

is not as easily detoxified as the  
 cken heart tissue. Even so, our  
 mechanism in the liver, as well as  
 h nodes, and lungs. The liver  
 toxic by-products of foods—for  
 acid by-products of sulfur and  
 chemicals such as flavor enhancers,  
 These the liver can't dispose of,  
 e body, causing organs to mal-

These acids out of harm's way.  
*Hidden Truth of Cancer*, writes that  
 g too acidic, the acid binds with  
 osited as far away from the cir-  
 ve me a hint as to why my teeth  
 ed in the mirror one day and  
 , the incisors, had grown—and  
 itive that I couldn't brush them.  
 increasing frequency during the  
 w. Could the acids in my stom-  
 like substance in my front teeth,  
 cidifying the blood? From then  
 digestion and my teeth soon lost

It is impossible to avoid altogether  
 ods that leave acidic residues. As  
 ed and deposited on bone joints  
 By the time most people reach  
 y enlarged knuckles and calcium  
 n muscle tissue. These calcium  
 -threatening.

## Disease

rendered less harmful by being  
 When the body's acidic load

becomes too large, some acid particles remain in the blood. They trigger the onset of cardiovascular disease by making scratches and bumps on the inside walls of arteries and veins. These injuries are "bandaged" over with cholesterol, triglycerides, calcium, and other wastes. Of course, the higher the cholesterol and triglyceride levels, the thicker the "bandage" and the narrower the arteries.

Still, a high cholesterol level is not the underlying cause of hardening of the arteries. Cholesterol and other thick, sticky substances cannot adhere to vessel walls that are smooth. Only after the arterial vessel walls become pitted and scratched by acid particles are fatty plaques able to stick to them.

Narrowed arteries are dangerous for two reasons. Not only can fatty plaques become detached from the walls and travel through the bloodstream to the brain where they cause strokes, they also raise blood pressure. This in turn increases the likelihood of a heart attack. That the injury of arterial walls by acid particles is the major cause of high blood pressure is strongly indicated by the clinical studies of Dr. Kancho Kuninaha, who successfully lowered the blood pressure of many of his patients with alkaline water.<sup>3</sup> (See Resources for information on how to obtain alkaline water.) Normalized blood pressure readings indicated that the arteries had opened up, and the alkaline particles in the water had removed the fatty plaques and acidic wastes from the arterial walls.

## Acidity and Cancer

While the health of the cardiovascular system is threatened most by injuries inflicted by acid particles in arteries, the other organs of the body—the liver, pancreas, lungs, and so on—are most likely to degenerate when acidic wastes accumulate in the nearby capillaries that feed them. The acidic wastes thicken the blood, and the coagulated blood cannot carry the quantity of nutrients and oxygen the organs need to function efficiently.

When we refer to the malfunction of organs, we really mean the abnormal functions of the millions of cells that make up the organ. These cells depend, among other things, upon oxygen to manufacture energy and upon amino acids for their repair and regeneration. When

the cell is deprived of these substances, it either dies and turns into acidic waste or adapts to the new oxygen- and nutrient-deprived environment by becoming malignant. The cancer cell can live in such an environment for two reasons. First, it obtains its energy from fermentation, a process that is carried on without oxygen. Second, multiplying continually, it grabs the few available nutrients. Normal cells, deprived of nutrients gobbled up by the rapidly multiplying cancer cells, stop dividing and die.

Clearly, the prevention of cancer should begin with removing from the body acidic wastes that turn normal cells into cancerous ones. If an individual is being treated for cancer, the removal of acidic wastes generated by the toxic chemotherapy could prevent a recurrence.

My friend Maureen and I were having lunch together for the first time in three years. I was struck by how healthy and youthful she looked at the age of sixty-five. I asked her to what she attributed her survival from breast cancer surgery some fifteen years before, even though she had been told after the mastectomy of her left breast that her cancer had spread to her lymph glands. She answered, "During the five years I was on chemotherapy, I never took an antinausea pill. Instead, I let myself throw up whenever I needed to." In so doing, Maureen had deprived her cancer cells of the acidic environment in which they thrive.

### Acidity and Alcoholism

On the surface, there does not seem to be a connection between cancer and alcoholism—yet the purging of acidic wastes is effective in both cases. In his book *A Monk Swimming: A Memoir*, Malachy McCourt wrote that at the age of seventy-two, after a lifetime of nightly intoxication, he was still healthy thanks to the fact that he "knelt down in the bathroom" after he came home from his nightly binges.<sup>4</sup> By throwing up the acids generated in his digestive tract, McCourt spared his liver the damage it would have sustained from acid aldehyde, the highly toxic by-product of alcohol.

in balance, and the universe contained within your body is no exception. When imbalance occurs, we get the signs of disease: low energy, fatigue, poor digestion, excess weight, foggy thinking, aches and pains, as well as major disorders. This book is about reclaiming balance (health): energy, mental clarity, smooth operation of all body systems, clear, bright eyes and skin, and a lean, trim body. With the program in this book, all that will be yours within weeks.

All you have to do is take a look around you to see that most people with our modern lifestyles are suffering from imbalance. They are obese. Tired. Prematurely aging. Perhaps you are too. Chances are at least one person you love is suffering from one of the top three killers in the United States—heart disease, cancer, or diabetes. When I ask the audience at one of my lectures how many of them have a family member with one of these big bad three, 70 to 80 percent raise their hands. In fact, half of us will die from heart disease or diabetes. A third will die from cancer.

If you're like most people in our culture, at this point you're thinking, Well, you have to die of *something*. We've forgotten that it is natural to die—and to *live—healthy!* In fact, *it is your birthright to live healthy*, right up until the day you die. Making that vision a reality is the great gift of this program. And believe me, it has nothing to do with mapping the human genome, cutting-edge medical technologies, or even more powerful—and dangerous—pharmaceuticals. The good news is, the answer is much, much simpler than all that. And available right here and now. Today.

The obvious clue is right there in the top three killers (cancer, heart disease, and diabetes). All are directly linked to diet. In fact, *eight* of the top ten causes of death in America today are (not to mention that diet is obviously the cause of the obesity of 60 percent of Americans). Eating the proper foods and getting the best nutrients, *in balance*, will help you avoid all that—along with the misery and poor quality of life that so often precede death, sometimes by decades. The simple secrets to finding the right combinations are what The pH Miracle is all about.

Even mainstream medicine agrees: "Foods contain nutrients essential for normal metabolic function, and *when problems arise, they result from imbalances in nutrient intake and from harmful interac-*

experience, possibly for the first time in your life, vibrant personal health.

Over and over again, we've witnessed joy, relief, and renewed peace of mind in those who have turned a serious or chronic illness around, those who lost weight they had been battling for years, those whose cholesterol levels dropped, skin cleared up, itching stopped, energy returned. I've seen people who no longer required insulin injections for their diabetes. People whose aches and pains disappeared. Even people who had been diagnosed with cancer whose tumors vanished and who were pronounced cancer free. We hear frequently from people who haven't been able to work for months or years who are returning to work, people whose allergies are letting up, people whose infections clear. People who are well, whole, and energetic again. People like Sharon and her husband. I'll let her tell their story:

I was up to a record 192 pounds. I was depressed and tired and had attempted almost every diet known to humankind. I would lose weight and then gain it right back when I returned to my old eating habits. I became more and more discouraged. I was sick and tired of being sick and tired—and fat! I knew it was time to make some major lifestyle changes.

So, once again I stepped onto the diet roller coaster by going to a local weight loss organization. It worked for the first few months. I lost thirty-two pounds, traded in my diet sodas for water, and started to exercise. I thought I might really have the problem licked this time.

At this same time, my husband applied for a life insurance policy. The findings of the company's physical exam scared us to death. His cholesterol was practically off the charts at 340. He had fatty growths in his shoulder. He was at his heaviest ever, too: 227 pounds. For someone who is five-nine, that's quite a load to carry around. The report made him out to be a walking time bomb. An accident waiting to happen. Just like me, he

and *Eat Right for Your Type*, by Dr. Peter J. D'Adamo. Order a blood-type test through a physician (it costs about twenty dollars) or order it yourself (see the resources for chapter 21).

### Get Plenty of Those Vital Vegetables

This is one area of diet that most of us can definitely improve on. And yes, our mothers and grandmothers both were right: For optimal health, we do need to eat more vegetables. They are the perfect carbohydrate source. Ideally the majority of dietary carbohydrates will come from vegetables. Four cups a day should do it.

Veggies not only supply carbohydrates for energy, they are the richest source of minerals and phytonutrients in our diet. They also provide enzymes, vitamins, and some protein. Moreover, they are alkalizing, making them an ideal counterbalance to heavier acid-forming foods such as meats and grains. In our many years of nutritional counseling, one simple fact has consistently proven true: People who eat the most vegetables do the best on our program, and are the most healthy people of all. The largest study of women's health ever done found that one serving per day of certain vegetables cut women's stroke risk by 40 percent. Scientists are now intently studying the special nutrient content of vegetables to understand why they protect health so effectively. For example, tomatoes and peas protect against prostate cancer while phytonutrients in broccoli and cabbage help prevent colon cancer. The most intensely colorful vegetables (such as red beets, purple cabbage, yellow squash, collard greens, and spinach) contain the highest levels of nutrients, which boost the immune system and protect from degenerative disease. One of our clients who started to eat a large multivegetable salad and two cooked vegetables per day during Christmas break startled her classmates when she returned to graduate school, because her cheeks were so pink and her eyes so bright—from all the color in her veggies.

### Cooked or Raw: The Enzyme Question

The best convenience, or "fast," food is uncooked fresh ripe fruits and some vegetables. Foods containing high levels of nutrients and digestive enzymes are best consumed in the raw state. This group contains most ripe fruits and some vegetables including avocados. Unripe fruits, many vegetables, and most grains contain enzymes that can negatively impact diges-