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Fat is your Friend Love Your Fat!



Fat is saving your life.
You are not overweight you are over acid.
The proof is in your blood.
Switch to alkaline electron rich water with Greens

The pH Miracle for Your Healthy Weight!

Julie Gerberding, Director of the Centers for Disease Control and Prevention said, "Obesity is the overt manifestation" of poor diet and sedentary lifestyle, and it's a "preventable risk factor."

Now, the most obvious seems to elude us. But for those who have read The pH Miracle, The pH Miracle for Diabetes (released July 29th, 2004) and
The pH Miracle for Weight loss (now available at 34% off) understand that many if not a deaths are preventable and are caused by an over-acidification of the
blood and tissues due to an inverted way of living, eating, drinking and thinking. I believe that the list of preventable diseases should also include heart disease, all cancers, AIDS, MS, and diabetes -- just to name a few. ALL of these diseases are just as preventable as death by obesity and tobacco. In fact, the cures for all diseases will not be found in their treatments but in their prevention!

For example, tobacco smoke is a colloid of sugar. Every time you inhale tobacco smoke you are taking a hit of sugar. And when you are not smoking or even stop smoking you turn to sugar in other foods to get your acidic sugar fix. You see tobacco company's paint the tobacco leaves with sugar and yeast. These two ingredients are the true leading addicting compounds in tobacco smoke and acidify the tissues of the lung leading to lung cancer and/or obesity.

As many of you know, sugar is a major contributor to endogenous acid production and a major contributor to obesity, heart disease and cancer. Why? Because sugar turns to the acid, acetlyaldehyde, a nuero-toxin and then to ethanol alcohol that causes the body, organs and/or tissues to breakdown. This happens in the same way that Heinz 57 (an acid) tenderizes meat, acetlyaldehyde and ethanol alcohol tenderizes your organs and tissues. When excess acid starts to breakdown body cells the body goes into preservation mode by holding on to fat to park these dangerous acids away from the organs that sustain life. This is why WE GET FAT. We get fat because we are over-acidic and the body is trying to save it self from our poor lifestyle and diet choices. Eureka!!! America is not overweight it is over-acidic and 65% of ALL Americans need to get off their FAT ACIDS and GO TO HEALTH!

Bottom line, it is not fat that is bad it is the acidic lifestyles and diets that are bad. Fat is saving your life! And for the almost 65% of the Americans that are obese if it wasn't for the fat on their bodies to park all the endogenous acids they create through smoking and acidic lifestyles and diets, they would ALL be DEAD! Instead of 400,000 deaths a year we would have 270 million deaths in one year due to acidic lifestyles and diets -- ALL FROM ACID -- NOT FROM FAT. So the next time you think about the extra FAT on your body, be grateful for the extra pounds and thank God for an incredible body that is working to save your life from your acidic lifestyle and diet choices. Always keep in mind that your body is holding on to fat to buffer excess acids and always remember that

YOUR FAT is saving your life! The key here is to be thankful and grateful and then get off your acidic lifestyle and diet and watch the extra fat literally melt away as you alkalize and energize your body.

You cannot alkalize or energize your body if you are:

1) Eating or drinking high sugar fruit drinks or fruits like apples, oranges, pears, bananas, watermelon, etc., Instead of getting fit for life you will get fat for life when you eat high sugar fruits!
2) Drinking alcoholic beverages will make you fat!
3) Eating starchy foods like potatoes, pastas, breads, pastries, etc., breaks down to sugar, then to acid which will make you fat!
4) Smoking or using tobacco products are acidic and will make you fat.
5) Taking recreational drugs makes you fat!
6) Eating a high protein diet, including chicken, eggs, pork products, meat, turkey, duck, etc., are all acidic and makes you fat!
7) Drinking acidic coffee or teas with now over 90,000 acidic choices from your corner acidic coffee shop is a major contributor to obesity!
8) Eating dairy products including milk, cheese, ice cream, cream, etc., have concentrated sugars called lactose that breakdown to lactic acid AND that makes you fat!
9) Eating sugary or processed foods or fast foods are all acidic and makes you fat!
10) Drinking sodas, sport drinks or acidic water will make you sick, tired and fat!
11) Not exercising daily cause's acids to build up in the tissues and that also makes you fat!
12) Negative emotions like fear, anger, resentment, revenge will make you fat!

If FACT, nutritional experts that advise our government actually believe if you eat 4000 calories and only burn 3000 calories that will make you fat. That somehow the excess calories will make you fat. That is totally ridiculous. Obesity is NOT ABOUT CALORIES it is ABOUT ACID and the body's ability to get rid of the excess acid.

If you are doing at least 4 out of the 12 above acidic choices then you are acidic and a candidate for all the symptoms associated with lifestyles and diets that are acidic, including obesity, cancer, diabetes and death. Remember you do not get OLD you MOLD. Just like wine and beer or food left in your refrigerator to long, you too can and will ferment and rot. The body uses fat to slow down the acidic rotting or aging process.

Now -- the not so obvious. The same folks that bring us the acidic death causing tobacco products are the same folks that bring us the death causing acidic foods. Check it out for yourself. Is it not the same companies that make tobacco products the same companies that bring us the acidic processed foods that we find on the shelves of our Supermarkets? I believe so.

One thing you need to keep in mind -- you still have your free agency and can choose to eat acidic processed sugary foods, smoke acidic tobacco products, drink acidic alcohol

beverages, or take recreational and/or prescription drugs -- or -- alkalize and energize your body with the seven steps to your ideal healthy weight by:
1) Eating whole natural unprocessed foods and lots of green foods
2) Eating at least 60 grams of long chained poly-unsaturated fats
3) Drinking high pH alkaline water with a pH of at least 9.5
4) Taking nutritional supplements that support organs and organ systems
5) Daily exercise and sweating 6) Cleansing emotionally and
7) Reconnecting to your true self, spiritually.

The choice is yours. If this country is the land of the free then you are truly free to choose. The true beauty in freedom is in the reality of having the freedom to choose! Whether it be right or wrong, acid or alkaline, light or darkness – you can choose now.

I truly believe that each person must take personal responsibility for their own lifestyle and diet choices and not blame others for their poor choices. Especially when we know and have the truth and this truth can and will set us free physically, emotionally and spiritually. I believe that most intelligent people would agree that smoking, drinking alcoholic beverages, using illicit drugs and eating processed foods are hazardous to ones health and fitness.

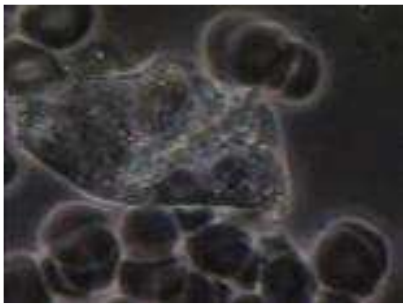
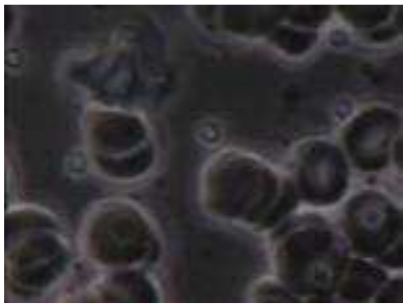
All I would suggest then, if you want to enjoy a life full of energy, vitality, fitness and health -- **CHOOSE WISELY!**

Look what happens when you live this program!



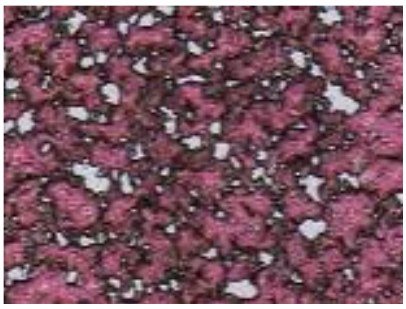
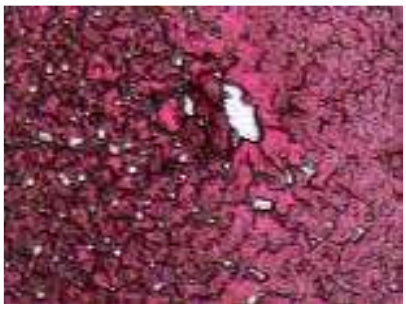
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Andrea Dare – Live Blood
Before Pictures on Atkins High Protein Diet

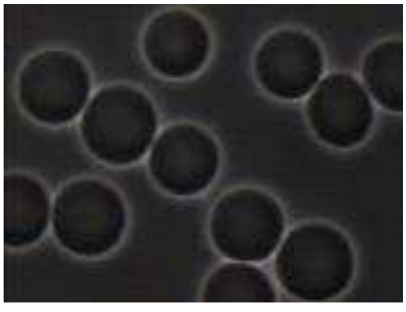
The red blood cells are stacked and irregular shaped and the blood plasma is full of acidic garbage or acidic crystals from the excess proteins. These crystals build up on the walls of the arteries leading to stroke or heart attack.

Andrea Dare – Coagulated or Dried Blood
Before Pictures on Atkins High Protein Diet

Excess amount of white protein puddles throughout the dried blood layer indicating a diet high in protein leading to acid pools. These white proteins are showing up in the middle of the dried blood indicating bowel congestion and liver stress from undigested proteins from beef, chicken, eggs and pork. The dried blood should be a solid red mat held together by the black fibrin.

Andrea Dare – Live Blood - 12 weeks later on The pH Miracle Plan



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The red blood cells are round, separate and symmetrical indicating the healthy state of red blood cells. Andrea had more energy, vitality and is now at her healthy weight with healthy red blood cells. The inside matches the outside.

Andrea Dare – Dried Blood
12 weeks later on The pH Miracle for Weight Loss Plan




Here we see healthy dried blood. The blood is held tightly together with the black fibrin, the color is uniform with no white pasty masses of protein. This is the healthy state of coagulated blood. There are no protein puddles in the center and no congestion in the bowels or liver.

Andrea Dare's Before Pictures on the Atkins Diet



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Andrea Dare's Pictures after 12 weeks on the pH Miracle Plan.





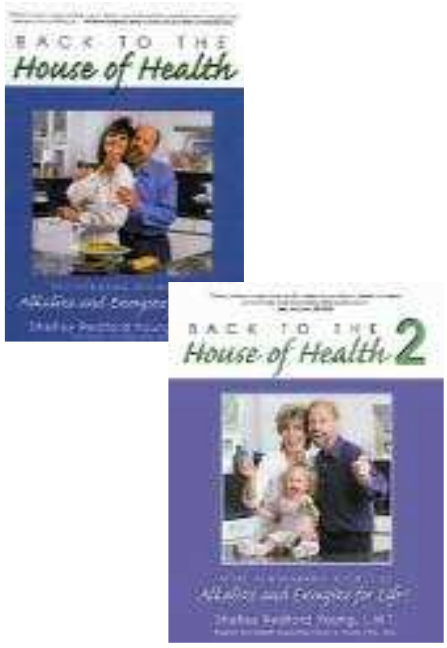
What makes The pH Miracle for Weight Loss different from every other diet book on the market?

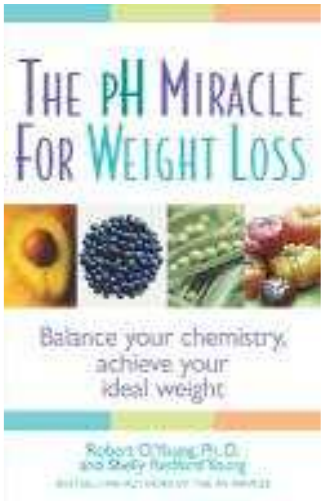
1) The pH Miracle for Weight Loss is not a diet but a lifestyle.
2) The lifestyle has a proven track record of over 15 years with over 100,000 pH Miracles worldwide.
3) The menus and recipes are consistent with the science. No other book on weight loss has recipes that match with their science, thanks to my incredible wife Shelley.
4) It's all about ACID -- Not about FAT!
5) It works. The pH Miracle for Weight Loss has never failed those who apply its principals.
6) The pH Miracle for Weight loss is now available at 34% off

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How to Begin The pH Miracle Living Plan?

Join our community for free
Go on a 14 to 21 day liquid feast
Eat an Alkaline diet
Begin a program of nutritional supplements
Drink your Greens
Exercise everyday
Manage your stress levels
Monitor your progress
Pursue a positive attitude





"The pH Miracle for Weight Loss"
Balance Your Body Chemistry,
Achieve Your Ideal Weight
by Dr. Robert O. Young & Shelley Redford Young
From AOL Time Warner Books

Now available
at 34% Savings!

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