

## **THE ALKALINE DIET**

Questions and Answers with Dr. Robert Young

The following are questions to Dr. Young and his answers on how emotions can make us sick, tired and fat.

**Question: Can negative emotions affect the body's pH? Can negative emotions affect our bodies' health?**

**Dr. Robert O. Young:** My research has continuously supported the theory that there is only one sickness and only one disease. This 25 year body of knowledge, based on the live and dry blood microscopy and dietary management of over 25,000 people, not only considers how your diet affects your physiology, but also how your psychology affects your physiology.

Your mental state is so very critical. Your mental state, in many ways, if it's negative, can create more metabolic acids than the food that you're eating. In fact, you can create two or three times more metabolic acids from your thoughts and your mental state than from ingesting acidic foods, such as dairy or animal protein.

So your thoughts are critical. Your thoughts or words do become matter and can affect your physiology in a negative or positive way. And the way your thoughts become biology is as follows: when you have a thought, that thought requires energy for the brain cells to produce that thought. As you carry on with any thought that are having, you are using energy. And when you are using energy, you produce a biological waste product called, acid. If the metabolic acids from your thoughts are not properly eliminated through the four channels of elimination--urination, perspiration, respiration and defecation--then the acids from your thoughts are moved out into your fatty tissues and connective tissues. This leads to all sorts of symptomologies such as lupus, fibromyalgia, arthritis, muscle pain, fatigue, tiredness, obesity, cancerous breasts, cancerous prostate, indigestion, acid reflux, heart burn, heart attacks, and the list goes on and on.

For example let's say you are doing sadness or depression. And you are looping a negative experience in your head. Let's say you are constantly thinking about it, it's always on your mind, and you are worried about what you are thinking. You might say you are having feelings or being emotional. Emotions are "energy in motion." When you see someone that's emotional, they are energetic, either in a positive or negative way. And if they are energetic, they are "energy in motion." They are producing metabolic acids at a high rate. The rate of acid production is greater than someone who's jogging or working out. So, your thoughts become biology or metabolic acids that can make you sick, tired and fat.

When you start producing acids with your thoughts, this will activate the alkaline buffering system to neutralize these acids. If these acids are not buffered and/or eliminated, they can create serious health challenges in your body. Positive emotions, such as love, peace, hope, faith, and forgiveness, can all be alkalizing to the blood and tissues. The negative emotions of anger, resentment, and fear are the most powerful and acidifying of all emotions. The fear of the unknown is probably the most powerful and acidic of them all. Fear is so devastating to the body that even if you're on an alkaline diet, overcoming a serious health challenge is practically impossible. †In that kind of situation, you might think that the pH Miracle Lifestyle and Diet isn't working. You start thinking "what else am I not doing? What's the matter with me? How come I feel the way that I'm feeling? Something else is wrong. I'm eating the right way and I'm drinking the right water. What's going to happen? What can I do? I'm doing what I'm supposed to, yet, I can't seem to have the type of health and energy that I'm seeking!"

The reason why you don't have the health you are seeking?

You are being consumed by all of these and similar types of negative acidic thoughts. People have "thought attacks" NOT "heart attacks." There are published studies showing that over 80% of all heart attacks are emotionally triggered. People don't just die of a heart attack. They die of a long series of thought attacks, or even one violent and powerful emotional thought attack, that leads to the heart attack.

**Question: If a person is eating 100% alkaline diet and is still overwhelmed by negative emotions, can their body fluids stay alkaline? Can these negative emotions overwhelm a 100% alkaline diet?**

**Dr. Young:** If you're eating an alkaline diet and you're overwhelmed with negative emotions, then thank God that you're eating an alkaline diet or you'd be dead or too soon dead. Your acidic emotions can kill you. But the alkaline diet is the saving grace of all of this and provides the hope that you can hang on and be healthy both physically AND mentally. You can live without food for forty days, you can live without water for four days, you can live without air for about four minutes, but you cannot live without hope for more than a second. Hope is the key and that's what the pH Miracle Lifestyle and Diet will also do for you. It will give you understanding, insights, confidence, positive expectation--which is HOPE. †It leads to greater peacefulness which comes with hope. The pH Miracle Lifestyle and Diet program gives you the hope and expectations you need to breathe better, to start drinking the right kind of water, and to start eating the right kind of food that will lead you back to the right emotions so that you can start feeling better.

**Question: Do emotions have a stronger effect to create body acidity than foods?**

**Dr. Young:** Absolutely! As I have mentioned earlier, your emotions are energy in motion. And when you are consuming energy in your emotions you produce biological waste products called acid. When I have a client that's in negative acid-forming emotions, all the body fluids, including the blood, will show a decline in the pH even if this person has been eating an alkaline diet. In order to buffer the acid-forming emotions, the client will have to hyper-alkalize the blood and then tissues to bring the body back into alkaline balance. When the client is hyper-alkalizing, the pH of the urine will increase into the high 8's and 9's. Hyper-alkalization is necessary in order to overcompensate for the negative acidic producing emotions and to bring the body back to health, energy, vitality, hope, peace, harmony and love.

**Question: Can our emotions cause cancer?**

**Dr. Young:** Absolutely. This is beyond doubt and there is much research from both traditional and alternative schools of study to demonstrate this. †I have said that cancer is a four letter word - ACID. When you are doing negative acidic emotions such as anger, revenge, hate, sadness or depression, you are creating metabolic acids that can cause ANY and ALL cancerous conditions of the body tissues. If metabolic acids are not removed via urination, perspiration, defecation or respiration, then they are delivered to the body tissues. When constant excess acid from negative emotions are poured into the body tissues, the body tissues will degenerate causing a cancerous condition. Pharmaceutical companies are creating drugs that may give you the illusion of feeling better, but they DO NOT deal with the metabolic acids from negative acidic emotions. This can only lead to more physical and emotional pain