

The pHountain of Youth

LIFE

EXTENSION & ANTI-AGING

GUIDE

*Living to 200: The Secret
of the New Science*



BY GLENN TAYLOR

Living to 200: The Secret of the New Science

Life Extension & Anti-Aging Guide

The Secret of the New Science

*“The cure is found in the prevention,
not in the treatment.”*

-- Dr. Robert Young

*“The Human Body is Alkaline by Design
and Acidic by Function.”*

-- Dr. Robert Young

*“The doctor of the future will give no medicine, but will interest
his patients in the care of the human frame, in diet, and in the
cause and prevention of disease.”*

-- Thomas Edison

*When you change the way you look at things,
the things you look at change.”*

-- Dr. Wayne Dyer

“Let food be thy medicine and medicine be thy food.”

-- Hippocrates

*“The food you eat can be either the safest and most powerful
form of medicine or
the slowest form of poison.”*

-- Ann Wigmore

*“Your body’s ability to heal is greater than anyone
has permitted you to believe.”*

-- Anonymous

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Dedication

To

ROSE, MASON and AVERY

I dedicate this book entirely to the three of you, my family. You guys have sacrificed yourselves so I could complete this important piece of history.

Rose, you are my greatest teacher of many things including extraordinary love.

Mason and Avery, I hope I have instilled the choice of “Free Will” for you to do whatever you want to do on this journey of life. I want you to always remember that if we are ever temporarily separated, in the course of infinite possibilities, we will always be together and connected.

Love and Light to you always,

“Dad” & “Doghead”

There is nothing to do... Just be... “love”

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CHAPTER 1

Mentality of the Four Minute Mile



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Spectators all over the world were amazed when Roger Bannister set a new world record for runners in 1954. That's the year he ran a mile in under four minutes at Oxford University. (Academy of Achievement, 2005) Prior to this athletic breakthrough, the idea of running a four-minute mile seemed impossible. For Roger, it was a goal. He trained everyday with his mind focused on his goal and, sure enough, his running times became better and better. Bannister set his mind on being the best and broke the world record!

There is something very important to learn from that kind of thinking and training? If you can see it, you can be it! (I think this should be: *If you can dream it, you can do it!*)

Ever since Bannister's success, thousands of runners have broken the four-minute mile. In fact, it has become the standard for all professional and amateur distance runners. It's interesting how this achievement, once deemed impossible, has become the norm. But that only happened after the record was broken.

Now, let's consider a different historic day. It was May 25, 1961. John F. Kennedy, in a nationwide speech, challenged America to be the first country to land a man on the moon and return him safely to earth. The motivation for such a challenge was the imminent threat from Russia, the Superpower that had developed ICBMs (Intercontinental Ballistic Missiles) and used them to launch the first satellite, Sputnik, into space. Without the motivation of that threat from Russia, or Russia's motivation to be the first World Superpower with such deadly technology, the

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United States' space technology progress would be far from where it is today.

Imagine how much longer it would have taken us to safely land a man on the moon without Kennedy's initiative. Kennedy gave the nation hope and confidence when he told all Americans, "I believe we possess all the resources and talents necessary." (Kennedy, 1961) From the personal to the national scale, once the impossible has been achieved, it is easy to surpass because the mental belief system is permanently changed. The impossible no longer appears out of reach. This pattern shows up constantly. Only we set and define the limits of our own capabilities.

If this is true in all aspects of humanity, then there are thousands of beliefs holding us back from achieving our full potential. As a society, we tend to measure ourselves against public norms without even realizing it. If you think about it, you probably have already calculated how long you think you will live based on what you know about your hereditary history and average human life expectancy.

Did you ever consider that does not have to be the case?

Our minds are layered like onions with "unconscious goals" developed over time that are controlled by social belief systems. If we change our belief systems, think positively and adjust our diets, we can achieve our goal of life extension and anti-aging.

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Before any great achievement in the history of mankind, there was first the drive behind it. In the words of Napoleon Hill, “thoughts are things and powerful things at that, when they are mixed with definiteness of purpose, persistence and a burning desire for their translation in riches, or other material objects.” (Munisamy, 2005)

Consider winners of the Olympic Games. Before any athlete goes home with the honor of a gold medal, or any medal for that matter, they must spend much of their life training mentally and physically to reach their full potential. At one point in time, each athlete set his or her mind on winning the Gold and they developed a burning desire for the win. Each combined that desire with mental focus, passion and proactive training. That kind of drive to be the best is what brings Olympians to the winning podium.

So why not put all of our drive, desire and efforts behind maintaining the healthiest lifestyle possible in order to set a new record for life? Why wait for “old age” and the inevitable onset of diseases that plague the elderly community when we can prevent them from happening in the first place? All it takes is a deeper understanding of the human body and a desire to succeed. Imagine how long we can live in youthfulness if we implement scientific knowledge for anti-aging before we start to grow old.

Isn't it strange that even though our understanding of the human body has increased vastly, human life expectancy hasn't increased much over the past few hundred years? The average

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life expectancy of the 21st century is only about 10 years greater than it was in the 1940s. (Shrestha, 2006) For many people who have been able to live longer, quality of life has surely! (We need a sentence on life expectancy for men and women here....)

It seems most people suffer in their middle years with deteriorated health due to an acidic diet, exposure to toxic environments and poor lifestyle choices, (according to?) All of this unbeknownst to them! But that is not the way that it is supposed to be and certainly not the way that it has to be. We can have long, healthy and active lives if we adopt new beliefs, change our current way of thinking and expand our knowledge of how the human body works most efficiently—when it is properly pH balanced.

The definition of true optimal health is when all systems of the body (respiratory, digestive, reproductive, etc.) are running at their peak. How can we measure our health? Surely counting calories and watching carbohydrates, fats and proteins is a great way to lose weight, but this alone will not keep us healthy. Balancing the pH of our internal systems is the only way to accurately measure health. According to leading researchers on alkalinity, including Dr. Robert Young, in order for us to stay alive, our blood must constantly run on a pH of 7.365. That means that we are all slightly alkaline by design, because the .365 puts us on the alkaline side of the pH scale. (Young & Young, 2002)

Through research, I've come to understand that being alkaline maximizes a person's natural energy. Why? More alkaline elements have more electrons than protons. And vice versa for

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acidic elements, which have more protons than electrons. Basically alkaline elements have more electrons or negative charge and, therefore, produce more energy than acidic elements, which have less charge or low energy. (Shankari, 2010)

It's just like in batteries! What kind of batteries work best?
Alkaline!

Humans have cells and so do batteries. When the battery cells are depleted and the balance shifts to acid, the battery begins to rust and corrode over time. See the connection?

It simply stands to reason that When our bodies are more acidic than alkaline our internal systems begin to malfunction and break down over time. However, when our bodies are alkaline and running on a high energy charge, our internal systems can repair and prevent virtually any ailment. Our immune systems become virtually bulletproof.

Our mission as a species should be to grow old in good health, passing on as much knowledge as possible in our lifetimes. Imagine how much more productive our society would be as a whole if the primes of our lives lasted twice as long as they currently do? Imagine how many elderly citizens would still be active and thinking toward the future. Imagine the collective wisdom of an entire generation that lived to twice its current age, passing knowledge onto new generations.

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People everywhere would benefit from the advantages of extended youth with the wisdom of age. With such wise leaders we can look forward to a bright future.

By setting a goal to live to the age of 200 we are sending out a message to the universe. It's the vision of a long healthy life that will catapult us to the next chapter of becoming supercentenarians (people who live past the age of 110).

If we broadcast these ideas to the universe, we will respond in kind and provide us with the necessary actions and ingredients to fulfill our vision. The main reason that nobody has achieved this feat before is this: *Nobody Has Tried*. The correct ingredients and lifestyle choices to live to age 200 have never been broadcasted before.

Fortunately these ingredients have been laid out in this book. All you have to do is supply the proper mindset to extend your life, by making healthy choices.

It makes so much sense to have a longer life. Who wouldn't want to make a few simple changes in order to spend more quality time with loved ones, expand your education and career, learn more languages, travel the world, develop more relationships and grow old and wise with a youthful body?

The proof is here. Let's break all of the records and live to 200 years old! It is not only possible, but highly likely that with the right diet, habits and attitude we can live to 200 in a youthful body. Through positive visualization and by implementing new

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knowledge of how aging affects the body, anything can be done. You Are at a great advantage, just by holding this knowledge in your hands. Read on and discover the secrets of the alkaline lifestyle and how it can extend your youth!

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Centenarians



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Since it is our personal goal to have long, happy, healthy and vigorous lives, let's take a look at some of the people who have lived lives society would consider "long." These individuals are known as centenarians, people who have lived beyond 100 years old. Centenarians are important to study because they are examples of "successful aging."

There are over 70,000 recorded centenarians in the United States to date and as of 2009 an estimated 455,000 centenarians in the world. (World Population Aging, 2009) There are only about 300 to 450 supercentenarians worldwide. (Gerontology Research Group, 2011)

In longevity, the biggest common denominator among many past centenarians is that they did not have white or blue collar jobs (and therefore the stressful lifestyle that goes with them.) However, these people remained active all of their lives. They did not believe in America's cultural meme that a person ought to withdraw from labor and often other physical activities at age 65, in essence taking on a stagnant lifestyle. This is a false mental limitation set on many Americans as we move through our lives and our careers.

Why shouldn't our bodies be able to continue an active lifestyle in our 60s, 70s, 80s and well beyond? If we change our habits and mindsets we should easily be able to break what may feel like the equivalent of running a four-minute mile: reaching the age of 200.

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To this day, the oldest verified person lived just beyond 122 years old. Let's analyze her lifestyle, draw some connections and begin our pathway to creating a strategy for longevity.

Jeanne Calment, born February 21, 1875, was a French woman with the longest confirmed lifespan in history. She was 122 years and 164 days old when she died in 1997. Calment lived in Arles, France, her entire life, outliving both her daughter and grandson. She had a comfortable lifestyle, never needing to work since she married a wealthy man.

Unlike many non-working Americans, Calment did not choose to spend her days in idle time. She constantly remained active, taking up fencing at age 85 and even continuing to ride a bicycle at age 100. She was able to walk until a fall at 114 years old. Calment claimed her longevity and youthful appearance was due to olive oil that she rubbed onto her skin and poured over all of her food.

An interesting thing to note is that Mrs. Calment had quite an addiction to cigarette smoking for most of her life. In fact, she quit at age 117, but only because that's when she couldn't see well enough to light her cigarettes anymore! (Whitney, 1997) If she didn't have that unhealthy smoking habit ate a more alkaline diet, imagine what age she could have lived to!

What if supercentenarians like Calment had a scientific understanding of how aging affects the body and were able to implement that knowledge to better their diets and habits? With anti-aging science discoveries, it is now possible!

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There are two different ways to look at longevity. We can either extend our lives artificially or extend them naturally. Some scientists are researching the use of artificial replacement organs, stem cell organ replacement and even nanotechnology (microscopic machines) to extend human life expectancy indefinitely. Unfortunately, this results in a loss of some humanity.

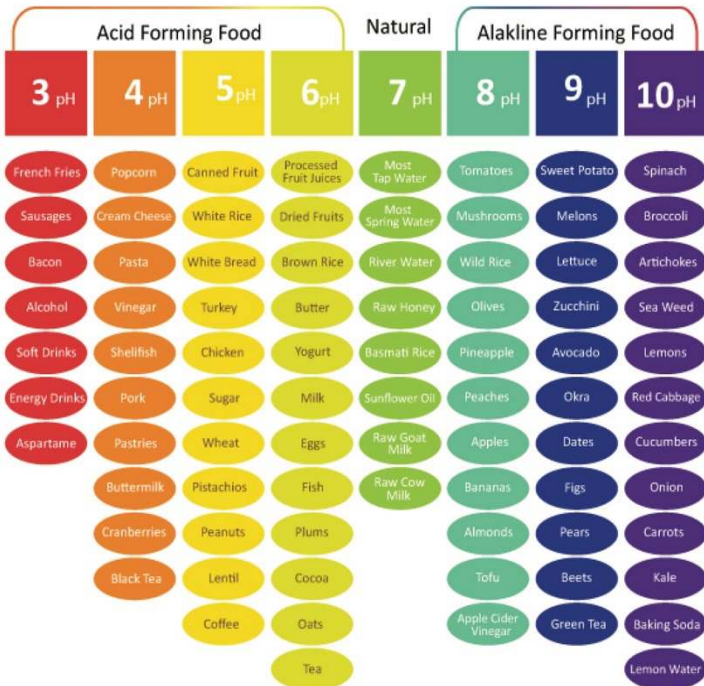
The second approach of natural life extension can be achieved by researching the inner workings of the body and finding out our personal role in extending our natural lifespan. New studies by non-biased researchers have revealed scientific and medical breakthroughs in natural treatments and preventions of diseases on a scale never before seen in human history. Clinical trials have revealed that balancing the internal pH of the body is the single most important thing one can do to maintain health, combined with natural herbs and infusions with beneficial properties. Let's explore the secret of this new biology!

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CHAPTER 3

Acid and Alkaline



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We are born alkaline. What does being alkaline feel like? Remember when you were younger? Let's say eight years old. You had energy to run around all day without becoming tired. Remember those days?

We begin our lives as alkaline beings. The reason we appear to age over time is because we are consuming and exposing ourselves to greater acidity over time. As we age, we use up our original alkaline reserves.

When your body is in an alkaline state, it functions like an invincible machine. How? An alkaline body eliminates toxins and acids as they enter, rather than having to channel out backed up excesses of waste elements. Sounds gross but, rest assured, we as adults all accumulate waste when we continue to eat a diet of primarily acidic foods. The American diet forces our bodies to work harder than they should, without providing enough nutrients to properly regenerate our internal systems. (Young & Young, 2002)

In childhood, you have the benefits of a young body. Even though most children's diets likely consisted of acidic foods such as cereal, milk, juice, eggs, yogurt and chicken tenders, you'll notice that most eight year olds are not suffering from high cholesterol, acne or flabby arms, even after ingesting so much acid. Why? Because their bodies are still so alkaline they are able to immediately remove ash from acidic foods to neutralize them. The "ash" being referred to here is the residue of all of the useless components of our overly processed and highly acidic American diet.

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As time goes by, the modern acidic American diet catches up to us. If we continue to eat the same way as we did in youth we will likely find ourselves victims of “modern symptomatic diseases.” The illusion of how Americans try to solve this problem reveals itself in the question, “What symptoms do you have?” The reality is that most symptoms are not separate issues. They are all caused by one source: too much acid in the body. Acidity is the reason for almost all of the symptoms we experience. (Rotthaler, 2008) Knowing this, we can apply this knowledge to our advantage.

Groups of people all over the world are aware of this “suppressed secret.” How well has it been kept from you? Is the name Otto Warburg at all familiar? Unless you are very involved or interested in molecular science and research, you probably don’t know much about him, if anything at all. But Warburg’s contributions to the scientific community and cancer research, in particular, are something that everyone should know about.

In 1931, Otto Warburg won the Nobel Prize in Medicine for his research in cellular respiration. According to Warburg, a person develops cancer when a blood cell changes its mode of respiration from oxygen to fermentation. This happens as a result of too much carbon monoxide and not enough proper oxygenation. This mutation is the body’s own life force adapting to the acidic environment it has been given. (Warburg, 1931) One of the main reasons alkaline water and foods are best is because they offer the body increased hydration and an increased oxygen intake. Both of these prevent cellular malfunction, which happens

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as a result of the cell lacking proper oxygenation and therefore containing too much carbon monoxide. This mutation is the body's own life force adapting to the acidic environment it has been given. (Warburg, 1931). One of the main reasons that alkaline water and foods are best is because they offer the body increased hydration and increased oxygen intake. Both of these help to prevent cellular malfunction.

Other researchers have furthered Warburg's findings regarding the way proper oxygenation prevents cellular fermentation. In fact, according to the Cancer Project, proper nutrition, with a focus on eating alkaline food, is a factor in cancer prevention. Since some foods and excess body fat are linked to cancer, a healthy alteration in diet and body mass can prevent and turn around most cancers. Studies have shown that cancer is more common among people eating fat-rich foods, sugar and meat and animal products.(Skog KI, Johansson MAE, Jagerstad MI, 1998) At the same time, it has been proven that raw green foods contain vitamins, minerals, antioxidants and phytochemicals that can prevent disease. (The Cancer Project, 2010)

Warburg proved that with proper oxygen, nutrients and elimination of acids and toxins blood cells can maintain proper respiration mode. He also proved that with a lack of oxygen and proper nutrients and poor elimination of acids and toxins, blood cells can start to die or mutate. Such mutated cells can become cancer.

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Imagine you just cut your hand: IMMEDIATELY your body begins to respond by sending the right tissue cells to start mending your hand. The wound scabs over to keep outside irritants out.

When cells in your body are switched to fermentation and become mutated and damaged, they act like an open cut inside of your body, which can expand to cause more problems for the body if left unattended. Tumors are masses of the extra tissue produced by these cells that can break away from the original cells they were attached to and travel throughout the body in blood and lymph systems, getting stuck in and around internal organs. (Davis, 2011) Your own life force responds to protect itself from such "open wounds" of cancer-causing cells by sending lymph fluid to encapsulate the damaged cells so that they cannot spoil healthy ones nearby. Such interior "scabs" are what we know of as tumors and cysts.

You can easily reverse this unhealthy acidic environment by eating a more alkaline diet of foods that are closest to nature such as vegetables, fruits, seeds, berries, beans, legumes and alkaline water. The cure to diseases that plague Americans like cancer is actually found in the prevention. (Young & Young, 2002) By becoming more alkaline, we prevent this cellular fermentation process from ever taking place.

Let's imagine the body as a "brand" new 20,000 square foot mansion with all the latest gadgets and updates. If we had five crippled and blind maids maintaining it, perhaps nothing will happen to the mansion for the first 20 years, but after 30 and even 40 years some parts of the house will surely need

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maintenance and care. The old, blind and crippled maids will not be able to keep up with the maintenance. Soon windows will be broken, there will be leaks everywhere and the mansion will begin slowly falling apart.

Now, if you have five young, healthy maids who are quite able and capable to care for the home, over the next 100 years, or any amount of time, those young “vibrant” maids will be able to keep up on the maintenance. Even if you threw a big party at the mansion, the young vibrant maids would be able to adequately clean up the mess, straighten up and be ready for the next party, all in due time.

This metaphor refers to your blood cells as the maids. When you force your blood cells to live in an acidic environment you age them and make them weaker, so that they cannot operate properly. If you looked at such acidic blood through a dark field microscope it would literally look like slurry and sludge.

It becomes very hard for your red blood cells to deliver oxygen throughout the body when they struggle to carry it anywhere, due to an acidic environment (blood is the consistency of sludge) which inhibits good circulation. This results in high blood pressure and high cholesterol levels. (Young & Young, 2002)

Have you ever started feeling very tired and stiff from sitting in the same position for too long? That is because your blood is not flowing freely, so the level of oxygen in your cells drops. (All research shows that a decrease in the amount of available oxygen leads to cancer, but we’ll get more into that later.) The

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blood also needs to be at a proper thickness, or viscosity, to do its job. Only you can give your body enough water to keep your blood at the right thickness.

One clue to whether your body is adequately hydrated is the shade of your urine. If it is very yellow, it is a clear sign of dehydration. In most cases, urine should be clear to pale yellow. However, since supplements and foods can change the color of your urine, such as vitamin B and asparagus, this doesn't always hold true.

Using a dark-field microscope, it is possible to observe live blood cells on a computer screen. Since this reveals information a normal microscope cannot see, many new advances have been made by interpreting blood results on these dark-field microscopes. Normal methods of looking at blood through a microscope involve simply counting the quantity of red blood cells, rather than analyzing their "quality.;" Dark-field microscopes allow us to check how our cells are functioning, rather than simply counting them. (Aqua Technology, 2010)

If Americans were able to have their blood tested on a dark-field microscope, most likely the vast majority viewed would see their blood cells stacking together, all in a line like a caterpillar. Not so for the small percentage of people who know about the importance of alkalinity. Those individuals would have energized blood cells able to flow freely because they would all have enough oxygen and negative electrical charge to repel each other and do their jobs more efficiently. The difference is entirely due to diet and lifestyle.

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In school, we all learned a little bit about pH. Anyone with a pool knows that they have to manage and test the pH to make sure it is balanced and use different chemicals to maintain this balance. If the pool's pH is not maintained, the water will look like a stagnant pond (acidic). The water will slowly turn green as algae and bacteria spawn. Every known critter from the neighbourhood such as mosquitoes, flies, bees and gnats, will show up to feed off the acidic water and breed their young. Soon, the water will become so acidic that it is dangerous to swim in.

Many people don't know that every organ and tissue in the body has a specific pH to maintain, and like a pool, when the pH is more acidic, the environment begins to spoil. Our bugs and critters are known as symptoms. When our pH is in a low vulnerable state, we activate "symptoms" associated with our body's weakened acidic condition. But...when the pH of the body and blood stream are in balance or slightly alkaline, all of the symptoms associated with acidosis of the bloodstream and body remain inactive.(Young & Young, 2002) Just like when the pool water environment is balanced or slightly alkaline, the body is crystal clear and disease free.

When you keep an "alkaline" balanced diet, you keep your blood cells young, vibrant and healthy, so that all of your blood cells can complete their jobs effectively and adequately. You do not have to be a Rhodes Scholar or rocket scientist to make this analysis, you can actually see a dramatic difference between an acidic environment (traffic jam) and an alkaline (open road) environment.

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Imagine if a person went his or her whole life eating a highly acidic diet and living an acidic lifestyle. What would happen? Unbeknownst to them, they would most likely contract heart disease, cancer, arthritis, allergies, suffer weight issues, osteoporosis and/or diabetes (all the “symptoms of disease and acidity.) An acidic blood environment is the biggest co-factor in disease today. (Desjardins, 2011). Most people will go their whole lives not knowing this and will fall into the same trap.

We can take this a step further and assert that ultimate acidity is death! Have you ever spent time in a nursing home or hospital and come across a care floor smelling of urine? Contrary to what you might have believed at the time, the odor was likely not the result of patients urinating in beds. Rather, the smell was coming from the skin and pores of sicker more acidic patients. How? As the body is approaching death it becomes more and more acidic. So what does the body’s life force do in order to maintain what little strength it has left? It releases ammonia out into the blood stream to buffer and neutralize excess acid(s) to maintain homeostasis (internal balance). The ammonia seeps through the pores of the skin leaving the patient smelling like urine. (MEBO Research Inc, 2011)

We know that we can ward off disease by changing our body’s internal environment. As proven by Otto Warburg, it is well known to researchers that cancer cells and disease cannot thrive and flourish in an alkaline environment. They cease to exist when you are in balance! When your body is in an alkaline balance you are preventing disease.

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How does all this acid and alkalinity enter our bodies and blood stream? Like a cigarette has an ash, after we eat our food there is a residual or “ash” that is left over after digestion. This ash is either an “acidic” ash or an alkaline” ash, depending on what you eat. This ash is absorbed into the bloodstream and that’s where our health problems either begin or end. In order for us to live to 200, we must maintain a predominantly alkaline diet and monitor our acidic intake. When you are in an alkaline balance, you are preserving your organs, bones, tissues and arteries for the long haul. This is the most important health factor in reaching the highest age possible combined with a clear mindset focused on a healthy long life.

So, how do we get alkaline? By eating dark leafy uncooked greens, salads, drinking ionized alkaline water and taking Green Phactor, a supplement sold by pHountain. It’s the alkalinity and chloroplast found in these foods that feeds our blood cells and keeps us balanced. The energy from the light of the sun is trapped in green plants in the form of chloroplast.

By eating an 80 percent alkaline and 20 percent acidic based balanced diet, you are heading in the right direction and harnessing that energy. (Young & Young, 2002)

There is a special camera which can actually take pictures of electrical fields. Using this camera you can measure the amount of electrical potential that any given substance holds. This photography is called Kirlian Photography and has recently been used to measure the electrical potential of foods in relation to

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health, in megahertz (MHz), the standard unit for measuring electricity. When researchers first began measuring the electrical potential of food, they found a clear connection right off the bat. The foods with the highest electrical potential were highly alkaline green vegetables and sea greens (Thomson, n.d.).

The late Dr. Max Gerson, researched heavily into the effects of greens on the human body. His theory was that early man consumed a lot of potassium from plant materials which kept the cells properly functioning. However, when we went to the modern high salt diets such as fast food, chips, soups, etc., sodium has actually replaced some of the potassium in cells. He was able to cure many ailments by prescribing hospital patients nothing but freshly juiced vegetables. This method, he said, flushed out as much sodium as possible from the cells to keep the body in a natural peak state of health. (Gerson Institute, 2003)

There is an obvious connection between life, green foods and overall health of the human body. It is no coincidence that every time research is done on greens another benefit “pops up.” For instance, research has proven that spinach is not only high in alkalinity and water content, but also in electrical potential and nutrients such as fiber, vitamin A, C, E, K, B6, thiamin, riboflavin, iron, magnesium, phosphorus, potassium, copper, manganese, niacin and zinc. Try getting nutrition like that from canned food!

The problem today is that it seems most people eat an 80 percent acidic and 20 percent alkaline diet, which is totally flip-flopped! Most of the “really unhealthy” people are eating a 95 percent acidic and five percent alkaline diet. This is why we have so much

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disease and cancer. We consume too much acidic food that keeps us all unhealthy and imbalanced. We can easily neutralize all this acid by adding more alkaline foods and water to our daily regimen and knowing what types of food and water brands to avoid.

Have you ever heard of “macro” and “micro” nutrients? Macro nutrients are commonly known as protein, carbohydrates and fats. Sound familiar? Micronutrients are commonly known as vitamins and minerals (potassium, zinc, manganese, iron, calcium, all vitamins, etc.) Loading up on foods that are high in micronutrients is the only real way to maintain true vital health. The illusion is found in macro nutrients. The typical American is told to count calories or watch carbohydrates, fats and proteins. This, in fact, will help you to lose weight, but in the end it will not keep you healthy. Why? Those diets and regiments are still keeping your body very acidic; they do not concentrate on keeping you healthy. Adding foods that are loaded with micronutrients will actually keep you healthy. Guess what? Basically all micronutrients, especially the minerals, are alkaline! (Young & Young, 2002)

For extended living we will not need to build muscle, tissue. That is part of the macronutrients illusion. Regenerating hair, nails, skin, bones and organ tissues with new cells is part of the golden key to extending our lives and appearance of youthfulness. Building an over excess of muscle will not extend your life In fact, it will put excess stress on your organs in order to maintain them.

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Our entire bodies are bioelectric. Every single thing that we think, see, hear, feel or smell is an electric signal sent through the nervous system and translated by the brain. None of this would be possible if there wasn't electricity coursing through our every moment. Depending on our diet and lifestyle, we may have more or less energy available to us. When we have more energy available, our thoughts are clearer and faster, our muscles are loose and energized and we feel vibrant and healthy. It makes a big difference to provide your body with the right fuels.

So what fuel does our body use anyway? How does it make all of this electricity? The body is made up of more than 72 trillion cells, which all work together to keep our body running in peak shape. These cells are constantly using oxygen to convert glucose into ATP, (adenine triphosphate) which is the energy used in muscle contractions. Without ATP, you wouldn't be able to get out of bed in the morning, and the level of ATP available determines your energy level. In other words, every time you breathe, the lungs filter oxygen out of the air and pump it directly into your blood cells. These oxygenated red blood cells then travel to every area of the body to deliver oxygen to all of your cells, allowing them to make the much-needed ATP. This cycle of energy continues with every breath. (Gregory, 2006)

We should view our immune system as being stronger than any drug, inhalant or medication on earth. So if we "build" our blood and keep it pH balanced, there will be virtually no need to take medications or prescriptions. When you "build" the blood, you are building your own immune system. There is nothing out there that is stronger than your own immune system, so why do doctors

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offer toxic alternatives like a 1930's method of chemo and radiation to reduce cancer? It's 2020 and we are still using these outdated archaic methods!

Something is not right here...

It all comes back to building the blood. The blood runs at 7.365 pH on the pH scale and the pH scale goes from zero to 14 with zero being pure acid and 14 being pure base, or alkaline. Pure acid can melt through steel and pure alkaline can neutralize pure acid. The blood must maintain itself at 7.365 pH constantly. If it were to fluctuate even one or two points, we would die. (Young & Young, 2002) The body will do anything it possibly can to keep the blood alkaline; it will even leach calcium from our bones in an attempt to neutralize acid elsewhere (otherwise known as osteoporosis.) When you see people suffering from osteoporosis, would you think their body was constantly robbing calcium from their bones in order to neutralize their acidic diet? Of course not! But it's true!

There are parts of the body that are naturally acidic such as the stomach. But before any food leaves the stomach, it is neutralized with alkaline buffers. Your body naturally knows how to eliminate acid, when it has an adequate amount of alkaline reserves or buffers. Not when it is running on an empty tank and needs to take alkaline buffers from other parts of the body, there is a domino effect of symptoms (robbing Peter to pay Paul).

There are many benefits to eating greens and all of these benefits stem from three main factors; the pH level and water

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content of the food being eaten and the electrical potential that it provides to your cells. What makes this all interesting is that when foods are acidic they are loaded with protons... to get a little scientific. Foods that are alkaline are loaded with electrons. But if we cook the alkaline food or heat it up, we destroy the electrons and take all the alkaline benefits from the food. (Young & Young, 2002)

Along with the food we put in our bodies to fuel them we have to remember that basically all of our energy begins with oxygen, which is carried to the blood by our lungs. Energy originates from the air we breathe and the way we breathe it. Yoga, Buddhism and meditating are two of many ancient practices that focus on proper breathing techniques. The general middle ground for all of these breathing techniques is this: Take a deep breath, filling your entire lungs. Hold it for four seconds and then breathe out, fully expelling the “spent air” from your lungs. Throughout the day, remind yourself to breathe deeper and it will start becoming a habit.

You will feel instantly more energized and awake.

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CHAPTER 4

What's in Your Water?



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There's bottled water, reverse-osmosis water (stripped of minerals), filtered water, distilled water (steamed), mineral water and ionized alkaline water -- but which water is the best for you? We have all heard tales of the Fountain of Youth, but what if these stories actually had some credibility to them? All the places in the world where water is said to have amazing healing properties, (Lourdes, Naples, Himalayas, Panna etc.) generally have two things in common; the water is mineralized and it's highly alkaline.

We know that water is made up of separate atoms, one part oxygen and two parts hydrogen. When H₂O molecules are run past electricity they divide themselves into two separate streams, one alkaline (negatively charged) and the other acidic (positively charged). The alkaline water also becomes a super antioxidant, due to an excess of negatively charged hydroxyl ions created during the molecular separation process. This process is known as ionization. (Chanson water, 2011)

Typical water molecules (tap and bottled) are 16 to 20 molecules per cluster. Ionized alkaline water molecules are re-clustered smaller. Through the ionization process they are reduced to only five to eight molecules per cluster. This means that one cup of alkaline water has more than twice the amount of water molecules in it than one cup of bottled or tap water. Every single cluster of ionized alkaline water can fit inside of your cells to rejuvenate them, because the molecules are virtually cut into one quarter of their original size. (Alkal-life, 2011)

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Picture this—imagine that the water molecules your body needs as ping pong balls and your cells as a chain link fence. If you tried to throw a bunch of those ping pong balls through the chain link fence what would happen? About 85 percent of them would fall to the ground and not penetrate the fence. *Why?* They are too big to pass through the holes! Similarly, regular bottled or tap water molecules many are too big to be absorbed into your cells.

On the other hand, what would happen if you threw a handful of sand through the same chain linked fence? All of that sand, representative of the smaller ionized alkaline water molecules, would penetrate the fence allowing for “super hydration” of your cells. *Why?* Because alkaline water molecules are reduced to a smaller size, like sand through the fence holes, they can easily pass through your cells than the larger unrefined “ping pong ball” tap and bottled water molecules.

When you drink alkaline water, your cells are able to absorb all of the water you consume for adequate hydration, thereby delivering more oxygen to your body than drinking regular water molecule clusters. (Chanson water, 2011)

Another amazing benefit of alkaline water is that the ionization process creates a greater abundance of negatively charged hydroxyl ions in every serving. These negatively charged ions seek and destroy positively charged free radicals in your body like no other antioxidant on the face of the earth. Like opposite poles on a magnet, the negatively charged hydroxyl ions attract to the positively charged free radicals and they cancel each other out. This is called oxidation reduction potential or O.R.P.

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Negatively charged ions seek out positively charged ions (free radicals) and eliminate them. The tiny microclusters of ionized alkaline water make it even better at this process of “seek and destroy” than tap or bottled water because the smaller alkaline clusters can permeate every single cell in the body.

Alkaline water is truly unlike any other water on the face of the earth. If you can't get your hands on ionized alkaline water, then the next best thing would be mineralized water or “hard water” as it is also called. (Chanson Water, 2011)

Now that you know about ionized alkaline water, consider the types of water you have been drinking. As Americans many of us are programmed to think that bottled water is best. Many people think that bottled water is cleaner and safer than water out of the tap. The truth is, bottled water is often highly acidic and trapped inside of chemically infused containers known as plastic. In the presence of light (sunlight, house lamps) the plastic immediately starts to break down and gas and leaches into your bottled water and contaminates it. On top of that, most bottled water is stripped down of necessary minerals in the reverse osmosis bottling process, and much of it is left highly acidic -- between 4 and 5 on the pH scale.

Knowing these facts, (plastic and acid) does bottled water seem safest to you?

A simple test with a wide-range pH liquid solution proves that tap water, when gauged through the pH scale, is actually superior to

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bottled water. Tap water is always neutral within a close range of 7 or more, making it slightly alkaline.

Consider this: If town municipalities were to let acidic water through underground pipe networks what would happen over time? What does acid do to anything over time? It corrodes and eats away at the matter. This includes the fact that acid rain would break down the metal in pipes after years of exposure. Such corrosion could cause major damage to community water systems.

This is why municipalities and cities must keep public water pH balanced. Thank heaven for that realization, right? Now, what do you think acidic water does to humans over time? Something to consider...

Filtered tap water is superior to all of the plastic bottled water on the market today. Save yourself some money by converting your tap water into your main water resource and don't forget to filter that tap water. Triple filters are strongly suggested for their comprehensive effect on tap water. They filter out bacteria, metal and carcinogens that are not adequately removed by town water processing plants.

Bottom line: Ionized alkaline water, run through a triple filter, is the safest, cleanest and most effective source of hydration. It combines the process of reducing the size of water molecules (for "super hydration") with triple filtering for maximum cleanliness. (Chanson water, 2011)

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What is the fastest way to deliver live energy directly to all of the cells in your body while providing them with a broad spectrum of nutrients and alkaline buffers at the same time? Mixing live green drinks with alkaline water is the only answer: preferably Green Phactor with ionized alkaline water. Not only will the easily absorbable nutrient enriched water clean out your cells, it will supercharge them with energy from the pulverized live raw greens! Depending on the greens powder you use, “super hydrating” with greens can deliver the broadest possible spectrum of vitamins, minerals and nutrients to your body in the most absorbable form possible.

Green drinks revitalize your cells, strengthen your immune system, buffer against toxins, acids and waste buildup, aid in digestion, settle the stomach and give lasting energy. (Young & Young, 2002) Having a green drink in alkaline water is truly the healthiest way to start (and finish) the day.

It goes without saying that you and your family are worth the investment when it comes to buying a water ionizer or purchasing ionized water by the gallon. Doing this, along with taking in a monthly supply of greens, prevents disease and other symptoms while helping you stay youthful and energized. Don't you agree?

Another huge benefit from adding more green drinks to your diet is that their common raw plant ingredients such as kale, wheatgrass and spinach contain chlorophyll. Chlorophyll, also known as the blood of plants actually helps your body produce more quality red blood cells. It has the same molecular structure as human blood (hemoglobin). The only difference is that the

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center of chlorophyll is magnesium, whereas the center of hemoglobin is iron.

When you consume chlorophyll your body is able to easily swap out the center ion of magnesium to iron to regenerate fresh blood cells. Chlorophyll is also soluble in fat particles, which are absorbed directly into the blood via the lymphatic system, so chlorophyll can also be absorbed in this way. (Wigmore, 1985)

In other words, when the “blood” of plants is absorbed in humans it is transformed into human blood, which transports oxygen and nutrients to every cell of the body. Plants or dark leafy greens have the only compatible molecular structure that can be easily assimilated into the body.

For optimal health and energy it is recommended to eat at least eight to 12 servings of live greens per day. But we all know that in these fast paced times, it's very difficult to eat so many salads. So we need a shortcut, and that's where greens drinks come in quite handy.

Green pHactor and powdered green drinks can be obtained at local health food stores, on the Internet or in nutrition stores. Shop around and find what suits you best, but we recommend a brand that uses highly alkaline greens; generally speaking, the higher in alkalinity a green is, the higher in energy it is, or the more electrons it contains. One brand we surely recommend is Green pHactor green drink, which contains 15 of the most highly alkaline greens in the world.

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CHAPTER 5

The Acid American Diet



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Everyone knows that the body is constantly working to keep itself in balance (the recipe to staying alive), but not many people know exactly what it is doing in order to maintain this balance or “homeostasis.” Every process of the body affects your pH balance, many creating excess acid: whether it’s the lactic acid we produce during aerobic exercise, the carbonic acid we produce when we breathe or the acidic ash residue we produce as a byproduct of food digestion.

Acid is a normal part of human body processes. When we build up too much acid in our bodies, our cells cannot eliminate it quickly enough. The result is that we develop symptoms, the body’s most efficient way to eliminate the excess acid. The root cause of all symptoms and diseases is an overly acidic body. (Young & Young, 2002)

For example: If we were to take 10 of our closest friends and feed them a highly acidic diet for the next 10 years -- beef, breads, soda, sugar and even smoking -- what would happen after we examined them?

Remember, they all ate the same food and portions. Betty is now diabetic. Richie is now obese. Arlene now suffers from chronic arthritis. Bill passed away three years ago. Jean has cancer. Tom has allergies. And, lucky Steve has no negative reactions. Do you see the point? They all consumed the same acidic diet but they had all different results. There is a major important lesson to learn here. The source of all of these problems was the acidic diet they were fed!

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Our bodies constantly eliminate useless foods and substances that we put into them. The general rule of digestion is: assimilate and eliminate. Our bodies assimilate all the nutrients from the foods we ingest and eliminate the toxins and acids.

Do you really think your digestive tract jumps with joy when you swallow a bag of Cheetos or eat a doughnut? Maybe one percent¹% of the nutrients in these foods can actually be used, which means the body has to eliminate 99 percent of the useless fillers we put into it.

Most people think that their food is healthy. In actuality, this “food” has no food left in it. There are limited amounts of nutrients in a typical American;s meal; most nutrients are baked, cooked and fried out of it.

Putting foods with no nutrients in a clogged digestive tract is a recipe for disaster.

It's very easy to determine whether a food is acidic or alkaline. Acidic foods are dead. They are mostly processed foods that offer little to no nutrients, but taste amazing.

Alkaline foods are ALIVE; they consist of fruits, vegetables, beans, legumes and berries. What makes them alkaline is their electrons. They absorb life-giving energy from the sun and convert it into the goodness that the human body needs. You are connected to the perfection of earth's natural order, not to a regimen of medicine and deception. Doughnuts and Twinkies do not grow on trees, in case you haven't noticed.

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Do you know what the definition of a “natural death” is? It’s the result of the colon being clogged up with intestinal plaque after years of buildup due to an acidic and toxic lifestyle. Many illnesses can be linked to a clogged and toxic colon from constipation, to colorectal cancer, Crohn’s disease and toxemia. The clogged colon also makes it more difficult for the body to absorb nutrients into its system. (New York Colon Review Board, 2009)

When we eat food, we assume that it is providing us with energy. Little do we know that energy does not come from food. Energy comes from oxygen. Food is useless unless the body has the energy to break down and assimilate (use) the meals we provide it. (Young & Young 2005)

When we consume nutritious alkaline foods we provide our bodies with oxygen and useful nutrients to absorb. When we eat primarily junk food, our bodies are forced to burn a lot of reserve energy in order to eliminate the excess wastes in them, without gaining additional oxygen molecules from them.

The digestive process of assimilation and elimination is the cornerstone of health. You have to provide your body with the right nutrients to assimilate, or it won’t be able to eliminate.

When your body can’t eliminate, buildup of waste causes its systems to breakdown and decay (also known as accelerated aging.) When you consume an overly acidic diet, you force your body to bathe its cells in their own waste.

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Imagine this-- your diet for the week consists of orange juice, yogurt, eggs and bacon in the morning, pizza with soda for lunch, and steak, potatoes and wine for dinner. You aren't eating any nutrient-dense foods or greens at all, or taking a green drink/supplement. This food is providing practically no energy at all to your body and your body is actually spending more energy to eliminate the waste in it than it is getting from digesting the limited nutrients! This is what I call accelerated aging!

This process constantly draws from your body's reserves of energy and nutrients until you run out of them entirely. The waste builds up in your cells and tissues, and inevitably you start to see the first stages of over acidity or the beginning of a health crisis or even multiple health crises. Our bodies offer us a series of warning signs along the way such as headaches, fatigue, allergies, aches and pains, etc.

Are you paying attention?

The body is like a ship sailing on an ocean. It starts out with a certain amount of supplies. The crew constantly "mans" the ship and uses these supplies to repair all damages done to it by storms and other elements. When the supplies on the ship start running low, the crew has to exert more energy to keep up with the repairs. If the "crew" fails, the ship goes into disrepair.

Without an influx of new supplies, the ship may simply stop working because the damage is too extensive. The crew can't

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keep up with the breakdowns and unless the ship restocks its supplies, it will fill with water and sink.

This is like our body, except the supplies represent our energy and nutrients and the crew represents our cells. When our system can't repair our body's damage, we begin getting hurt or sick.

When the body is constantly taxed because its digestive tract is being filled with useless foods, it is forced to make "withdrawals" from its alkaline reserves instead of making a "deposits." Highly acidic diets suck the energy right out of the bodies and provide little or no nutrients in return. (Young & Young, 2002)

Usually after a large meal such as Thanksgiving dinner, you feel this effect of poisoning the digestive tract with useless food. Your brain redirects electricity from every other area of your body in order to help your digestive tract through the waste elimination crisis and you get sleepy as a result. This is often referred to as a "food coma."

In other words, you become sleepy or less alert because your body does not have enough energy to digest all that food while running your organs at 100 percent. The result is an energy crash! Everything slows down except your vital organs and digestive tract. You fall asleep (or struggle to stay awake) and your body does its best to eliminate as much of the food as it can. Whatever it cannot eliminate, it converts into solid waste and stores in less critical areas such as artery walls, hips, thighs and back of arms. (Dave, 2010)

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Working out won't necessarily get rid of these fatty deposits; only energizing and alkalizing the cells will. The acidic body will hold onto fat and water cells to protect itself from becoming lethally acidic, while the alkaline body is always in balance and therefore does not need to store extra fat and water weight.

The best way to provide your body with the energy it needs to constantly run at 100 percent is to eat and/or drink live green drinks and juices, at least twice per day. The nutrients in powdered greens are the easiest to absorb in the world, which is why they are a powerful shortcut to alkalizing your body.

Did you know that you only absorb about 2 percent of the nutrients in a multivitamin pill which are commonly petroleum-based (useless depending on the vitamin), but you can absorb 100 percent of the nutrients in vegetables? (Young & Young, 2005)

Your "Alkaline Reserve System" is similar to the U.S. Federal Reserve System. The Federal Reserve System currency runs on dollars and cents while the alkaline reserve system currency runs on sodium, potassium, magnesium, zinc and iodine. These elements need to be constantly replaced in the alkaline reserve system. Your body is constantly withdrawing alkaline reserves to neutralize acid. You need to make deposits to keep the reserve bank balanced. But most people do not know how to balance their alkaline reserve bank and it shows up as an unhealthy body that has been severely taxed.

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Most people believe that the best way to have strong bones is to eat a lot of meat and drink plenty of milk. This is a common misconception.

Recent studies have found that vegetarians have the strongest bones, yet vegetarians don't consume meat or animal byproducts like milk. This was baffling to nutritionists at first; until they realized how absorbable the nutrients in greens are. In fact, the human digestive tract was actually evolved for a primarily vegetable-based diet.

Think about it-- our DNA hasn't changed much in the past couple thousand years. (El Dr., 2011) Imagine yourself as a member of a hunter/gatherer tribe in the past. Would it be easier to pick and eat a vegetable, or chase, kill, clean and cook an animal? Also, the strongest animals in the world are vegetarians (apes, moose, ox, rhino, elephant, etc.). What does their diet consist of? Leafy greens, bananas and even bamboo sticks.

Did you know that spinach contains more calcium per serving than milk? Milk is commonly believed to supply calcium to the body, but it does no such thing. (Young & Young, 2005)

First of all, milk comes from a bizarre four legged creature that regurgitates its own food. What makes people think that we can even digest milk evolved for a creature that needs four stomachs?

The fact is we can't digest milk. Our digestive tract was not designed for it. Milk supplies no nutrients. It curdles in the

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stomach and putrefies, eventually stripping calcium from the bones. This is the exact opposite of its marketed effect!

Why would anyone want to drink the milk of an animal that weighs 40 pounds at birth and grows to 2,000 pounds in one year anyway? This is without the introduction of hormones, steroids and cement dust. (Yes, they are all given to cows!)

Many experts think that the traces of these growth hormones and steroids negatively affect those who consume milk (as do the chicken nuggets and other products with steroids and hormones that Americans regularly eat)

Possible examples of these effects include children reaching puberty earlier at younger ages (Palmer, 1999). Also, more boys have man boobs or gynecomastia today than ever before. Surgeons advertise ways to medically get rid of gynecomastia but, little does the public know, if they stopped drinking cows' milk such symptoms would probably never have happened in the first place.

Some great replacements for cow's milk are almond, rice and coconut milk. Notice I didn't say "soy" milk! 90 percent of the soy milk on the market today originates from genetically modified organisms, commonly known as GMO. GMOs give excess estrogen to both women and men and create more hormone imbalance in the body. (Young & Young, 2002)

Almond, rice and coconut milk are highly alkaline and filled with nutrients so, when they are blended with water and strained, they retain all of their goodness and replace cravings for cow's milk

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without any ill side effects. And, at the same time, they provide a deposit of health.

Recent studies have also shown that cooking foods actually has several harmful effects. Amino acids (building blocks of proteins) actually cross-link during cooking. Some experts believe that digesting foods with “scrambled DNA” like this can be detrimental to the body. This suggests that cooking foods is detrimental to digestion. Scientific evidence shows the same results. For example, cooked foods (even cooked greens) have zero electrical potential, no megahertz value at all. The process of cooking our food literally “kills” the electrons in it, taking away the alkaline value. Eating such “dead foods” wreaks havoc on the body. Canned foods, associated with heavy metal toxicity, are also “dead foods” and have zero megahertz of electrical potential, not to mention that none of these foods have any readily-absorbable nutrients left in them. (Young & Young, 2002)

Your body has four avenues of elimination: respiration, perspiration, defecation and urination. When your cells are energized, your body can eliminate all waste properly and you feel great. When your cells are drained of energy as a result of working overtime to eliminate wastes built up from an overly acidic diet, your body becomes unable to properly eliminate those acids and toxins and fails to regulate the pH of its various organs and tissues. The result of this is that you feel horrible!

Red blood cells, which should be surrounded with a negative charge, begin stacking together (known as rouleaux) and here isn't enough electron-rich live food and alkaline water entering

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the body to power the cells and keep them negatively charged. The acidic environment mitigates and compromises the outer layer of the cell and weakens its charge. As a result, red blood cells begin to stick together and sludge their way through blood vessels, carrying little or no oxygen to your cells.

Over time the problem becomes worse and worse, until the red blood cells can no longer survive. Dead or mutated red blood cells contribute to over acidity in the body when mutated red blood cells change their mode of respiration from oxygen to fermentation. (Young & Young, 2002)

And, as gross as it sounds, fermentation is basically another word for rotting. A part of you is spoiled inside due to a lack of cellular energy. When red blood cells die or mutate due to over acidity in the body it also means a shortage of disease-fighting antibodies to transport oxygen through the bloodstream and keep your systems energized and running smoothly.

There is a definite connection between oxygen and cancer. When cells are allowed to exist over time in oxygen-deprived blood (or blood depleted of 60 percent of its oxygen), two things happen. Many cells die and many mutate. When the body is acidic, these mutated or “cancerous” cells flourish each and every time, as proven by Nobel Prize winning Dr. Otto Warburg. When the blood is properly pH balanced (7.365 pH) and is full of oxygen, cancerous cells simply cannot survive.

In order to perform any cancer-related studies, a researcher must have a cancerous subject to experiment on. Do you think

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the researchers went to a New York City dumpster on a rat hunt to find rats with certain cancers? Or, is it more likely they have the formula to create cancer?

It isn't hard for an educated researcher to force a lab rat to develop cancer. They know that by depriving the blood of oxygen, cells mutate into cancerous tumors in their frantic efforts to survive. Re-injecting mutated oxygen deficient cells back into the creatures repeatedly produces cancer. Isn't it interesting how researchers know how to give lab rats cancerous tumors in order to study them? They know the recipe for cancer!

If we know the recipe for cancer, then why are half of all American's predicted to develop some form of the disease? Why aren't we stopping cancer in its tracks before it happens?

As Americans, we lived in a high stress society full of shallow breathers. This means that in addition to consuming highly acidic diets lacking the oxygen richness in alkaline food and water, many of us are stunting the direct oxygen intake we should be receiving each time we inhale.

Think about it-- in your normal day to day how often do you "stop to smell the roses" or take in deep cleansing breaths? Now consider how many times you yawn during your normal day. Yawning is actually an indicator that your body is craving oxygen.

During the hours we spend sleeping our body does much of its catching up by "super oxygenating" the cells and, thereby, cleansing itself. When you wake up and have to clear your throat, rub the sleep out of your eyes and use the bathroom, right?

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These actions represent the final step of the detoxification process that your body undergoes during rest. If you find yourself waking up as tired as you felt when you went to bed it is an indicator that your body is so acidic it is unable to balance itself during catch-up sleep periods.

If you are one of many Americans who have to frequently use the bathroom in the middle of the night this is a sign that you are going to bed with a body that is so acidic it actually needs to wake you to release excess waste buildup in multiple loads. In a balanced body, there should be a limited load of wastes that only requires one release when you wake up. (Demers & Sexton, 2009)

When your body is in balance you wake up feeling well-rested and energized with positive motivation to begin your day. If you keep giving your body the oxygen it needs and craves throughout the day you will maintain that energized feeling. This is why we recommend consuming oxygen-rich alkaline water and green drink powders. And, don't forget to do some regular deep breathing exercises. Taking full breaths to keep your blood pumped full of oxygen works wonders for the mind and body. Further, breathing correctly can literally keep cancer at bay, when combined with a proper diet and lifestyle.

In my experience, the formula for true health is found in three parts: pH, voltage and dissolved oxygen capacity or storage. How do they relate?

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The pH of your blood dictates the voltage or electrical potential of your cells, which directly affects the storage capacity of dissolved oxygen. Oxygen is responsible for maintaining purity in the body, fighting off disease and energizing your cells. Voltage is basically the energy running through the cells that can be measured. Healthy cells run around -20 millivolts. You want that good negative electrical charge. Unhealthy cells lack negative charge like that found in alkaline foods and water and can have as low as – 5 millivolts, resulting in a sick and tired state.

That difference of -15 millivolts is literally worlds apart! So, by increasing our negative voltage via the pH scale, we also increase exponentially the storage capacity of dissolved oxygen. (Tennant, 2011) It's the dissolved oxygen that creates and maintains good health. We can easily increase our pH by adjusting our diet to include more alkaline water, foods and green drink powders to reap all of the benefits of true health.

In my opinion there is no cure for cancer. However, I believe you can absolutely prevent cancer!

In America today, we have limited our vocabulary when it comes to disease; we seem to only consider finding the “cure.” Why don't we look to “prevent” over “cure?” Curing means the problem already exists. Prevention means it never gets started in the first place. Is there something GREAT to learn from that?

Picture this...your beautiful vibrant garden that is alive and green. If you were to take a blow torch to any of the plants or

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flowers, what would happen? Most likely the leaves and flowers would burn but the garden would not catch fire or spread. This is because the moistness and life of the plants and flowers prevents the fire from continuing.

If the same garden were to be dry and brittle, a small fire could turn into a barn burner and kill the entire garden! When your body is alkaline it is equivalent to the moist garden that prevents the fire from spreading. When your body is acidic it is equivalent to the dry fire-prone garden and is susceptible to damage.

The cure is found in prevention... not in the treatment.

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CHAPTER 6

Health vs. Fitness



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The quality of our health is dependent upon the quality of our blood cells. The true definition of health is when all systems of the body are working at optimal potential. True fitness is the “capability” to physically accomplish any given task.

“Burn fat fast with two pills per day, while eating whatever you want!”

“Our superior machine will burn fat and build muscle in five minutes while eating ice cream”

“Our supplement will make your muscles explode with volume!”

“Eat cake while sitting on the couch and let our patented belt shock your stomach into shape with electricity to get that six pack you have been waiting for!”

Do outlandish claims like these sound familiar? Of course they do! They are fodder for click bait, late-night TV ads and more.

Mainstream health promotions constantly promise you a fit body with a toxic lifestyle. A fit body sounds very tempting, but “fit” is a byproduct of a healthy diet and lifestyle. *Period.*

Fitness without health is a recipe for cancer and disease. Fitness is not an indicator of health. In fact, many fit people are unhealthy, like sprinters/runners that have had heart disease and have died from it. Remember Florence Joyner?

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Just because you go to the gym does not mean that you're healthy. Let's take a look at what happens when you exercise. There are two different main categories of exercise: aerobic and anaerobic. Aerobic means: "with oxygen" and anaerobic means: "without oxygen."

Aerobic exercise involves accelerating your heart rate and rate of breathing for extended periods of time. This trains your "Cardiovascular Endurance," or heart and lung stamina. Some examples of aerobic exercises include jumping rope, jogging, swimming and kickboxing. Aerobic exercise is one of the best things you can do for your overall health.

Anaerobic exercise differs from aerobic in that there isn't nearly as much oxygen delivery. Anaerobic exercises usually consist of short periods of heavy lifting, to increase muscle volume or density. Common examples of anaerobic exercise include bench-pressing, heavy curls, high-weight squats, pull-ups/chin-ups, pushups, sprinting/dashing, sit-ups and lateral exercises.

Anaerobic exercise forces your muscle cells to produce lactic acid. This is a very inefficient way to produce energy. In fact, aerobic exercise produces more than twice as much energy per cell as compared to anaerobic exercise.

Lactic acid burns and damages your muscle tissues after exercising, resulting in muscle soreness, fatigue and an overproduction of acid in the body, which must be buffered with alkaline reserves. The lactic acid is what causes you to stop

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exercising, because of the burn it leaves. (Young & Young, 2002). The bottom line: anaerobic exercises leave the body in an exhaustive vulnerable state.

Both forms of exercise have their good and bad points, but it is agreed that aerobic exercise is the best exercise to extend your longevity.

For starters, ATP is the energy needed to move your muscles. Aerobic respiration can produce 34 ATP equivalents from a glucose molecule, while anaerobic respiration produces none! The math is simple. Unlike anaerobic exercise, aerobic exercise works up your heart and lung rate in unison and gives them both a satisfying workout to keep them healthy and working longer (Gregory, 2006). Whether jogging, swimming, biking, or just climbing up and down stairs -- even if it's just for 10 to 15 minutes per day -- aerobic exercise is a must for those whose goal is to live a long and youthful life.

The lymph is commonly referred to as the “vacuum cleaners” or “dust busters” of the body, sucking up toxins and removing them out of the body. This is truly an advanced janitorial system. Your daily workout or walk can adequately move the lymph to each and every part of your body.

Exercise also benefits the body by moving lymph throughout. There is no pump or organ to move the lymph. The lymph relies solely on motion to move through the body, which is why daily exercise is so important (Young & Young, 2002).

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Back in the 1960's, they advertised a rubber mat that you put on your back. It shook your whole body. I bet many people had a good laugh about that machine. However, in this case the media actually duped the public by nay-saying this machine -- calling it a health hoax!

That mat was an early iteration of today's "whole body vibration machine." And, it works!

What if I told you that there was a way to work out our involuntary muscles (the ones that we can't consciously move?) It's possible! There are whole body vibration machines that vigorously shake and twitch every muscle (20 to 50 times per second). These machines are great for circulating and moving the lymph thoroughly through vibration. One 10-minute session on the machine is equivalent to running four full miles (the vibrating) and a typical person can actually lose a full pound after the 10 minutes session (depending on the individual). How? The whole body vibration actually stimulates your metabolism, by creating involuntary muscle spasms.

If you are vibrating or shaking 20 to 50 times per second, the involuntary muscle spasms/contractions are making you flex and contract and all of your muscles are stimulated, therefore creating a metabolic effect. Body vibration also has benefits for muscle strengthening, bone density or tensile strength and circulation. Using the whole body vibration is a real way to prevent future colds, the flu, etc., because you cannot see or feel lymph, it has an immeasurable way of preventing disease. (Vibration professor, 2011)

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All in all we can benefit from advances in technology, now that we know being healthy is far more important than simply being fit. Remember, fitness is a byproduct of being healthy, but true health is the goal.

When you are at your peak natural state, doing any fitness task is quite easy. However, if you're fit, but not healthy, your body is in a very vulnerable state. Why? Fitness requires a lot of acidic excretion into the system, due to lactic acid, as a byproduct of metabolic waste. This creates more acid in an already acidic body.

Consider the fact that most of the bodybuilders today are not only amped up on acid-forming steroids and acid-forming hormones, they also work out in an acid-forming anaerobic fashion and most of them pass far too early. Isn't there something to learn from them?

Yes! Being healthy is far more important than having rounded, bulging muscles. But, guess what? You can have both! When your body is in its true natural peak state, receiving a balance of aerobic and anaerobic exercise and a diet with enough alkaline greens, (instead of focusing on anaerobic exercise and trying to bulk up with highly acidic foods.)

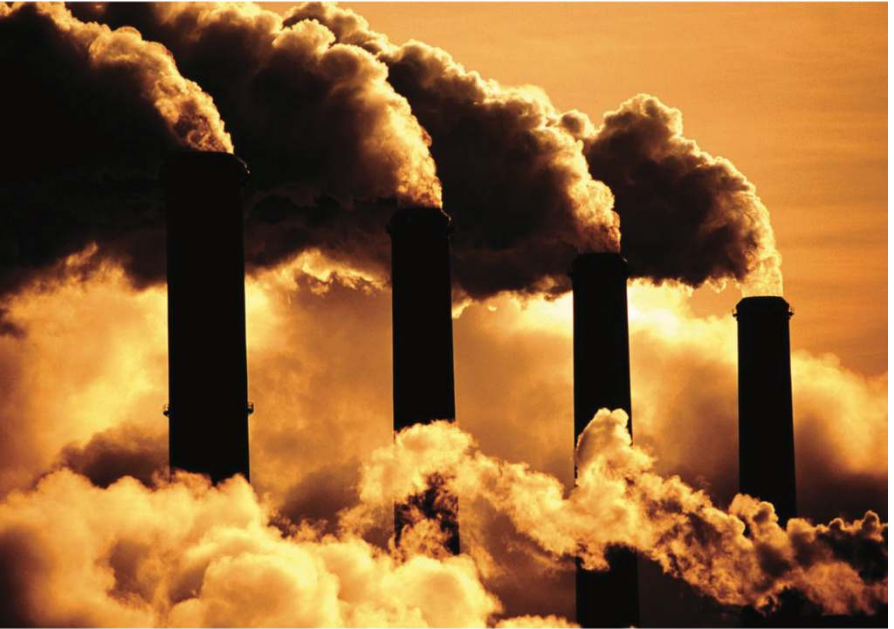
A healthy body should look like a lean, vascular and athletic machine. This is the true goal.

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CHAPTER 7

Toxins and Detoxification



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Due to pollutants in the environment, practically everyone on earth is loaded with an enormous amount of toxins and heavy metals in the body, blood and tissues. How do these metals get ingested? It's as simple as opening a can of baby formula. How? When the can opener rips and tears into the top of the formula can, microscopic metallic flecks fall into the formula.

Cutting open aluminium cans in excess contributes to the accumulation of metals into the body. The aluminium bond that once sealed the can is broken when it gets opened, sprinkling microscopic flecks of aluminium into a canned food or drink. Now multiply the canned drinks, foods and containers by 30,000 and you have accumulated enough metallic dust to qualify for dementia.

Alzheimer's disease has been connected to an accumulation of aluminium in the body. According to research from the Alzheimer's Society, these metals settle in the weakest parts of the body because it has no means of getting rid of them. This is also known as "biological concentration." (Alzheimer's Society, 2008)

Exposure to metals over 40, 50, 60 or even 70 years, creates a buildup of aluminium in a body causing it to "short out" or "blow a fuse." Every thought, smell, sight and feeling you have ever had is thanks to an electrical impulse that was translated through your brain. If your body is clogged with toxins and metals those message impulses can slow and short circuit.

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Breathing in air that is contaminated by the local environment is another way to add unwanted “biological concentration” that is stored in the fluid, blood and tissues. For instance, in New York we have a very active winter that reveals how bad our air truly has become. In the winter of 2010, it snowed multiple times in excess of 12 inches. After the plows removed the snow and deposited them into snow banks on the sides of the street and in parking lots, those piles slowly become darker and sootier over a few days. And, we get to breathe that contaminated air every day.

Have you ever looked up in the sky and seen jets laying straight lines of man-made clouds across the horizon? Those are not contrails or condensation trails, which condensate or disappear 15 to 20 bus lengths behind a jet and can only be seen at certain altitudes. These remaining straight lines are actually chemtrails. Chemtrails remain in place and disperse metals into the atmosphere, causing a grid effect in the sky and eventually spreading metal particles widely enough to affect our everyday lives from the air we breathe to the soil we grow our crops in.

Releasing chemtrails is a form of geo-engineering and another way that our bodies are being contaminated on a daily basis. Geo-engineering is a modern method of deflecting sunlight to prevent global warming by releasing aluminum and barium into the atmosphere to supposedly deflect unwanted sunlight back into the universe (Adachi, 2007).

Regardless of the questionable benefits of chemtrails to our atmosphere, it is certain that they are contaminating our bodies

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and our world. Maintaining an alkaline body is an effective way to counter the ill effects from unwanted metals being dispersed from chemtrails or geo-engineering.

Until then, extracting this “biological concentration” by many available new ways to detoxify your body is our only option. Ionic Detox foot baths and walking barefoot on the shore line are two ways to adequately remove some of this build-up and turn your health toward better health and well-being.

Similar to walking barefoot on the shoreline, Ionic Detox foot bath ionizers extract positively charged ions through a method of ionization, diffusion and osmosis -- sending multiple frequencies that run through a small current in your body. You put a small band on your wrist, and the unit activates different frequencies and currents that attract toxins through the 5,000 sweat pores on the bottom of your feet like a magnet. The negatively charged hydroxyl ions in the water attract the positively charged “free radicals” exposing themselves in the water. You can actually see and smell the metals, toxins and flecks in water.

After 10 minutes, the water will show noticeable change in color depending on how toxic you are. You might think it looks like tea. After 20 minutes the water is usually dark brown (sludge) and after 30 minutes the water is rusty looking (free radical pool), with little pieces of metal flecks and you can barely see the bottom.

There's more! If you are a smoker the water will show up with a brown-tar tobacco like sludge at the surface of the water. The simple 30 minute detox foot bath rids your body of these toxins.

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(McCormack, 2011) Footbaths are very popular in the eastern cultures.

The theory of “the cure is found in prevention...not in treatment” is the norm in Eastern’s societies. There is something we can all learn from the Eastern culture: prevention of disease and preservation of the organs, fluids, and tissues is the key factor in living to 200.

Another effective way of detoxification is infrared saunas. Infrared heat is primarily used in maternity wards at local hospitals to keep premature infant babies safely warm. They recently found other great health benefits attributed to infrared heat and saunas, involving the removal of toxins and burning of calories through sweating. Sweating is the body’s most efficient way to release unwanted toxins and acids, relieving the kidney and liver from undue stress.

Infrared saunas are not your typical steamy hot saunas that are at the local gym and spas. Infrared saunas run relatively cooler than steam spas. Typical steam spas run at 180 degrees while infrared saunas run at 130 degrees. It’s a lot more comfortable than a conventional steam spa. Infrared is deep penetrating heat that penetrates the first inch to inch-and-a-half of your skin, therefore releasing deeply encrusted toxins and metals to the surface of the skin and into the bloodstream.

Did you ever spend all day in the sun,? And, then, when you got home you still felt warm or hot? It’s the infrared rays from the sun

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that kept you feeling this warm at home. Your body absorbed these life-giving rays.

An infrared heat spa is also another great way to burn calories. Besides the deep penetrating heat, your heart rate will go up slightly and you can burn up to 600 calories in a 30-minute session (depending on your size). What a great way to replace a workout, especially if you are limited in your physical capabilities.

It is suggested that you constantly keep wiping away the sweat to avoid re-absorption. Also, make sure you stay adequately hydrated with ionized alkaline water before and after your session. This assists in removing the exposed toxins that were released into the bloodstream and avoids having them resettle elsewhere in the body. (Media wave online, 2010) There is a new wave of infrared spas coming into the United States. Hopefully they will be replacing tanning salons with healthy infrared salons.

Calorie restriction is an alternative to most Americans' overeating habits. It's more than the three-week "miracle" diet that allows you to gain back pounds three weeks later. It's an entire lease on life based on the practice of limiting calorie intake. The point is to provide the body an adequate number of calories to sustain health without excess calories. By reducing our calories, we can preserve the integrity of our internal organs.

It's more than just following a Weight Watchers theory of counting "points" or calories of what they eat and often putting nutrition aside. Does counting calories alone really keep you healthy?

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Health cannot be found in skipping meals to make up for bowls of ice cream. The best practice of calorie restriction comes from a shift of focus: not only from shifting our huge American plate habits to eating smaller quantities of foods, but also in shifting the focus of what we ought to be putting on our plates.

Calories are energy points, so when we seek out our energy we should want to get it from the most natural sources -- think smaller portioned plates of higher quality foods!

A calorie restricted alkaline diet is the answer to true health.

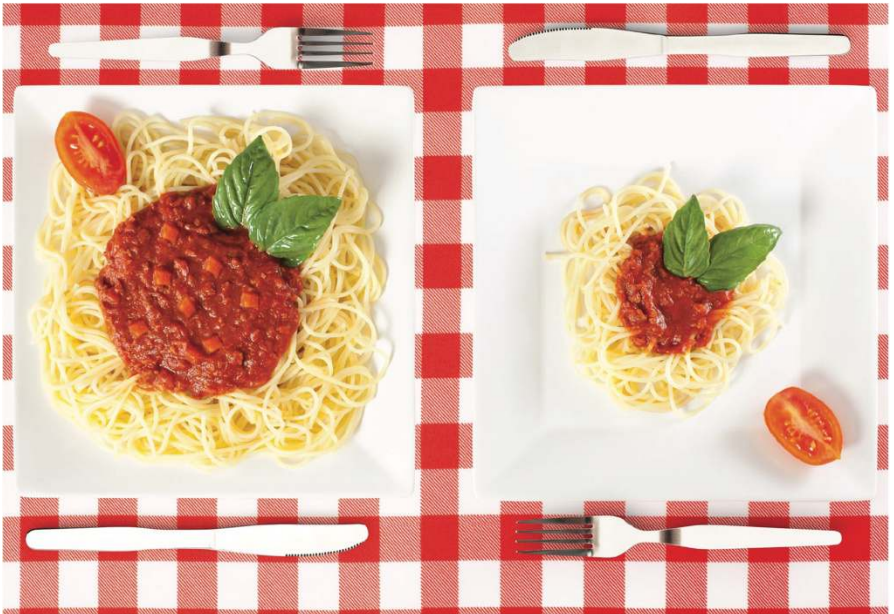
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CHAPTER 8

Calorie Restriction



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Calorie restriction is more than just a theory; there is science behind it. In 1934, Mary Crowell and Clive Mckay of Cornell University conducted a series of experiments on laboratory rats and observed that those fed reduced calorie diets, while maintaining high levels of micronutrients (the vitamins and minerals essential for proper growth and health,) resulted in lifespans up to twice as long as otherwise expected for rats on a normal diet. (Cromwell & Mckay, 1934)

Comwell and Mckay's same findings were explored in detail by a series of experiments with mice conducted by Roy Walford and his student Richard Weindruch. In 1986, Weindruch reported that restricting the calorie intake of laboratory mice proportionally increased their life span compared to a group of mice with a normal diet. The calorie-restricted mice also maintained youthful appearances longer and showed delays in age-related diseases.

The results of the many experiments by Walford and Weindruch were sum-marized in their book, *The Retardation of Aging and Disease by Dietary Restriction*. The findings have since been accepted and generalized to a range of other animals. Researchers are investi-gating the possibility of parallel physiological links in humans in relation to anti-aging effects (Walford & Weindruch, 1982).

Many people have independently adopted the practice of calorie restriction in some form and have had success. The most recent study conducted by Ricki J. Colman and Richard Weindruch at the University of Wisconsin experimented with rhesus monkeys that live an average of 27 years and a maximum of 40 years. He

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found that the dieting monkeys showed many beneficial signs of caloric restriction, including significantly less diabetes, heart and brain disease. Also reported was a major decrease in the incidence of cancerous cells or tumors. The calorie-restricted monkeys also maintained better motor control and speed of mental functioning. (Paddock, 2009)

There is, of course, a fine line between calorie restriction and malnutrition. When you decide to reduce the amount of calories you ingest, pay attention to the micronutrients you eat. Malnutrition means that a person is not getting enough of the essential micronutrients required to sustain optimal health and that may create a very dangerous situation.

It is important to eat foods that are low in calories but are highly nutritious. These include dark leafy greens, fruits and/or green drinks. When it comes to green drink supplements beware of those with fillers, unlisted or unrecognizable ingredients. Green phactor is the most alkalizing of all green drinks and one of the best tasting options, with Sweet and Natural Berry flavor, 100 percent organic ingredients all listed on the bottle (no secrets) and Stevia powder as the only natural alkaline plant sweetener.

Why is it that calorie restriction over the long term can fight off the progress of many major diseases? A very high calorie diet puts more wear and tear on the organs of the body by forcing them to work harder to break down excess foods. Junk foods are the most difficult for the body to process. Some illnesses are fought indirectly as a result of lower body fat, while others are a direct result of maintaining a low calorie diet. Some of the major

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diseases include hypertension, diabetes, high cholesterol, Parkinson's disease, Alzheimer's disease and Huntington's Disease. (Taubes, 2007)

Maintaining calorie restriction is a simple way of reaching a healthy weight and lifestyle while slowing the aging process. We all need a certain amount of calories to function, based on our physical activity throughout the day. Those of us with jobs or hobbies that require more physical exertion will use and, therefore, need more calories.

But what happens when a person spends an entire day working at a cubicle? Let's say he requires 1,800 calories to function and maintain his weight. What if he decides to eat those 1,800 calories and then tack on an extra 500 from a large slice of cake at the office party? That extra caloric intake doesn't simply fade away. His body will take the calories from that cake and store it for the future...*in the form of body fat.*

The practice of lowering calorie intake results in lower body mass and, therefore, a lower "basal metabolic rate" or metabolism. Why? The bigger the body, the more energy or calories it needs for all systems to function. People who adjust to eating fewer calories adjust their bodies to require less energy and have lower metabolisms. Lower metabolisms require slower energy output and as a result experience slow the overall aging process. This is because internal systems are not being over exerted. This preserves the integrity of the organs and bodily fluids. (Roth, 2003)

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A healthy lifestyle literally wards off signs of aging such as hair graying, wrinkles, skin sagging, age spots, hair loss, disease, low energy and brain deterioration, all of which are associated with getting old.

Notice this metabolism is lower...*not slower!* It is still vital to give your body enough food calories throughout the day to maintain a high metabolism and keep burning excess body fat. When you do not eat enough, you put your body in a type of starvation survival mode. When you deprive your body of any calories at all it begins working to preserve the energy reserves that it does have. This slows the rate of metabolizing energy.

Calorie restriction is not only a way to lose weight, but it does create a complete lifestyle change. There are many benefits to counting calories without the goal of weight loss in mind. Figure out exactly how many daily calories you need to sustain your weight, while taking the amount of exercise you do into account. Then, try to stay within a small range of that number everyday.

If you find yourself losing weight that is unwanted, then adjust accordingly. Starting calorie restriction may result in weight loss initially, while your metabolism adjusts, but weight loss can eventually plateau. A good way to begin calorie restriction is to take what you would normally eat everyday and deduct 20 percent of that to start with a comfortable restriction.

Point of note: The best calories to restrict are those from acidic foods. Alkaline calories are the most useful natural energy source for your body!

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There are many benefits from calorie restriction that will help extend your life and vitality. In fact, reducing calories daily is a great health habit to start as soon as possible. This may be a little difficult at first, but after you adopt new habits, your body and mind will acclimate to them.

Think about your day-to-day eating habits and consider how often you eat because you truly *feel* hungry. The key word is “feel” as opposed to *think*. Do we really need or want all of the empty calories we are ingesting? Or do we think about eating and decide to eat? As Americans it seems like we no longer know what hunger actually feels like, since we live in a society where we are constantly surrounded by food and human interactions based around eating.

Often, throughout the day, we will experience food cravings. Many desire and reach for something salty or sweet. We think our bodies want a snack, but filling such a void with junk food will only result in the same craving a few hours later. In reality, our bodies are desperately asking for more nutrients when we feel cravings. Sugar cravings may in fact be our body’s way of asking for the micronutrients in sweet fruits. They may also be the body’s attempt to level out low blood sugar if we take too much time between meals. This is one reason so many specialists suggest eating small frequent meals. (Young & Young, 2002)

As you begin eating healthy lower calorie meals throughout the day you will find an increase in overall energy and likely a decrease in food cravings and low energy time period.

CHAPTER 9

Sugar, Meat and Dairy Protein



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When it comes to life extension and anti-aging, sugar is our biggest enemy. Back in the 1800s, the average person consumed about 12 pounds of sugar every year. Today, the average American eats 200 pounds of sugar per year. (PR Newswire, 2011) That is a phenomenal increase in just 150 years!

It only makes sense that there could be a big connection between modern symptomatic diseases and this incredible increase in the average daily consumption of sugar. The “exotic” American diet is directly linked to the sugar-filled foods that line our grocery store shelves. Our options also include sugar’s artificial cousins: dextrose, high fructose corn syrup, saccharine, aspartame and sucralose, etc.

Do you know that sugar has the same effects on your body as alcohol? Yes, it has all of the same toxic and acidic effects without getting drunk! That’s how potent and potentially lethal sugar and artificial sweeteners are to our bodies. Whether it is refined, processed or synthesized, sugar dismantles and disables the body.

Know what else? Sugar is one of the major reasons Americans are overweight -- even obese. Not only do foods high in sugar content provide useless calories and no nutrients, they also trick the body into burning sugar as its main resource for fuel and energy instead of burning excess fat. *How?*

Consider that most people wake up, have their coffee, orange juice, yogurt, banana and whatever else as their first meal of their

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day. Besides the coffee, most Americans would believe that this is “healthy” breakfast. It’s not! It is loaded with dangerous amounts of acidic sugar!

How much sugar?

The orange juice has between 30 and 60 grams of sugar depending on how many ounces. The yogurt has between 20 and 35 grams of sugar depending on the brand.

A banana has 15 grams of sugar.

If you add them all up, that breakfast has between 65 and over 100 grams of sugar. That’s ONE meal. Now, at lunch, drink a soda (45 grams of sugar per serving) with your burger and fries.

All of that sugar will tax and keep your body burning sugar all day! And, if it’s burning sugar, it’s not burning fat! By reducing your sugar intake to 25 to 30 grams of sugar per day, guess what happens? (Young & Young, 2002) You teach your body to burn “fat” as its main resource of fuel, rather than sugar and you start to lose weight rapidly.

There have been many success stories of people having accelerated weight loss by starting their day not eating sugar. They wake up and start each day with the affirmation that they are going to go as far as possible into their day without eating or ingesting any sugar until 2 or 3 o’ clock in the afternoon. That’s when their bodies are literally screaming for sugar! They are teaching their body to use fat for energy, rather than sugar. Makes sense huh?

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The best item to start your day with is a green drink, it may seem unconventional but the most useful breakfast food for the body is actually raw greens. The minute you put sugar in your body, it stops burning fat and turns to the sugar instead. By reducing your daily allowance of sugar down to 25 to 30 grams, you not only teach your body to burn fat, but you feel more energized as well.

What does sugar do for chronic diseases? It feeds and “fertilizes” them. There have been studies that show video footage of patients with cancer right after eating a sugar-laced meal. Minutes after they finish the meal, the video shows the cancer cells dividing and multiplying like a “wild” bee’s nest! As soon as the patient was given a glass of ionized alkaline water, combined with a large green-nutrient filled salad and green juice, the bee’s nest came to a halt and the whole act stopped! The cancer cells stopped dividing and multiplying (Anderson, 2008).

There is something very important we can learn from this experiment. It’s possible to actually turn cancer ON and OFF via our diet.

Meat and dairy proteins are also known fertilizers for cancer and other diseases. How? What if you were to take a piece of raw meat or chicken and leave it out on your back porch. What would happen over the course of three days? After day one, the meat would start to slowly rot and attract many insects. After day two, the meat would have lost most of its water content and be emitting a ferocious stench. By day three, a small family of

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maggots would start to break down the remains and house flies will form.

The smell at this time would be unimaginable. This is similar to how all meats (steak, chicken, pork) rot and decompose in our small intestines causing us to be lethargic, toxic and flatulent. The 30-foot track of intestines in our bodies is wound up like a slinky inside of us. When we eat meat bits and pieces of it get trapped in the coils causing our bodies to “re-toxify” themselves because of their inefficiency to pass meat by through villi and microvilli of the small intestine (Young & Young, 2002).

It can't be denied that carnivorous animals have common factors that humans simply do not; the primary example is a shorter digestive tract. Meat eaters, such as lions, have only three times their body length or about seven feet of intestinal tract. Humans, similar to herbivores, have much more tract.

There are other carnivorous qualities that humans are clearly lacking. Meat eaters require strong hydrochloric acid in their stomachs to digest meat, while human stomach acid is 20 times weaker. The stomachs of meat eaters are meant to be acidic to break down meat faster, while humans are naturally more alkaline based. (El Dr, 2011)

Eating excessive amounts of animal and dairy protein can also lead to a decline of health. The reality is, as Americans, we eat and have been programmed to believe we need more protein than we actually do. In a 30-year endeavor Cornell Professor T. Colin Campbell researched the effects of animal protein-rich

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diets on human beings. In his book, *The China Study*, he found that people in rural China who ate 10 times less protein than the average American had lower cholesterol and overall rate of disease. Campbell found that Animal protein increases the rate that cells grow and divide causing cancer. (Campbell, 2006)

The belief that many Americans share about a low-fat diet being able to increase overall health is also based on skewed perception. In 1984, Harvard University began a research project called “The Nurses’ Health Study,” which has since shown that women with breast cancer who decreased their fat intake did not affect their cancer growth in any way.

According to T. Campbell, many of them increased their intake of lean proteins on this low-fat diet, proving a direct 90 percent correlation between consumption of animal protein and appearance of cancer and disease. In fact, the consumption of dairy is the best predictor of prostate cancer. According to Campbell, it is not fat that causes cancer, but rather animal byproducts that are the root of cellular malfunctioning.

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CHAPTER 10

Recipe for Extended Living



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We can all improve the quality and length of our lives by applying some of the healthy lifestyle choices described in this book to our daily lives. Although a lot of information regarding healthy living has been withheld from us since childhood, you are now responsible for your own health.

You are now part of the small percentage of the population that knows the greatest health secrets never told. Consider this handbook your informed motivator.

How do we gauge true health? *Energy*. When you have low energy you are likely unproductive, moody, irritable, acidic, toxic -- even your *attitude* is negative. When your energy is high, you are likely feeling motivated, productive, positive, grounded and happy. This is all based on body chemistry, known as the internal pH of the body.

Let's recap:

The pH of the body is so important when regulating and measuring health. Why? Our bodies (internal pH balance) can be compared to the main switch on an electrical panel that controls all of the breakers below it.

When our bodies are acidic, the main switch for all applicable diseases is "on" (cancer, diabetes, heart disease, osteoporosis, arthritis, heartburn etc.) Each disease represents a breaker on the panel.

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Conversely, when our bodies are in an alkaline balance, the main switch is set in the “off” position and all of the applicable diseases become deactivated.

This makes it easier to deal with the main source of all diseases instead of trying to fix each separate switch or the symptoms represented on the breaker. The main sources of disease are acidity and toxins.

Many of us have been told by our closest relatives that our bodies could be inclined to get hereditary or pre-determined cancers, diseases and symptoms. I don't think we should ever focus on that!

Have you ever considered that what we really inherit from our families is the same diet and the same set of wheels or DNA? When you add the same sorts of acidic foods to that similar DNA base you find similar resulting symptoms and diseases.

It stands to reason, then, that if you feed your body differently than others with similar DNA -- feeding your cells proper nutrition and hydration -- you may be able to fend off those conditions that seem to “run in the family.”

Let's make a point to drink ionized alkaline water, monitor the acidic value of the foods we eat, detoxify our bodies on a daily basis and remain in a positive state of mind with service and gratitude, When we synchronize these living tools, we will add

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desired time to our long and extended lifestyles while preserving the integrity of our body systems (organs, skin, teeth, bones, etc.)

Keep in mind: what does acid do to any element? It breaks it down! If you carry around an acidic body don't be surprised if you start to break down and age faster than expected.

However, it's never too late to turn this ship around. Even if you have had the worst of acidic habits such as smoking, drug abuse, prescription drug use, consumption of high levels of sugar and living with a negative attitude, you can use your right to make healthy decisions *starting now*.

It is never too late to change! If you want to live like a healthy person start eating, drinking and thinking like one!

Now that we've discussed the body, let's put a bit of focus on the mind. Because, after all, our bodies are one functioning machine.

Did you know that recent studies suggest that listening to joyful music can help improve blood vessel function? The same holds true for laughter and any other joyful activity. In fact, when you are at peace, or enjoying yourself, your entire body works better and your brain produces endorphins, the chemicals that keep you smiling. On a molecular level, your DNA actually coils outward like a spring and becomes receptive to positivity.

The same holds true for anger or depression. When you are in the negative spectrum of emotions, (guilt, anger, sadness, jealousy, etc.) every area of the body becomes less efficient.

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DNA contracts on itself like a capsule, toxins and acids are produced and released all over the body. Then, blood pressure spikes to high levels and judgment becomes impaired.

Toxins and acids go hand in hand with cellular decay. You don't need to be a licensed medical doctor to know that excessive drinking and drug use can cause a decline in health. As long as you stay in a positive state of mind, keep your body active with aerobic exercises (jogging, swimming, biking etc.), eat "live" healthy foods, live a healthy lifestyle and breathe deeply, you stand a much better chance of keeping your body in top shape, looking fit and sexy while feeling healthy and energized.

Isn't it disturbing to know that the information is out there but so many people just don't know about it? But now, you do!

Simply put: acid has many negative life-threatening effects on the human body, yet the current information is heavily influenced by lobbyists, pharmaceutical companies and corrupt government officials who continue to suppress the notion of a pH balanced lifestyle and diet? It's more cost-beneficial for them to do so.

Your thoughts and your actions will dictate the length and quality of your life. It is evident that being in a positive state of mind affects our health tremendously, as well as our diet and lifestyle. Learning to limit the amount of stress, toxins and acids, which cause life-threatening health situations, will certainly help you advance into true health.

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Like Roger Bannister in breaking the four-minute-mile (see Chapter 1), we can all strive to break the cultural limitations we have faced since birth. You know, the ones that have been constantly forced upon us through advertising, popular education and misinformation? Re-adjusting our thoughts to live to 200 and applying the information in this handbook can surely expand the quality and length of our lives.

So, why not set the intention of living to 200 and work toward making that a reality by living an alkaline lifestyle?

You were put on this earth to be healthy and vital, not fat, sick, overcome by allergies, addicted to prescription drugs and forced to face everyday toxins. You can return to your original self by eating closer to nature and by living closer to nature.

Face it. Why are we on this earth, if not to be connected to the Divine Energy that put us here? So let's connect to the Divine Energy that manifests our potential for greater longevity!

See you at 200!

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