

RECLAIM YOUR INNER TERRAIN

I believe we are on the brink of the most devastating war our planet has ever experienced. Millions of people will die if we do not change the way we live our lives. The enemies have no conscience. They are invisible, invincible and believe it or not, we created them.

The worst part of this is that those we trusted have misinformed us, leaving the majority of the population defenseless against our worst nightmare - Killer Mutant Viruses & Bacteria. This is no time to be a crowd follower or a crowd pleaser. This booklet is a wake up call. The fight is already going on around you and maybe even in you.

It is called Bacterial Warfare.

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THE RETURN OF THE KILLER BUGS

The man who follows the crowd will only get as far as the crowd. What do we mean by this? All we have to do is turn on the TV or radio or open the newspaper to hear about the mutant killer viruses and bacteria that are resistant to any type of drug therapy. What about the flesh eating bacteria and the avian virus in Hong Kong where over a million chickens had to be killed due to the threat of spreading it to the human population?

What about the comeback of diseases that have supposedly been cured? 'USA Today' ran a story entitled "Ancient Ills Return with a Vengeance". Eleven diseases believed to be gone are back, including Ebola, Hantavirus, and even the Black Plague.

There is a pneumonia that even the young are now being afflicted with. The twenty-four hour flu is now the two week or one month flu. The killer bugs are becoming stronger as our immune systems are growing weaker. If we continue on our present path we will always be prone to these diseases.

Let's tell it like it is. Super Bugs are winning the war. Drug resistant bacteria are breeding everywhere. They are infecting our hospitals at an alarming rate, preying on the weak and vulnerable due to nutritional mismanagement and overuse of antibiotics. Infected patients are put into isolation due to bacteria that antibiotics cannot treat effectively.

This bacteria is Methicillin Resistant Staphylococcus Aureus, commonly known as MRSA, and is mainly caught in hospitals. Six hundred cases were reported in Canada in 1994. Ten thousand cases were reported in 1997.

These hospital-bred infections are an epidemic, which have lethal side effects. What we have seen is only the tip of the iceberg. Antibacterial cleansers and antibiotics have turned our hospitals into a treacherous war zone due to these Killer Bugs and their ability to mutate and adapt like the cockroach.

Is your inner terrain ready for these invaders?

Where are the so-called miracle cures? Many well-known researchers and doctors believe that antibiotics have created these monsters. Foolishly, we have over-used our so-called magic bullets, arrogantly underestimating the ability of bacteria to mutate and adapt.

The parasites, viruses and bacteria are all coming back with a vengeance, armed with the knowledge of what killed them before. This time they are not going to be affected by the same thing. I ask you, "Did we ever kill them?"

We are at the end of the antibiotic miracle age. It is payback time. We are at the end of the age where we think we can beat the bacterial evolution.

Antibiotic-resistant bacteria can be found in all North American major intensive care units. This is a no-win situation for the doctor, the patient, and the health care system. If you have a chronic condition, these killer bugs may play the decisive role in whether or not you recover.

Yet another resistant strain of bacteria on the playing field, Vancomycin Resistant Enterococcus, has not yet been treatable with any antibiotics.

Doctors are saying that chances are, you would not be susceptible unless you have a serious underlying disease or have been on antibiotics. If you are in good health and not in a hospital on antibiotics, then you are at low risk.

Doctors are saying that if your strength returns it is believed our bodies can fight off VRE. What does this say about the importance of our inner terrain - the importance of an alkaline pH?

These super bugs (that are striking younger & younger people) were made public in the summer of 1997. For the first time, the staph infection MRSA was found in a Toronto day care centre. There is no doubt that having children on antibiotics is a huge problem. When it comes to antibiotics vs. bacteria we know who the winner is here.

The protective measures of washing hands, isolating the patients, and screening new emissions are the only real weapons that medicine has against the antibiotic-resistant super bug. This is like driving a car without a seat belt.

VRE does not affect healthy people. So what do you think your next step should be?

In 1997, a new Super Bug was diagnosed in Japan with properties of MRSA and VRE. It is what doctors have feared most. You say, "But it is an ocean away". Dr. Victor Yu, a leader in the field of infectious disease, states that the war is clearly being lost. There is no doubt in any biologist's mind that it will be on our shores soon. The enemy is called Visa.

Over the years, I have read and studied a broad range of subjects relating to health. The more I research, the more I find overlap and repetition. The terminology may be different but, after you see through the camouflage and confusion, there is usually very little mystery left.

1919	YEAR	2003
WHAT HAPPENED		WHAT COULD HAPPEN
1.8 Billion	WORLD POPULATION	5.9 billion
Troop Ships, Railroad	PRIMARY MODE OF TRANSPORTATION	Jets
4 Months	TIME FOR VIRUS TO CIRCLE THE GLOBE	4 Days
Gauze Masks, Disinfectants	PREVENTATIVE MEASURES	Vaccines
Bed Rest, Aspirin	TREATMENTS	Some Antiviral Drugs
20+ Million	ESTIMATED DEAD	50 Million

THE BATTLE CRY

I believe the battle cry here is to reclaim our inner terrain. We have now entered critical mass when it comes to bacterial warfare. Our greatest weapon against this is an alkaline body. The pH balance of your inner terrain is your first and major line of defense for your immune system. The creation of an alkaline body is the single most important thing that you can do.

This must never be overlooked if health and vitality is your goal. Everyone has heard about the germ theory but I have to tell you that germs do not cause disease. Everybody believes that germs cause disease but this is only a half-truth that has been perpetuated into a whole truth.

These are the dying words of Louis Pasteur, who actually made vaccines what they are today. "The germ is nothing, the inner terrain is everything." I will prove to you in the next few minutes that the theory of trying to destroy bad bacteria for better health is not only temporary but can dangerously threaten your health and life in the future.

What we are looking at is a whole generation of health practitioners who are trying to manipulate the immune system into health. Scientific research and logic shows us that creating a system that manages our inner terrain through pH balancing is the greatest weapon for the health of mankind.

THE GERM IS NOTHING - THE INNER TERRAIN IS EVERYTHING

The Inner Terrain we are talking about is our digestive tract, our lymph system, our blood and interstitial fluids. All of these things must be managed properly through pH balancing. How many people and practitioners do you know who believe that the immune system is the body's first line of defense? Well it isn't. It is just a glorified janitorial service. What we need to recognize is that your first and major line of defense is your pH balance. There is only one sickness, one disease, and one cause.

You have to ask yourself, "What is this? What is killing us?" It is acidosis. Acidosis is the main cause of all illness. When I say this, I mean ALL illness, because your inner terrain holds the secrets to whether you are going to lead a healthy vital life or whether you are going to live in sickness and disease.

It is scientifically proven that an acidic environment breeds fungus, mold, bacteria and viruses. Right now, you will find many health professionals and patients trying to attack the mold, the candida, the fungus, and the parasites. Understand that all of these things only come along for the parasite party. If you can get your pH in proper balance you can send these bugs packing and they will leave out of any orifice possible and never come back, because environment is everything.

ALKALINE YOUR BODY

Let's talk about your refrigerator. Go home, unplug your refrigerator, and find out what happens. Now remember that before you unplugged that fridge there was no mold, no bad bacteria, and no bugs. By pulling the plug you change the environment. Watch what happens. Your food will start to break down through fermentation and then putrefaction. Things start growing and crawling around. Where did they come from? You know that they didn't sneak in. The door was closed. They were always there. It is just that they have gone through metamorphosis and they have changed due to an environmental shift - in other words "a drop in pH".

These parasitic invaders are made up of the same material on which your immune system is built. If your body's environment is not in proper balance it will mutate and possibly kill you. If it does not kill you immediately it will keep you in a state of sickness that will pull your immune system down gradually and continually until it does kill you. If you do not believe this, pull your refrigerator plug and see what happens. Prove it to yourself.

AGE SPOTS - YOUR BODY IS TALKING

Let us take another example - a banana. Take a banana away from its life source and you change its environment. The banana starts to get brown spots on it. What are these brown spots? They are actually mold. The internal environment is becoming acidic. The banana is going moldy. How many people do you know have brown spots on their face or the back of their hands, or on their entire body? We are talking about mold on the inside of the body causing external symptoms we call age spots.

When you talk about fungus, you are talking about athlete's foot, vaginitis, thrush, eczema, psoriasis, ear infections, sinus infections, and even cancer. This is all about mold and you cannot have mold unless you have a drop in your pH. You have to be suffering from acidosis due to a lack of oxygen to your cells because your hydrogen pools are depleted and your water is not alkaline and clustered.

A TIME TO CLEAN HOUSE

Let's take it a little further. I would like you to imagine something. Don't clean your house for a year. What do you think happens if you don't clean your house for a year and you live in that environment? You are going to create disease, in other words, a disease environment for bacterial warfare.

Take a look around. How many people do you know are suffering from allergies, asthma, arthritis, cancer, environmental illness, chronic fatigue, etc? If you have an acidic pH and putrefaction in your body, it is going to create various types of bugs: i.e. bacteria, parasites, fungus, mold, and all of these bugs are going to pull the immune system down.

GETTING THE GARBAGE OUT

Let's take a look at the garbage can. We have one garbage can that is full of garbage and another one that is clean. We are going to put a lid on both garbage cans. Now open up the full garbage can and reach on in. You are going to find worms, mold, bad bacteria, and decay. What is all of this? It is not fermentation. It is putrefaction. The terrain in the garbage can has gone into a state of acidosis.

Should we kill the bugs or change the environment? If we kill the bugs without changing the environment they will be back the next day. Open the second garbage can that was clean. It is still clean - no bugs, no mold, no disease. If you can have an environment that is in proper pH, or in other words is alkaline, you will not have these invaders.

We cannot go out and successfully attack mold, bacteria, and viruses with vaccinations and antibiotics because this does not kill them permanently. It makes them stronger and they learn to adapt just like a cockroach. These molds and bad bacteria were friendly at one time. However, we created the environment that became unfriendly and our unfriendly environment sent out invitations to join the parasite party that is going on inside you. What you have to do is change your inner terrain.

Take another look at the garbage can that is clean. It has no parasites, no bad bacteria, no mold, and no virus. They are unable able to exist in it. Now look at the garbage can that has these bug-like invaders in it and your first instinct is to use chemical sprays to kill those bugs and walk away. But guess what? Tomorrow morning, as soon as you get up, those bugs are going to be back. You did not change the environment and that is the whole issue - no environment change means no permanent change.

LIFE AND DEATH ARE IN THE BLOOD

We have to look at it this way. Do the mosquitoes create the swamp, or does the swamp create the mosquitoes? We need to look at things logically, from the global level to the cellular level. Everything revolves around the theory of an alkaline system. If you can understand that theory, then you know that germs are nothing and the environment inside your body is everything.

Life and death are in the blood. How are your inner streams? The most important thing is to "Reclaim Your Inner Terrain". We talk about ecology, the air, the water and the land. There are no specific diseases, only specific disease conditions, and there is only one disease. That one disease is acidosis. When we think acid, we think of something that is corrosive and something that eats anything in its way. Think about ammonia or any other corrosive chemical. It can take the wax right off your floor. When you start building up acid in your body it will literally eat your body away.

Modern habits contribute to acidosis in the body – consumption of acidic food and drink, exercising improperly, drinking water that does not hydrate or cleanse thoroughly, inhalation of polluted air, mold, stressful situations. Proper periodic body cleansing is the key.

CANCER IS A 4-LETTER WORD

I say to you that cancer is a four-letter word and that word is acid. Cancer is a systemic disease that has localized and metastasized whether it is in the breast, prostate, uterus, ovaries, or any other part of the body.

A tumor is a storage shed for acid. How does breast cancer develop? Let us look at weight problems first. Take a look around the planet, especially in North America, and you will see weight problems in epidemic proportions. People are getting fatter. We work out. We count calories. We take protein shakes. We go on this and that diet system, etc. but we never ever lose the weight for long. It comes back and even more than before.

Now what is the forbidden secret? Do you know why it comes back? We never address the real problem and that problem is acidosis.

ACID IS THE KILLER

The human body is very smart. When you start becoming acidic, the human body says, "Acid is the killer and we cannot have it close to any vital organs. It will cause heart attacks, strokes, hardening of the arteries and almost any disease you want to talk about, from diabetes to psoriasis to allergies, to asthma, and cancer.

If we do have the acid too close, it will eat away at the organs. It will cause cells to mutate. It will reduce the oxygen. It will cause plaque in the arteries. It will deplete calcium and so on. What we have to do is get the acid as far away as possible from these vital organs."

In order to protect the organs, the body creates fat cells to store the acid. Fat cells are cold because the acid in the cells eats up the oxygen and hydrogen. Without oxygen and hydrogen, cells lack energy and warmth. They are cold.

DON'T COUNT CALORIES

What your body actually does is make fat. Whether you like it or not, fat and cellulite are saving your life. These fat cells and cellulite are packing up the acids and taking it (as far away as possible) from your vital organs. The more acidic somebody gets the wider they get, because the acid has to be moved away from the organs. So the more acidic you get, the heavier you are going to get.

The longer you stay acidic, the longer you keep these fat cells and the colder they become. What do I mean by cold? They are lacking the life force because they are not alkaline and because they lack oxygen. They are acidic and anything that is acidic is lacking in oxygen. That is why fat is cold. As soon as you can start to remove the acid from your body you will see that the fat cells will leave and not come back.

Try to starve your body into health if you want to, but the only thing that you are going to cause is a drawing of the acid closer to those vital organs and then you are going to end up in trouble.

We know that acid gets stored in fat cells. That is scientifically proven. When all is said and done, any really good health practitioner, or person who knows about health, is going to turn to this philosophy because this is the philosophy of truth and this is what is going to lead us out of sickness as a nation. I would like to finish the overweight issue with an article that I read recently in a newspaper.

SCRATCH DIETING OFF LIST OF RESOLUTIONS

If your New Year's resolution includes dieting, the top editors of the New England Journal of Medicine advise you to eat up.

"Until we have better data about the risks of being over-weight and the benefits and risks of trying to lose weight, we should remember that the cure for obesity may be worse than the condition," Dr. Jerome Kasirer and Dr. Marcia Angell said in an editorial in the latest edition of 'The Weekly'.

BREAST TISSUE - AN ACID MAGNET

Let's get back to breast cancer. When we look at something like breast cancer, we see that acid is stored in the fat cells. The female breast is comprised mainly of fatty tissue. You may not realize this but that is where the acid goes. When the acid goes to the breasts it gets locked into the fat tissue. The one thing you will always see before a woman has breast cancer is calcium deposits in her breasts.

The other thing, which you may not realize, is that there has never been an association between calcium deposits in the body and high alkaline pH. It has always been calcium robbed from the body (not nutritional calcium) that has been found in the breast.

What does this tell you? We know that Dr. Otto Warburg received the Nobel Prize for proving that a lack of oxygen causes cancer. Further studies with Dr. Reich proved that it was actually low pH, or acidosis, due to depleted hydrogen pools, which causes lack of oxygen.

THE CALCIUM CONFUSION

Many people worry about taking too much calcium supplementation with the belief that it may lead to calcium deposits. Let us set the record straight. All calcium deposits within the body have been found to be calcium that has been leached from the body and not from nutritional calcium, as we have been led to believe.

The true cause of calcium deposits is lack of hydrogen, alkaline minerals, and proper cleansing which causes the body to go into a crisis state pulling calcium from body tissues and bones due to acidosis. Body calcium makes a poor substitute for nutritional calcium, as it cannot be used effectively. So the calcium pulled from the body will deposit in the weaker joints, tissues, or organs of the body creating all kinds of complications.

WARNING SIGNS

CALCIUM DEPOSITS

The scientific data is in. All that we have to do is use logic. When calcium deposits are found in the breasts, this is your first warning sign that you must saturate your system with a high pH level to pull that acid out as soon as possible in order to prevent breast cancer. The calcium was pulled from the body and drawn to the breast to help put out the fire created by the acid. This can occur anywhere in the body.

Logically we should replace what the body is missing. What is missing is your hydrogen pools, alkaline minerals, and a high pH. When you are talking about cancer of the breast, prostate, ovaries, or liver, or cancer anywhere in the body, these are the areas suffering from severe acidosis.

FATIGUE

One of the first signs of disease is feeling continually tired. It does not matter what disease you are talking about. You have got to get your pH turned around.

YOUR BODY'S SAFETY MECHANISM

As your pH level drops, your body becomes acidic until you reach the condition we call acidosis. When that happens, we start losing our calcium and hydrogen pools and it starts being pulled out of the blood, the bones, and the tissues. This is a safety mechanism. Your body is trying to put off the inevitable unless you take action. Your body picks up the ball where you have dropped it.

What happens now is that your oxygen level drops due to a lack of hydrogen, leaving you tired and fatigued, allowing fungus, mold, parasites, bad bacteria, and viral infections to flourish throughout the body.

When people say, "I have candida", you must know that you cannot have candida unless you have bad bacteria, fungus and parasites. They all come along together. One does not come without the other. What we have to do is get in there and change our inner terrain. How do we do that?

We must clean the body to get it under control. After it is under control, we can construct new healthy cells. In order to get your body under control, you can supplement to assist the construction of new cells.

Do you have what you need to reclaim your inner terrain?

LOTS OF FOOD BUT VERY LITTLE VALUE IN IT

Understand that we have come into an era of malnutrition, whether we like it or not. I tell my clients, "Look, if you don't want to take supplements, you haven't got a chance."

Even when it comes to organic fruits and vegetables, the minerals must be in the soil to be absorbed by the growing produce. Due to increasing levels of nutritional soil depletion, our food is increasingly lacking in nutrients. If you think you are going to get minerals from your food, you had better get yourself a transport truck to visit the supermarket and fill it up every week.

However, this still will not solve this health crisis. We have lots of food with very little in it. Until the ecology of our planet changes (which will not happen for many years because those who really care are not in control) the only thing that we can actually control is our own inner ecology.

We have to get this information out to everyone. We are at war. Are you ready to win? It is bacterial warfare against the pH balance. Are you prepared?

DOES STRESS CAUSE DISEASE?

Let's Talk Headaches and Stress

As far as headaches go, we live in a very stressful society. For instance, how many times do you tell your children or your wife or anyone to "hurry up, hurry up"? There are also so many things that we can not change - the wiring in our homes, the radios, the TVs, the microwaves, and all the other things of which we are not aware that creates electromagnetic pollution. We cannot change most of these things. There is air pollution, water pollution, noise pollution, and the chemical pollution in our food. Our bodies are stressed to the max.

When we are stressed, we release hormones. What do hormones do? After you utilize those hormones for your fight or flight response, they ferment and create an acid pH in the body. You will always notice that in people who are prone to headaches, just prior to the headache they had a stressful situation causing them to go into a fight or flight response. Their adrenals are dumping out hormones that cause acidosis. It cuts down their oxygen supply to the brain and nervous system eating up their hydrogen. So here comes another headache due to a drop in pH.

As far as immune system disorders, so many things are out of control. Most people buy almost every food loaded with chemicals. Most people will not buy food unless it is loaded with chemicals. We really need good supplementation, and we really need to saturate our bodies with readily absorbable nutrients, but buyer beware!

All supplements are not created equal. Misrepresentation in the supplement industry can lead to you believe that what you are taking is working in your body. Improper processing can affect the actual amount of any nutrient or vitamin in a capsule. For example, in a 500 mg capsule, up to 90% of the nutrient may never reach your cells because it is not bioavailable (readily absorbable by the human body). The nutrient may not have the capability of entering your cells, but will simply travel through your digestive tract (undigested), through your colon, and into the toilet. You will be literally flushing your money down the toilet.

Whether a person comes in with cancer, psoriasis, asthma, or environmental illness, it is all about creating an alkaline environment. It is all about getting their body alkaline again.

Let me tell you about the study where a tumor was cut it in half. Half of the tumor was placed in an acid solution and it doubled its size within a few hours. Then the other half of the tumor was placed in an alkaline solution and it died within a few hours. This study speaks for itself. Do you want to maintain an acid or alkaline environment in your body?

NATURE'S WAY OF TELLING YOU

The quality of your bowel movements is nature's way of telling you the level of health you are experiencing. Just as you need to monitor what goes in your mouth, stool investigation will give you valuable information regarding your highway to health, the digestive tract.

Your digestive tract is the assembly line for the food you eat. Your bowel movements can give you a clear picture daily as to whether the most important process of health is functioning properly.

Learning what to look for in your bowel movements can prevent future illness and suffering. We have been taught to feel embarrassed about talking or even thinking about our bowel movements. Do not let this get in the way of your vibrant health.

The large intestine is the sewer system of your body. Mismanagement will only cause the digestive tract to become a cesspool. How does the rest of the body become toxic? The answer is mismanagement of the large intestine. You reabsorb your own toxic waste.

There is a reason for the large intestine to be the first organ developed in the fetus. It is the most important and influential organ of the body. Without proper sanitation, life cannot exist.

The best signs that your sewer system is not functioning properly are: bad breath, smelly stool, and you require the use of deodorant.

What indicates a good bowel movement is, firstly, that the stool floats. Floating stools are both a blessing and a curse. They can float because they are so full of bubbles and gas that they are abnormal. On the other hand, they float because they have too much fat in them, or they can float because they are high in fiber, which is the kind we want.

We want stools that do not mark the toilet bowl. We want them to hang together and not be pebbles, non-putrefactive, have no undigested food particles, a large volume, a wiping clean, and a sense of complete evacuation. Wiping clean should only take a few pieces of toilet paper – not a roll. It is amazing how often people do NOT have this sense of complete evacuation. We want one or more bowel movements every day.

HOW TO TELL IF ONE HAS A GOOD STOOL:

- Is it soft, firm?
- Color – is it light brown, medium?
- Is it free from foul smell and odors?
- Does it float?
- Do you have to strain?
- Does elimination take place 15-20 minutes after a meal?
- Is it 5 inches long?
- Is it 1 to 1-1/2 inches in diameter?
- Is it banana shaped?

STOOL INVESTIGATION

- Bright red blood means that the blood is from the anus. It could be from an internal hemorrhoid or from a fistula or other rectal problem.
- Dark red blood has come from farther up in the digestive system – could mean ulcers, or colitis in the splenic flexure area.
- Blackish-red blood indicates ulceration and bleeding around the hepatic flexure.
- Blood totally black in color could be from the stomach.
- High protein diets with mostly meat produce a dark colored stool. Spinach and other vegetables containing chlorophyll can stain stools green; dark colored food such as blackberries or cherries will stain the stool a darker color.
- Yellow or orange stool indicates insufficient bile and is mixed with intestinal contents, or a sign of jaundice or liver disease. Carrot juice can also make stools turn orange color.
- A reddish wine colored stool can be caused from eating beets.
- Iron medication or anemia could cause slate grey or blackish stool.
- Excess protein stool is black.
- Very dark, olive blue stool may indicate a diet too rich in protein and fat – too much putrefaction within the bowel.
- Dark, hard, offensive smelling stool may indicate very severe bleeding high in the intestinal region. It may come from an ulcer in the stomach, duodenum, colitis, or Crohn's Disease.
- Grey or chicken soup-like stool can indicate liver or gall bladder trouble.
- A hard, black stool means constipation.
- Flat and thin-like stool indicates an obstruction in the lower part of the bowel or spastic colitis (usually around the splenic flexure of sigmoid area).
- A stool with many small bubbles (bead-like) shows fermentative conditions.
- A slick, slimy stool could be caused from jaundice.

A normal stool has no odor. If it is offensive smelling, then a lot of putrefaction and rotting has occurred and there is a digestive problem, which could include constipation or improper food combining. Bacteria, both dead and alive, usually constitute a quarter to half of the dried feces. Stools should normally be soft, a medium brown color, and should float.

STOOL STATUS CHECK (regularly)

- Hard
- Firm
- Soft
- Loose
- Smooth
- Cracks

Shape _____

Length _____ Width _____

Does it:

- Sink?
- Float?

Does it have bubbles on it?

- Small
- Large

Excretion Effort:

- Slides out
- Must push out
- Forcefully

Regularity:

How often and when? _____

Color:

- Light
- Medium
- Dark
- Black

- Mucus
- Blood
- Strong Odor
- Fluid
- Jelly-like

Gas:

- Excessive
- Belching
- Heartburn

Pressure on Chest

Anal Itching:

- Continuous
- Intermittent

Protruding Rectum:

___ Continuous

___ Only after a bowel movement

Frequent or constant urge for a bowel movement? ___

SUPPLEMENTS – LUXURY OR NECESSITY?

Acidosis is a silent time bomb. It is like an hourglass – only a few grains fall through at a time but before you know it, time has run out. Do you know how many people have come to me who had never felt sick but who woke up one day to their doctor finding a tumor or chronic disease in their body?

There are two different types of people. 1. People who are symptomatic; every time they do something off track, they feel it. 2. Then there is the person who feels very little. It is like your body tries to adapt to its environment - for example the alcoholic who never gets a hangover anymore. This body has adapted to its environment for better or for worse.

All I can say is that it is all about prevention. You have to look at where you came from, in other words - the earth. We must return to her for balance. Nutrition is the foundation of health. If nutrients are not found in our food any more how long will it take before the foundation of health crumbles?

If you are the type of person who does not experience symptoms (unlike those who do) from lack of proper nutrition, then there is a very good chance you could have a heart attack or a stroke – without warning. People give the old line, “I was feeling great, I never felt a thing and bingo, I was hit with the big one.” It is just a matter of time. Acid is the silent killer.

The only true life insurance plan is proper supplementation that will reach the cellular level and do the job that many nutritional products claim they can do but never succeed in doing.

We need a super antioxidant hydrogen product along with a product that will cluster and pH balance our water (like Hunza water) along with a spirulina product that is easy to assimilate and deliver the nutrients to the cellular level. Let us not forget about a great two-week bowel cleansing regime to reclaim our inner terrain. Studies have shown that the quality of drinking water has a direct effect on the quality and the quantity of life. One example of this is the Hunzas, who were shown to live longer because of the water they drank. Deliver the cellular nutrition your body needs. Logic tells us that if we want something to last, we need to invest in it. Your body is your temple, which is home to your spirit. What are you worth?

I operate a clinic in the foothills of Quebec and my telephone rings constantly. Why? Because if you have the right philosophy and you have the correct products then you are going to get results. That is what we, at The Wolfe Clinic, are doing and we are proving it. We are proving that with even the most chronic disorders you can use this philosophy. Once you start taking diseases and putting them into a hundred different slots is when all of the confusion begins. There is only one disease – acidosis.

If we do not get the message out there we are going to be in big trouble.

IT SEEMS NORMAL TO BE SICK

It is tricky out there and it is going to get trickier. We live in the most toxic time that this planet has ever seen. Right now, we have hit a critical mass whether anyone wants to believe that or not.

If someone had cancer twenty years ago, people would be leery about getting too close. When you heard about someone with cancer, it scared you. Now it seems that we always know someone who is battling this disease.

How many people do you know who are in good health? What is good health? Let us be honest, it is normal to be sick, so what is normal to us is actually abnormal. For example, when you go for a physical and they tell you that you are healthy for a 40-year old, they are comparing you to the average 40-year-old person. It means that your stomach is hanging over your belt; you are falling asleep at nine-o'clock at night; you can hardly get yourself out of bed; your sex-drive is gone; your teeth are falling out; your bowel movements smell terrible; you have to use deodorant because you are rotting inside and that is normal because everybody uses deodorant.

What we think of as normal is actually abnormal but because the majority of the population is sick, we are all well.

We do not even know what well is any more. Got a headache? Take an aspirin. Are you constipated? Take Ex-Lax. Do you have cancer? Have chemotherapy, radiation, or surgery. So I guess logically speaking, lack of aspirin causes a headache, lack of Ex-Lax causes constipation and lack of chemotherapy, radiation and surgery causes cancer.

Therefore, the train of thought for the average person is, "If I take a little of these therapies everyday I will be healthy forever."

OSTEOPOROSIS - WHAT IS EATING YOU?

Osteoporosis is a very confusing condition for people. Most people think they can eliminate it with milk and eating plenty of dairy products. In reality, in countries where the people do not consume milk or dairy products, the instances of osteoporosis are very rare.

Osteoporosis is an acidosis problem. What I mean by this is when the body becomes so acidic, it says "Well, we have an alternative here. If this person remains acidic for much longer, we could have a heart attack or stroke and this may mean that our life is going to be terminated." Instead of doing that, the body steals calcium from the bones, the blood, and from the tissues. As bone mass becomes depleted, this is what we call osteoporosis.

Now, just as you would see a raging forest fire eating anything that gets in its way, this is how an acid pH rages through your body. Similar to the way we put out the forest fire by drenching it with water, the only way to effectively treat osteoporosis is to change the acid pH in the body to an alkaline pH.

With a great super antioxidant hydrogen product, along with a product that will ionize and pH balance our drinking water, and a [spirulina](#) product our body can assimilate, we become efficient in doing this. Not only do we have to restore the pH in the blood and in the tissues, but now we have to restore it in the bones. We saturate the body with a super antioxidant hydrogen product because we need to rectify the severe pH imbalance. We already know that time is running out and it is a situation that is out of hand due to nutritional mismanagement.

The body is being eaten away. It is in a state of emergency. What we need to do is saturate the body. When we saturate the body with proper nutrition, it brings the pH up to an alkaline level, and drops the acid levels down. I know from my own clinical experience that ionic supplements and clustered water increases the absorption of antioxidants.

Most people who have osteoporosis have poor absorption. If we can saturate the body with proper nutrition, then we can put the fire out and increase alkalinity. However, do not cheat your body and fight a losing battle. Get the best antioxidant the planet can offer! Don't cut corners when it comes to your health.

ALKALINE WATER - ESSENTIAL FOR GOOD HEALTH

The right water is critical for good health. This means alkaline water. The body is 70% water. When a person starts on a detox program they must understand this critical point. Some people will not want to do it because of the way they have been programmed. Those who will listen should drink a minimum of one gallon of alkaline clustered water a day - a few ounces every half-hour.

Understand that you need lots of water, because you are cleaning up a house that has not been cleaned in twenty, thirty, or forty years. Should you do it with a cup of water, or should you do it with a pail of water? The proper drinking water is healing water. You will never burn the kidneys out. They need that water, lots of it, and they need it now.

The human body is a large bag of water. Eighty-five trillion cells are putting their lives in your hands, hoping and praying that the fluid they are fed and bathed in is changed daily and has the proper pH, that being alkaline and clustered for vital health to exist.

The four critical questions to ask about your water are:

1. Is it clean? 2. Is it clustered alkaline water? 3. Is it electrically charged? 4. Are the minerals ionic?

I was reading a remarkable study from the Rockefeller Institute of Medical Research by Dr. Alexis Carrell, who attempted to demonstrate that, under suitable conditions, the living cell could live a very long time, perhaps indefinitely. The heart tissue was immersed in a nutrient solution from which it obtained its food. Likewise, waste material was secreted into this same solution. Everyday the solution was changed, taking away waste substances and providing fresh nutrients. It is amazing to report that this chicken heart tissue lived for 29 years in this fashion. It died one day when the assistant forgot to change the metabolized polluted fluid!

In other words, autointoxication claimed this great masterpiece of experimental scientific investigation.

"The cell is immortal", said Carrell of this experience. It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cell something upon which to feed and, so far as we know, the pulsation of life may go on forever.

Understand that the alkaline/acid theory is going to be the foundation that people are going to gravitate to within the next three to five years. However, you do not have to wait until everybody lines up and decides that it is the real thing. You are not going to have the majority of society or so-called health system coming out and telling us that - at least not until we see our brothers and sisters falling by the wayside.

Our health system is structured for the benefits of the few, not the many. I know that you have made the right decision because it is really going to pay off and you are going to do a lot of good work for people.

Products that affect the pH balance in ionic state, which are saturated with hydrogen, electrons, and alkaline minerals, will be your foundation. There are other products that you may use, but you have your foundation. Now some people are going to say "Yeah, but I am deficient in this nutrient or I am deficient in that nutrient". Understand this. First we get the body alkaline and then we see what we are deficient in. The problem is, nothing functions properly when we are acidic and you are going to get all of the wrong messages until we alkaline the system.

The most important thing is to Reclaim Your Inner Terrain and once you do that, you will send the parasites, fungus, mold, yeast, and bad bacteria (therefore all disease) packing because they cannot exist in an alkaline environment.

If I can say one last thing, this story will not end with a super hero or a cure to save the day. It is about getting the proper nutrition on a daily basis. We need to get the message out there.

Further Suggested Reading: "Spoiled Rotten"

**To have your questions answered
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**If you want to reach vital health,
call us at 1-800-592-9653 (toll free)
to book your nutritional consultation
and together, we will create
a personalized health program
tailored to "your" specific needs.**

**Each person who calls for their FIRST consultation
will also receive (free of charge) our health video
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