-5.4
Banana, Ripe	-10.1	Macadamia Nuts	-3.2
Pear	-9.9	Hazelnuts	-2.0
Peach	-9.7	Flax Seeds	-1.3
Apricot	-9.5	Brazil Nuts	-0.5
Papaya	-9.4		
Orange	-9.2	Fats	
Mango	-8.7	Sunflower Oil	-6.7
Tangerine	-8.5	Coconut Milk	-1.5
Currant	-8.2		
Gooseberry, Ripe	-7.7		
Grape, Ripe	-7.6		
Cranberry	-7.0		
Black Currant	-6.1		
Strawberry	-5.4		
Blueberry	-5.3		
Raspberry	-5.1		
Yellow Plum	-4.9		
Italian Plum	-4.9		
Date	-4.7		
Cherry, Sweet	-3.6		
Cantaloupe	-2.5		
Red Currant	-2.4		
Fig Juice Powder	-2.4		
Grapefruit	-1.7		
Watermelon	-1.0		
Coconut, Fresh	+0.5		
Cherry, Sour	+3.5		
Banana, Unripe	+4.8		

*source: ["Back To The House Of Health"](#) by Shelley Redford Young

Food "Ash" pH Chart*

The following is a list of common foods with an approximate, relative potential of acidity (-) or alkalinity (+), as present in one ounce of food

Foods You Should Never Eat!

<p style="text-align: center;">Root Vegetables</p> <p>Stored Potatoes +2.0</p> <p style="text-align: center;">Meat, Poultry, And Fish</p> <p>Pork -38.0 Veal -35.0 Beef -34.5 Ocean Fish -20.0 Chicken (to -22) -18.0 Eggs (to -22) -18.0 Oysters -5.0 Liver -3.0 Organ Meats -3.0</p> <p style="text-align: center;">Milk And Milk Products</p> <p>Hard Cheese -18.1 Quark -17.3 Cream -3.9 Homogenized Milk -1.0 Buttermilk +1.3</p> <p style="text-align: center;">Bread, Biscuits (Stored Grains/Risen Dough)</p> <p>White Bread -10.0 White Biscuit -6.5 Whole-Meal Bread -6.5 Whole-Grain Bread -4.5 Rye Bread -2.5</p> <p style="text-align: center;">Nuts</p> <p>Pistachios -16.6 Peanuts -12.8 Cashews -9.3</p> <p style="text-align: center;">Fats</p> <p>Margarine -7.5 Corn Oil -6.5 Butter -3.9</p>	<p style="text-align: center;">Sweets</p> <p>Artificial Sweetners -26.5 Chocolate -24.6 White Sugar -17.6 Beet Sugar -15.1 Molasses -14.6 Dr. Bronner's Barley Malt Sweetner -9.8 Dried Sugar Cane Juice (Sucanat) -9.6 Barley Malt Syrup -9.3 Fructose -9.5 Milk Sugar -9.4 Turbinado Sugar -9.5 Brown Rice Syrup -8.7 Honey -7.6</p> <p style="text-align: center;">Condiments</p> <p>Ketchup -12.4 Mayonaise -12.5 Mustard -19.2 Soy Sauce -36.2 Vinegar -39.4</p> <p style="text-align: center;">Beverages</p> <p>Liquor -38.7 Wine -16.4 Beer -26.8 Coffee -25.1 Fruit Juice, Packaged, Natural -8.7 Fruit Juice Sweetened With White Sugar -33.6 Tea (Black) -27.1</p> <p style="text-align: center;">Miscellaneous</p> <p>Canned Foods Processed Foods Microwaved Foods</p>
--	---

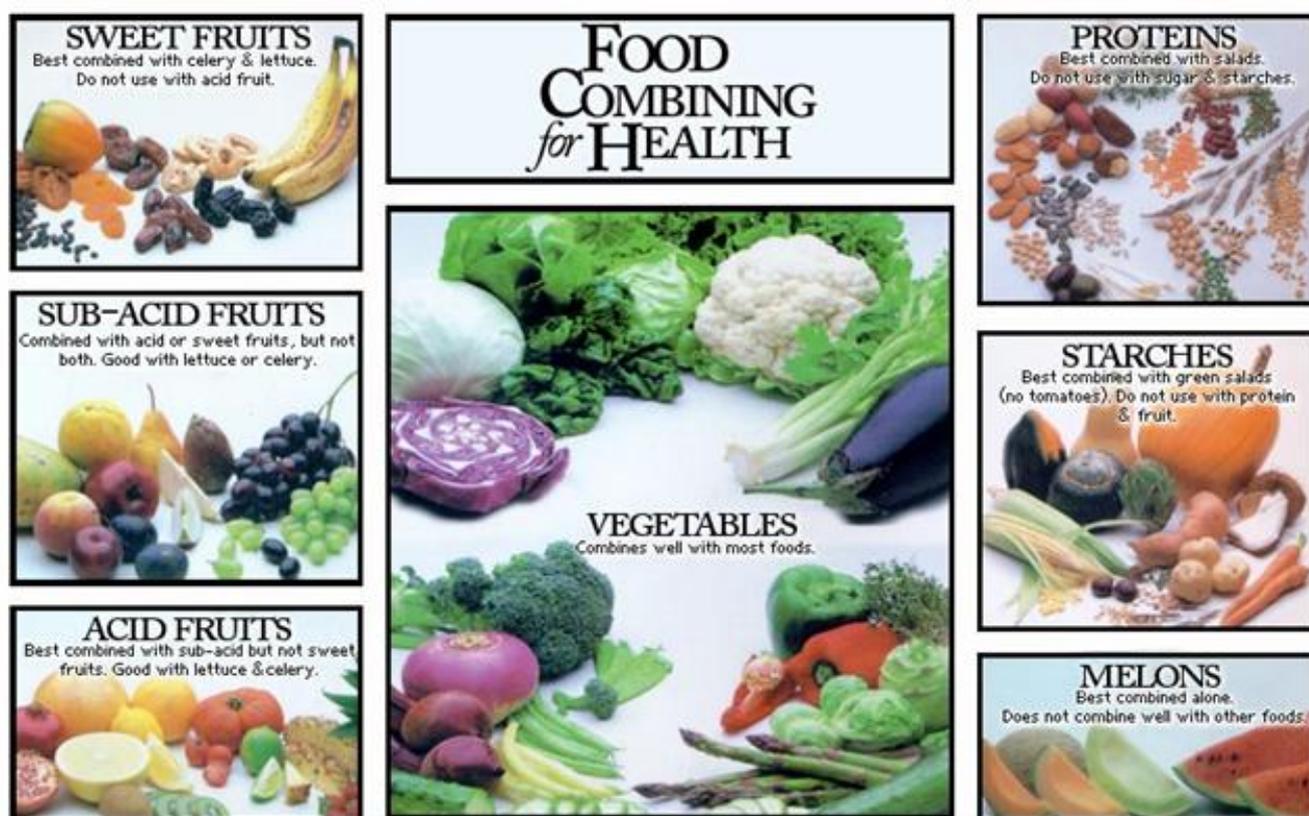
*source: ["Back To The House Of Health"](#) by Shelley Redford Young

FOOD COMBINING for DIGESTION

Although many foods are mucoid-forming (mucus) by themselves, trouble is greatly magnified when foods are improperly combined at meals. Poor food combination is a major cause of mucoid production as well as yeast and fungus (Y/F) overgrowth.

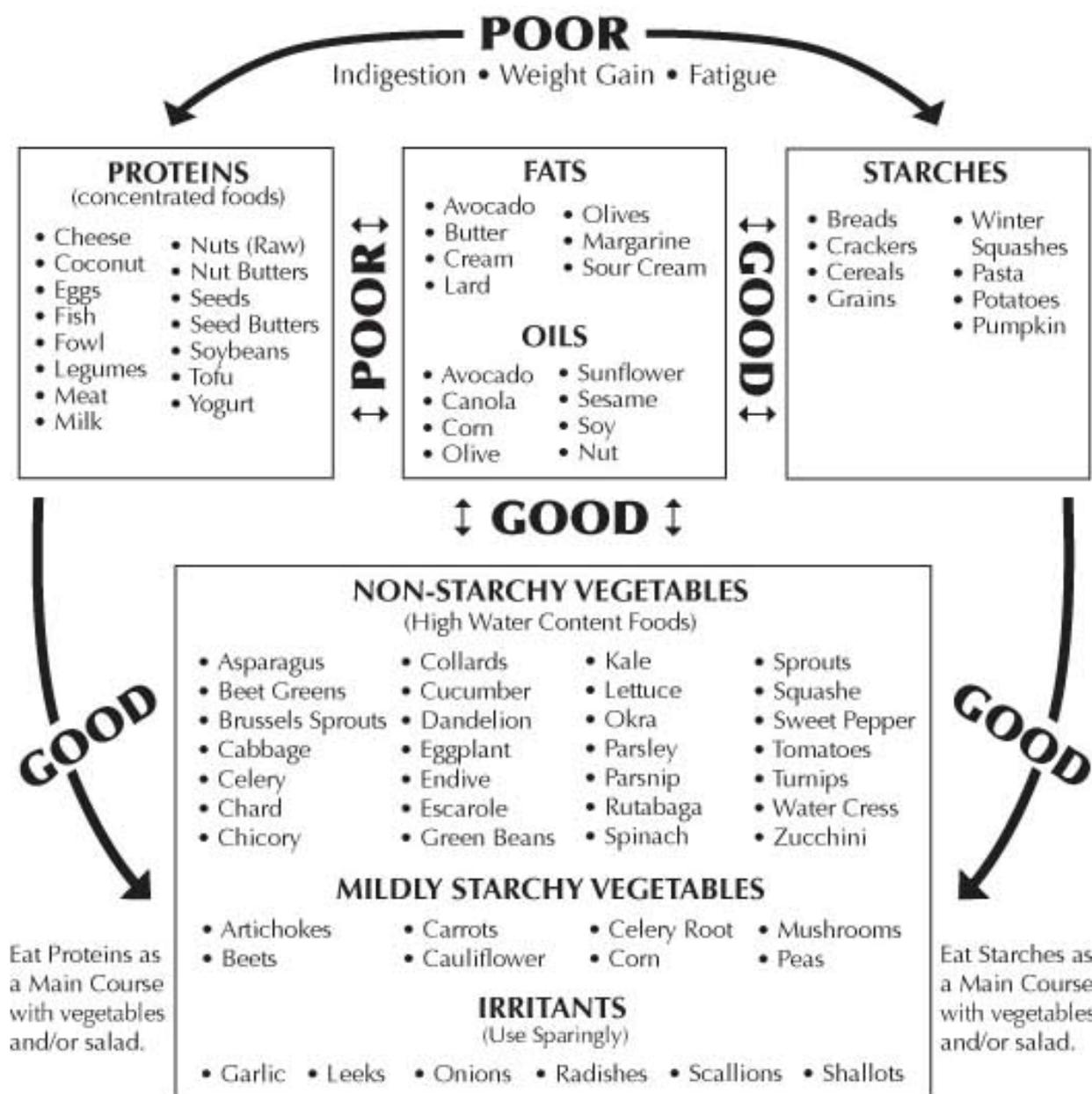
Protein digests in the stomach, requiring a highly acid environment. Starch on the other hand, is digested in the mouth and in the small intestine. In contrast to protein, it requires a mildly alkaline environment. It doesn't take much to imagine that these two foods are not intended to be eaten at the same time. One will interfere with the digestion of the other, causing incomplete digestion of both. (Examples: meat and potatoes, fish and chips, chicken and rice, burger and fries – all typical combinations of mainstream Western diet.)

Proper combining is good for everyone.



There are many food combining charts on the market, suggesting different points of view which can be very confusing and inaccurate. For example, they may say lemons, limes and tomatoes are acid-producing and should not be combined with starches or proteins. Another example would be that avocados are a protein fruit and should not be combined with starches or proteins. Both of these examples do not consider the fact that the first thing that ferments in any organised matter, once it has been disturbed by chewing, is the sugar. That is, the tiny intelligent indestructible beings (microzymas) that make up that

matter move from respiration to sugar metabolism as the matter breaks down (digests). Because lemons, limes, tomatoes and avocados are low-sugar / high-water content fruits, they produce very little acid residue and are highly alkalizing. The key to good digestion is not how we combine foods but how we choose foods to eat which are most like us: high water (70% or greater), naturally occurring oils (20% to 30%), low protein (5% to 7%), and even lower sugar (0.5% to 3%). Understanding that our bodies are a gelatinous (between a liquid and a solid) material in an ocean of water, we do not have to worry ourselves with food combining ideologies or charts when we are eating high-water / low-sugar content foods! This is important to understand, since the water and sugar content of each food we organise into a meal becomes the most important indicator for food combination, rather than whether the food is a vegetable, fruit or protein.



There are several fundamental rules in food combining that are very important and not understood by many savants (learned persons) and nutritionists. They include:

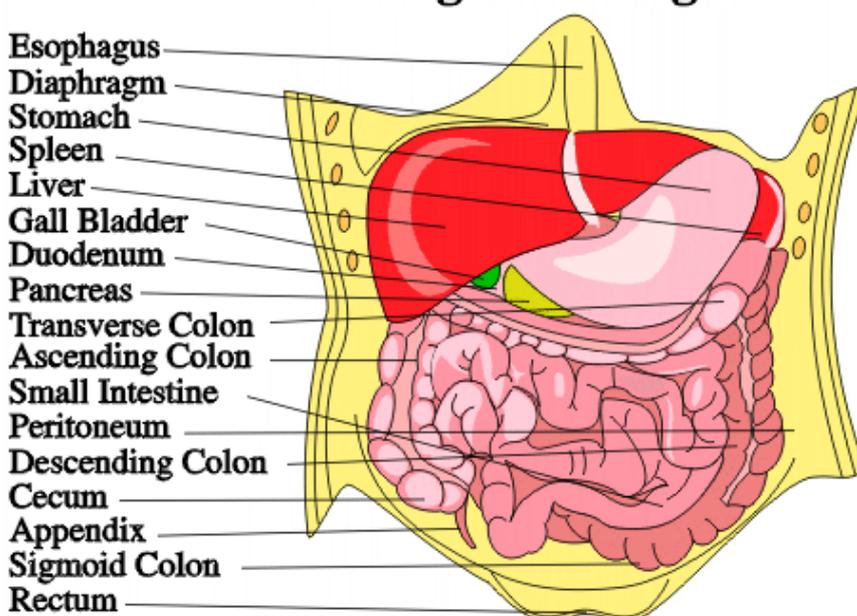
1. All high-sugar fruits are acid-forming and should not be combined with other types of foods or ingested in a state of imbalance; e.g., bananas (25% sugar), apples (15%), oranges (12%), mangoes (18%), pineapples (28%), strawberries (11%), cherries (12%), watermelon (9%), and honeydew (21%).
2. Low-sugar fruits are alkalizing and can be combined with vegetables or proteins, e.g., avocado (2% sugar), tomato (3%), lemon (3%), lime (3%), cantaloupe (5%), and non-sweet grapefruit (5%).
3. Low-sugar / high-water fruits and vegetables can be combined with each other or with proteins or starches.
4. If in a state of imbalance, go easy on the high-sugar vegetables, e.g., carrots (11% sugar), beets (13%), and high-sugar squash. Although carrot itself is an alkalizing vegetable, if taken in excess, as concentrated carrot juice, sugar content is too high. (Acids are produced by morbid fermentation of sugar.)
5. Cold-pressed, polyunsaturated fats (flax seed oil, borage oil, marine lipids, evening primrose oil), monounsaturated fats (olive oil, avocado), and saturated fats (avocado) can be combined with vegetables, some fruits (lemons, limes, tomatoes, avocados), starches and vegetable proteins.

The outline below covers the basics of how to combine foods.

The Basics of Combining

1. Eat low-sugar / high water vegetables or fruits with:
 - A. Plant or animal protein.
 - B. Starch.
 - C. Cold-pressed oils.
2. Don't eat animal protein (this does not apply to vegetable or fruit protein) with:
 - A. Starch. Animal protein digests in the stomach producing an acid medium (uric acid). When starch is combined with animal protein, the sugars in the

Abdominal Digestive Organs



starch create even more acid (acetic acid), leading to indigestion, heartburn and gas.

- B. **Acids.** The digestion of food is a process of fermentation which gives rise to waste products known as acids or ferments. High-sugar fruits (which are highly acid-producing) accompanying animal protein increase the production of ferments in the stomach, giving rise to indigestion, heartburn and gas. Exception: Seeds, nuts and avocado (excellent sources of food fat) can be combined with plant or animal protein, starches or high-sugar fruits.
- C. **Oils.** Cold-pressed oils are essential for the construction of cell membranes, the production of hormones, and the chelations of acids or ferments. They can be eaten liberally with vegetable meals. However, with animal protein, oils will slow down the fermentation process (due to their chelating effect on the acids produced), causing congestion (constipation), which when piled up with other foods, especially fruits and carbohydrates, will create morbid mass leading to acid reflux, heartburn and gas.

3. Don't eat starches (including starchy vegetables) with:

- A. **Animal protein.** Meat and potatoes is a perfect combination for indigestion.
- B. **Acids,** such as vinegar. (In fact never ever eat vinegar; it is poisonous.) Acids mask the presence of starch in the mouth and block the action of ptyalin, a necessary component of starch digestion in saliva.
- C. **High-sugar fruits.** High-sugar fruits like apples, oranges and banana create excess acidity in the blood and poison the immune system, shutting it down for up to five hours. When you add starches like potatoes, bread or pasta to the brew, you have sugar on top of sugar, or more acid on top of more acid, and the immune system is paralysed for even longer periods of time. Note: Avocado (low sugar / high-protein fruit) combines well with starches, e.g. grains, legumes, and starchy vegetables like yams.
- D. **Oil.** Oil slows digestion of starch due to its chelating effect on the acids produced as the starch (sugar) ferments. However, this is not a problem if you keep at least 80% of the rest of the meal high-water / low-sugar content (i.e., plenty of veggies).

4. Don't eat fruit with:+

- A. **Protein.** Obvious reasons. A fruit salad with a steak is a recipe for excess acid, leading to indigestion and gas. Exception: Fruit can be combined with avocado (low-sugar / protein fruit).
- B. **Starch.** It's a taste temptation, like a peanut butter and banana sandwich (except if you think about a lemon sandwich!), but just too much difference here in digestion time (fruit digests quickly), so the combination begs for fermentation. However, the main thing that makes this combination so tempting to begin with is added sugar (jam on toast, for example), and this makes the whole deal much worse.
- C. **Vegetables.** Fruits are cleansers, veggies are builders. Don't ask the body to do opposites simultaneously. Exception: tomato, avocado, lemon and lime combine with all veggies.
- D. **Oil.**

+Don't use fruit at all (except lemon, lime, raw tomato, avocado, and non-sweet grapefruit) until you are well, and then in moderation and in season.

5. Oils.

Combine best with vegetables and fresh veggie juices; combine poorly with fruits (except tomato, avocado, lemon and lime).

6. Melons

Eat melons alone, or not at all. Best to avoid them altogether, as they are very high in sugar, which means more acid. Also, like grapes and a few other sugary fruits, they can be high in mould. Once you are well and strong, an occasional treat is fine.

If you are seriously ill, or interested in following an ideal regimen, food combining is essential, as is the proper ratio of raw foods. Above all, don't discourage yourself by trying to change too much too quickly. Try taking smaller bites of food to enhance digestion through more chewing. The same principle holds for the protocol itself and the changes it suggests. Making gradual dietary changes is generally best for the body anyway. The exception to this might be when serious illness threatens your life or promises to inflict permanent damage. At such times, drastic system is not designed for complex meals. It's best not to mix more than four foods, or food from more than two classes. Use only one protein per meal. And when you start using complex starches, only one per meal also.

Be careful not to wash food down with beverages, especially cold ones, including cold water. Cold shuts down digestive activity as easily as it preserves food. Because water dilutes digestive chemicals, it should be drunk at least a half-hour before, or one hour after, a meal which includes animal protein. But if you are eating a low-sugar / high-water content vegetarian meal, feel free to drink with your meal. It is helpful to eat juicier food items (veggies / salads) first to pave the way for heavier items. A few sips of warm water after a meal can aid digestion.

Food Combining For Better Digestion The greatest benefits from foods and the most efficient digestion come from simple meals with minimal food combinations. Thus, the first principle of Food Combining is simplicity and compatibility in meal planning.

FAIR Fruits digest best when eaten by themselves as an entire meal. In general, fruits should not be eaten with other foods. If they are they will be detained in the stomach causing them to begin fermentation.

Sub-Acid Fruits (Apple, Apricot, Berries, Cherimoya, Cherry, Most Grapes, Mango, Nectarine, Peach, Pear, Plum)

Melons (Canary, Cantaloupe, Casaba, Christmas, Crenshaw, Honeydew, Muskmelon, Persian, Watermelon)

Acid Fruits (Grapefruit, Kiwi, Kumquat, Lemon, Lime, Orange, Pineapple, Pomegranate, Strawberry, Tomato)

Sweet Fruits (Bananas, Dates, Dried Fruits, Fresh Figs, Muscat Grapes, Thompson Grapes, Papaya, Persimmon, Sapote)

POOR Acid fruits delay the digestion of sweet fruits.

FAIR Alcohol, coffee, tea, vinegar, condiments (including salt), retard digestion considerably.

FAIR Avocados combine BEST with non-starchy vegetables. FAIR with acid fruits & starches. Avocados do not combine well with sweet fruits or proteins.

FAIR Acid Fruits & Nuts: Cheeses are OK, because the high fat content of nuts & cheeses acts like a separate meal from the Acid Fruits, by digesting more slowly.

FAIR Sugar & Protein Fruit & other sugars inhibit gastric juice delaying protein digestion.

POOR * Tomatoes May be combined with Low Starch vegetables and either avocados or nuts, and not with starches or proteins.

For further information: *Food Combining Simplified* by Dennis Nelson, Box 2302, Santa Cruz, CA 95083 © Sacred Wisdom Chart #13, Helion Publishing, P.O. Box 52838, Tulsa, OK 74152

QUESTIONS & ANSWERS

Do I really have to adhere to such a strict diet plan while taking the supplements?

While the products by themselves will help make a radical shift in your overall feeling of health, energy and vitality, it is also important to make a decision about the lifestyle you are committed to achieve in the process. You can take all the dietary supplements in the world, and if you are still eating French fries and chicken wings, your health will be affected. At the same time, this doesn't mean that you have to quit eating everything but vegetables and adhere to a strict diet of celery for the rest of your life. For the most part, common sense dictates the foods that are good for you and the foods that are not.

How much water should I drink each day?

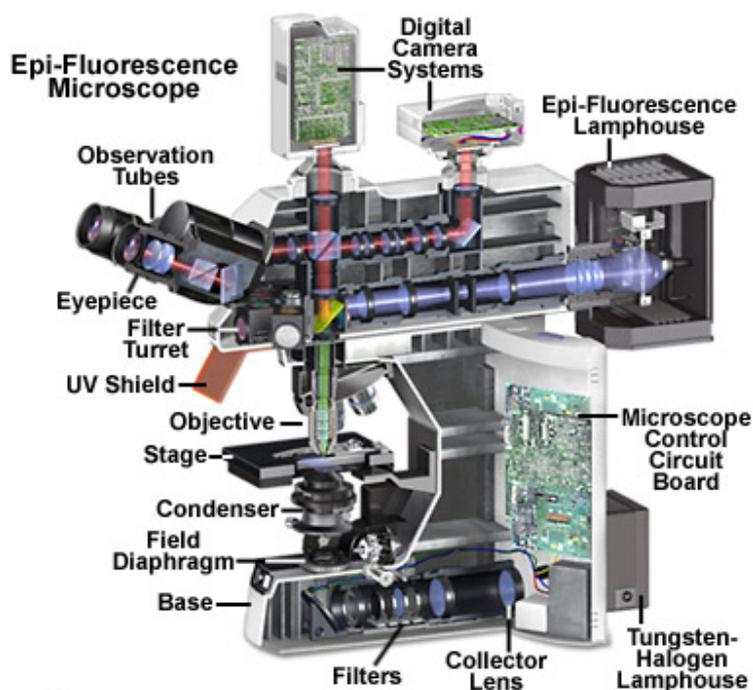
The body needs at least one gallon (3.7 litres) of water each day to stay properly hydrated. For larger or more active individuals, that amount should be increased accordingly.

Is it possible to be too alkaline?

Yes. When monitoring one's saliva, urine, etc. for pH levels, be sure to note the normal ranges for these bodily fluids. The normal range for saliva should be 6.8-7.2, urine 6.8-7.2, and arterial / capillary / venous blood 7.2-7.4. Some tissues and fluids in the body are normally alkaline, some acid. For example, the stomach and large intestine must be acidic to breakdown food. Blood pH is the best indicator of internal balance—it is slightly alkaline at about 7.3. However, as one becomes more acidic, the blood increases in alkalinity, a protective mechanism, retaining alkaline salts to offset the increase in tissue acidity. Therefore, if the blood is too alkaline, it is an indication of imbalance in the tissues, a serious problem of excess acidity.

How do I know if I am out of balance?

The body is fine-tuned. When out of balance it may respond with stomach upset and indigestion; confusion, anger, or irritability; food sensitivity and allergic reactions; recurrent infections; fatigue or depression, etc. Even external signs such as unexplained rash, acne, dark circles under eyes, cracked skin and nails, brittle hair, excess weight, etc. show that one's body is dealing with an imbalance. For example, the body produces fat to protect its vital organs from the damaging effects of acid. When one improves the diet with fresh, raw, alkaline foods, providing the nutrients essential to balance and strength, the body naturally repairs itself and comes into balance, achieving optimal weight on its own.



What is a Cleanse?

Cleansing is a holistic approach to allowing the body to heal itself, naturally. It helps to remove debris that has built up in the body and provide raw materials, or building blocks for repair. A seven to ten day cleanse is recommended when beginning the program to help one achieve the goals mentioned previously, as well as transition the body off of processed, sweetened, artificially flavoured foods to more whole, raw, natural foods. For more information, see our section on [Cleansing](#).

What can I expect during the Cleanse?

It is important to understand that during the Cleanse, one's blood is actually "dirtier" than when one began. This can result in feeling worse before one can feel better. Some so-called "detox" symptoms may occur, such as: nausea, dizziness, headache, fatigue, runny nose, etc. Some call these flu-like symptoms a "healing crisis." It's a good sign! Toxins are being expelled from the body through wastes, mucus, etc. Most importantly, one should hydrate, hydrate, hydrate to aid these toxins in leaving the body and allowing the repair that must take place to occur. Allow oneself to rest as the body requires. Limit normal activity for this period of time (i.e. exercise, sight-seeing, strenuous activity). Then, one will begin to feel lighter, clearer, energetic, and free of toxins (and other unwanted "guests") that steal one's vitality!

How should I change my diet to lose weight and feel more energy?

Follow these links for Shopping Lists, sample Menus, and Recipes. There's much more available in Dr. Robert Young's book, ["Sick and Tired?: Reclaim Your Inner Terrain"](#) as well as Shelley Redford Young's book, ["Back to the House of Health."](#) Click these links for more information on [diet](#), [sample recipes](#), and [shopping list](#).

I don't like the taste of the "greens." What can I do to improve taste, as I like the energy I feel when I take them?

If you have an acidic system, it is very possible that you will not care for the taste of the drink at first since it is alkaline. As you change your biochemistry to be more alkaline, you will actually crave the alkalinity in this drink and other fresh green foods, too. This is a natural response. Before you try to enhance the taste, make sure that you are taking the right dose.

We only recommend these options to change the flavour of the greens:

1. Add some fresh squeezed lemon to the drink.
2. Add the greens to a weak herbal tea.

It's best not to mix the greens with fruit juices, as there are sugars in the juice that will counteract the positive effects of the greens.

Finally, if you prefer, you can simply take the capsules instead of the powder. The powder is digested more quickly and thus, provides slightly more benefit. The capsules are a great option, however, if the taste is a factor while you are just getting started or when you are travelling.

Why do the colloidal products sometimes have a metallic flavour?

You may taste the mineral compounds in the product. Only take the recommended dose of each of the colloidal products *under* your tongue instead of *on* your tongue to minimize any adverse taste. You should not taste the product at all if it is administered in this manner.

How can I expect to feel physically? Are there any side effects?

This all depends on where you are starting out on a cleansing agenda. Some customers have reported that they have felt an increased energy level within as little as 4 hours of taking the products. Others have an initial opposite effect and feel poor for the first three days. Both of these situations are normal depending on the level of acidity within each individual. Since cells regenerate within 90 days, the products will be at maximum benefit at that time.

If you don't feel well for the first three days of taking the product, this may be normal as your body is beginning to cleanse itself from an accumulation of toxins that have taken years to build up. As your body starts to cleanse you may experience loose stools or diarrhoea and be going to the bathroom more than usual. This may be more pronounced when taking cleansing products. You should be more regular after a few days.

If you find that you are uncomfortable, you may reduce your dosage by half for the first three days as your body is adjusting. After the first few days of cleansing, most people begin to feel better – for many people, better than they've felt in years!

We recommend that you take the products as directed for two weeks. By that time you should be able to notice a change and increased vitality and energy level.

Should you have a specific medical condition or symptoms that concern you, we recommend that you consult with a licensed health professional.

Should I continue to take my prescription medication?

Always continue to take prescription medication unless your licensed health professional states otherwise. Ours and others supplement products are very effective but very gentle. The products were formulated so that they will not react with other medications but as with any medication prescribed for a medical condition, it is always best to first consult with your health professional.

How Can 'Acidic' Fruits Be Alkalizing?

It is often said that "acidic" fruits like lemons, limes and low sugar grapefruits are acidic and will acidify the fluids of the body. In fact, the citric, lactic, and other acids in such fruits exist primarily in their anionic form, especially as their Na⁺ and K⁺ salts (e.g., potassium citrate or calcium ascorbate).

Following absorption, these anions are metabolized to bicarbonate (HCO₃) and therefore will alkalize -- not acidify -- the blood and tissues. Alkalinization occurs even though the fruits pH in vitro is typically low (4 pH), because the free protons are more than offset by the generate bicarbonate -- electrons. For

example, a litre of diluted lemon juice (1 part lemon to 10 parts distilled water) with a pH of 4 has only 0.1 mmol (i.e., 10 to the minus 4 moles) of free protons. As long as the quality of organic anions exceeds this small number, which it does, a net alkalization will occur.

I hope this gives many of you clarity concerning the alkalization of low sugar fruits in vivo.

I am confused by some conflicting information in your website. In the Food Ash section it says that watermelon should be eaten only sparingly. However, in the W.O.M.A.N. section, it says that watermelon is an Extremely Alkaline Forming Food, and can even be used as a yearly fast. Which is it?

Almost all fruits contain natural simple sugars – some much more than others. Simple sugars are the first thing that yeast in your digestive system will ferment. Since excess simple sugars can cause an overgrowth of yeast, as well as increase the acid level of your body due to the fermentation process, you want to avoid fruit as much as possible. This is the reason watermelon is listed as something that should be eaten only sparingly. At the same time, watermelon is listed as an alkalizing fruit because it burns down to a nearly "neutral" ash, as opposed to an acidic ash as some other fruits do.

But, while watermelon has a high level of natural sugars, it is loaded with nutritional qualities. The nutritional content of watermelons are; in a cup of diced watermelon, 11 mg. Calcium, 16 mg. Phosphorus, 0.8 mg. Iron, 2 mg. Sodium, 160 mg. Potassium, 940 I.U. vitamin A, 11 mg. Vitamin C, 3.4 mcg. Folic acid, 17 mg. Magnesium, and 0.11 mg. Zinc. Watermelon also contains high concentrations of lycopene that may help reduce the risks of prostate cancer. It can be enormously helpful in the detoxification process. Watermelon is also a high-water-content fruit. These are typically the kinds of fruits you want to eat.

If you are a very ill person, you would generally want to stay away from ALL high-sugar content fruits. But, if you have a balanced system, and can handle a little simple sugar in your diet, then watermelon can be an excellent fruit to eat.

I agree that the two different information sources can seem a bit contradictory. I would say that the best answer depends on what your health status is at the moment.

Can you tell me where green tea places on your list of Alkaline and Acid-producing foods? I noticed black tea was high for acid production, but did not see green tea. Also, does it make any difference if the tea is decaffeinated?

Let me start by saying that ALL teas are acidic in nature. If you were going to become 100% alkalarian you would lay off all teas. But, since most of us need some form of "hot" drink we will consider that green tea is the most beneficial. Let me explain.

There are three types of tea, but just one plant. All teas are produced from the camellia sinensis plant. The three types are Green Tea, Black Tea, and Oolong.

Green Tea, popular in China and Japan is the least processed of the teas. After the tea leaves are picked, they are quickly steamed to prevent oxidation: which preserves the important antioxidants in the leaves.

Black Tea is the most processed of the three. It becomes "black" by a process of firing and oxidizing the leaves. This oxidation process can also be called "fermenting." During fermentation, enzymes oxidize the tea leaf and turn it brown just like a tree leaf in the fall changes colours from green to brown. This process is accelerated by increased heat and high humidity. As a result of these conditions the tea leaves become more "infested" with various types of fungus. And THAT is something you want to avoid in your diet. Also, the "firing" process, which dries the leaves, destroys the naturally occurring enzymes of the plant.

Green Tea, on the other hand, is steamed immediately after picking to prevent oxidation (fermenting). There are two benefits to this process. The first, is that more of the natural enzymes of the plant are left intact. Since the steaming process prevents oxidation, there is less chance for the formation of fungus and mould – benefit number two. Green Tea is definitely the better of the two choices.

Oolong tea is processed very similarly to black tea.

Concerning caffeine: All teas, even "decaffeinated", contain some traces of caffeine. Caffeine is a natural alkaloid (other common alkaloids are nicotine, heroine, morphine, and cocaine) which the plant uses for the storage of nitrogen. Caffeine can alter the way proteins function in the body, and the result can limit the effectiveness of proteins. Once a foreign alkaloid (i.e., caffeine) is introduced into the system in large quantities, the proteins in your body will "adapt" to the new foreign alkaloid. The proteins then become dependent on the new foreign alkaloid, instead of the normal alkaloids they require. This is the molecular basis of addiction. This dependency is what creates the craving for coffee and tea. Also, withdrawal symptoms arise because the newly adapted proteins cease to function correctly. Once you stop ingesting the foreign alkaloid, the proteins in your body will begin to re-adapt, and normalize. Proper supplementation can reduce the withdrawal symptoms, and speed up the process of "kicking the habit."

Is soda really all that bad?

Coca Cola and other Soda Pops have a pH of around 2.0 to 2.3. That makes sodas 100,000 times more acidic than water which generally has a pH of 7.0, which is neutral. Coca-Cola is also not the only soda that has phosphoric acid as the active ingredient! [Please see this amazing comparison of Water vs. Coke.](#)

I know that some mushrooms are very poisonous, but aren't there health benefits to eating certain mushrooms?

Another common name for mushroom is "toad stool", which originates from the German word *Todesstuhl*, which means "Death's Stool".

Although some people believe that certain mushrooms (e.g. white button, shiitake, and reishi) have beneficial properties, it would be completely irresponsible for us to eat them. The "so-called" benefits of some mushrooms would be the amounts of Zinc and Germanium found in certain species. Although I agree that these two minerals are beneficial to the human body, eating the poisonous delivery system for these minerals is ludicrous. There are plenty of other ways to get Zinc and Germanium without having to take the risk of mushroom poisoning. Even canned mushrooms that you buy everyday from the supermarket, although rare, can be toxic if they are canned improperly. Another point, most mushrooms that cause human poisoning cannot be made nontoxic by cooking, canning, freezing, or any other means of processing. Also, there is a mystique to certain mushrooms, having the "magical" properties of being

extremely beneficial to the human body. If you were to ask the 'experts' what those properties are, in medical terms, they have no clue. Why should they? There are NONE! Two things that most people don't realize (or want to) about eating mushrooms:

1. ALL mushrooms are poisonous by nature. The edible kind just have a smaller amounts of toxic poisons. The main poisons found in all mushrooms are: amanitin, orellanine, muscarine, ibotenic acid, muscimol, psilocybin, gyromitrin, and coprine. Kill yourself instantly, or slowly, over a period of time. The choice is yours.

2. Mushrooms are **FUNGI**. If you really enjoy the taste of fungus, may I suggest a cheaper way of getting it. Don't clean your shower for several weeks and simply scrape away the fungus that collects on your tub. Low cost fungus...yummy.

For a complete analysis of all mushrooms, their related poisons, and other information, please visit the FDA's comprehensive site concerning mushrooms at <http://vm.cfsan.fda.gov/~mow/chap40.html>.

If I don't drink milk, won't my bones break?

Dairy products offer a false sense of security to those concerned about osteoporosis. In countries where dairy products are not generally consumed, there is actually less osteoporosis than in the United States. Studies have shown little effect of dairy products on osteoporosis. The Harvard Nurses' Health Study followed 78,000 women for a 12-year period and found that milk did not protect against bone fractures. Indeed, those who drank three glasses of milk per day had more fractures than those who rarely drank milk.

There are many good sources of calcium. Kale, broccoli, and other green leafy vegetables contain calcium that is readily absorbed by the body. A recent report in the American Journal of Clinical Nutrition found that calcium absorbability was actually higher for kale than for milk, and concluded that "greens such as kale can be considered to be at least as good as milk in terms of their calcium absorbability." Beans are also rich in calcium. Fortified orange juice supplies large amounts of calcium in a palatable form.

For more information, visit our page entitled "[Got Milk?](#)"

If I don't eat meat where do I get my protein?

Some great sources for protein come from avocados, fresh almond milk and soy sprouts. All the greens contain proteins and is where all of the strongest animals in the world get their protein -- with their heads to the grass. Keep in mind that the body derives over 90% of its protein needs from cellular recycling.

If you need more information you can find it in the food combining section of Dr. Young's book, "[The pH Miracle](#)"

Why is Super Hydration so important?

It is important to understand that because of a gradually failing thirst sensation, our body becomes chronically and increasingly dehydrated, from an early adult age. With increase in age, the water content

of the cells of the body decreases, to the point that the ratio of the volume of body water that is inside the cells to that which is outside the cells changes from a 1.1 to almost 0.8. This is a very drastic change and causes one to lose their desire for hydration.

Since the water we drink provides for cell function and its volume requirements, the decrease in our daily water intake affects the efficiency of cell activity. Simply put, the cell is only as healthily as the fluids it is bathed in! It is the reason for the loss of water volume held inside the cells of the body which causes a reduction in the thirst sensation! As a result, chronic dehydration sets in which causes symptoms that equal disease when the variety of emergency signals of dehydration are not understood.

Keep in mind that when we are born our bodies are 90% water and 10% matter. As an aging adult the body begins losing water, dehydration sets in and hydration falls to about 70% water and 30% matter. Upon death the body is only 50% water! In reality we die of dehydration!

Just because someone does not perceive they are thirsty does not mean they are not thirsty. The body adjusts and goes into a masking phenomenon that leaves the body dehydrated.

The adult male or female is approximately 43 to 45 litres of water. These waters need to be filtered and eliminated and replenished daily. If they are not, the rivers, streams and oceans of our body become polluted with digestive, respiratory and metabolic acids. When these acids build up we experience the symptoms of dehydration, we call disease. Any and all disease is an expression of this dehydration and a compromise in the alkaline pH of our body fluids. Disease is not about the cells or tissues or organs, it is all about the hydration and the quality of the fluids of the body that surround the cells that make up our tissues and organs.

The key then to a long life is to maintain the integrity of the internal fluids of the body by a process of hydrating with alkaline fluids.

Is there a connection between body fluid pH and cancer?

"When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4. Thus the pH of saliva parallels the extra cellular fluid...pH test of saliva represents the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome... The pH of the non-deficient and healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively. Most children are dark blue, a pH of 7.5. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal." [The Calcium Factor: The Scientific Secret of Health and Youth](#), by Robert R. Barefoot and Carl J. Reich, M.D., Gilliland Printing Inc., Arkansas City, Kansas, 1996.

Just what the heck is a Water Ionizer?

The Water Ionizer has been developed following decades of research in water ionizer technology in Japan. Water Ionizers have been imported from Korea since the early 1990's, primarily from Jupiter International, the Water Ionizer leader in Korea. Today this sophisticated and approved machine is used extensively in medicine, industry and homes across the world. It is most commonly used by folks who are looking to reduce acidic toxic waste in the blood, tissues, and fluids of the body and to adhere to the more alkaline state required by most human metabolic processes.



Jupiter Melody JP104
([other Jupiter models](#))

Water ionization, or water electrolysis, is the method of producing a concentration of alkaline and acidic minerals – separating the oxygen and hydrogen found in water (H₂O). The alkaline water provides an antioxidant and electron rich medium for consumption, and the acidic water provides oxidizing water that works like an antibacterial and cleanser for external use.

A water ionizer sits neatly on your countertop or mounts to your wall. It hooks directly up to your faucet with a valve that allows you to alternate between running water through the ionizer or running water through your faucet. It is a flow through unit so your water is filtered and ionized instantly. There are no tanks to fill. The water travels through the [filter](#) and the ionizing chamber quickly, producing about 2.2 gallons of water per minute. To see exactly how an ionizer works, [click here](#).

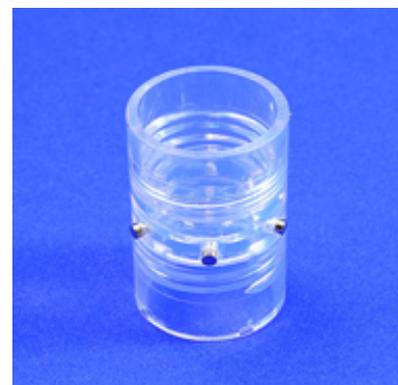
Because The Water Ionizer is a fairly new concept in the USA, and indeed most of the world, we feel that the only way to learn about our machine effectively is for people to try it for themselves.

Water Ionizers are different than other water purification methods

The first thing a water ionizer does to your input tap water is filter it using a combination of bacteriological and particulate control incorporating silver-activated charcoal, the most accepted and proven method on the market. Your water passes through an ultra-fine [Biostone Filter](#) which removes bacteria, inorganic chemicals, lead, organic chemicals, particulate, pesticides, trihalomethanes, volatile organic chemicals, detergents, asbestos, viruses, and pollen. What it DOESN'T filter out is soluble minerals. This means that the ionizer, unlike distillers or reverse osmosis devices, will leave in all of the [healthy](#) minerals your body requires to function properly.

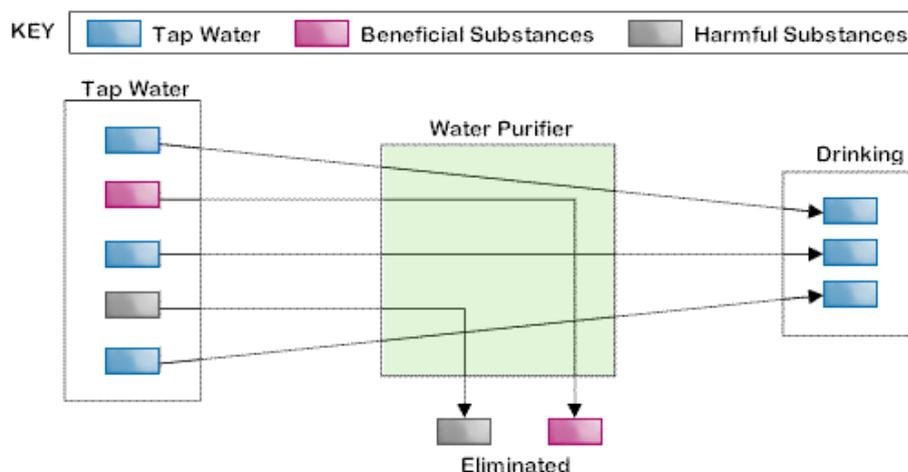


With the **Alkalizer** unit add a **venturi unit** as well as the **water vortex magnetizer**.



Reverse Osmosis Water or Distiller Purifier (avoid)

An RO system eliminates *most* total dissolved solids from the drinking water, while a distiller removes ALL substances. The disadvantage of this is that the resulting water will be both devoid of healthy minerals that your body requires and will be acidic (approx 5.2 – 6pH).

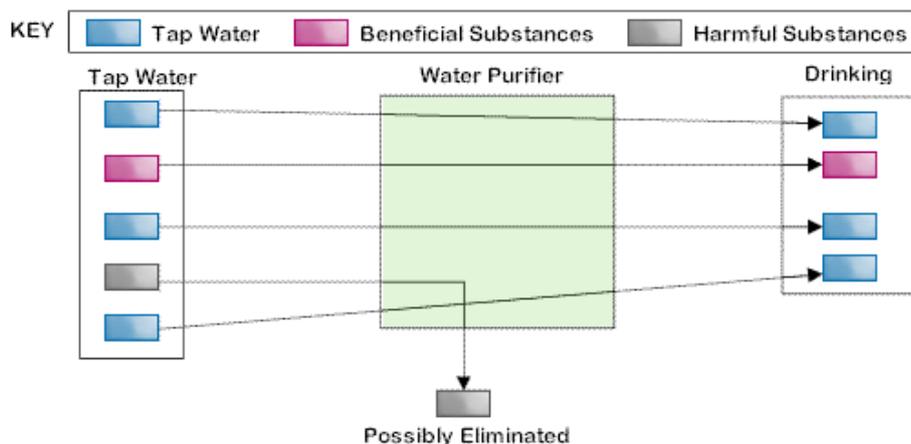


Drinking this type of water regularly can cause mineral depletion in the body, leading to disease. This water is intended for car batteries and irons, not for human consumption. The ideal water for the human body should be alkaline, and this requires the presence of minerals like calcium and magnesium.

For more information regarding the harmful use of RO and distilled water, [click here](#).

General Water Purifier

A general water filter, such as a Brita filter or undersink housing, is ideal for removing foul tastes and odours – such as chlorine. But harmful substances, such as detergents, parasites, volatile organic chemicals, and pesticides may not be eliminated altogether. Also, a general water purifier does not create water with more oxygen, nor does it create water with a healthy negative ORP ([Oxidation Reduction Potential](#)) which acts as a natural antioxidant.

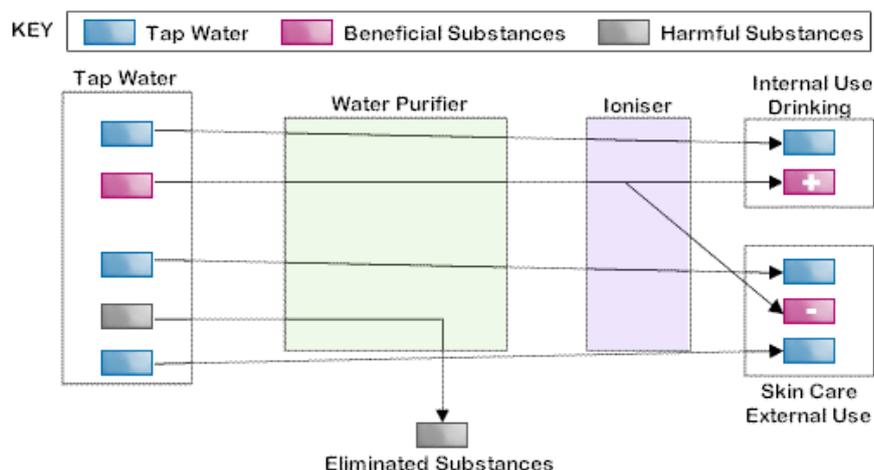


Alkaline / Acid Water Ionizer Purifier

A Water Ionizer, such as the [Jupiter line of ionizers](#), is both a water purifier and a creator of antioxidant alkaline water. It eliminates harmful substances from the incoming tap water through its [Biostone Filter](#), leaving in the beneficial minerals your body needs, and then sends the water through a special ionizing

chamber which separates the water into hydrogen ions and hydroxyl ions to form two very distinct types of water – the alkaline water is used for drinking (internal use) and the acidic water can be used for skin and hair care (external use). [The health benefits of drinking alkaline water](#) can be quite significant – helping the body to rid itself of acidifying toxic waste buildup.

For more information on how a water ionizer works, [click here](#).



Rejuvenation Through Ionized Water

by [Bob McCauley](#) from [The Watershed](#)

Ionized Water is a Powerful Antioxidant

Imagine having the ability to take normal tap water and turn it into an antioxidant with a NEGATIVE ORP (or charge), which retards the aging process. Put simply, a high or rising ORP causes oxidation and therefore aging. The negative ORP of Ionized Water literally retards the aging process by counteracting this rising ORP. Ionized Water essentially renews us at a cellular level. This is as close as we can ever hope to get to a Fountain of Youth, as incredible as that may sound.

For instance, real fresh squeezed orange juice has a negative ORP of -250. Although we can only drink a few glasses of fresh orange juice in a day, we can drink as much Ionized Water as we wish to a day. Many people drink as much two gallons of Ionized Water per day.

Ionized Water's other Antioxidant property which also provides the body with lots of oxygen

The other Antioxidant quality of Ionized Water is hydroxyl ions. These are oxygen molecules with an extra electron attached to them as are all antioxidants such as vitamins A, C and E. Hydroxyl ions scavenge for free radicals, which are unstable oxygen molecules that cause damage to us. Once the hydroxyl antioxidant and free radical have cancelled each other, the result is that the body is provided with lots of oxygen and therefore lots of energy. Oxygen is one of the most exhausted nutrients in our body because of our diet and the Earth's oxygen-depleted environment today. Oxygen destroys cancer cells as well as bacteria and viruses invading the body. It carries away acid waste from body tissue. It is vital to human health, perhaps our most important nutrient. A glass of strong Ionized Water first thing in the morning naturally helps you to wake up.

To get the full power of Negatively Charged, Antioxidant, Oxygen-Rich Ionized Water, it must be consumed fresh and strong, right out of the tap. Slow the water flow down on the Technos Water Ionizer and the glass you fill will have thousands of tiny bubbles in it. Those are hydroxyl ions, which is the antioxidant and the reason for the Negative ORP. This is because the ORP is the most fragile aspect of Ionized Water lasting only a maximum of 18-24 hours.

Ionized Water is very Alkaline

And helps balance the body's pH, which tends to be acidic because of our diet comprised of cooked foods, pasteurized or otherwise processed foods. Soft drinks are the most acid substance a person can put in their body. This acidic condition creates an ideal environment in our body for disease to thrive. For example, accumulated acid waste in the joints encourages inflammation and arthritis. Because it is very Alkaline, Ionized Water dissolves accumulated acid waste and returns the body to a balance. Keeping ourselves Alkaline is the first line of defence in fighting any disease.

Ionized Water is up to six times more hydrating than conventional water

Water is one of the most important element in the body, which is over 80% water. Ionized Water is fundamentally different from conventional water. This is because the size and shape of the water molecule cluster has reduced in size and changed in shape to hexagonal, which allows the water cluster to pass through our tissue more easily. One of the primary causes of disease is chronic cellular dehydration, a condition which leaves the body's cells in a perpetual state of weakness and defence. One of the major causes of chronic disease is not providing the body with sufficient water. We simply do not drink enough water (at least half our weight in ounces) to keep ourselves properly hydrated and therefore healthy.

Ionized Water is extremely detoxifying

This is also because of the reduced size and shape of the water molecule clusters. Once reduced, these water clusters pass through the body's tissue much easier and push out toxins and acid waste quite effectively. Water Ionizers have several levels of strength so people who are toxic can begin by drinking mild Ionized Water, slowly drinking it stronger as they acclimate to it.

Minerals that are ionized are more bio-available

Meaning that the body can absorb them much more efficiently and make use of them where they are needed throughout the body. Water soluble trace minerals of any kind can be added to your water source through the filter on the Technos Water Ionizer. Minerals are some of the most important nutrients the body needs, yet mineral deficiency is common. Ionized Water is an efficient and effective way for the body to get its minerals.

Ionized Water improves the taste of food

Ionized Water hydrates food better, helps bring out its flavour, lowers acid levels of any food including coffee, tea & juice. It ionizes the minerals in the food which helps make them bio-available.

Having Ionized Acid Water on hand is worth the price of a Water Ionizer

Ionized Acid Water is great for the skin

Applying Ionized Acid Water regularly works like an astringent to tighten the skin and remove wrinkles, however, there is NO chemical residue. It soothes and helps keep the skin clear of acne and other blemishes.

At its strongest level, Ionized Acid Water kills most bacteria on contact. It improves hair and skin conditions of any kind, including fungus, cuts, scraps, even serious wounds. It takes the itch out of mosquito bites, the sting out of other insect bites.

Ionized Acid Water has been used successfully in treating diabetic ulcers

This is a condition that develops in diabetics where a fester opens in the skin, usually in the legs or feet, which can result in amputation if not promptly treated. These ulcers can become very serious. However, soaking the ulcer in Ionized Acid Water has tremendous healing effects.

Ionized Acid Water promotes substantially healthier plant growth.



Fresh is Best!

Water Vortex Magnetizer

https://www.quantumbalancing.com/vortex_magnetizer.htm

Experiment with making your own "Structured Water" based on the vortex and implosion research of [Viktor Schauberger](#).

Great for energizing and imploding water for the Eagle Guardian and Eagle Pro Remedy Maker vials.

This is the "Original" structured water device that is used by "Joe Cell" and "Moe-Joe Cell" inventors to create highly energized water for their hydrogen cells.

Energize and structure water for homeopathic and isopathic remedy vials!

Our delightfully powerful Water Vortex Magnetizer is one of our most powerful and fun tools for research into creating your own energized and structured water. We use it for energizing our drinking water, energizing vial water for the Eagle Guardian and Eagle Pro Remedy Maker, and for our experiments with concentrating ORMUS in various water samples. One of our favourite uses is to put 1/4 teaspoon of Celtic Sea Salt and 1/4 teaspoon of Vitamin C Crystals in a small bottle (24 oz.) and implode them into a high energy drink.



Drinking good quality water is essential for maintaining good health. Dr. F. Batmanghelidj points out in his book "The body's many cries for water" that most people in this day and age are chronically dehydrated. People in general do not drink enough water. This in itself can cause or contribute to a multitude of diseases and ailments. So the first benefit is that energized water is much nicer, more pleasant and natural tasting. Therefore, people are more inclined to drink the 8 glasses of water per day, as recommended. One of the most common feed-backs from customers is that since getting the Water Vortex Magnetizer they are actually enjoying drinking water again. Many customers have reported an improvement in their existing condition, better quality of sleep, and more energy.

Theory: The Water Vortex Magnetizer utilizes Magnetohydrodynamics. By treating the water magnetically, this effects the ionization process. By reversing the polarity of the ions at the molecular level, it reduces surface tension and inhibits growth of bacteria. Even wine enthusiasts are now using magnetic collars to improve the taste of wines!



Vortex energy is at work everywhere and is the workhorse of the universe. The vortex is the bridge between the unseen and the seen and is the form of motion which steps up speed in space, gathers energy or potential together and combines that energy into matter or mass and crystallizes the design of its matrix which resides in the invisible background universe. Vortices guide life's processes by centripetally charging, feeding growth, and then centrifugally discharging it and bringing it back to non-motion or static existence. This centripetal and centrifugal motion has the ability to re-structure water by directly drawing energy from the universal matrix because the vortex movement is the only movement nature uses to produce its many wonderful effects.

In theory, the Water Vortex Magnetizer transfers its own natural vibrational imprint onto any water, including tap water. This means that any imprints from chemicals or toxins in the water may be erased, and the **new natural pattern** of vortex magnetic implosion energies are applied. The user's intention may also play a very powerful role in the re-patterning process. The Water Vortex Magnetizer is sold for research and experimental purposes only and no benefits or claims are stated or implied.

Magnets: Six ultra-powerful cylindrical neodymium magnets are aligned in a rapid field reversing array. The magnets are mounted in a hexagonal configuration based on sacred geometry's master secret, the "Vesica Pisces". We believe that the six powerful magnets combine with the vortex implosion energy to restructure the water into a more structured state. The shape of the Water Vortex Magnetizer spiral follows the harmonic spiral space curve.

Researchers are now discovering that imploding water at a high rate of speed through a rapidly reversing magnetic array may concentrate ORMUS, or M-State materials which are thought to be very beneficial and related to White Powder Gold. You can read more about on the Yahoo ORMUS Group located [HERE](#). David Hudson used the acronym ORME to refer to Orbitally Re-arranged Monoatomic Elements which he patented in 1989.

Instructions:

- A. Fill one bottle 2/3 full of water and set on table. Screw on the Water Vortex Magnetizer. Turn the second bottle upside down and screw into the top half of the Water Vortex Magnetizer.
- B. Invert both bottles and hold the bottom bottle with your left hand and spin the top bottle with your right hand **clockwise** a few times. This will create a nice vortex in the top bottle.
- C. Repeat step B two more times.
- D. You can also experiment by alternately rotating the bottle clockwise and then counter-clockwise which we believe may erase any negative imprints in the water structure.
- E. We are often asked, which water bottles work best? Almost any standard water bottle works just fine, however, we have found that the brand "SmartWater" by Glaceau (www.glaceau.com) is ideal in shape and thread pattern to produce a perfect water vortex. SmartWater bottles come in several sizes and we prefer the 750 mL. SmartWater is available at many natural food stores including Whole Foods. Plastic bottles work better than glass because they form a better seal.



Eat the Colors of the Rainbow

The Dangers Of Distilled And Reverse Osmosis (RO) Water

There are some folks out there who believe that it is safe to drink distilled and reverse osmosis water, claiming there are no potential health risks – although there is never any supporting data associated with these claims, only to the contrary. These same few folks also claim that distilled water has a neutral pH... even though any idiot with litmus paper or a pH meter can see the pH is usually between 5.2 – 6 pH, and drops lower as it sits exposed to open air. Why then would anyone with any reputation at all (or, half a brain) say that it is safe to drink distilled and R.O. water, even though basic chemistry tells us differently? "Alternative agenda", is what I like to call it. You'll notice that most of these supporters of distillers and R.O. systems usually have some government or alternate agenda – the government wants you to stay sick to keep the disease-mongering health system afloat... so why would they want you to avoid the potentially hazardous effects of drinking unnatural water that does not exist anywhere on the planet? Simple... greed.



[Get your FREE Alkaline Ionized Water DVD](#)

If you want to do a cleanse for a week or two, and want to drink distilled water to help you out with that... fine. Do not drink distilled or R.O. water for any length of time – unless, of course, you enjoy arthritis, bursitis and gout.

The following two articles are the most popular on the internet describing the damaging effects of drinking distilled and R.O. water. They are for educational purposes only (what other purpose is there for words on a page, other than educational?).

Early Death Comes From Drinking Distilled Water

by [Zoltan P. Rona MD MSc](#)



During nearly 19 years of clinical practice I have had the opportunity to observe the health effects of drinking different types of water. Most of you would agree that drinking unfiltered tap water could be hazardous to your health because of things like parasites, chlorine, fluoride and dioxins.

Many health fanatics, however, are often surprised to hear me say that drinking distilled water on a regular, daily basis is potentially dangerous.

Paavo Airola wrote about the dangers of distilled water in the 1970's when it first became a fad with the health food crowd.

Distillation is the process in which water is boiled, evaporated and the vapour condensed. Distilled water is free of dissolved minerals and, because of this, has the special property of being able to actively absorb toxic substances from the body and eliminate them.

Studies validate the benefits of drinking distilled water when one is seeking to cleanse or detoxify the system for short periods of time (a few weeks at a time).

Fasting using distilled water can be dangerous because of the rapid loss of electrolytes (sodium, potassium, chloride) and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure. Cooking foods in distilled water pulls the minerals out of them and lowers their nutrient value.

Distilled water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic. The more distilled water a person drinks, the higher the body acidity becomes.

According to the US Environmental Protection Agency, "Distilled water, being essentially mineral-free, is very aggressive, in that it tends to dissolve substances with which it is in contact.

Notably, carbon dioxide from the air is rapidly absorbed, making the water acidic and even more aggressive. Many metals are dissolved by distilled water."

The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from distilled water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium and other trace minerals into the urine.

The more mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging.

A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging and disease is the direct result of the accumulation of acid waste products in the body.

There is a great deal of scientific documentation that supports such a theory. A poor diet may be partially to blame for the waste accumulation. Meats, sugar, white flour products, fried foods, soft drinks, processed foods, alcohol, dairy products and other junk foods cause the body to become more acidic. Stress, whether mental or physical can lead to acid deposits in the body.

There is a correlation between the consumption of soft water (distilled water is extremely soft) and the incidence of cardiovascular disease. Cells, tissues and organs do not like to be dipped in acid and will do anything to buffer this acidity including the removal of minerals from the skeleton and the manufacture of bicarbonate in the blood.

The longer one drinks distilled water, the more likely the development of mineral deficiencies and an acid state. I have done well over 3,000 mineral evaluations using a combination of blood, urine and hair tests in my practice. Almost without exception, people who consume distilled water exclusively, eventually develop multiple mineral deficiencies.

Those who supplement their distilled water intake with trace minerals are not as deficient but still not as adequately nourished in minerals as their non-distilled water drinking counterparts even after several years of mineral supplementation.

The ideal water for the human body should be alkaline and this requires the presence of minerals like calcium and magnesium.

Distilled water tends to be acidic and can only be recommended as a way of drawing poisons out of the body. Once this is accomplished, the continued drinking of distilled water is a bad idea.

... Disease and early death is more likely to be seen with the long term drinking of distilled water. Avoid it except in special circumstances.

REFERENCES

- Airola, P. 1974. How To Get Well. Phoenix, AZ: Health Plus Publishers.
 Baroody, Dr. Theodore A. Jr. Alkalinize or Die. California: Portal Books, 1995.
 Haas, Elson M. Staying Healthy with Nutrition. The Complete Guide to Diet & Nutritional Medicine. Berkeley, California: Celestial Arts, 1992: p. 22.
 Rona, Zoltan P. and Martin, Jeanne Marie. Return to the Joy of Health, Vancouver: Alive Books, 1995.
 Rona, Zoltan P. Childhood Illness and The Allergy Connection. Rocklin, California: Prima Books, 1996.

Distilled Water and RO Filtered Water

by [Sang Whang](#)



Water is a strong solvent; therefore, it carries many invisible substances: minerals, oxygen, nutrients, waste products, pollutants, etc. Pure water without any substance is as un-natural as a pocket of vacuum within a normal atmosphere. A pocket of vacuum will suck in any and everything around it until the pressure becomes equal to the surrounding.

Likewise, pure water will leach out any and every substance that it can dissolve from the substances that it comes into contact with, until its content is homogeneous with its surrounding or the water is saturated with substances so that it can no longer dissolve anymore substances.

Since the creation of this planet, rainwater has been washing down minerals from the mountains into the ocean. Ocean water has been saturated for a long time with specific minerals, yet rivers continue to carry down the minerals. The result is that at the bottom of the ocean there are tons of mineral deposits precipitated. If we knew how to recover the minerals from the bottom of the ocean, we would be very rich.

Distilled water and RO (reverse osmosis) filtered water contain no minerals, simulating close to pure water. This pure water should be neutral with a pH value of 7. However, it measures acid pH! The reason for this phenomenon is that pure water sucks in carbon dioxides from the atmosphere. Although it measures acid pH, there are no acid minerals in that water. If pure water is stored in plastic bottle, the water smells plastic.

For this reason, distilled water or RO filtered water should be stored in glass bottles or special plastic bottles that can block carbon dioxide penetration. Coca Cola was bottled originally in glass bottles only. Then came the plastic bottle and it lost the fizzles. Then better plastic bottles came out that didn't lose carbon dioxides; still plastic-bottled Coca Cola has to have expiration dates. Carbon dioxides penetrate through plastics, making pure water acidic.

In the 1980s and 1990s, the health food industry recommended that people eat certain types of healthy food and exclude other types of unhealthy food. Initially, people noticed a marked improvement of their health. However, staying with this healthy diet for several years, people suffered from nutritional deficiency syndrome, which the health food industry concluded as a sickness caused by pollutants in the drinking water. The health food industry began to sell distillers and RO filters to protect people. To me, this is a case of arriving at an erroneous conclusion because they totally misunderstood the facts.

In the 1950s distilled water was sold in drug stores with the label "Not for drinking!" Distilled water was used to fill car batteries and steam irons. Distilled water is not healthy because it will leach out valuable alkaline minerals from our body. However, I realize that I cannot change some people's mind. I am often asked if it is OK to add AlkaLife™ to distilled water. I wish people would not drink distilled water; however, if one must drink distilled water, it is better to add an pH booster product, like [AlkaLife™](#).

The question is how many drops of [AlkaLife™](#) to add to distilled water. For a glass of ordinary drinking water, I recommend two drops and typically, the pH value increases from 7.5 to 10. However, two drops of [AlkaLife™](#) in distilled water does not bring the pH value up to an alkaline value. Sometimes, one may have to put more than 10 drops to make distilled water alkaline. This is caused by the presence of carbonic acid in "pure" water, so, how many drops should one put in? My answer is 2 drops.

In two drops of [AlkaLife™](#), the number of hydroxyl ions (OH⁻) is 1 followed by 20 to 21 zeros, and they are mated with potassium and sodium. In the presence of carbonic acids ($H_2O + CO_2 = H_2CO_3 = H^+ + HCO_3^-$) the hydroxyl ions combines with H⁺ ions ($H^+ + OH^- = H_2O$) and potassium⁺ and sodium⁺ ions combine with HCO₃⁻ ions and become potassium bicarbonate (KHCO₃) and sodium bicarbonate (NaHCO₃) which are alkaline buffer. When CO₂ are removed from these bicarbonates by the lungs, the original KOH and NaOH in [AlkaLife™](#) are restored. When we are dealing with carbon dioxides, the pH value can be confusing. What is important is the number of OH⁻ ions in the water that will neutralize H⁺ ions in the body acid. For this reason I recommend 2 drops of [AlkaLife™](#) in a glass of distilled or RO filtered water and ignore the pH value.

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

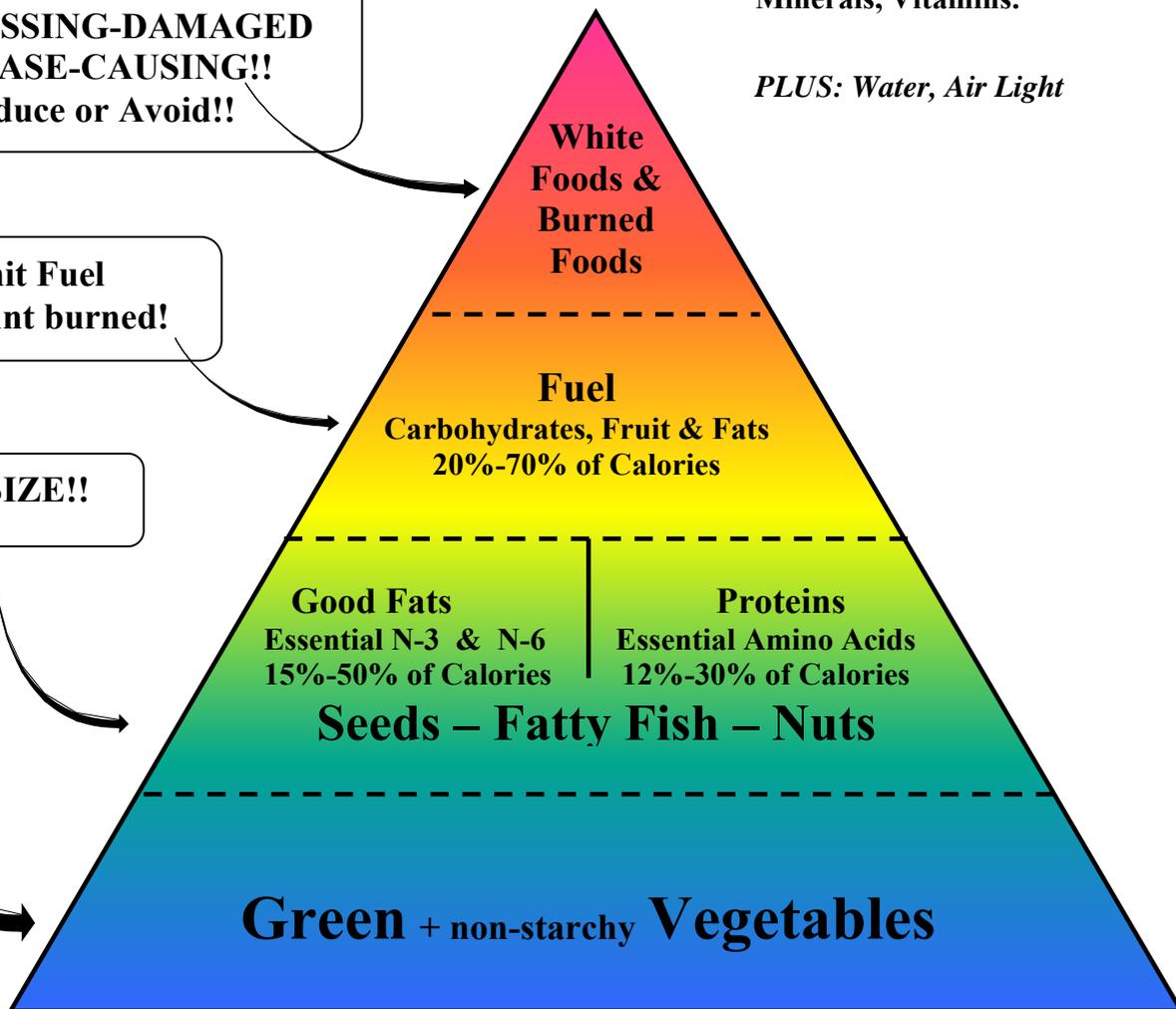
**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**Limit Fuel
to amount burned!**

EMPHASIZE!!

**SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.**

PLUS: Water, Air Light



Udo's Choice™ Food Pyramid
Illustrates health food choices as forming the base or bottom.
As you proceed higher on the pyramid, you encounter foods that present
more of an obstacle to digestion and metabolism.

**Udo Erasmus CHOICE FOOD PYRAMID:
People with Degenerative Conditions**

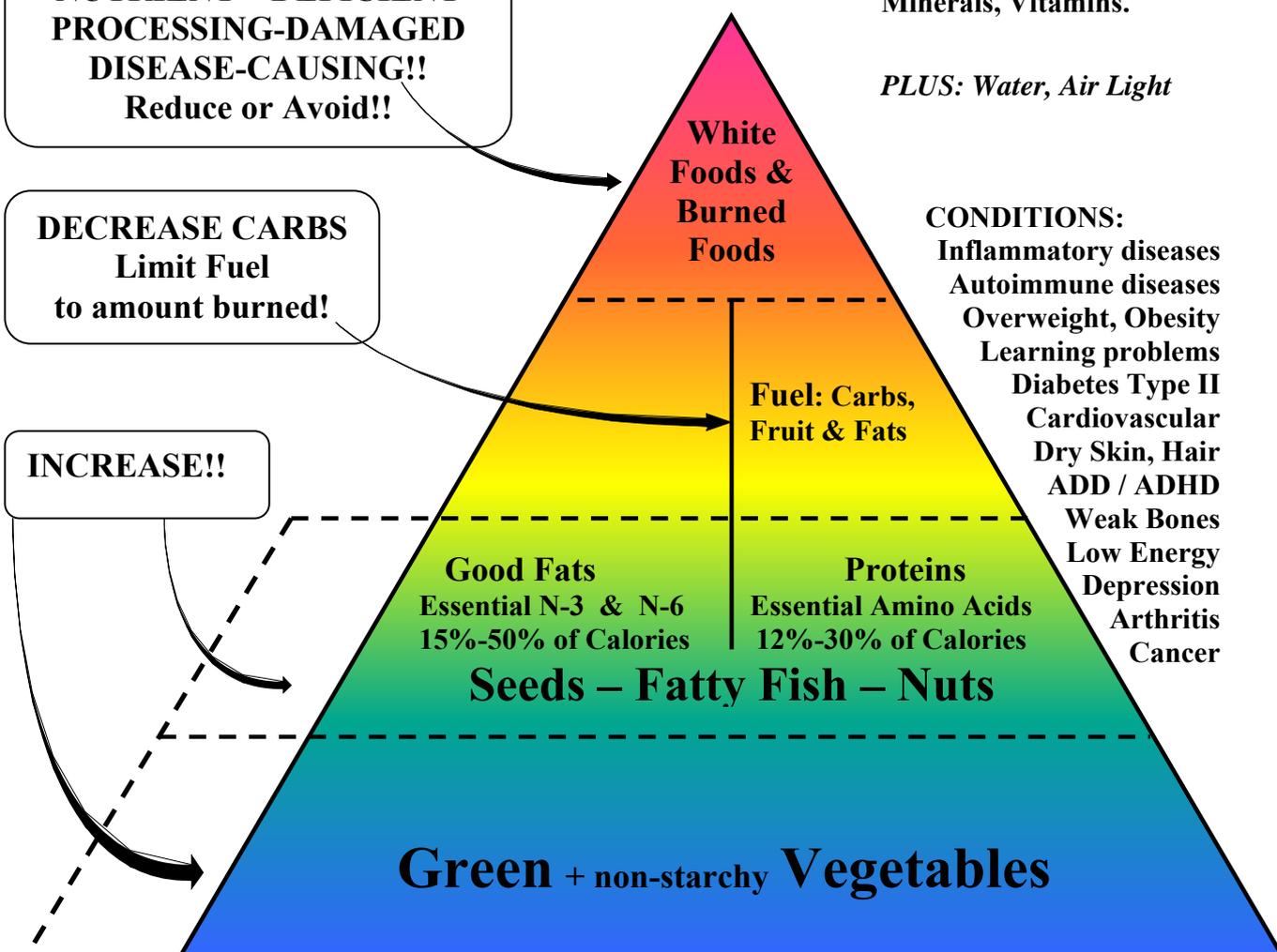
**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**DECREASE CARBS
Limit Fuel
to amount burned!**

INCREASE!!

**SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.**

PLUS: Water, Air Light



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!

**Udo Erasmus CHOICE FOOD PYRAMID:
ACTIVE PEOPLE**

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

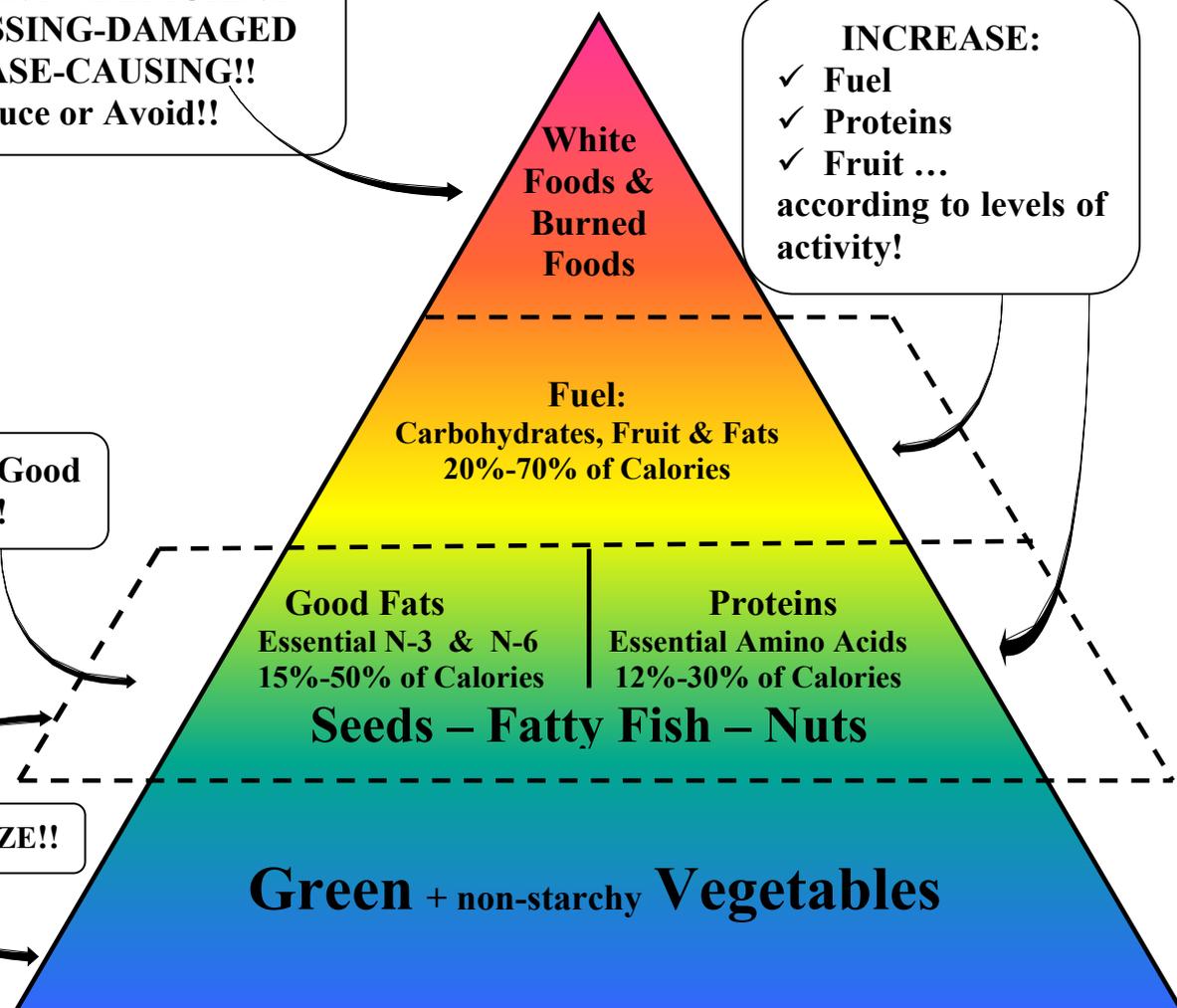
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

INCREASE:
✓ Fuel
✓ Proteins
✓ Fruit ...
according to levels of
activity!

**Increase Good
Fats!**

EMPHASIZE!!



Udo's Choice Food Pyramid for Active People increases two food categories – FUELS for performance, and good fats and protein to build and reconstitute tissues.

Fuels which include complex carbohydrates, essential fats and other fats, can be increased along with fruit. As always with FUEL FOODS, eat only what you burn. Proteins must be increased for rebuilding tissue. As always, avoid "white foods" and foods rendered toxic by processing or overheating!

SHOWER of POWER

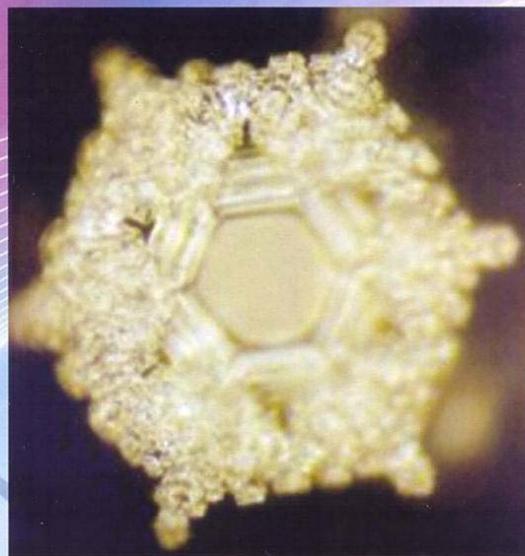
I am Loving
 I am Beautiful
 I am Kind
 I am Joyful
 I am Expansive

I am Magnetic
 I am Creative
 I am Receptive
 I am Original
 I am Inspiring

I am Abundant
 I am Grateful
 I am Magical
 I am Appreciative
 I am Valuable

I am Happy
 I am Healthy
 I am Wealthy
 I am Wise
 I am Free

I am Right Here
 I am at Peace
 I am Fulfilled
 I am Complete
 I am SOURCE



Love plus Gratitude



Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
Free your feelings from your mind's control
Live true to your feelings; your feelings are your true self
Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
BAD feelings.
Want to understand why you're feeling them.
Use your surface feelings to take you deeper into your repressed and
hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.
It embraces all people.
It completely unifies the world.
Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

Feelings *first*

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

