

RE-CLAIM YOUR INNER TERRAIN

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

Look at 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 cancer. This is all about mold, and you cannot have mold unless you have a drop in the pH value. You have to be suffering from acidosis

due to a lack of oxygen to your cells – 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 will create various types of bugs, i.e. bacteria, parasites, fungus, mold, and these bugs are going to suppress the immune system.

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.