

pH Balancing



Presented to: Sheboygan Natural Health Class

By:

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What we will Discover . . .

- What is pH Balancing & why it is important
- Dr. Robert Young & Wife, Shelly
- Biggest Rivals EVER in Scientific History & how they have affected Health Science
- What does pH mean?
- Live- Blood Analysis
- Acidic vs. Alkaline Diet & Lifestyle
- Urine & Saliva Testing for pH
- What to Eat & Not Eat
- C.O.W.S.
- Supplements & Recipes

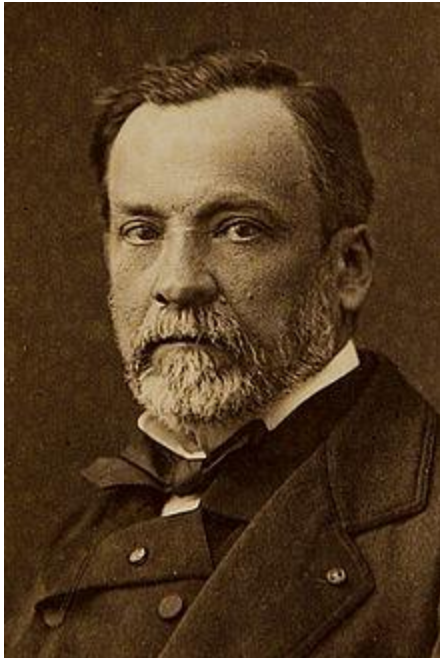
pH Balancing

- Alkalinity vs. Acidity- the Key to Good Health
- Alkalarian Lifestyle- Dr. Robert Young, author of The pH Miracle- Balance Your Diet, Reclaim Your Health
- <http://www.phmiracleliving.com>
- Single most important factor for health is: *Maintaining the Proper/Sensitive pH of the Blood, Tissues, Urine, and Saliva*



The New Biology . . .

- First- A Little History
- Unknown information that changed the course of history and ultimately, our health and the way “health care” is practiced today.

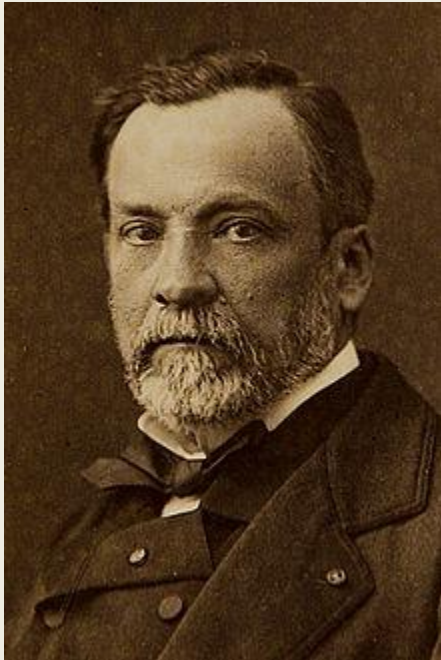


Who
are
these
2 men?



Two Giants- One Revered, The Other- Totally Unknown- Biggest Rivals in Science

Louis Pasteur



1822-1895, died
at age 73

Prof. Antoine Bechamp



1816-1908, died
at age 92



The Germ Theory Is Wrong!

Louis Pasteur

- Was a plagiarist, scoundrel, mediocre chemist, & self-promoter with no medical training
- Believed in Monomorphism- 'germs' didn't change form or function- stayed constant
- Believed blood was not alive- sterile and constant
- Developed Vaccinations and how to make money on them

Prof. Antoine Bechamp

- Noted and Brilliant M.D., Professor, Scientist, & Biologist
- Developed Theory of Microzymas- "Tiniest form of Life"
- Believed in Pleomorphism- Microzymas change into bacteria, yeast, fungus and mold when conditions are bad. Devolve back again.
- Believed- Blood is alive, a flowing tissue, ever changing
- Didn't believe in Vaccinations

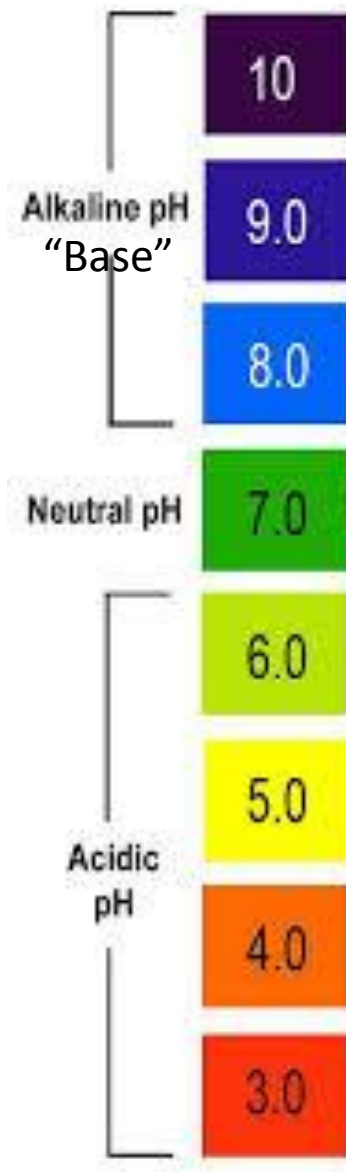
pH = “Potential of Hydrogen” = Concentration of Hydrogen Ions (Positively Charged Molecules) in a substance or solution

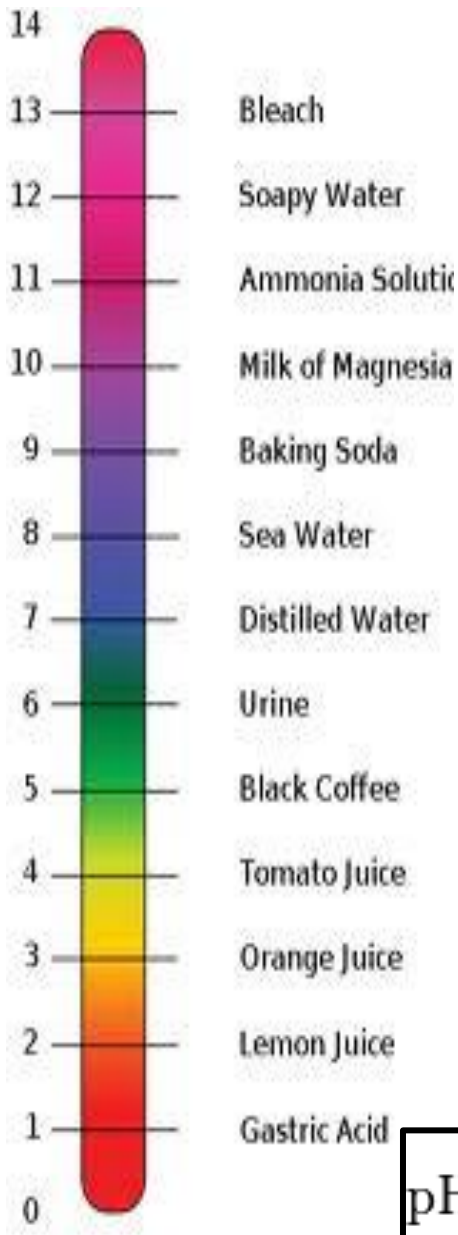
Logarithmic Scale of 0-14

Each number represents a 10 fold difference between the number above or below it.

In body- takes 20 X's as much Base to cancel out Acid!

Blood pH= 7.365- maintained tightly like 98.6 degrees for body temp.



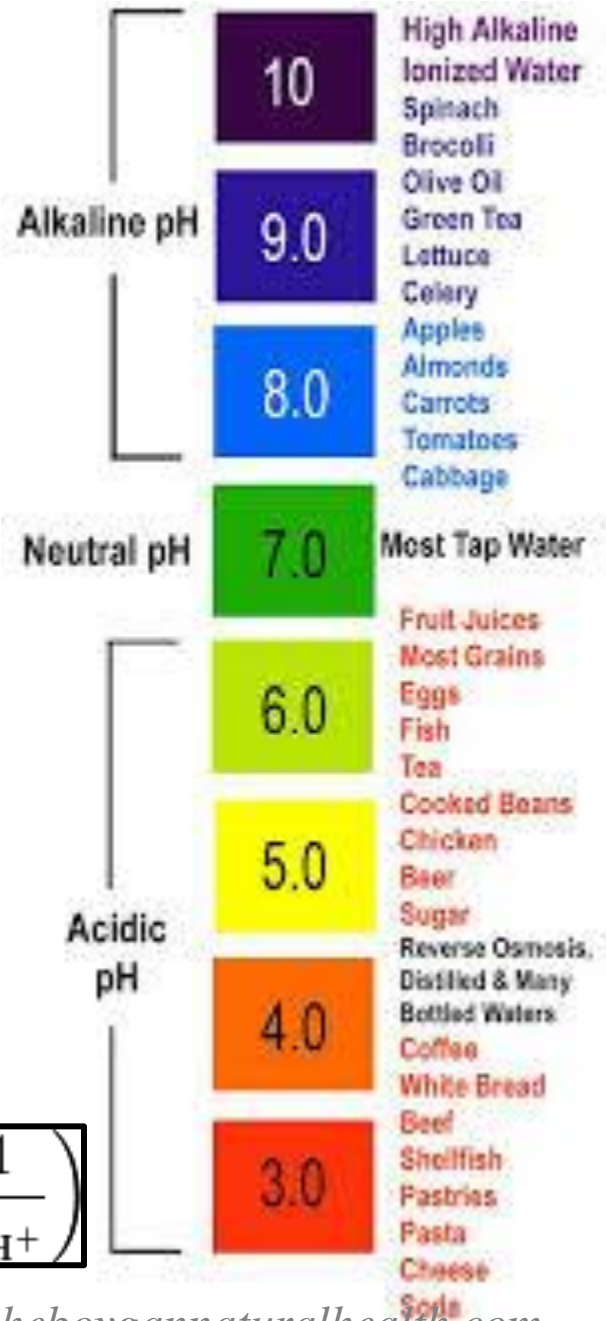


pH Scale- Hydrogen Ions
 0-7 = Acidic
 7 = Neutral
 7-14 = Alkaline

pH
 pH is defined as the decimal logarithm of the reciprocal of the hydrogen ion activity, a_{H^+} , in a solution.

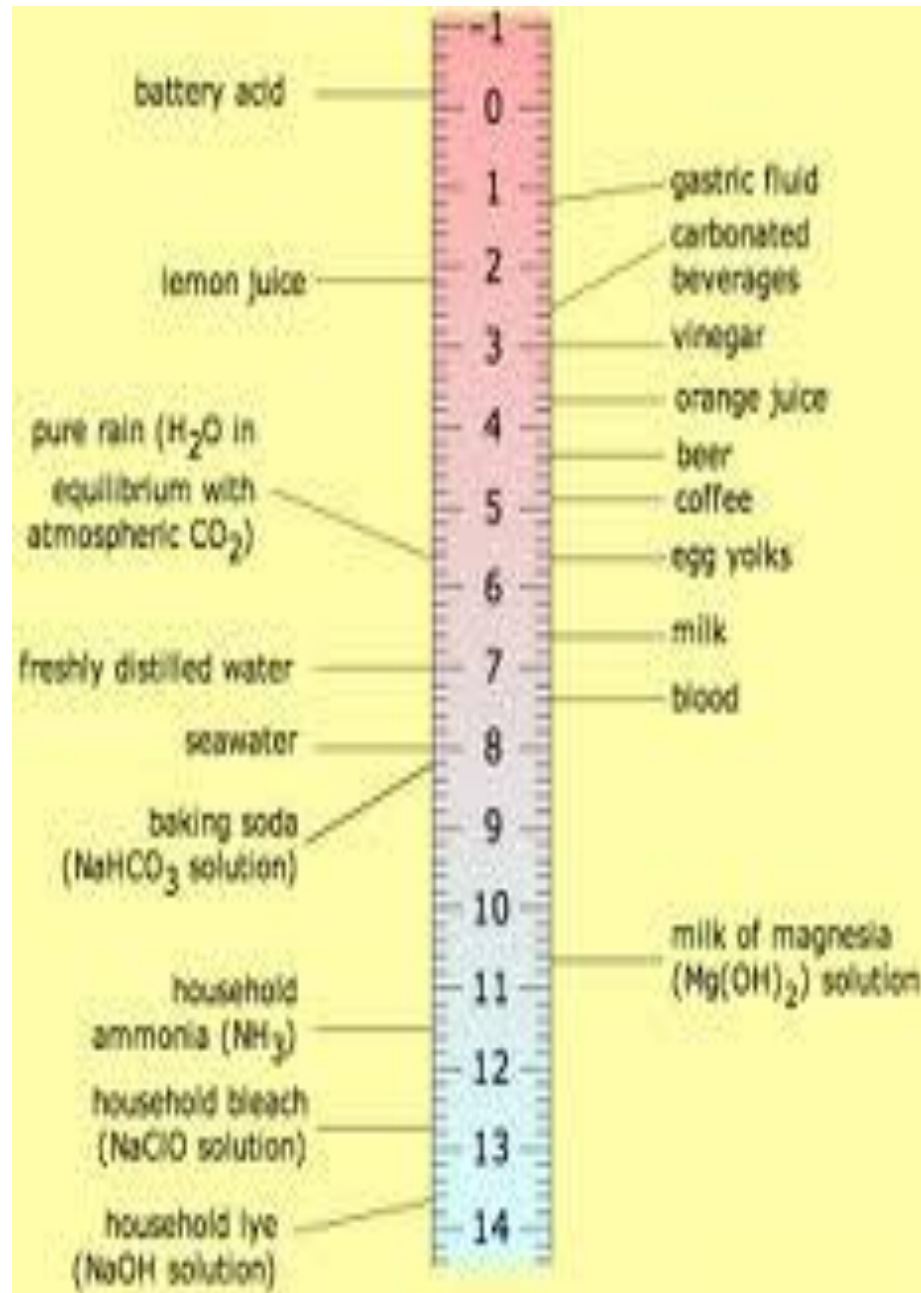
Formula:

$$pH = -\log_{10}(a_{H^+}) = \log_{10}\left(\frac{1}{a_{H^+}}\right)$$



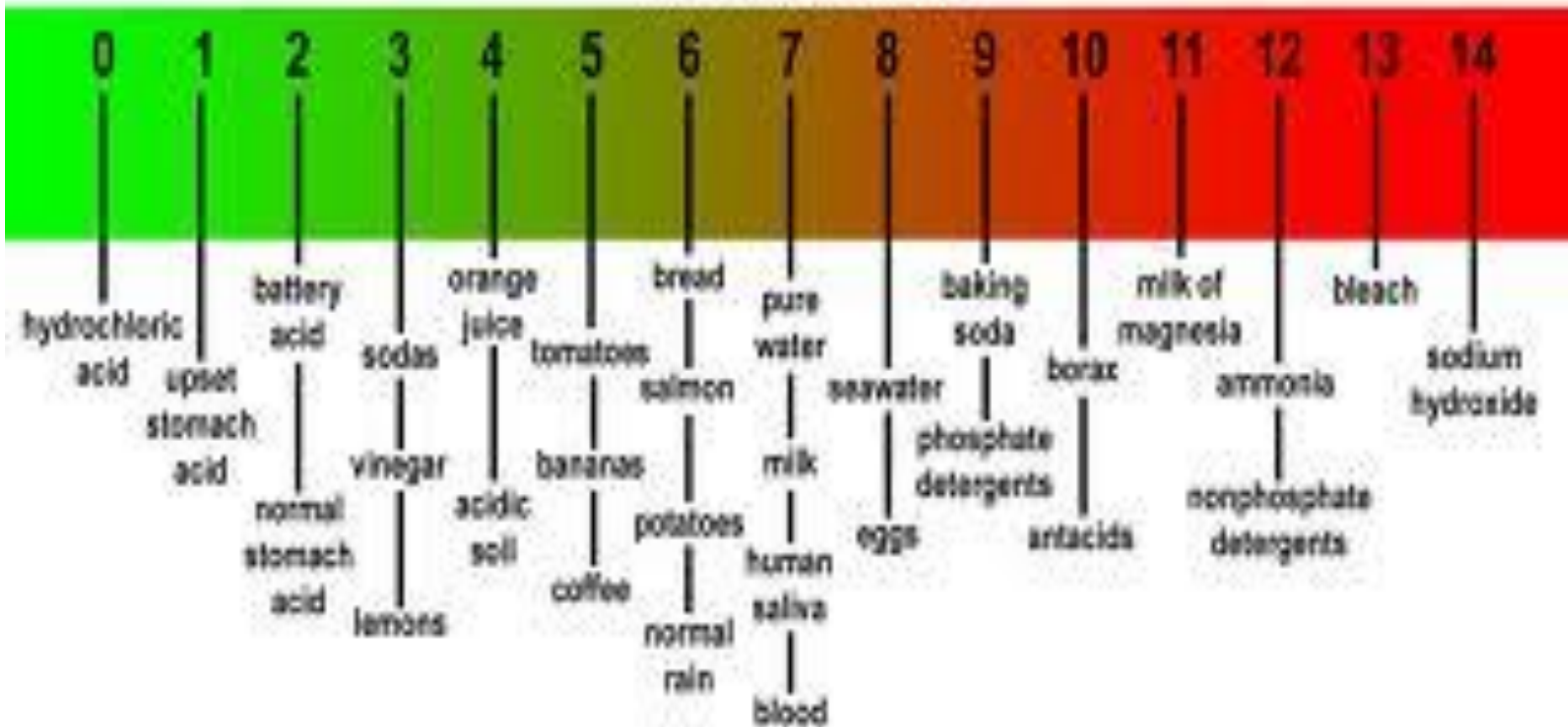
pH Scale

cont'd



pH scale*

*approximate pH numbers



Certified Live Blood Technicians

Wisconsin



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<http://www.youtube.com/watch?v=S3oleKrSCwc> Live Blood Analysis Demonstration

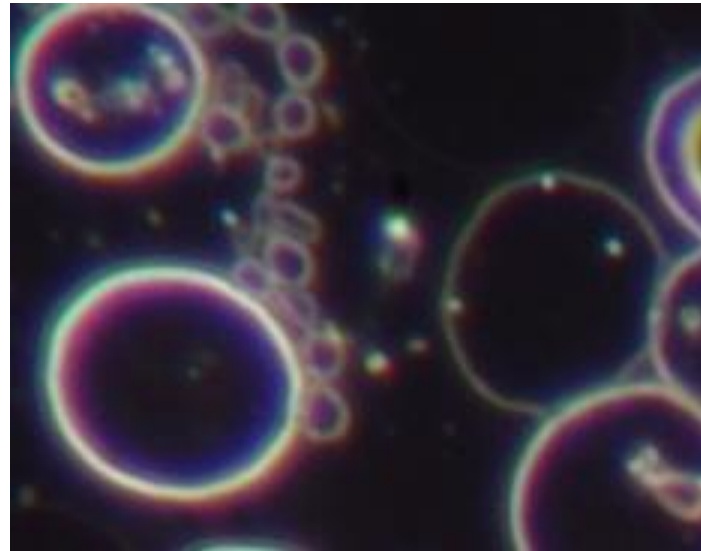
<http://www.youtube.com/watch?v=-LFFQawEWS4> Childhood Diabetes-Gabriel R.

Live Blood Analysis

High Power Phase Contrast

aka

Dark Field Microscopy



http://www.livebloodtraining.com/main/page_lectures_articles_prion_endobiont_in_live_blood.html

White Blood Cells/Leucocytes



- There are 5 different forms of white blood cells, **Neutrophil**, **Eosinophil** and **Basophil Granulocytes** as well as **Monocytes** and **Lymphocytes**.
Lymphocytes are divided into **B- and T-** and **Natural Killer cells (NK)**.

pH Balancing: Web Links

- <http://www.energiseforlife.com/wordpress/2013/03/21/how-to-test-your-ph-the-alkaline-test/>
- http://www.youtube.com/watch?v=pOYZ_qxOI1s
-1 hour program with Dr. Young
- <http://www.youtube.com/watch?v=9vhHe55s9rg>
Dr. Victor M. Vega Live blood & Goji Juice
- <http://www.youtube.com/watch?v=L-rzVr8CAOA>
by Sally Puckett, N.D.- Pycnogenols; Free Radical Damage, Chronic Fatigue and Toxic Chemical Waste examples

The New Biology. . .

- ❖ We've been told these are healthy foods for us, but they are also **Acidic**
- ❖ Too much acid in the body creates acidosis in the blood, tissues, urine and saliva
- ❖ Creating a delightful environment for all types of disease to occur.




Wherever the acid goes (if not eliminated) is where the tissues break down. i.e. Breast, Brain, Knee, Liver, Spleen, etc.


Where do the Acids Come From?

- Metabolism
- Food and Drink
- Exercise
- Thinking, esp. Negative
- Cellular Transformations
- Bacteria and Yeast
- Inflammation is tissue holding onto acid

7 Stages of Progressive Over Acidity

1. Loss of Energy/Enervation
 2. Sensitivity and Irritation
 3. Mucus and Congestion
 4. Inflammation
 5. Hardening of Soft Tissue- (“Induration”, Lupus, Lyme, Fibromyalgia, hardening of arteries, plaque, etc.)
 6. Ulceration
 7. Degeneration (Cancer, Heart Disease, Stroke, AIDS, ALS, MS, Diabetes, etc.)
- 

How Acidic Am I? pH Testing

- pH Testing of Urine & Saliva
 - Purchase pH Strips
 - Keep notebook & Record All
 - Test 4-6 times per day
 - **Aim for pH-7.2 or Above**
- 

Test #1- Saliva- 1st thing in a.m. Nothing by mouth. Wet end of strip with tongue. Match color on pH Chart

Test #2-First Urine- a.m.

Need just a couple drops on end of test strip

- **Test #3-** 2nd a.m. Urine
 - Take before eating food
 - Maybe different than 1st due to the overnight clearing of acid load from previous day

Eat Breakfast

Avocado or Veggie Soup, Almond Milk or Green Drink

Test # 4- Wait 5 mins. then check Urine & Saliva- pH- goes up- 7.2 - 8.4

- Check Urine & Saliva between Brkfst & Lunch and Lunch & Dinner

Your Turn. . . We will check your urine and saliva right now.

The “4 Food Groups” Is Not pH Balanced



What Not to Eat . . .

- **Acid Forming Foods** (feed bad microforms-Mycotoxins)
 - **Meats, Fish, Poultry, Eggs**
 - **Most Dairy** (Milk is fairly neutral in acid/alkaline but high in mucus-forming attributes such as fat.)
 - **Most Grains and Legumes** (Millet and roasted buckwheat are slightly alkalizing. Soy and lima beans are extremely alkalizing.)
 - **Refined Sugars-** Yeast & Microforms LOVE this! Mycotoxicity- not good!
 - **Drugs**
 - **Food Chemicals and Additives-** Aspartame, MSG, and Food Colorings.

What to Eat. . . pH Miracle Program

- **Alkaline-producing Foods- examples:**
- Low Sugar Fruits
- Vegetables
- Sprouts
- Cereal grasses
- Herbs

Aim for 80% of diet to be Alkaline

What to Eat. . . cont'd

Excerpted from pH Miracle, by Dr. Robert Young. Pg. 87

Avocadoes, Tomatoes, Lemons, Limes, & Grapefruits, Pomegranates, Herbs & Spices

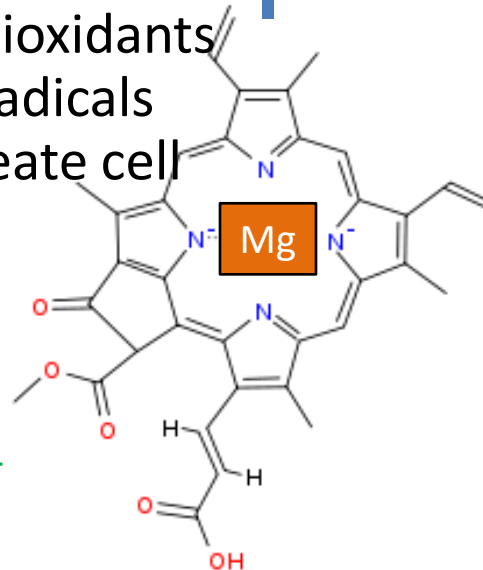
- Asparagus
- Beet and all kinds of greens-
Spinach, Mustard, Collards,
kale, Lettuce, Watercress,
Swiss Chard
- Brussels Sprouts
- Burdock
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Garlic
- Green & Yellow Squash
- Okra
- Onions/Scallions
- Parsley
- Parsnips
- Peas
- Radishes
- Red & Yellow Peppers
- Rutabagas
- Sea Veggies- Nori, Wakame, Hijiki
- Sprouted grains, beans, seeds
- Turnips
- Water chestnuts

Why We Need Plants--

Chlorophyll

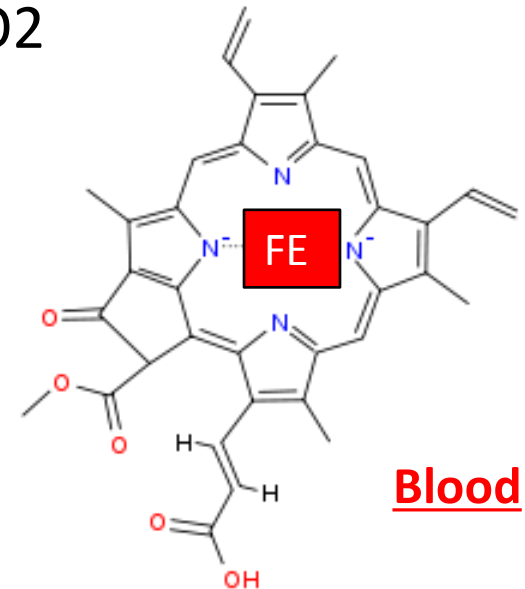
- Photosynthesis-sun's energy is absorbed by plants--water and carbon dioxide is converted into oxygen and glucose
- **Chemically**- Similar to blood, but magnesium is main atom
- Has vitamins A, C and E, all anti-inflammatory antioxidants which scavenge free radicals cells that oxidize & create cell or tissue death.
- Creates O₂

Chlorophyll



Human Blood

- Energy comes from eating/digesting foods, esp. foods with energy, like plants
- **Chemically**- Similar to Chlorophyll -main atom is Iron
- Needs O₂



Blood

C.O.W.S.- Dr. Young's pH Miracle

- *C.O.W.S.= Chlorophyll, Oils, Water, & Salt*
- **Chlorophyll**– “Blood” of Plants- makes them green
 - Green Vegetables- lowest in calorie & sugar, nutrient dense, and full of Vits. Minerals, Fiber, Electrons, Phytonutrients & Alk. Salts
 - Molecular struc. & Chem. Components- similar to Human Blood

Grasses are best source of Chlor. esp.-Wheat grass & Barley grass

- **Oils**- Healthy Essential Fatty Acids (EFA's)
 - From Fish, Seeds, Fruits, & Veggies- are all Alkaline!
 - Strengthens Imm. system, lubes joints, insulates, & provides energy, used to make hormone-like Prostaglandins- protects body from circulatory issues

C.O.W.S. (cont'd)

- **Oils** (cont'd)- Nuts, Seeds, Olives, Avocadoes- good sources of Omega-3's and 6's. EFA's- Fish Oils, Flax, Hemp, and Borage Seed Oils
- **Water**- *Pure, Alkaline Water*
 - Eyes made up of 98% and Blood = 94 % alkaline water!
 - Drink ½ body wt./oz. daily
 - Electron Rich w/ pH of 9.5 and above is best
 - Foods high in water content
 - Dehydration is dangerous! 75% of us are dehydrated. 10% of us drink NO water at all!

- We lose 2.5 liters of fluid/day from sweating, breathing, urinating, moving, & even sleeping- needs to be replaced daily.
- Not enough water- we get FAT- Metabolism slows, toxins, remain, acidity goes up! Not Good!
- **Lack of water can KILL you!**
- Ionizing and Alkalizing machines make great water

C.O.W.S. (cont'd)

- **Salt**- Sodium Chloride

- Helps build Electrolytes: Magnesium, Potassium, & Calcium- Essential to conduct electrical energy used by body- nerves & muscles

- Body contains 1 lb. salt- makes blood, sweat & tears.

- Normalizes volume of blood, regulates fluid (blood) pressure within cells.

- Does NOT cause high BP! Dietary & metabolic acids do!

- Dr. Young recommends 1 tsp. of good salt in 3-4 ounces of Alkaline Water- 3x's/day.

- Without enough salt= muscle cramps, weakness, dizziness, & exhaustion + poor blood pressure (↑↓)

- Salt concentration must be kept constant- body controls

Holds onto fluids/edema, reduces excretion.

- Processed Salt is NO Good**- --

bleached, has additives, preservatives, anti-caking, fluoride & sugar. No nutrients

- Sea Salt** (Celtic, Himalayan, Real Salt brand names)

- Mineral Salt is best.** pH of 8.4

Great Salt Lake, Dead Sea

Supplements that Help:

- AKEA



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Supplements that Help

- Thai-Go Mangosteen

Anitoxidant



- Cleansing



Alkalizing

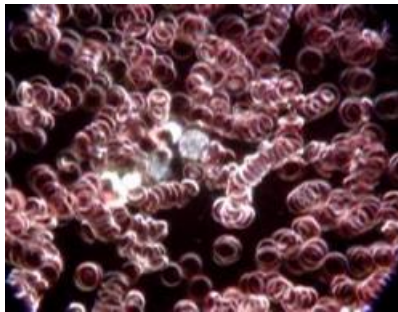


Summation:

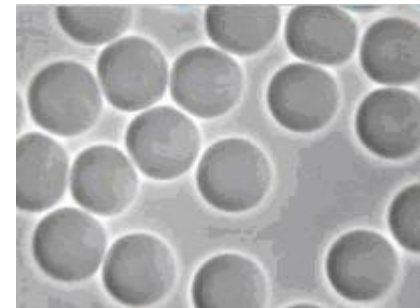
“There is only one sickness, one disease,
and one treatment:

The over-acidification of the blood and tissues
due to an inverted way of living,
eating, and thinking.”

-Dr. Robert O. Young, Microbiologist



Unhealthy Blood



Healthy Blood

Recipes from pH Miracle

Zippy Breakfast for 1

1-2 C cooked rice or grain--
basmati, brown, wild rice, millet
quinoa, or buckwheat

1- Avocado, sliced

1 Firm Tomato, chopped

1-2 tsp. oil (Flax, Olive, Udo's)

Juice of 1 Lime or Lemon

Zip (Spice Hunter) to taste

-Put avocado & tomato on top
of warm rice, drizzle oil, sea salt
& lemon on top. Add Zip spices.

Can add red peppers, soaked
almonds, sunflower seed sprouts

Anti-Cancer Soup for 2

2 Tbs. Caraway Seeds- Soaked 24 hrs. before

2- Broccoli Stalks- finely cut

2 slices-Purple & Green Cabbage

2 Carrots & 2 Onions-chopped

2 Cups Hot Water, with whole pure
salts, to taste. +3Tbs. Fresh Dill +
sliced Red Pepper

-Put broccoli & grated cabbage and
carrots in pot, Strain & add Caraway
seeds. 'Blenderize' onions in hot
water & pour over veggies. Cover,
steam for 5 mins. Season and serve
with garnish of dill & red pepper.
(20 mins. to prepare)

Recipes from pH Miracle

Creamy Tomato Soup for 2

- 4 Roma Tomatoes
- 2 Green Onion tips-white part
- ¼ Green Pepper
- 1 C Vegetable broth
- 1 Avocado or ¼ soft Tofu pkg.
- 1 tsp. sea salt
- Pepper to taste
- Liquefy in blender. Heat just to warm

Mary Jane's Simple Spaghetti

- 1 medium Spaghetti Squash
- 2 medium Tomatoes- chopped
- Juice of 1 Lemon
- 1-2 Cloves of garlic, minced
- 2-3 Tbs. olive oil, Grnd. Pepper
- ¼ tsp. Oregano
- Cook Spag. Squash face down @ 375° for 45 mins. Let cool- 5 mins. Scoop out “spaghetti” & toss in other ingredients. Serve hot or cold.

More Recipes. . .

Basic Green Veg. Juice

2-3 Celery stalks

1 Cucumber

2-3 Kale leaves

4-5 Lettuce leaves

2 cups Spinach

¼- ½ C Parsley

Place in Juicer, Nutri-Bullet, or Blender, then drink. Can substitute other greens, too.

AvoRadoColada Shake

1 Avocado

½ English Cucumber

1 Ruby-Red Grapefruit

2 cups Fresh Spinach

2 scoops soy or protein powder

1 scoop green powder

Coconut milk or meat, stevia

6-8 ice cubes

“Blenderize” all above. Serve.

References:

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