

Medical Myths.

1) The Flu vaccine will protect you from the **flu virus**.

This is a falsehood. There is no such thing as a flu virus and therefore there is no need for a poisonous acidic flu vaccine made with chicken embryos, formaldehyde, mercury, detergent, and alcohol. The flu is the body in preservation mode increasing body temperature to activate the lymphatic system to remove excess dietary and/or metabolic acids in the tissues via respiration, perspiration, defecation and urination. The key to reversing the symptoms of the Flu is hydration with alkaline fluids and sweating with infrared sauna or exercise.

2) Taking **antibiotics** will kill bacteria.

This is medical subterfuge and distortion as even the medical community realizes that antibiotics don't do what they are supposed to do. We say with alarm that disease is becoming resistant to antibiotics. They are not "resistant" because they have never been operative or effective. Antibiotics are the acidic waste products of fermentation. To make an antibiotic, you need a yeast or mold and some sugar for the yeast or mold to ferment. The bi-product of the yeast or mold fermenting the sugar is the acidic antibiotic. The acids from antibiotics DO NOT KILL BACTERIA. They only force the bacteria to change. Into what does bacteria change? Into yeast and mold. That is why when you take antibiotics you end up with a yeast infection! That's the antibiotic causing the bacteria to change from one form to another. I call this process of change "biological transformation" and the reason why you should NEVER take antibiotics. Try the COWS Plan. It is safer and more effective.

3) **The stomach** should be acidic and contains hydrochloric acid or HCL to digest food.

This is one of the biggest scientific misconceptions ever. First, the stomach is NOT an organ of digestion. Most so-called digestion starts in the mouth. That's why your mom said to chew your food. The stomach is an organ that alkalizes the food and liquids that you eat. The stomach cells, called the cover cells, secrete sodium bicarbonate onto the ingested food and drink to alkalize the food, not to digest the food. For every molecule of sodium bicarbonate produced by the stomach for alkalizing, a molecule of hydrochloric acid is produced as a waste product. Hydrochloric acid or HCL never touches the food or drink but falls into the gastric pits of the stomach away from the food and drink as the sodium bicarbonate rises to the top to alkalize the food and/or liquids ingested. This is necessary in order to prepare the food in an alkaline state for the duodenum and the small intestine where the liquid food is then biologically transformed into stem cells. There is NO part of the alimentary canal that does not secrete sodium bicarbonate for alkalizing. In conclusion, the stomach is an organ of contribution and alkalizing, not a digestive organ as medical savants would have us believe. So now you know it is a whopper of a lie.

4) **A cold is caused by a virus**.

This is another whopper--a century long distortion. A cold is the body removing excess dietary and/or metabolic acids through the orifices of the body to maintain its delicate alkaline pH. Colds are NOT caused by viruses but are caused by eating too much acidic GARBAGE. I won't get YOUR cold if MY body is properly alkaline. Excess acids can also be caused by your thoughts or negative emotions which can also give rise to the elimination of these acids through various orifices, such as your eyes, ears, mouth or nose.

5) **Pharmaceutical drugs may have side-effects**.

What an intentional obfuscation this is! Pharmaceutical drugs do not have side-effects; they have EFFECTS! And lots of them! If you take the drugs, plan on them affecting your health in many negative and acidic ways.

6) **The brain runs on sugar**.

This is closer to gross ignorance than a lie. Sugar is a metabolic acid and has no value in the body. None. Zero. Zip. Nada. The brain does NOT run on sugar; it runs on electrons - just like every other cell in the human body. Increase your healthy brain function with more electrons with electron-rich food and water.

7) **Cancer is a disease of the tissues**.

NO! Cancer is not a disease of the tissues but a disease of the fluids of the body. After a trillion dollars spent since President Nixon declared war on cancer, we still pretend not to know what it is. But

it has become a several hundred billion dollar industry.... Larger than the automobile industry. Cancer is an acidic, environmental, dietary and/or metabolic liquid; it is NOT a cell and we ALL have some of it in our body to greater or lesser degree. The more acid we have in our body, the greater the risk for cancerous tissues. Cancer therefore is a four letter word: ACID! And cancer's fumbling, bumbling proponents have put forth another four letter word: MYTH.

8) **HIV is a virus and causes AIDS.**

This is an incredible whopper! And because the real and UNEXAMINED TRUTH has been explained by several scientists for many years, it is MORE than a whopper. It is now a fraud. There is NO HIV virus. You heard me right; there is NO HIV virus! There never has been. AIDS or immune deficiency is caused by an acidic way of living, eating and thinking. There is no need for drugs, but just the need to change to an alkaline lifestyle and diet and PRESTO.... NO MORE AIDS. It works 100 percent of the time if you get going before the drugs and wrong diet have taken you right up to death's door.

9) Taking **digestive enzymes** will help digestion.

This is a major fable and fabrication to which many holistic doctors prescribe. And it's a dangerous one....especially for people who take digestive enzymes all the time. Enzymes are acids from fermentation and are poisonous. Just like Draino, taking enzymes will eventually destroy your alkalizing alimentary canal. One will kill you fast and one will kill you slow! Digestive enzymes may break down meat, but nutritional science clearly tells us that you shouldn't be eating meat. They will break you down too because guess what? Your alimentary canal is meat!!

10) **Blood** is made in the marrow of the bones.

This inaccuracy and science fiction began with the distortions of four scientists in 1952 when they conducted starvation studies on rabbits and pigeons and decided after autopsy that blood was created in the bones. This is NOT correct. The primary site of blood production is in the crypts of the intestinal villi in the small intestine. When acids (antibiotics, acid food and drink, enzymes, probiotics) damage or destroy the intestinal villi, then the body makes blood out of various body cells such as the bones. The studies on blood in 1952 may likely have been the correct conclusion if the autopsies had been done on humans--assuming the bodies had starved to death like the rabbits and pigeons. Logically, autopsies are done on people who have been very sick and finally died. The body is so sick that blood has not been made in the intestinal villi perhaps for some time. Now medical savants have amazingly discovered that blood can also be made in the liver. The truth is that it can also be made from all the organs and all the cells once the body is sickly enough. Hopefully, we won't be doing autopsies on healthy bodies because they rarely die. But if we did, we'd find out where blood is really made in a healthy body....in the crypts of the intestinal villi in the twenty-seven feet of the small intestine.

11) **Germs cause disease** via an infection.

This is another invention based on faulty scientific premises. Germs are nothing more than the biological transformation of organized matter disorganizing. Germs therefore are the RESULT of fermenting matter and not the CAUSE of fermenting matter, just as the smoke of a fired gun is not the cause but the evidence that the gun has been fired. When you see bacteria, yeast or mold on food, this is a result of food deterioration, not a result of an infection. When I see bacteria or yeast in the blood, I know this is a result of blood or body cells biologically transforming and not a result of an infection. In other words, germs are born in us and from us. The infection can only contribute to a state of imbalance but CANNOT cause ANY specific disease. So stay away from all treatment plans, traditional or alternative that focuses on the killing germs. If the drug or supplement will kill germs it will also kill you.

12) **High Cholesterol** in the form of low density lipoproteins or LDL's can cause heart attacks and strokes.

Cholesterol does NOT cause heart attacks or strokes. Not a single one. This is a distortion and an inaccuracy based on faulty observation and inquiry. Environmental, dietary and metabolic acid cause heart attacks and strokes. The body releases cholesterol or LDL's to buffer or chelate the toxic lethal affects of acid to protect the body, not harm the body. It is your thoughts, your words and your deeds that create waste products or acids. If these acids are not eliminated through urination, perspiration, defecation or respiration, the body will release cholesterol or LDL's to buffer these acids for protection and not for destruction. A recent landmark study showed that you are more likely to have a heart attack or stroke with normal or low cholesterol than a person with a total cholesterol over 300. Your

risk for a heart attack or stroke increases significantly as your acid levels increase or if you lower your cholesterol with drugs without lowering your production of acid from the environment, lifestyle, diet and/or metabolism.

13) **Eating protein builds muscles.**

Wrong again. This is another fictitious distortion based on faulty observation based on a) preconceived notions about how the body works and b) the failure of science to sufficiently isolate variables when making so-called scientific observations. Tell the strongest animals in the world--vegetarian animals--that eating protein builds muscle. Eating protein actually makes you weak and eventually sick and tired from the debilitating acids of sulphuric, nitric, phosphoric and uric acid. The body builds muscle from blood and not from plant or animal protein. At the Ranch we grow avocados. We give our avocados minerals, water and sunshine - no protein. Yet, our avocados are 80% healthy fat and 15% protein. If you want to build muscle you have to build blood. And to build blood you have to eat green foods and lots of them.

14) **Obesity is a fat problem.**

I would call this a big fat lie. A big Whopper with cheese and bacon. No, I'm sorry fat doctors, fat farms and fat clinics of the world. Obesity is an acid problem, not a fat problem. The body protects itself against acidic lifestyles and diets by making and using fat. Think of fat as your parking places for environmental, dietary, and metabolic acids that are not properly eliminated via urination, perspiration, defecation and/or respiration. You can now say that fat is saving your life. Thank you fat! Be glad that fat was not accumulating inside your veins and arteries. At least collecting on your hips and belly you could see the fat and decide if you want to do something about it. All you need to do is get off your fat acid and go to health with an alkaline lifestyle and diet. The average weight loss on the pH Miracle Lifestyle and Diet is 1 pound a day - 30 pounds in 30 days. As you alkalize the fat melts away with all of its acidic contents.

15) **Hormone replacement** therapy can help balance your hormones.

This greedy fiction and pharmaceutical deception is actually hurting ever so many unknowing innocent women. The first thing to understand is that hormones are acidic waste products of endocrine gland function. Balancing your hormones would be like balancing your car's carbon monoxide exhaust. You would never give you car more acidic carbon monoxide to help it run better. You would change the oil, the filter or use a more energy efficient fuel. This is what you need to do when you have endocrine or energy imbalance. You need to change your lifestyle and diet to an alkaline lifestyle and diet with liberal amounts of electron rich green foods. You can easily try our Deluxe Pack to start the process of endocrine balance and energy. You'll see a difference in a very short period of time.