

Dr. Robert O. Young MS, D.Sc., Ph.D. Over the past two and a half decades, Robert O. Young has been widely recognized as one of the top research scientists in the world. Throughout his career, his research has been focused at the cellular level. Having a specialty in cellular nutrition, Dr. Young has devoted his life to researching the true causes of "disease," subsequently developing "The New Biology™" to help people balance their life.

Our bodies were designed to be healthy, slender and energetic. We were intended to have smooth, supple skin and a quick, alert mind. Instead we are overweight - tired and sluggish. Why?

The New Biology™

Dr. Robert O. Young's New Biology™, most simply stated, is that the over-acidification of the body is the single underlying cause of all disease.

In contrast, the old biology, based on the work of Louis Pasteur in the late 1800s, stems from the idea that disease comes from germs which invade the body from the outside. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold. Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we "swim" in daily.

Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes. Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering the alkaline pH, creating and acidic pH environment, and threatening the health of the "fish," your cells and organs.

What if we throw in too much food or the wrong kind of food (acid-producing food like dairy, sugar, and animal protein) and the fish are unable to consume or digest it all, and it starts to decompose and putrefy? Toxic acid waste and chemicals build up as the food breaks down, creating more acidic byproducts, altering the optimum alkaline pH.

Basically, this is a small example of what we may be doing to our internal fluids every day. We are fouling them with pollution, smoking, drugs, excessive intake of food, over-consumption of acid-forming foods, and any number of transgressions which compromise the delicate balance of our internal alkaline fluids.

Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more sever imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!
How do you know if you're overly acidic?

Fat is an Acid Problem!

Perhaps one of Dr. Young's most well known discoveries is his theory of the cause of overweight. He has shown that fat is actually an over-acidification problem. What does that mean? The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. Fat is saving your life! Fat is actually a response from the body to an alarming over-acidic condition.The solution? Alkalize and Exercise™ beginning with organic greens products that are loaded with chlorophyll [...] and purified, Ionized Water [...]

What about Underweight?

At the other end of the health spectrum, the yeast and fungus produced within an overly acidic body can feed on your nutrients and reduce the chemical and mechanical absorption of everything you eat by as much as 50%. This causes many people to become excessively thin, which is no healthier than becoming overweight. Without protein, your body cannot rebuild new tissues or produce enzymes, hormones, or hundreds of other chemical components necessary for cell energy and organ activity. Fatigue, illness, and body weight changes are the results. An underweight person may loose a little more weight as their body chemistry stabilizes. As their body normalizes, they will begin to gain towards their ideal weight. Healthy bodies are not overweight or underweight. A healthy body naturally maintains its own ideal weight. You can begin to restore health, balance, and harmony to your body [...]. As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight.

Allergies

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is weakened, which prevents the total breakdown of amino acids - often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions. Alkalize and Exercise™ beginning with organic greens products that are loaded with chlorophyll [...] and purified, Ionized Water [...] These products introduce oxygenating and alkalizing elements into your body - helping to balance the conditions that may lead to hypersensitivities.

Fatigue

Fatigue is probably the major symptom or complaint of an overly acidic body. The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones. This also interferes with the reconstruction of cells and other necessary components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness [...]

Are You Getting Enough Alkaline Foods in Your Diet?

"Your health depends on an alkaline environment, created by eating foods such as tomatoes, avocados and green vegetables...striking the optimum 80/20 balance and regulating your body's acid/alkaline chemistry through simple changes in diet can result in weight loss, increased stamina and strength,a stronger immune system and a greater sense of wellbeing." ~ *Dr. Robert and Shelley Young*

How did we become so out of balance?

After years of societal changes, millions of dollars of marketing spend and technological advances we, as a race, are now facing more dietary based health challenges than ever before. It is no coincidence that the rapidly growing numbers of cancer, cardiovascular disease and diabetes correlate almost exactly with the rise in consumption of acid forming foods such as sugars, saturated fats, and white breads. At the same time our consumption of fresh vegetables and essential fatty acids has decreased dramatically, making way for convenience and a generation hooked on sugary treats.

Becoming Alkaline

This is not as difficult or as technical as it sounds. When we talk about eating alkaline foods or starting an alkaline diet we are referring to consuming those foods and drink which have an alkaline effect on the body. This effect is based upon the ash residue that remains after our foods are consumed. Some foods leave an acid ash, whereas others leave an alkaline ash. Conveniently for us, our bodies have been designed to categorize which foods leave which kind of ash into neat and easy to remember groups. Of course, everybody is different - but most of us should aim to eat 75-80% alkaline foods and a maximum of 20-25% acid forming foods....