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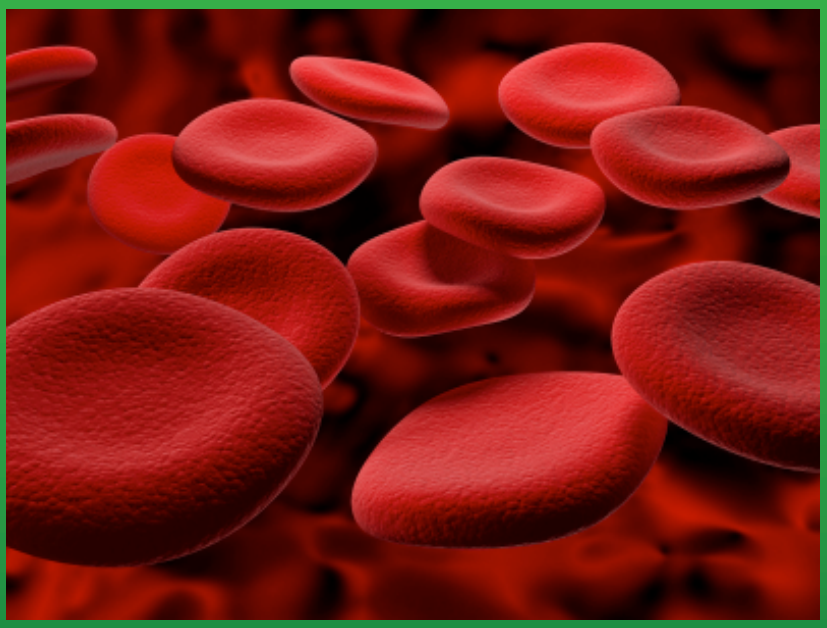
Nutritional Cellular Microscopy

Live And Dry Blood Profiles For Certified Microscopists



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Based On The Nutritional Microscopy Research

OF

Dr. Robert O. Young

Founder of The pH Miracle Center

Author of The pH Miracle

Creator of The New Biology

The pH Miracle Center
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Why Live And Dry Blood Analysis?

The main purpose of blood evaluation, according to Dr. Young, is to show how the body is being challenged by acid and indications of related symptoms. His foundational theory is that all functions of the human organism are acidic and that the ideal state of the body is alkaline by design.

It is well recognized that blood shows biological changes when the body is experiencing symptoms of sickness and disease. Empirically, after many years of research by numerous scientists, it has been discovered that certain blood profiles are associated with certain health challenges.

Dr. Young's understandings, as in The New Biology, states that there is only one sickness and one disease, which is the over-acidification of the body.

Dr. Young also states that there can only be one remedy or treatment, which is to alkalize the body and restore an alkaline/acid balance.

Blood samples reflect the type, degree and area of acidification as well as the affects of the acidification in the body. Nutritional and lifestyle changes can then be made to alkalize and restore the alkaline/acid balance (pH balance) in the body.

The information and findings from your blood demonstration are made in accordance with Dr. Young's understandings, as in The New Biology. The findings will make it possible to indicate appropriate nutritional and lifestyle changes that could be made by you to restore an alkaline/acid balance to your body.

Follow-up support is also available to help you implement any changes you choose to make.

IMPORTANT NOTE: The process is for educational and informational purposes only and does not diagnose or treat disease, or replace consultation with a medical practitioner. Changes in nutrition and lifestyle, and the underlying reasons for making changes, are fully explained in the book, "The pH Miracle", as well as in other publications written by Dr. Young.

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What Is Live And Dry Blood Analysis?

An alternative examination routinely used by holistic medical, osteopathic, chiropractic and naturopathic physicians, as well as other health care professionals, around the world to educate their clients about the effects of lifestyle choices on their inner terrain – cells, organs, and body - and to determine whether they are moving toward organization or disorganization, balance or imbalance, health or disease, and how fast.

Two tests show a "visual picture of your health" highlighting the impact of your past and present lifestyle choices on your "inner terrain", cells, organs, and body – making it easy to identify the best resources and step by step strategies for fast, long-term, relief from imbalance and monitor your progress in follow up sessions.

The Benefits

See characteristics of blood, live, on a video screen and get current and past information pertaining to "biological terrain" (inner environment) – stress appears in blood sometimes years before it manifests as symptoms.

- Get early warning of possible upcoming challenges.
- See obvious patterns of disorganization.
- Be alerted to the advisability of medical referral.
- Monitor conditions before and after regimes.
- Determine the effectiveness of various regimes.
- And more…

"As to diseases, make a habit of two things - to help, or at least, to do no harm." - Hippocrates

The History

In the mid-19th and early 20th Centuries, European scientists Dr. Antoine Béchamp and Dr. Gunther Enderlein advanced the use of the microscope, challenged the medical establishment of the day and propose new ways of interpreting what was being viewed in live blood. Other important Microscopists who continued the trend include, noted physiologist Dr. Claude Bernard, Germ Theory advocate Louis Pasteur, Californian Dr. Virginia Livingston Wheeler and Canadian scientist Gaston Naessens.

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In the 1920s European medical practitioners added a twist to unconventional microscopy when they began looking at dried blood samples, later called the Oxidative Stress Test, where a glass microscope slide is dabbed onto a bead of blood on the finger and allowed to air dry. The resulting patterns seen in the dry blood under a bright field revealed a characteristic "footprint" which could be seen in subjects with similar imbalances. Cases of advanced disorganization showed very poor clotting, minimal fibrin formation, and many white "puddles" spread throughout the sample. A healthy control subject's blood shows a tight, fibrin-rich, clotting pattern with no white puddles.

In the 1930s, the head of surgery at Massachusetts General Hospital, Dr. H.L. Bowlen, MD, introduced the dry blood test to America. Dr. Bowlen learned the dry test from President Dwight D. Eisenhower's physicians, Drs. Heitlan and LaGarde. In the 1970s, one of Heitlan-LaGarde's students, Dr. Robert Bradford of the American Biologics Hospital in Mexico, began teaching other practitioners, including world-renowned microbiologist, Dr. Robert O. Young, who also went on to study with the renowned Dr. Maria M. Bleker of Germany and other masters.

Over the past 20 years, Dr. Young has performed hundreds of thousands of these live and dry blood cell analysis and has developed a unique and expanded interpretation of blood patterns observed, based on his research into the effects of pH Imbalance on individual cells and their environment, making this educational tool more valuable than ever.

There is now well over 80 years of dry blood testing data gathered by hundreds of health practitioners worldwide.

"There is only ONE PHYSIOLOGICAL DISEASE, the OVER-ACIDIFICATION OF THE BODY leading to ONE SICKNESS – the overgrowth in the body of micro-organisms whose poisons produce the symptoms we call disease."
- Dr. Robert O. Young

The Process

Utilizing a high power microscope, view a drop of blood from a fingertip, obtained with a sterile lancet, split between two slides – one for live and one for dried blood – to examine live blood cells and plasma fluid "unchanged" (unaffected by shaking, spinning, and chemical stains used in standard lab tests) alongside a sample of "clotted" blood cells to identify "patterns of disorganization" brought on by lifestyle choices and environment.

Where standard laboratory blood tests are generally quantitative – "how many cells" – live and dry cell analysis is qualitative – "the condition of cells." While Medical Science does not generally utilize "live and dry blood tests", Microscopists often use standard laboratory tests as pre and post research because there is correlative value in knowing the quantity and quality of

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cells.

First, the Certified Nutritional Cellular Microscopist, Phlebotomist, and pH Miracle Coach takes a drop of blood from the tip of your finger, which you will view and analyze together under a high-powered microscope and live on a video screen. This will give you the opportunity to learn about the quality of your inner environment, cell structure and function, and how your lifestyle choices may impact them and your overall health based on The New Biology™.

"To know the cause of a disease and to understand the use of the various methods by which disease may be prevented amounts to the same thing in effect as being able to cure the malady." - Hippocrates

Next, the Certified Nutritional Cellular Microscopist, Phlebotomist, and pH Miracle Coach will then review your Health History, ask questions, and get feedback, which will provide insight into your primary health concerns, past and current lifestyle choices, and your health goals. With these insights and based on personal experience and training in the New Biology™ and pH Miracle Principles™, recommendations for education, resources, courses of action, and support can be made to help you develop the understanding, skills, and experience you need to make your own informed choices about how to make progress toward your goals.

"The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease" - Edison

Certified Nutritional Cellular Microscopists, Phlebotomists, and pH Miracle Coaches DO NOT make decisions for clients. This is NOT psychotherapy or treatment for any medical condition, and while the information and experience gained may help you achieve your goals, there is never any claim or guarantee of results. Your honest input and commitment to follow through are essential to the efficacy of any process.

"A wise man ought to realize that health is his most valuable possession and learn how to treat his illnesses by his own judgment."

The Live and Dry Blood Cell Analysis is for helping you determine the impact of past lifestyle choices on your present experience as well as the predictable possible future should you continue down the path you are on in your diet and lifestyle.

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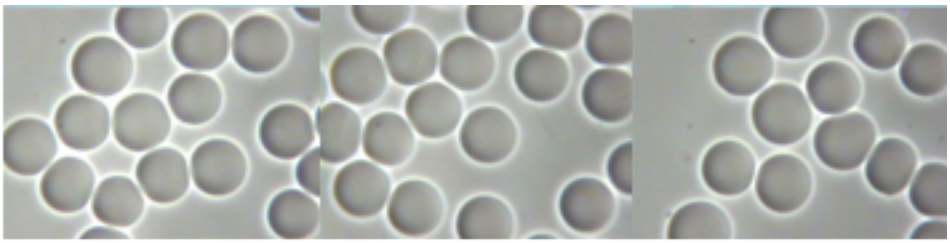
Interpreting Live Blood Analysis

Healthy blood samples in live analysis should have red blood cells residing freely in their own space, they may be touching, but not overlapping or sticking together, and should be gently bouncing off of each other; they should be uniform in size, shape, and color. The blood serum (space surrounding the cells) should be clear, without parasitic forms, bacteria, yeast, mold, crystals, or other undesired floating masses.

Organized Live Blood Samples



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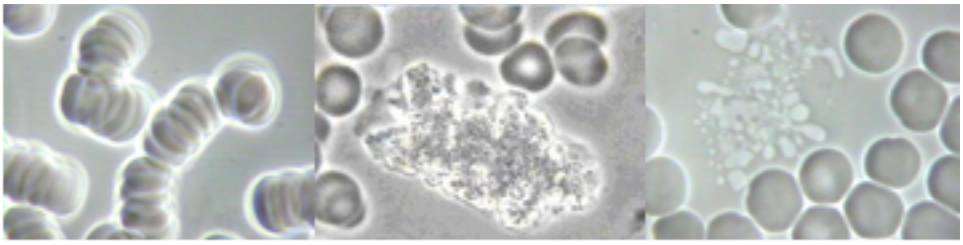
Disorganized Live Blood Samples



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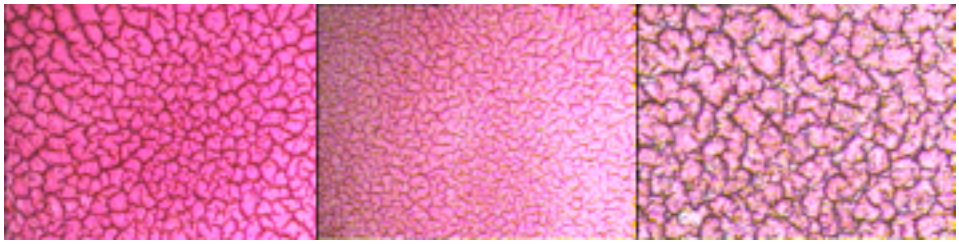
Interpreting Dry Blood Analysis

Healthy blood samples in the dry analysis should show consistency in the intermeshed fibrin protein lines (these are the black lines visually comparable to a cobweb). The color should appear to be evenly bright red; loss of color is a representation of the level of acidosis in the body tissues. There should be an absence of white protein pools which, when present, suggest the wasting of proteins and represent the severity of cellular disorganization that has resulted from acidity settling to the weakest areas of the body, causing mycotoxic oxidative stress and inflammation or a more severe degenerative conditions.

Organized Dry Blood Samples



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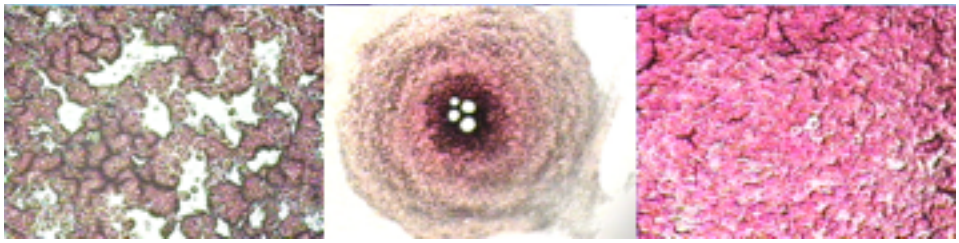
Disorganized Dry Blood Samples



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White protein pools observed in a dry blood sample are evaluated for Size, Clarity, Shape, and Location, each of which suggests different interpretations. Small-sized pools suggest hypersensitivities, such as allergic reactions; medium-sized pools suggest irritation/inflammation, physical/emotional stress, or physical strain; and large-sized pools suggest a disorganizing condition, degeneration, and significant imbalances. It is healthier for pools to be clear; those littered with cellular debris such as red blood cells, sialic acid crystals, and even broken tissue suggest more significant conditions. It is healthier to see round shaped pools; irregular shaped pools suggest more significant conditions.

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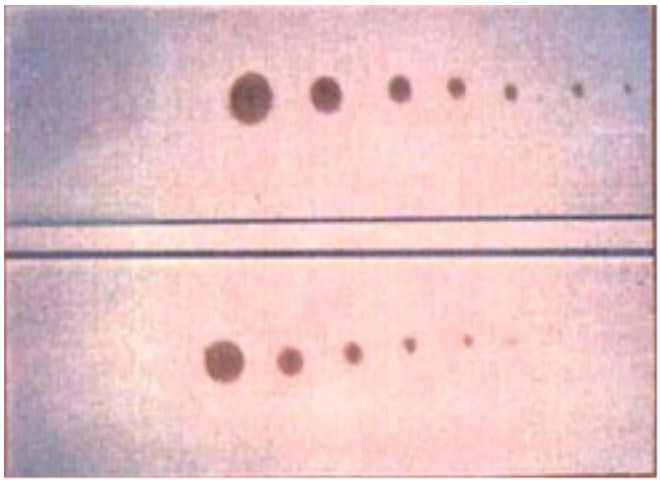
The location of white protein pools, designated by the layer or in which of the 8 drops of blood the pattern is found, and the ring or the location within a particular drop of blood, suggests where in the body the acidity, mycotoxic oxidative stress, and inflammation is occurring.

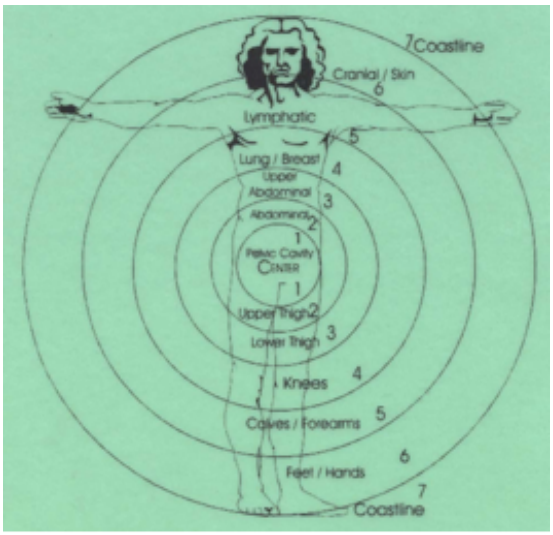


This picture shows, from left to right and large to small, layers (blood drops) 1-8.

Layers 1-3: Shallow, temporary; arising over the past few months.

Layers 4-6: Middle, less temporary and more significant; arising over the past few years.

Layers 7-8: Deep, chronic, center of body/organs; arising over lifetime.



This map represents a single drop of blood and is used by the Microscopist to identify the location of certain patterns observed as previously described.

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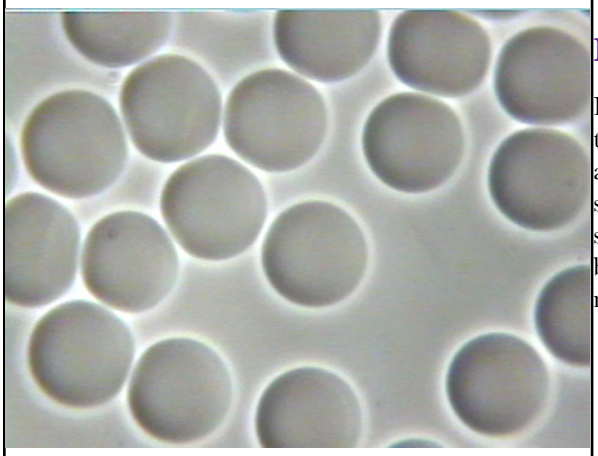
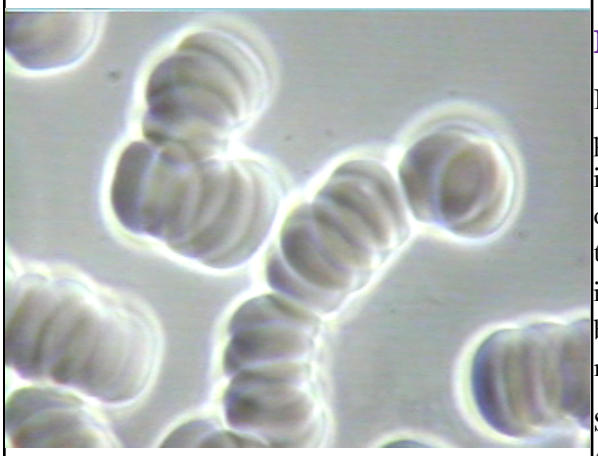
Live Blood Analysis

Red Blood Cells	
	**Healthy Live Blood** RBCs residing freely in their own space, they may be touching, but are not overlapping or sticking together, and are gently bouncing off each other; they are uniform in size, shape, and color. The blood serum (space surrounding the cells) is clear, without parasitic forms, bacteria, yeast, mold, crystals, or other undesired floating masses.
	**Rouleax or Stacking Red Blood Cells** Perceived to be: related to dehydration and poor protein metabolism leading to altered pH or acid imbalance, which varies the electrical negative charge of the cell membrane causing them to stick together, rendering red blood cells unable to pass into the small capillaries to transfer oxygen or biologically transform into new body cells and/or to remove carbon dioxide or other metabolic acids. Symptoms may or may not include: fatigue and tiredness, poor circulation, and weak body cells.

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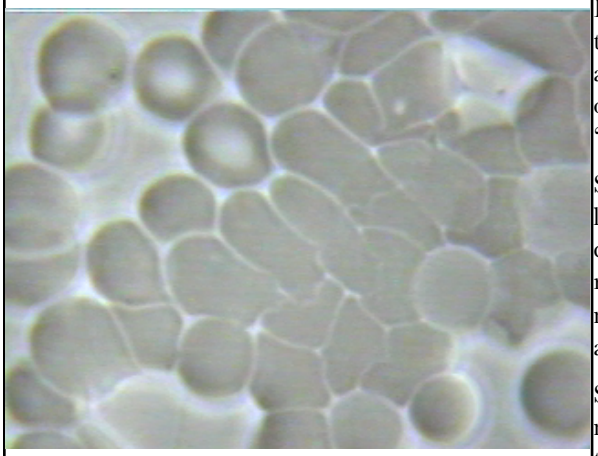


Erythrocyte (RBCs) Aggregation

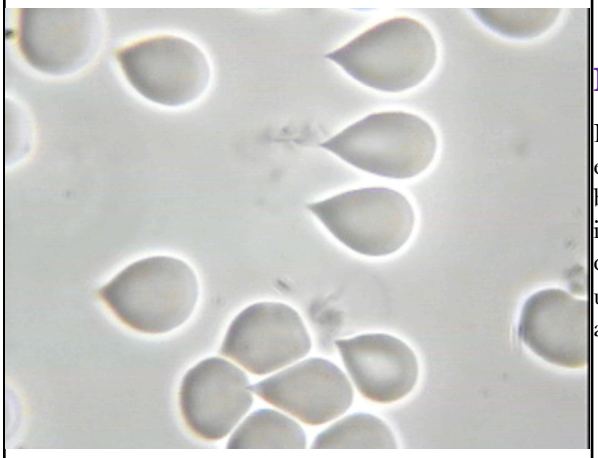
RBC's clumped together in a mass.

Perceived to be: caused by a change in cell polarity and the loss of negative surface charge due to long standing, altered pH or acid imbalance and oxidative stress; a sign of disorganization in which plasma acids act as "molecular glue", causing RBC's to stick together.

Symptoms may or may not include: poor circulation, leading to cold hands and feet, shortness of breath, changes in body temperature (sweating, hot flashes), water retention, bloating, gas, light-headedness, dizziness, muddled thinking, forgetfulness, fatigue, internal clotting, and constipation.

Suggests the possibility of: liver stress, possible trace mineral deficiency, oxygen deprivation and low oxygen in tissues due to inhibited oxygen transfer (because oxygen is less available on the surface of each cell in this condition).

Contributors may or may not include: long-term emotional stress, coffee, tea, chocolate, animal proteins, drugs, dairy, smoking, ELF/EMF/radiation.



Protein Linkage of Red Blood Cells

Perceived to be: "an urge to merge" as microzymas (small enzymes) start linking together due to over acidification or blood pH imbalance. This happens when the diet is high in strong acids from animal proteins and starchy carbohydrates (phosphoric acid, nitric acid, sulfuric acid, uric acid, lactic acid, and acetaldehyde and ethanol alcohol.

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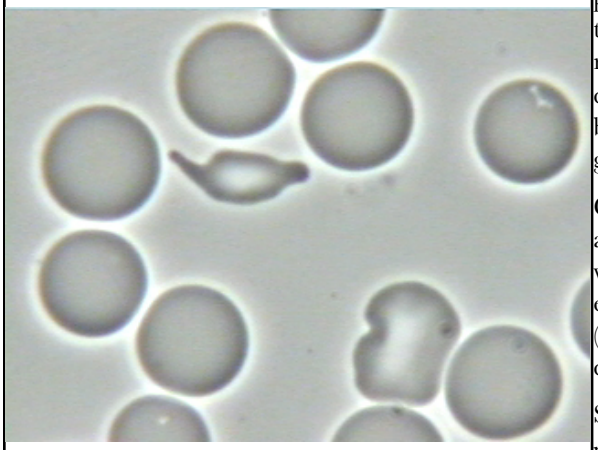
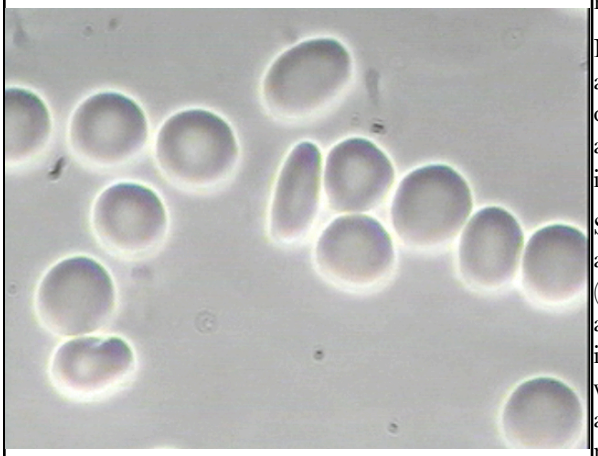


Schistocytes / Collapsed Red Blood Cells

Perceived to be: A more severe condition of RBCs in biological transformation, suggesting latent tissue acidosis (dormant acid stored in tissues) and a compromised blood pH. They appear as helmet-shapes or cereal bowls, triangular, torn, tattered, flattened, or blurred and are related to gastrointestinal acid production (GAP) and deficiencies in alkaline reserves, such as sodium bicarbonate, in alkalophile glands (salivary and pylorus glands, liver/gallbladder, pancreas and kidneys).

Contributors may or may not include: extreme physical and emotional stress, metals and chemicals in tissues (from water supply, personal care and cleaning products, or environment), highly stressed filter/elimination organs (liver, kidneys, bowels, skin), prescription and recreational drugs.

Symptoms may or may not include: fatigue, acid reflux, plugged hepatic (liver) and gall ducts (stones), weak bladder (urination is sleeping through the night), pain in kidney area, commonly observed following severe burns and in some anemias (hemolytic and megaloblastic anemia). Anemia indicates small intestine is coated and unable to absorb nutrients efficiently, headaches, stomachaches or nausea, skin problems.



Anisocytosis / Macro-Micro-Oval-cytes

RBCs are smaller or larger than normal or oval shaped rather than normal round.

Perceived to be: caused by the ingestion of an excessive amounts acidic foods and drinks, which causes a deficiency of sodium bicarbonate in alkalophile glands and a compromise of the alkaline pH of the small intestine (which should be between 7.8 - 8.4).

Symptoms may or may not include: fatigue, poor digestion and elimination, acid reflux, plugged liver and gall ducts (stones), weak bladder (urination through night), kidney area pain, commonly observed following severe burns and in some anemias (hemolytic and megaloblastic anemia), which indicates small intestine coated and unable to absorb nutrients efficiently, headaches, stomachaches or nausea, skin problems.

Test urine and saliva for pH, which should be 6.8 to 7.2 between meals.

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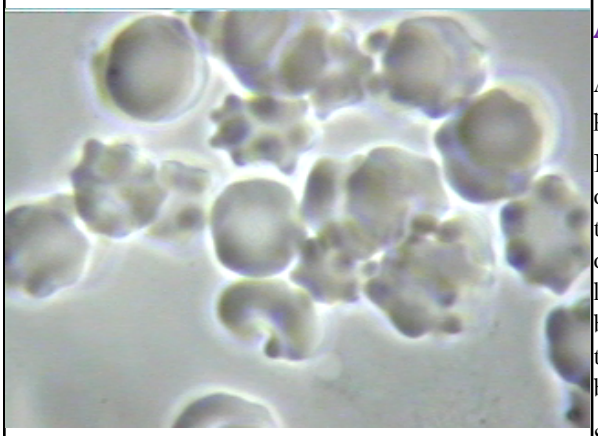
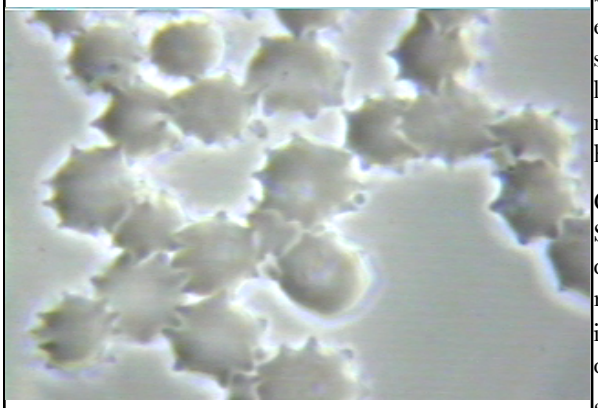




Acanthocytes and/or Echinocytes

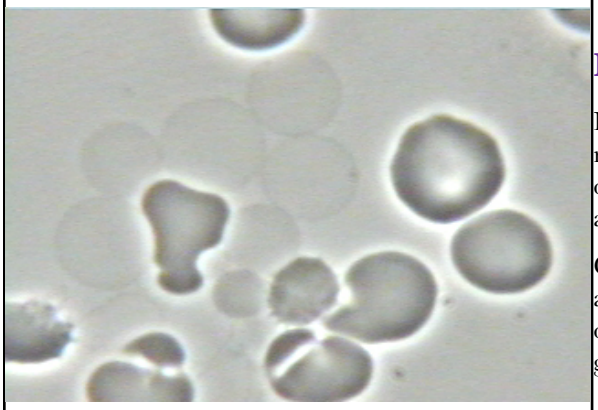
Appear as "Bottle Caps" or "Berry Cells" with pronounced spines/thorns that are bulbous at the end:

Perceived to be: microzymas (small enzymes) in RBCs causing biological transformation into bacteria in response to acidity – bacteria being expressed out of red blood cells; high valance (significant) disorganization related to latent tissue acidosis (dormant acid stored in tissues) and body's inability to remove acid waste through the liver and the urinary tract, leading to the build up of acidity in the blood and causing cells to break down.

Suggests the possibility of: congestion in filter and elimination organs, such as skin, liver, kidney, lungs, spleen, and especially the large and small intestine and a lack of nutrient absorption (especially Na, Zc, Cl, K, and minerals). A high count may be related to cirrhosis, hepatitis, vitamin deficiency, and hypercholesterolemia.

Contributors may or may not include: recent MRI, Cat Scan, mammograms, X-Ray, chemical exposure, chemotherapy or radiation, smoking, prescription or recreational drugs, metal toxins, smog, water pipes, breast implants, alcohol, sugars, animal proteins, low- or non-fat diet, physical and emotional stress.

Symptoms may or may not include: fatigue and drowsiness, congestion, flu-like symptoms, and cough.



Hemolysis or "Ghost Cells"

Perceived to be: ruptured, disorganizing RBCs with reflective lipid coating disintegrated. *NOTE: Can also occur from blood sample having too much exposure to ambient air (or Microscopist error).

Contributors may or may not include: acid diet, poor assimilation of nutrients; not enough essential fatty acids or poor fat digestion and assimilation; not enough live green foods in diet.

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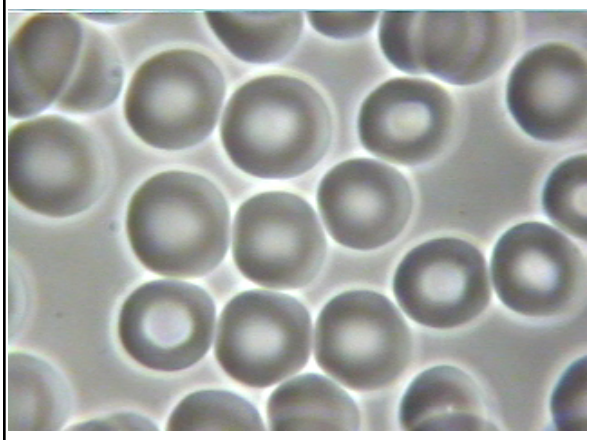

Target Cells or "Bulls Eye Cells"

Perceived to be: fermenting RBCs, and a precursor to yeast, often associated with spleen deficiency or removed spleen; these RBCs are thinner and deficient in iron, therefore having less hemoglobin than normal RBCs and are unable to carry as much oxygen.

Contributors may or may not include: diet too high in starchy carbohydrates and sugar, sugar intolerance and/or imbalance, unhealthy or low fat intake, alcohol or ferments, low iron, B12 and folic acid deficiency, insufficient bile, changes of altitude.

Symptoms may or may not include: tiredness and fatigue (sinking feeling, especially in the afternoon), endocrine system and pancreas stress caused by inability to properly process sugars (may lead to blood sugar problems such as hypo- or hyper- glycemia or low or high blood sugar; often seen in medically diagnosed diabetic condition); recurring yeast conditions; liver stress, anemia, hypothyroidism, pale skin.

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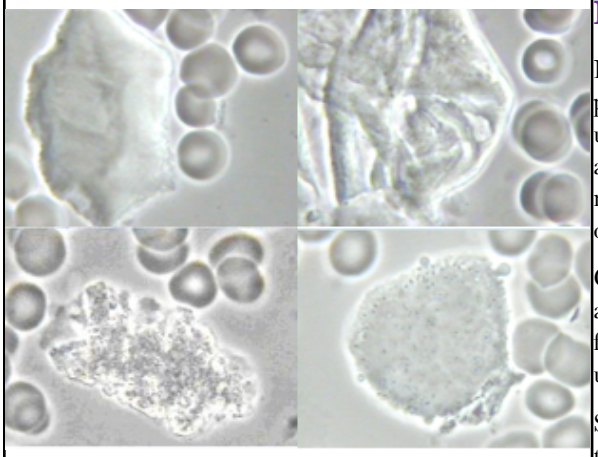
Groupings

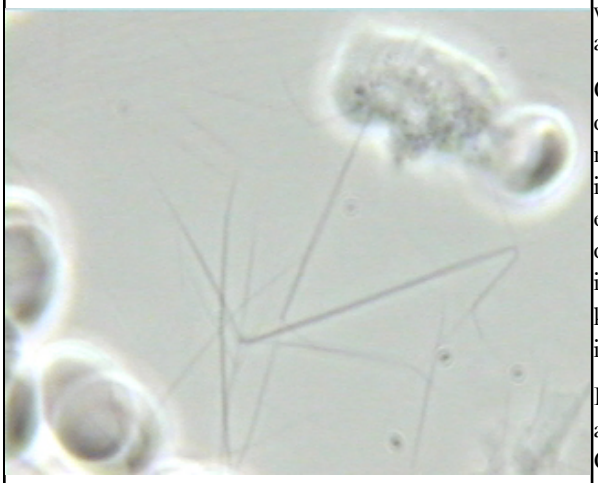


Fibrous Thallus or Colloid Symplasts

Perceived to be: a "grouping of garbage" (or several pleomorphic stages of microzymian organization) made up of yeast, bacteria, and fibrin, with crystallized acids, in an apparent solid form, which is highly disruptive to normal blood circulation. and indicates an advanced stage of latent tissue acidosis (dormant acid stored in tissues).

Contributors may or may not include: diet too high in animal protein, starchy carbohydrates (sugar), or "junk food"; experimentation with recreational drugs and/or use of prescription drugs.

Symptoms may or may not include: poor circulation, tiredness and fatigue, poor digestion and elimination.



Fibrin Spicules

Perceived to be: clotting to prevent internal bleeding, which often coincides with RBC, Platelet, and WBC aggregations.

Contributors may or may not include: nutritional cleansing and detoxification, during which fibrin spicules may increase, because the body will be pulling acids stored in tissues into bloodstream for transport to the filter and elimination organs for removal. Otherwise, related to congestion or damage to intestinal villus in the small intestine (which leads to lack of nutrient absorption); liver, kidney, skin, and spleen saturated with acids and deficient in sodium bicarbonate (or filter organ stress).

Higher concentrations indicate high acidity and low alkaline buffers and the possibility of challenges in the Gall Bladder (Stones? Removed? Bile Salt level off) and challenges in the Pancreas.

Symptoms may or may not include: poor circulation, tiredness and fatigue, poor digestion and elimination.

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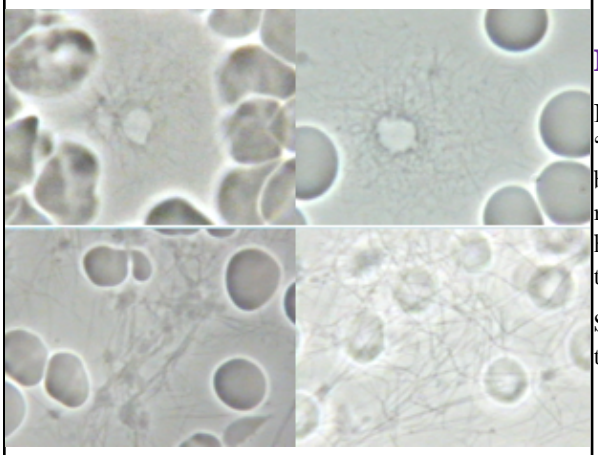
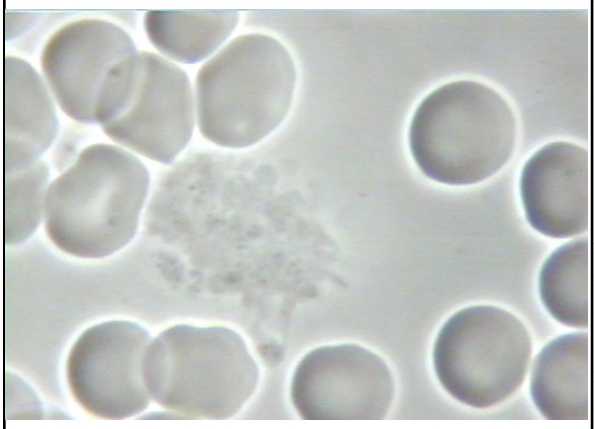


Fibrin Nets or Trees

Perceived to be: advanced stage of fibrin organization (see "Fibrin Spicules") associated with a focal point of yeast or bacteria, which use it as a protective mechanism against removal, by WBC ("garbage collectors"). Also indicates a high level of latent tissue acidosis (dormant acids stored in tissues).

Symptoms may or may not include: poor circulation, tiredness and fatigue, poor digestion and elimination.



Platelet Aggregations

Perceived to be: grouping of "bacteria", caused by latent tissue acidosis (dormant acid stored in tissues) and excess acidity in bloodstream not being eliminated through urinary tract; causing RBCs to biologically transform into platelets (as RBC count goes down, Platelet count goes up, and vice versa) which have the ability to aggregate (or "group") causing congestion in blood. Through this mechanism, as preservation, the body will attempt to repair holes in veins and arteries caused by corrosion of excess acidity; Platelets adhere to uneven surfaces where there is sustained damage.

Contributors may or may not include: long-standing high acid imbalance and low pH, liver stress, high saturated "bad" fat in diet (oils composed mostly of triglycerides or fatty acids from animal or vegetable sources), excessive red meat consumption, emotional stress, carbonated/caffeinated foods or beverages, (coffee, tea, chocolate, and other stimulant-based foods and drink), surgery, shock, injury, poor fatty acid metabolism, poor carbohydrate digestion. Strenuous or excessive exercise can also contribute to an increase in platelets.

Symptoms may or may not include: poor circulation or thick and sticky blood (or a positive rather than negative surface charge on RBCs), blood clots, high sedimentation rate, and congested capillaries and arteries, which have occasionally been linked with heart attacks, strokes, high blood pressure, headaches, stress, poor metabolism, poor digestion, low energy, cold hands or feet, light headed, forgetful, muddled thinking.

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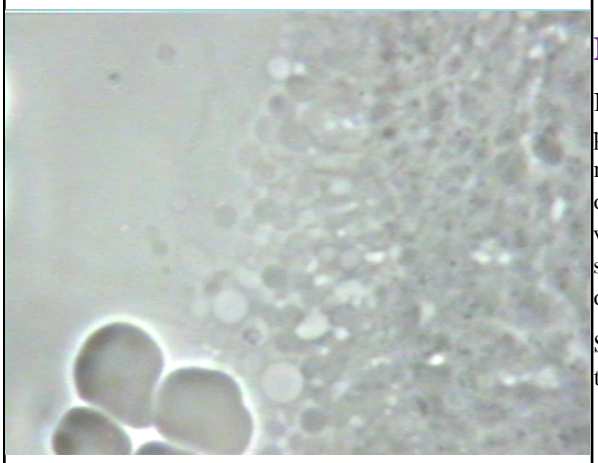
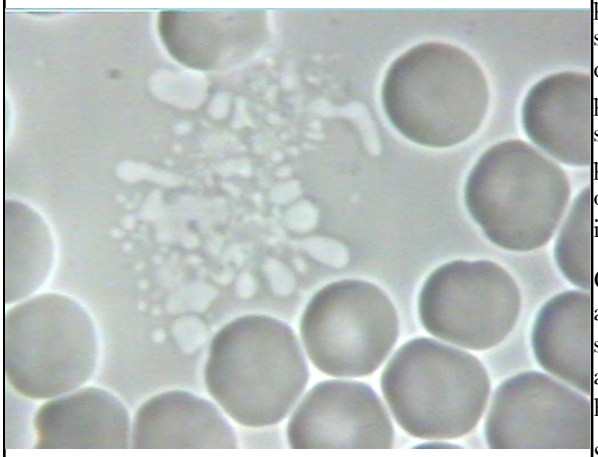


Heterogeneous Symplast

Perceived to be: a "grouping of garbage" (or several pleomorphic stages of microzymian organization) mostly made up of yeast and bacteria with fibrin, which is highly disruptive to normal blood circulation. and indicates an very advanced stage of latent tissue acidosis (dormant acid stored in tissues) and the possibility of degenerative conditions.

Symptoms may or may not include: poor circulation, tiredness and fatigue, poor digestion and elimination.

Yeast And Bacteria



Yeast or Candida (Y- and G- form)

Perceived to be: *Candida Albicans* which are a fungal parasite that is born out of red blood cells and caused by a pH imbalance and latent tissue acidosis (dormant acid stored in tissues) that excretes toxins into the bloodstream causing bloating, clouded thinking, depression, digestive problems, environmental sensitivities, fatigue, low blood sugar, and more. Candida speeds up the composting process of cells, literally rotting the body from the inside out. Eliminating excess Candida is the first step toward improved health.

Contributors may or may not include: diet too high in animal protein, starchy carbohydrates and sugar, stimulant-based foods, low intake live green vegetables, alkaline minerals, and healthy fats, excess antibiotic use, hormonal replacement therapy, steroid use.

Symptoms may or may not include: irritability, poor memory, low oxygen/shortness of breathe, yeast "outfections" and fungal conditions, sugar cravings, sleepy after meals, hypo- or hyper- glycemia (low or high blood sugar), tiredness, chronic fatigue syndrome.

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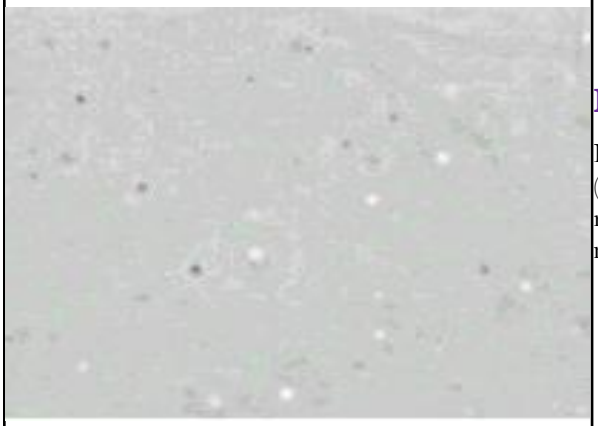
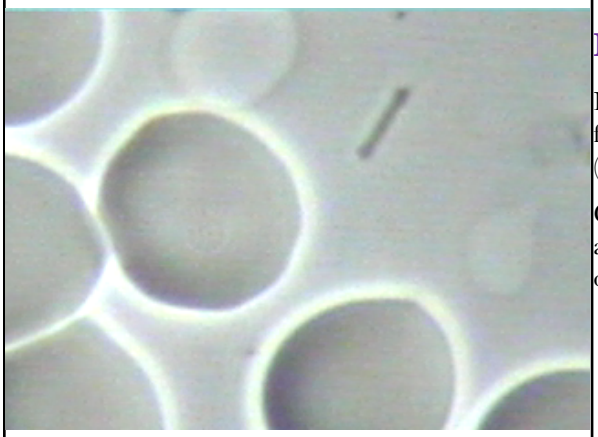


Black & White Snow Storm in Serum

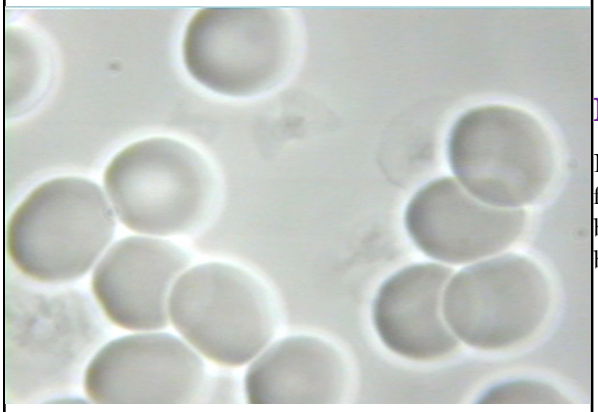
Perceived to be: bacterial forms and/or chylous material (undigested fats) bouncing around in serum; related to recent ingestion of animal protein or high saturated fat meal: beef, pork, eggs, cheese, peanuts, etc.



Rod Forms

Perceived to be: bacterial forms born out of RBCs and found in the blood when there is latent tissue acidosis (dormant acid in tissue) and altered blood pH.

Contributors may or may not include: animal proteins, acidic diet, emotional or physical stress, low nascent oxygen (O^1)



Pteroharps

Perceived to be: bacterial cells, that have been mistaken for blood clotting cells or platelets, with crystallized bacterial waste ("urine") around them; or, said differently, bacterial cells surrounded by their own waste product.

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White Blood Cells

Overview of White Blood Cells (WBCs)

WBCs are more like a "waste management and restoration company" for the blood and lymph fluids, rather than a "company of soldiers fighting invaders" (as they have been mistaken for in the past). They are biologically transformed from red blood cells and/or body cells. There are different types of WBCs that do different types of waste management and restoration and the more waste there is to be collected and eliminated the more WBCs are created. WBCs keep the fluids in the body, or the environment around individual cells, as well as the cells themselves, clean and clear helping to maintain their integrity, especially red blood cells. When WBCs are healthy and functioning, as they should, any would-be and so-called "outside invaders" are easily cleaned out with all other waste. Sugar acts like a "stun-gun" to WBCs and when you eat any quantity of sugar, this can cause the WBC to "fall asleep" for 8 hours or more. Furthermore, WBCs have a very difficult time dealing with excessive levels of yeast or candida because they are easily overtaken by them and then have to be "cleaned up by other WBCs), which can lead to the illusion of auto-immune disorders and unnecessary invasive treatments that lead to more problems.

Types of White Blood Cell

- Granulocytes - the primary cleaners of the blood, which act like "vacuum cleaners", and include:

  Neutrophils - engulf and disorganize bacteria and yeast by dousing them with SO-, H^2O^2, and H- (sulphur, hydrogen peroxide, and hydroxyl) and are the most commonly found white blood cell.

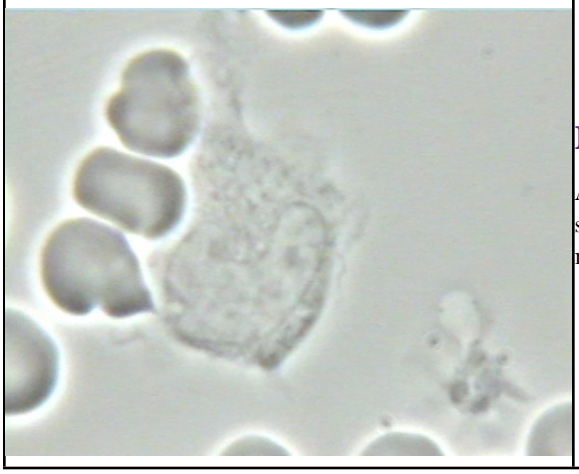
  Eosinophils - engulf medium sized bacteria and yeast.

  Basophils - engulf large sized bacteria and yeast and are perceived to contain histamine and be involved in reactions to allergens or sensitivities.

- Agranulocytes - the back up cleaning crew and maintenance of lymphatic and blood vessels, which act like "air filters", and include:

  Lymphocytes (B & T cells) - mainly found in the lymphatic vessels, but sometimes appear in the blood, and produce antibodies (think, "little bursts of electrons or energy"), which bind to bacteria directly and disorganize their cellular membrane; these so-called antibodies remain in the blood for many years and protect it from morbid microforms and their specific acids.

- Monocytes - the precursor cells, which help maintain the cleanliness of the lymphatic system.



Monocytes

Appear as very large, round white blood cells with a kidney shaped nucleus. Precursor cells to macrophages, which help maintain the cleanliness of lymphatic fluids.

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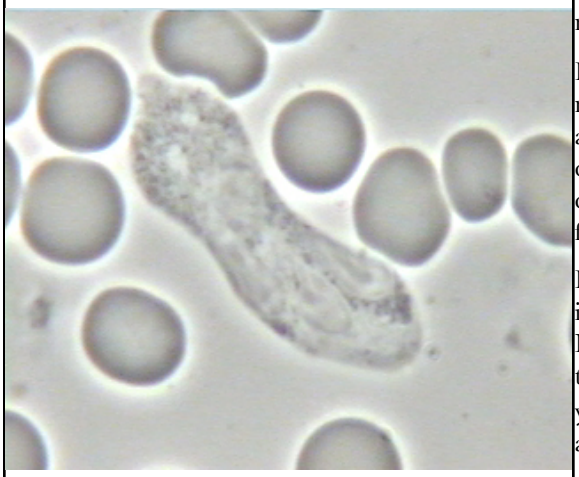

Neutrophils

Perceived to be: Common white blood cells that behave like "vacuum cleaners" or "garbage collectors" which gather up bacteria, yeast, and other waste as they "stream" (move) through the blood plasma and between RBCs. These are the most commonly found white blood cells.

To be viable, they should be moving, stretching out their membranes in irregular shapes, engulfing and neutralizing cellular waste. At least 75% should be viable and active. Inactive white blood cells are due to low oxygen and excess metabolic acids.

High count indicates high levels of morbidly evolved microforms, bacteria, yeast, fungus and mold and their associated toxins, chemicals, parasites, lead, mercury, chemicals (or, said simply, "more garbage and waste to collect"). Suggests the body is responding to inflammation from excess acidity.

Low count indicates congestion in the intestinal villi (small intestine) and the inability to produce enough healthy RBCs; RBCs are the "stem-cell" for, and transform into, WBCs when they are needed. Suggests high and ongoing levels of bacteria, yeast, and their exotoxic and mycotoxic wastes, and is associated with low levels of vitality.

Contributors may or may not include: excess consumption of dead and acid-forming foods and morbid matter, increased sugar intake, low-oxygenation (hypoxia), digestive insufficiency, low trace minerals, vitamin C and zinc deficiency, lack of exercise, too much alcohol or ferments, yeast "outfections" (candida albicans), weak kidneys, bladder and spleen. Chemicals, and/or heavy metals, like lead or mercury. High emotional stress. Medications, antibiotics, recreational drugs.

Signs may or may not include: decreased immune response, resulting in frequent "colds" or "flu", feeling tired.

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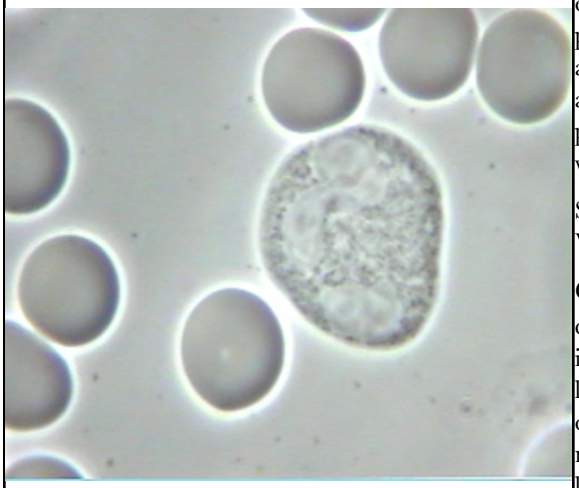


Anesthetized Neutrophils

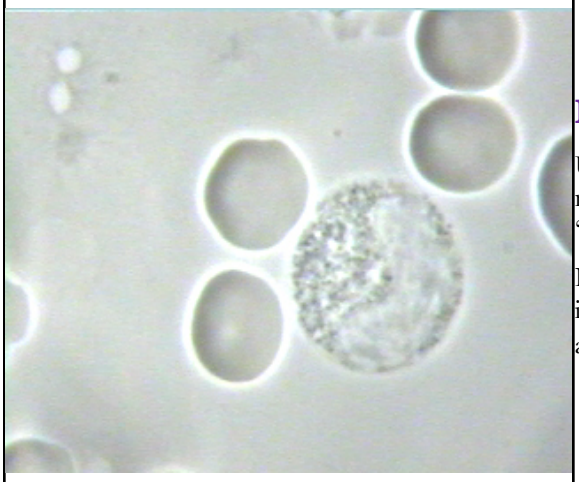
Appear round-shaped, not streaming, and shaking.

Perceived to be: an indication of recent consumption of excessive amounts of sugar or starchy carbohydrates or animal proteins. WBCs can be "paralyzed" for 8 hours or more by the acids left behind by these foods, which include: acetyl aldehyde, ethanol alcohol, lactic, nitric, uric, sulfuric, and phosphoric acid, and leads to decreased ability to remove waste and debris.

Suggests the possibility of: a compromised immune response. Viability WBCs must be at least 75%.

Contributors may or may not include: diet too high in starchy carbohydrates, sugar, animal protein and morbid matter; an inability to process sugars/starchy carbohydrates and/or high levels of acidity with low-oxygenation in the blood (hypoxia); digestive insufficiencies (commonly related to elevated numbers), low trace minerals, vitamin C and zinc deficiency, lack of exercise, too much alcohol and/or ferments, yeast or candida, weak kidneys, bladder, and spleen. Recently ingested, sweets, fruit or fruit juices, pasta, chips, alcohol, etc.

Symptoms may or may not include: frequent colds or flu or similar expressions; "sick and tired all the time".



Eosinophils

Unlike neutrophils, these appear with larger granules and two nuclei joined by a thread which gives the appearance of a "pair of glasses".

Perceived to be: related to excess acidity and irritation/inflammation; higher levels of yeast, physical, emotional, or adrenal stress.

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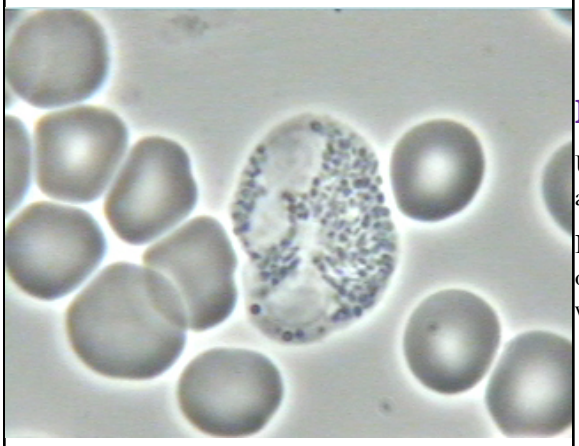
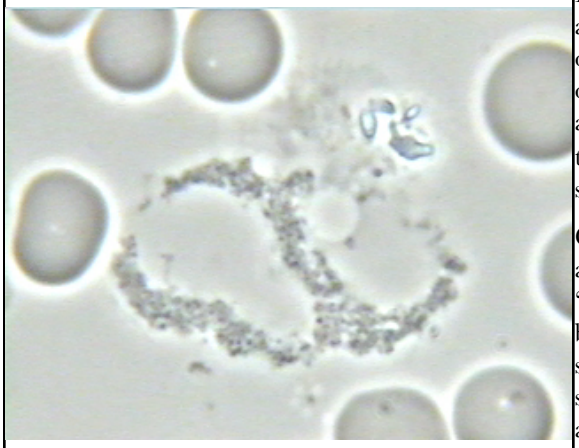


Basophiles

Unlike neutrophils and eosinophils, these appear with largest and darkest granules.

Perceived to be: related to allergies and/or sensitivities to foods or the environment; exotoxic and mycotoxic reactions (the waste of bacteria and yeast); histamine.

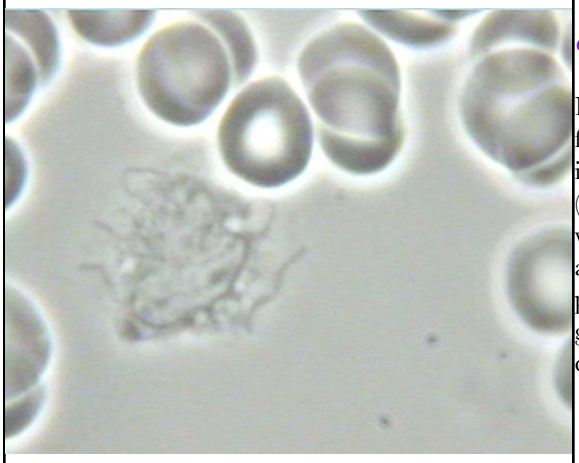


Disorganized Granulocytes

Perceived to be: WBC with broken and "leaking" membrane and is releasing contents back into the bloodstream; an overwhelmed "waste management system"; inability of filter organs (liver, kidneys, skin, lungs, spleen) to clear excess acidity and/or pleomorphic cells (cells that are biologically transforming into yeast, bacteria and mold) fast enough; suggests an inflammatory response to excess acidity.

Contributors may or may not include: pH imbalance, from acidic diet, high in starchy carbohydrates, animal protein, "junk food"; medications, antibiotics, chemotherapy, injury, burns; physical or emotional disturbances or stress, especially stress from long distance travel (airplane, etc), or adrenal stress; stress on WBCs from gathering too much bacteria, yeast, mold, and their wastes.

Signs may or may not include: diagnosed with immune disorder, get sick easily, always "sick and tired".



"Hairy" White Blood Cells

Perceived to be: white blood cells that show fibrin protruding from them, due to the disorganization of the cell and an indication of a compromised biological environment or terrain (pH not balanced); WBCs are becoming overcome by the waste they are collecting. Modern medicine may label cells appearing this way as "Hairy Cell Leukemia", but Dr. Young perceives it is simply WBCs that have been "overcome by garbage"; may be present in medically diagnosed blood cancers.

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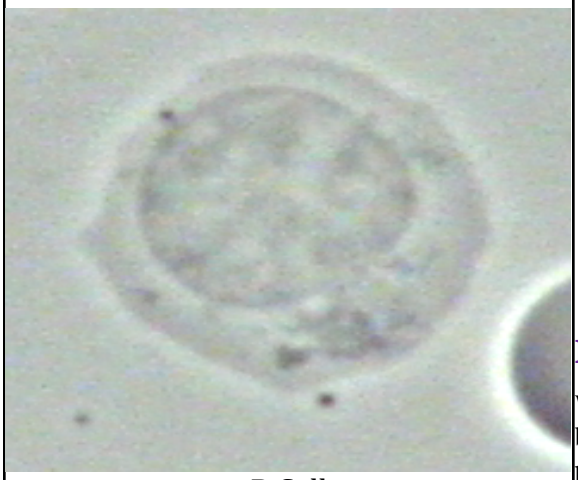
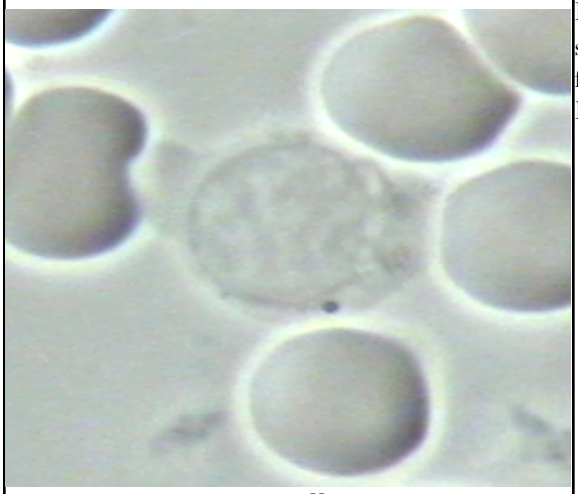


B Cell



T Cell

B- and T-Lymphocytes

WBCs that neutralize acids by releasing electrons or "oxygen buffering species", also known as "free radicals" (hydrogen peroxide, hydroxyl radical, super oxide radical), into the blood or lymph plasma.

High count may indicate recent or serious illness, lymphatic stress, environmental chemicals/toxins, drugs or medications, food additives, artificial sweeteners, radiation exposure or EMF/ELF.

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Crystallized Forms

Overview of Crystals

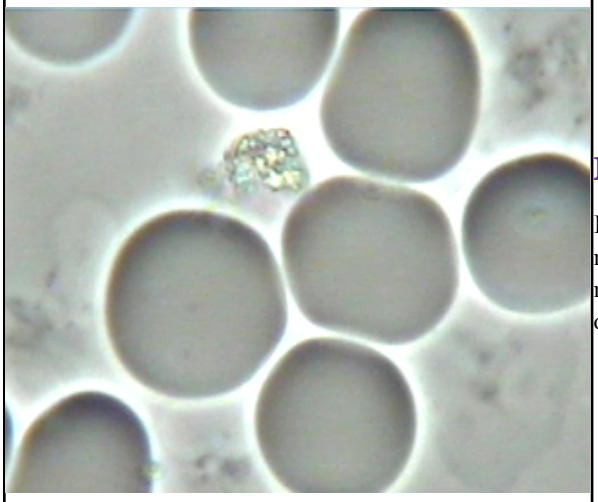
Crystals are observed when there is excess acidity that has been buffered by minerals and fats.

It is one of the body's preservation mechanisms for protecting against acidity by creating a solid form, which is less toxic than the liquid acids.

Crystal are perceived to be the signature of the microzyma (small enzymes) fermenting sugar, protein, or fat.

Acetic, Citric, Butyric Acid (WHITE)

Fermentation of sugars (glucose)



Lactic Acid (BLUE/GREEN)

Fermentation of dairy products; also related to increased molds and over-exercise (lactic acid is the byproduct of muscle metabolism fed by sugar and starchy carbohydrate consumption).

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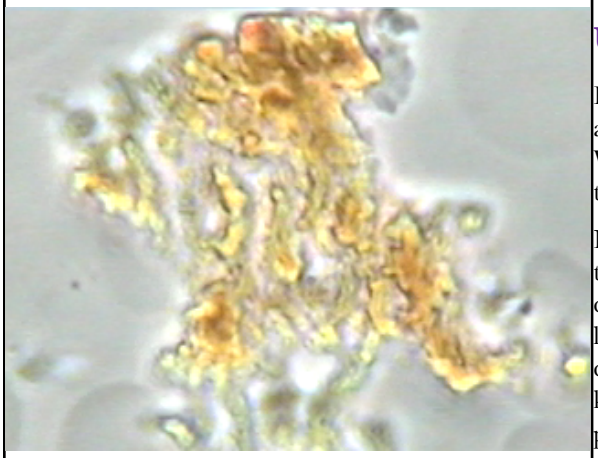
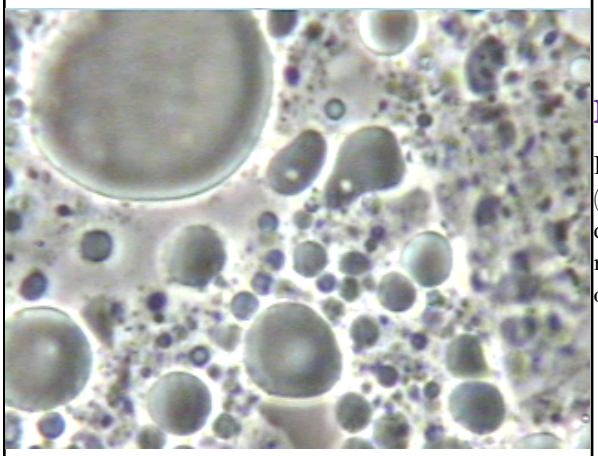


Uric Acid (ORANGE/YELLOW)

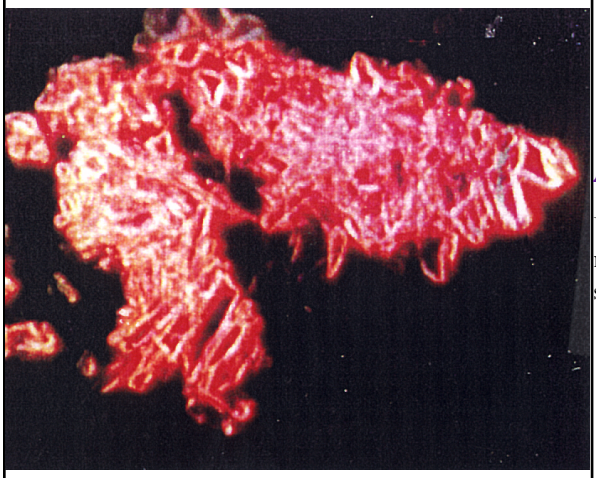
Fermentation of protein, especially animal protein; uric acid is a byproduct of protein metabolization and urea. When the body becomes acidic, the urea forms crystals that can lodge in the joints or in the tissues.

Pain in the body, especially in the joints and connective tissues, can suggest deposits of these crystals. This type of crystal is an indication of inflammation, which, in excess, leads to conditions like gout and arthritis and one of the causes of fibromyalgia. These crystals are shaped like knives and are the reason it can cause so much pain for people with these disorders.



Bacterial Exotoxins (DARK BLUE)

Related to breathing in polluted or toxic environments (second- or third- hand smoke; personal care or cleaning chemicals), which can affect the lungs and lead to respiratory stress; abnormal fermentation due to an low oxygen.



Actinomycin / Tuberculin Acid (RED)

Use of antibiotics (which contain yeast, bacteria, and morbid matter); recent "outfection" of streptococcus or staphylococcus.

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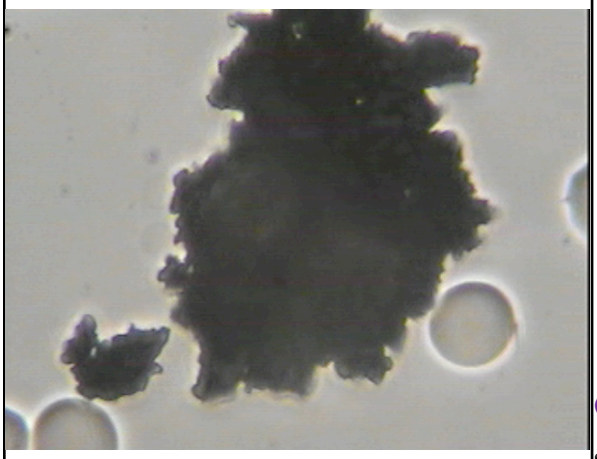
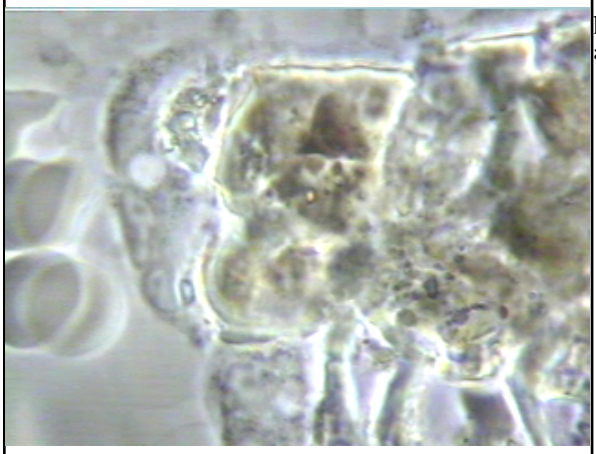
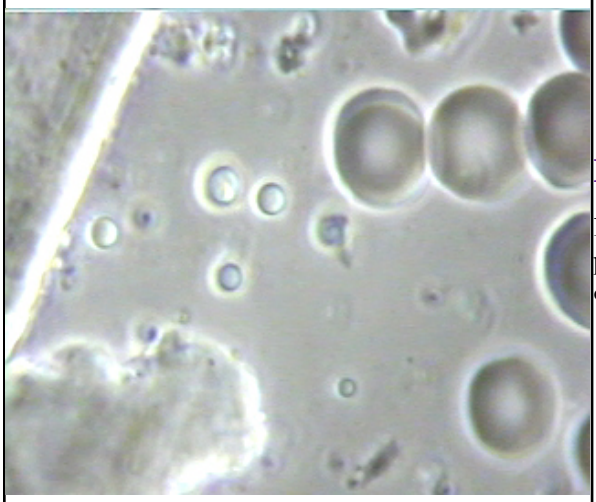




Orotic Acid (BLACK or BROWN)

Smoking (tobacco, marijuana); recreational and /or prescription drugs, chemical exposure. Brown is also associated to the fermentation of excess animal proteins.



Round Crystals

Perceived to be: related to high emotional and/or psychological stress: excessive levels of frustration, anger, or rage (high temper); headaches or migraines.

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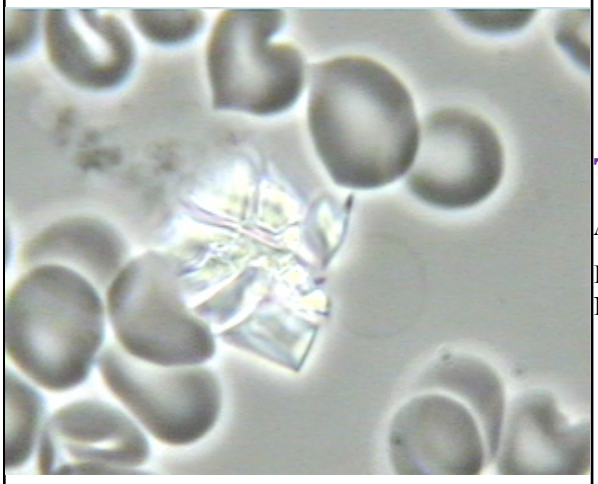
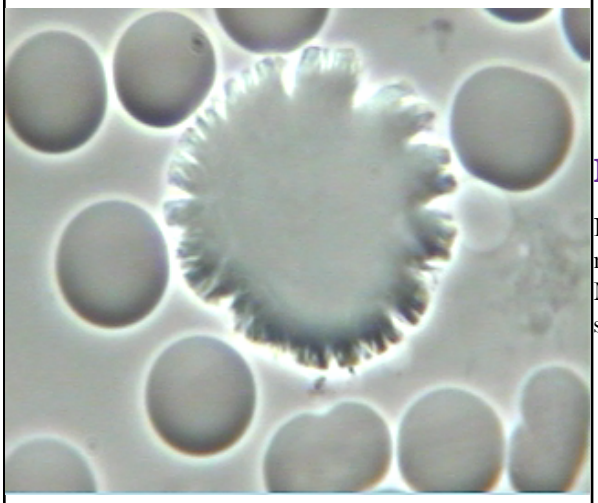


Trapezoid- Shaped Crystals

Appear like "broken glass".

High Cholesterol and/or Triglycerides; High Blood Pressure; Arterial Sclerosis.



Bottle-Cap- Shaped Crystals

Perceived to be: highly congestive and associated with medical diagnosed conditions like Multiple Sclerosis, Muscular Dystrophy, Polio, and other neurological, skeletal, and muscular disorders

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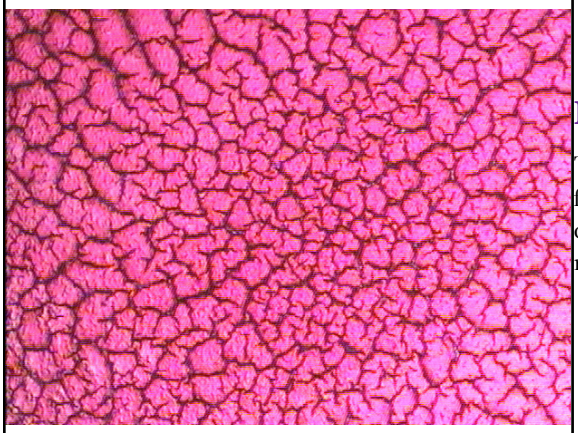
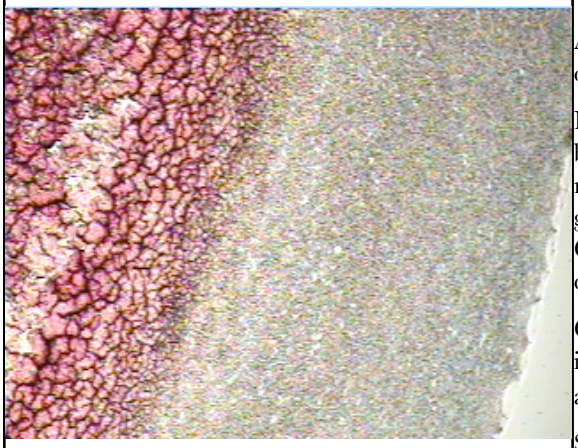
Dry Blood Analysis

Outside Of The Body - Rings 6-7	
	**Healthy Dry Blood** This area of the dry shows consistency in the intermeshed fibrin protein lines (these are the black lines visually comparable to a cobweb); the color appears to be evenly bright red; and there is an absence of white protein pools.
	**Low Alkaline Buffers** Appears as a "double coastline" (gray edge around the outside of sample). Perceived to be: low alkaline buffers, especially sodium bicarbonate; low minerals and trace minerals; may also be related to sulphur based amino acid deficiencies (l-cysteine, l-glutathione, methionine) and other antacid value vitamins (A, C and E) or minerals; also associated with emotional/spiritual disconnection. Contributors may or may not include: deficiency of minerals in diet, body using high quantities of minerals to buffer excess acidity. Symptoms may or may not include: skin problems (dry, itchy, sore, rashes).

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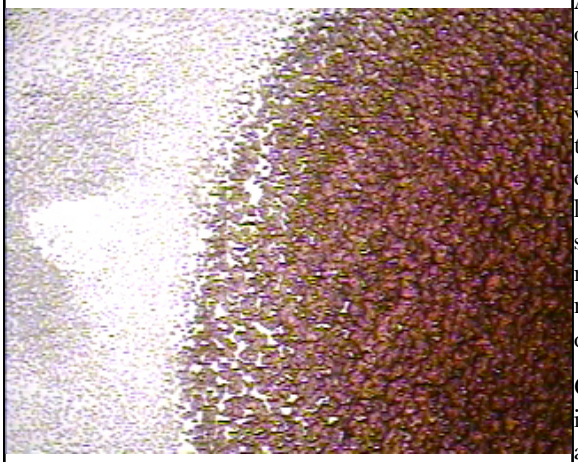


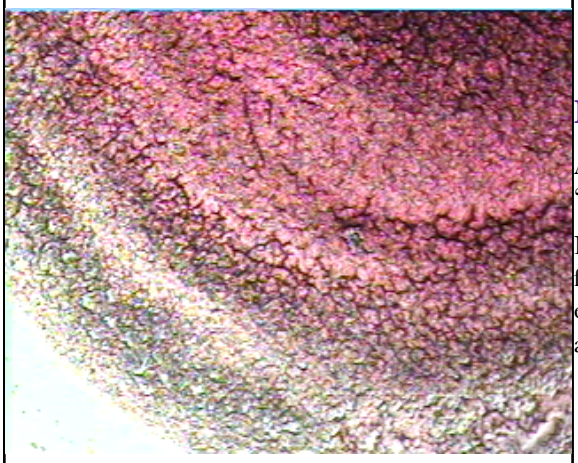
Skin Stress

Appears as white Polymerized Protein Pools (PPPs) throughout outer edge of 6th Ring.

Perceived to be: related to double coastline, but a higher valance (significance) than the previous profile; skin holding toxins, not excreting acids efficiently, detoxification not effective; low alkaline buffers, especially sodium bicarbonate, low in minerals and trace minerals, may also be related to sulphur based amino acid deficiencies (l-cysteine, l-glutathione, methionine) and other antacid value vitamins (A, C and E) or minerals; also associated with emotional/spiritual disconnection.

Contributors may or may not include: deficiency of minerals in diet, body using high quantities of minerals to buffer excess acidity.

Symptoms may or may not include: skin problems (dry, itchy, sore, rashes).



Heavy Metal Toxicity

Appears as a dark ring around outside of sample or as black "chunks" or waves usually near the outside.

Perceived to be: holding metals in the tissue, which may be from dental fillings, first-, second-, or third- hand smoke, environmental pollutants or toxins, chemical-based cleaning and personal care products, metal water pipes, table salt, etc.

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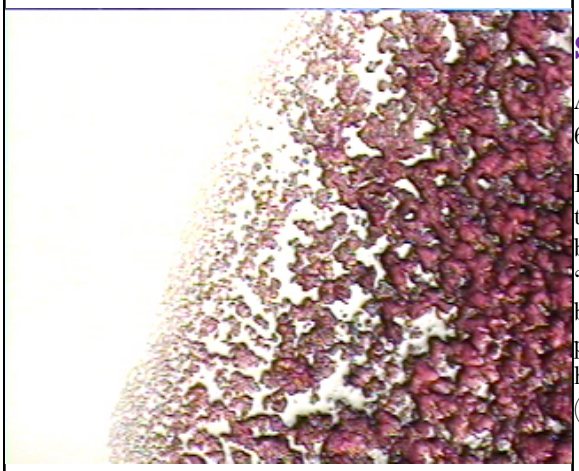
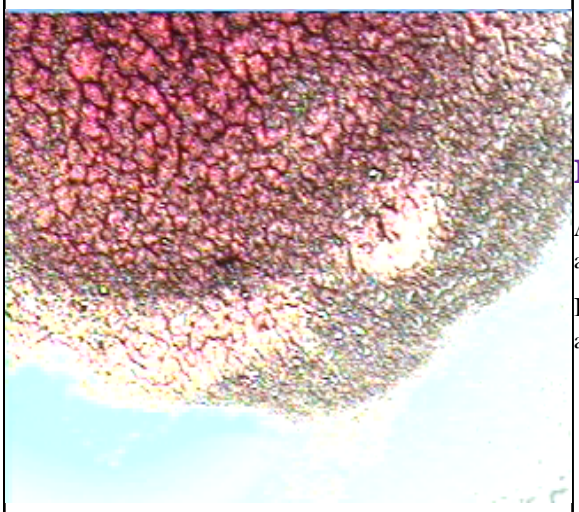


Stress in Head or Extremities

Appears as localized white Polymerized Protein Pools (PPPs) in 6th Ring.

Perceived to be: related to headaches, migraines, muddled thinking, and other cranial challenges (teeth, sinuses, etc); bowel toxicity (stress in the Enteric Nervous System, or "second brain", located in the gut) expressed in the cranium as brain chemistry imbalances leading to emotional or psychological expressions; challenges in the extremities of hands, feet and hips; injury or trauma or latent tissue acidosis (dormant acid in tissues).



Endocrine System Stress

Appears as a raised area with erased fibrin at outer edges, like a "smear".

Perceived to be: thyroid, parathyroid, and/or pancreas stressed and out of balance.

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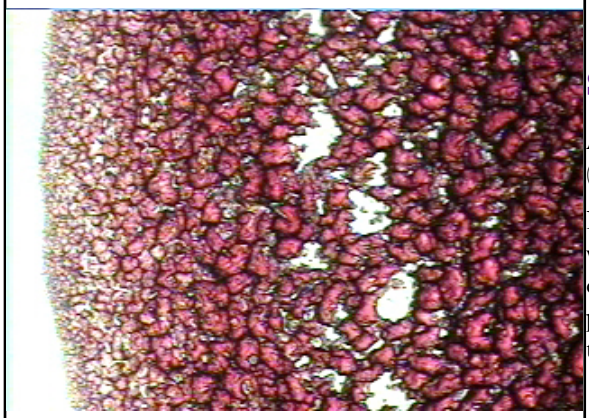
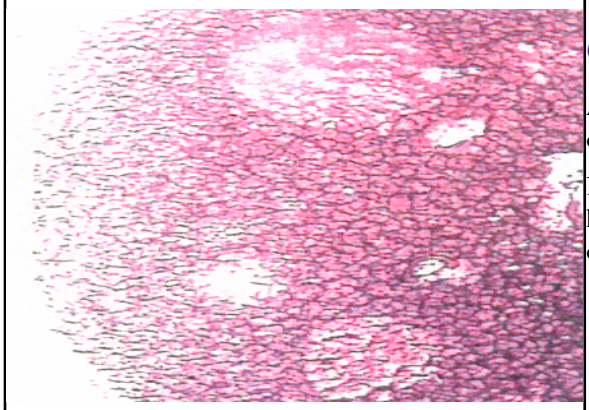
Middle Of The Body - Rings 4-5



Stress in Lung, Breast, or Knee

Appears as localized white Polymerized Protein Pools (PPPs) in 4th Ring.

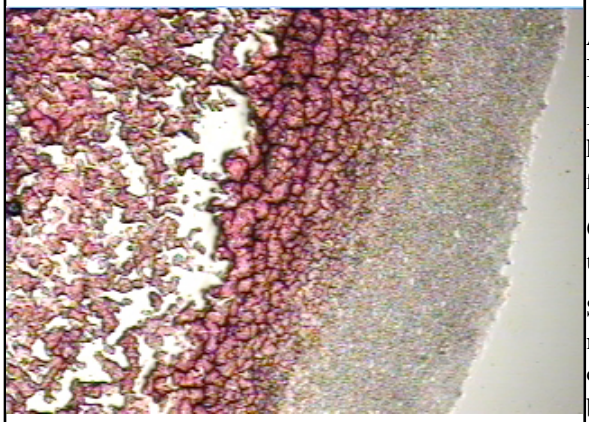
Perceived to be: lung congestion, sometimes associated with smoking or inhalation of environmental toxins; or excess acidity being held in the breast, where fat acts as a parking lot for storing acids to buffer; may also be related to sore and aching knees.



Circulatory System Stress

Appears as one or more raised or rubbed out lighter areas or blisters found in 4th Ring.

Perceived to be: circulatory system imbalances (high or low blood pressure, high cholesterol, or magnesium deficiency).



Lymphatic System Stress

Appears as systemic or localized white Polymerized Protein Pools (PPPs) in 5th Ring.

Perceived to be: lymphatic system stress (swollen or sore lymph nodes, sludgy or gelatinous lymph); body fermenting/rotting.

Contributors may or may not include: lack of exercise, toxic kidneys or diuretics.

Symptoms may or may not include: swollen or sore lymph nodes, sore neck or throat, pain in the calves or forearms, edema (water retention as a preservation mechanism to buffer acids).

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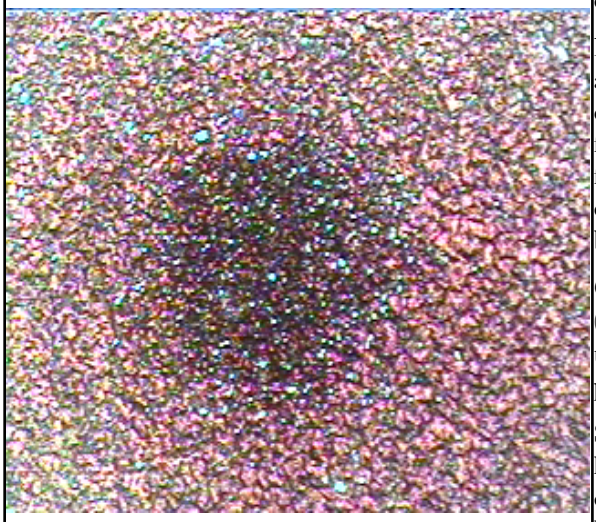
Center Of Body, Pelvic Cavity - Rings 1-3



AlAllergy Related Sensitivities

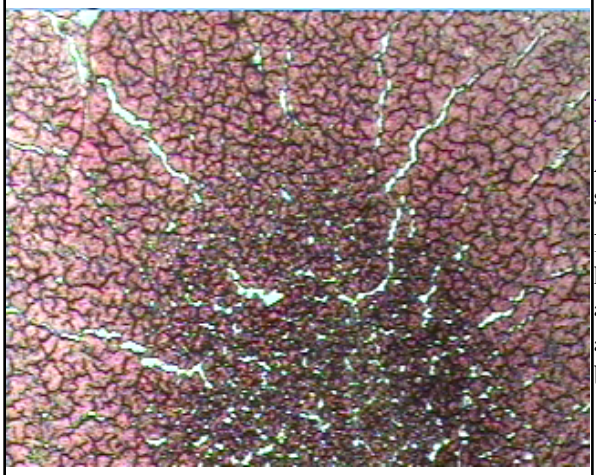
Appears as "snow storm" of white Polymerized Protein Pools (PPPs) in the center of sample less than 10 microns in size (small); the color of the blood appears pink, tan or black. Perceived to be environmental acid sensitivities to dust, dander, pollen, certain plants or animals, etc. and dietary acid sensitivities.

Perceived to be: allergies sensitivities to environmental acids, inhalants, mould, cat and dog fur, sensitivities to dust, dust mites, dander, pollen, perfumes, exhaust fumes, formaldehyde (constantly exuded from building materials, furniture, carpet, new clothing), certain plants or animals, dietary acid sensitivities, and acids in the digestive tract, bowel irritation.

Contributors may or may not include: beginnings of stress (mental or physical) from: lack of sleep, overwork, over tired, emotional factors, physical strain, and anxiety. Also poor food combining.

Symptoms may or may not include: mental worry, loneliness, anger, fear, sorrow, grief, guilt, non-acceptance or denial. Beginnings of stress (mental or physical) from: lack of sleep, overwork, over tired, emotional factors, physical strain, and anxiety. If this gets worse, the adrenal glands become involved, leading to adrenal stress.

The following may be helpful: addressing the causes by making changes such as taking more sleep or improve sleep (sleep hygiene) or obtaining emotional support where appropriate.



Hypercalcemia - Mineral Deficiency

Appears as white radial spokes (lines) from the center of sample.

Perceived to be: excess calcium in blood after being leached from bones and vital organs in order to neutralize acid; latent tissue acidosis (dormant acid in tissues), low alkaline buffers, possible electrolyte imbalance, altered blood pH, possible thyroid/ parathyroid out of balance.

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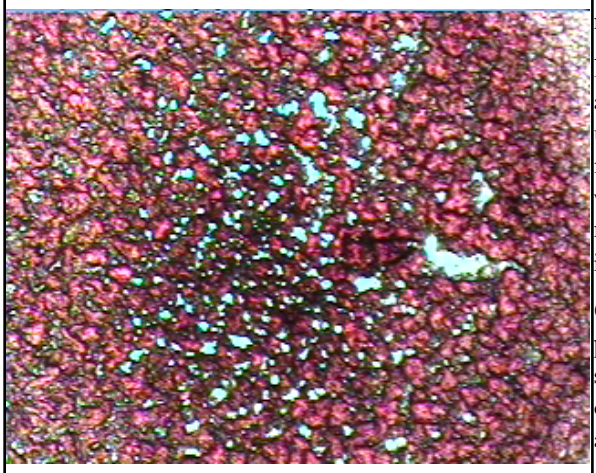


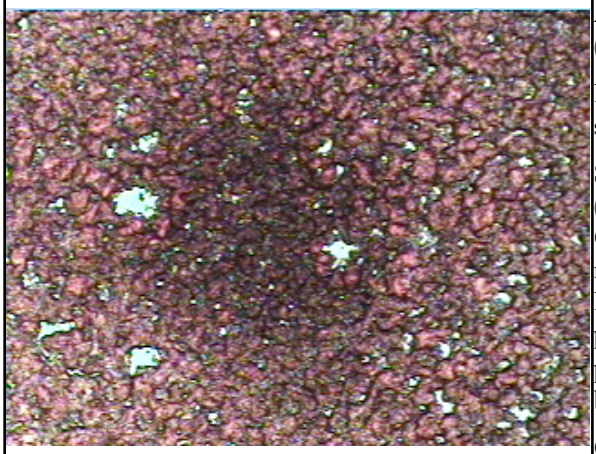
Adrenal Stress

Appears as "snow storm" of white Polymerized Protein Pools (PPPs) 10-40 microns in size (medium - slightly larger) in the center of the sample; color of the blood is more red than in allergy profile.

Perceived to be: a stress and anxiety profile, where the adrenal glands have been taken beyond their limits; body using chemicals/hormones to stimulate energy response rather than obtaining energy through normal metabolism, which leads excess of hormones to ferment and create more acidity; thyroid glands and pancreas may also be imbalanced.

Contributors may or may not include:, mental and/or physical emotional stress or fatigue (worry, fear, guilt, shame, embarrassment, etc), exhaustion, over-worked, over-tired, late nights/lack of or poor quality sleep, anxiety, loneliness, or after having long illness.

Symptoms may or may not include: anger, fear, sorrow, grief, guilt, non-acceptance or denial, depression, listlessness, aimlessness, a tendency to give up easily, less ability to bounce back, less drive or spunk, unable to get restful sleep or a full night's sleep.



Abdominal Organ Stress

Appears as localized white Polymerized Protein Pools (PPPs) slightly off center in Rings 2-3.

Perceived to be: stress, weakness, or imbalance in the spleen, kidney, bladder, pancreas, stomach, liver, or colon.

Symptoms may or may not include: Gall bladder problems (low bile salt, gallstones/gravel, gall bladder removed); Colon problems (impaction, constipation, irregular bowel movements, hemorrhoids, soreness, fissures, bleeding); Digestive insufficiency (especially morbid residues of protein, intestinal and pancreatic problems); Stomach problems (ulcers, acid stomach, rumbling gas, and bloating)

Contributors may or may not include: liver detoxing, plugged ducts, excess animal protein; may be related to drug use.

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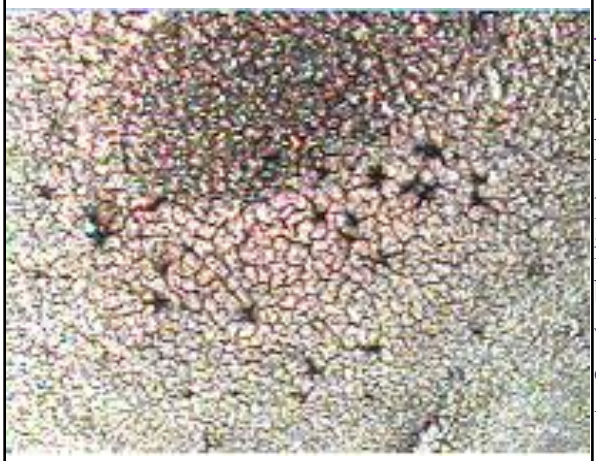
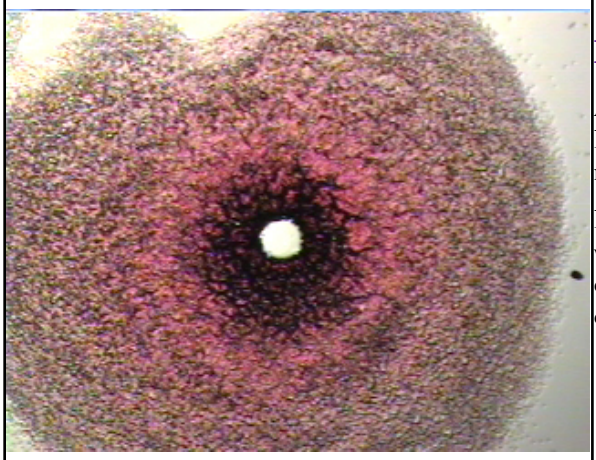


Parasitic Inclusions

Appears as black bulges within fibrin net (black lines visually comparable to a cobweb).

Possible sources of parasites include diet, raw or improperly cooked proteins, especially fish or beef, pets, travel out of country, water supply, weakened white blood cells. Parasites can only exist in an acidic environment with weakened tissue.



Reproductive Stress

Appears as one or two localized white Polymerized Protein Pools (PPPs) in the center of sample between 10-40 microns in size (large).

Perceived to be: for men, imbalance in the prostate; in women, imbalance in the uterus, cervix or ovaries; for either sex, imbalance in also bladder; also related to emotional imbalances.

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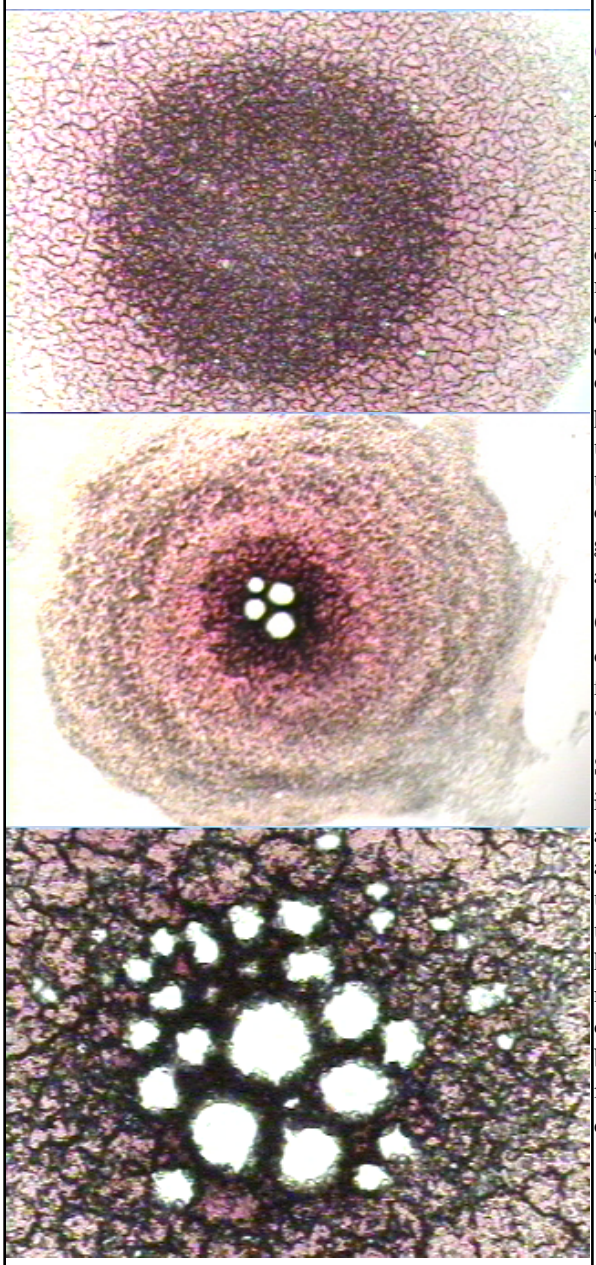

Colon/Bowel Stress

Appears as dark center of sample and/or a cluster pattern of white Polymerized Protein Pools (PPPs) between 10-40 microns (small to large).

Perceived to be: small and large bowel holding toxins or colon congestion, accumulation and encrustation of fecal matter, plaque, and mucus in the pockets of the nine yards of intestine and colon (can paralyze 80 – 90% of the overall immune response) leading to poor or irregular elimination and poor digestion with gas, bloating, and pain and inability to absorb nutrients; possible damage to the intestinal villas. Even if this appearance only occurs in the last few layers (drops of blood) it is indicative of digestive insufficiency. *NOTE: The bowel area is generally the first area in the body to be challenged by acid and is the first area to begin the healing process.

Contributors may or may not include: eating acidic foods, especially animal proteins and dairy products – eating too fast, too much, and not chewing food adequately. Yeast "outfection" may be a primary cause.

Symptoms may or may not include: irritable bowel, irregular elimination, constipation, digestive problems/ acid reflux with gas pain or bloating, general discomfort after eating, diverticulitis, diverticulosis, diarrhea, muddled thinking (healing begins in the bowel – heal the bowel and the brain will follow); if colon is stressed, then liver is most likely stressed; may lead to "leaky gut" syndrome, which may cause apparent allergies as undigested acidic food re-enters the blood stream. Also toxins from the colon may be allowed to move back into the small intestine and be reabsorbed into the body. This weakens immunity and can cause accelerated cellular disorganization.

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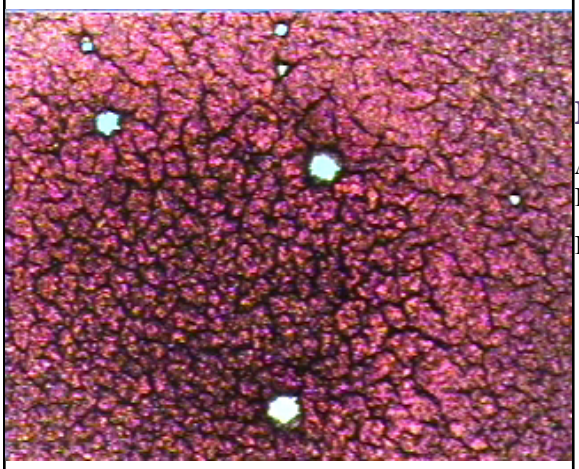
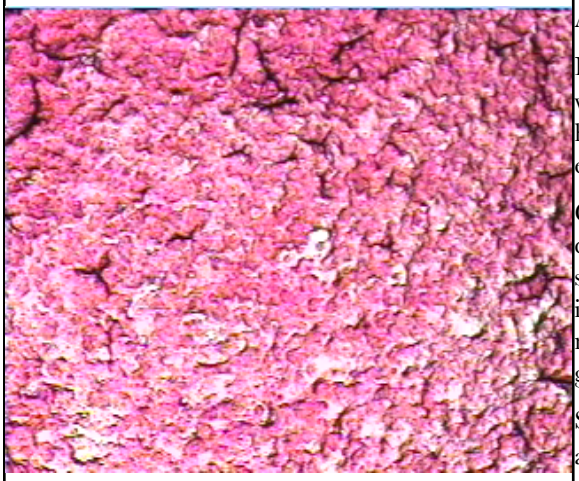
In Any Rings



Liver Stress

Appears as black circles around white Polymerized Protein Pools (PPPs) slightly off center.

Perceived to be: toxicity not being removed effectively.



Sugar Intolerance and/or Hormonal Stress

Appears as broken fibrin network and/or as "misty clouds".

Perceived to be: sugar intolerance, hypo- or hyper- glycemia; weakened pancreas; hormonal imbalance, thyroid, hypothalamus; menses (for females); muscle pain or soreness; excess acid weakening the clotting mechanism.

Contributors may or may not include: junk food, carbohydrates, liver problem (non-continuous fibrin net), often seen in older people, food not assimilating through the intestinal villi; over exercising leading to excess acid in tissues; not eating enough leafy green vegetables or drinking enough green juices for minerals and building fibrin for clotting.

Signs may or may not include: hormonal imbalance, pain/aches; for women only, menses (if in 1st - 2nd layers) stress in the uterus, ovaries, cervix, vaginal, hysterectomy, fibrous, bleeds, menopausal.

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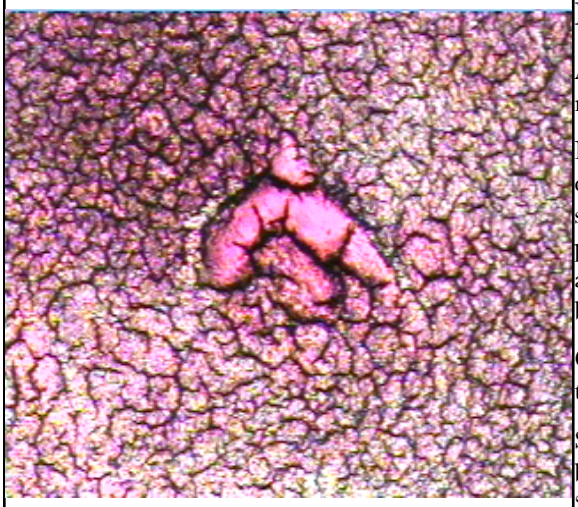


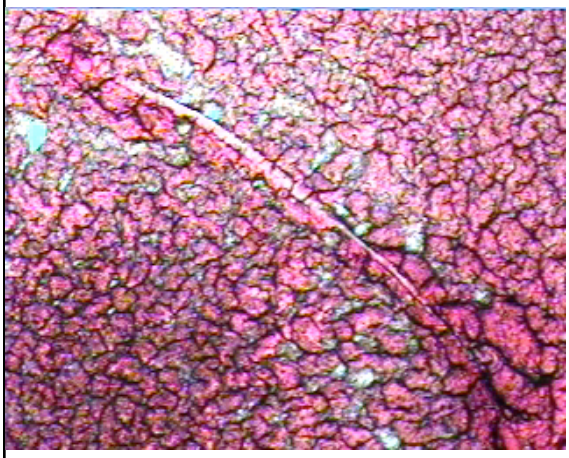
Inflammation and/or Internal Bleeding

Appears as any change in color, especially an area with bright red "burned blister".

Perceived to be: severe latent tissue acidosis and significant cellular disorganization from chronic toxicity, an advanced systemic deteriorative condition concussion; related to the possibility of internal bleeding, from recent surgery, injury, or an accident; blood in urine or stool, nosebleeds; pain in the body; ulcers.

Contributors may or may not be: the accumulation of chronic toxicity, radiation/ chemotherapy.

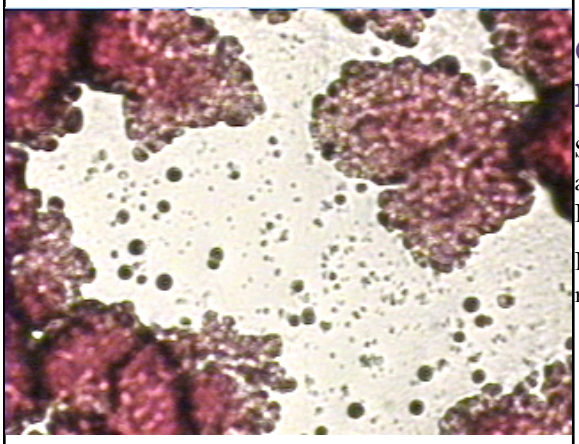
Symptoms may or may not include: arthritis, gout (uric acid buildup), bone problems, sore joints, bacteria, yeast "outfection", and parasites.



Back, Neck, Shoulder Pain / Scar Tissue

Appears as curved elongated fibrin strands.

Perceived to be: related to whiplash, headaches, scoliosis, injury, trauma, spinal subluxation; surgery or injury related scar tissue.



Crystallized Sialic Acid or RBCs ("Heinz Bodies") in PPPs

Sialic acid crystals appear as "tiny BBs", crystallized RBC's appear as black round cells found in white Polymerized Protein Pools (PPPs).

Perceived to be: toxins in connective tissue and sore joints; related to chronic inflammation.

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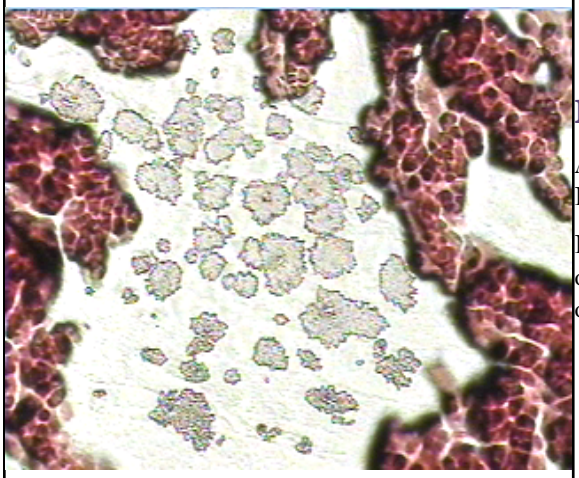
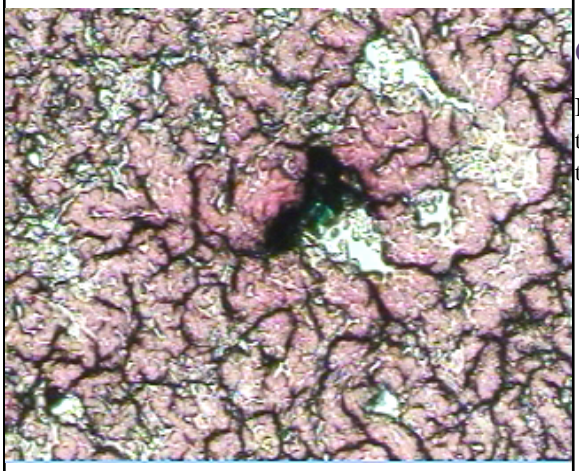


Broken Tissue in PPPs

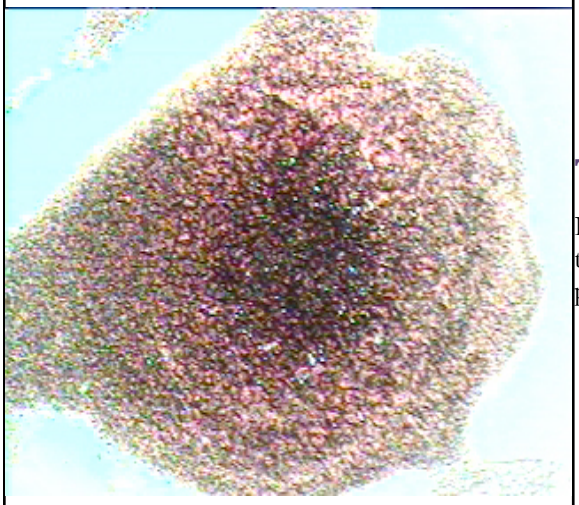
Appears as small irregular-shaped pieces found in white Polymerized Protein Pools (PPPs).

Perceived to be: acids in the connective tissue breaking down cells and being cleared out by the blood; significant cellular change from latent tissue acidosis (dormant acid in tissue).



Crystals Stuck in the Dry Blood

Perceived to be: related to the buffering of high-level latent tissue acidosis (dormant acid in tissue), which is manifesting in the blood.



Tan-Brown-Black Colored Sample

Perceived to be: high levels of acidity being held in the tissues throughout the body; yeast, mold, and environmental toxin profile (heavy metal and/or chemical toxicity).

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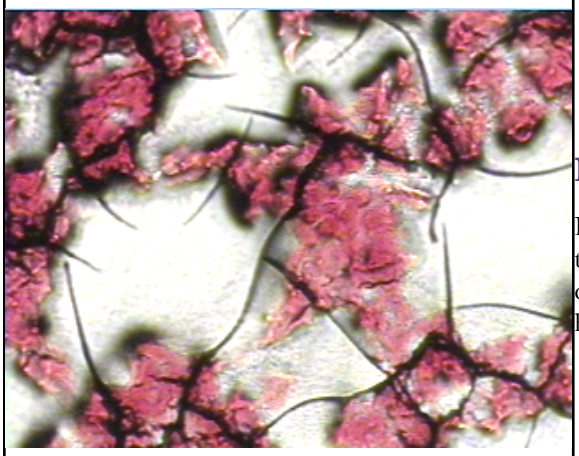
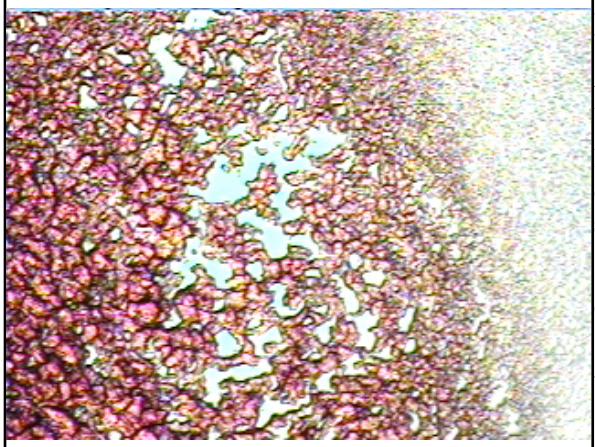


Fibrin Sticking In or Crossing PPPs

Perceived to be: breakdown or disorganization of connective tissue from endogenous acids; filter organ stress; or if on a cleansing and detoxification program, this may indicate that healing is taking place.

Seen In All Rings



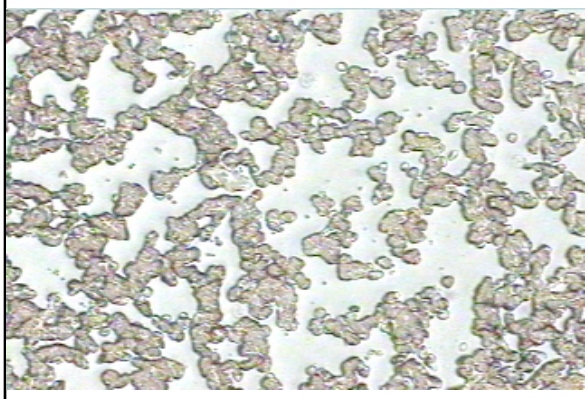
Beginning Significant Disorganization

Appears as large white Polymerized Protein Pools (PPPs) throughout 1st-2nd layer (drops of blood) only.

Perceived to be: severe latent tissue acidosis and significant cellular disorganization from chronic toxicity, an advanced systemic degenerative condition; possible concussion.

Contributors may or may not be: the accumulation of chronic toxicity, radiation/chemotherapy.

Signs may or may not include: arthritis, gout (uric acid buildup), bone problems, sore joints, bacteria, yeast "outfection", and parasites



Severe & Systemic pH Imbalance

Appears as very large white Polymerized Protein Pools (PPPs) throughout the entire sample in every layer (drop of blood) and in every ring.

Perceived to be: the highest level of severe latent tissue acidosis (dormant acid in tissues) and a significant level cellular disorganization; this level of disorganization makes pinpointing specific weakened areas impossible because the entire body is compromised with acidity, oxidative stress, and inflammation.

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Overall Summary

For quickest results, start with a pureed or juiced alkaline green foods diet for 1 week. You need to eat and drink like an infant for this time. No solid foods unless chewed to a liquid state.

Use 1 drop of the pH drops per 6 to 8 ounces of distilled water or per 250 ml. You can also put 5 drops of the pH drops in each liter of pH Greens or Doc Broc's Power Plants, and fresh green juices. I would suggest you dilute your fresh green juices at 1 part juice to 10 parts distilled water and then add 2 drops per 8 ounces of pH drops.

You may want to supplement your diet with magnesium and zinc – use the Osteo Pack - taking 1 capsule, 6 times a day of Osteo Plex II and Nutrient Bridge.

Take at least 2 to 3 tbs. of polyunsaturated fats. The best is Udo's Perfect Blend Oil, Hemp Oil from Manitoba Farms, and fish oils from Nordic Naturals.

Make sure you're drinking at least 4 to 8 liters of alkaline green drinks each day.

Take a magnesium supplement of 2 capsules of OxyPowder with each meal, or every 4 hours. This product helps clear toxins in the liver and bowels. Also, take 4 capsules of OxyPowder with 8 ounces of pure alkaline water containing 1 to 2 drops of pH drops before going to bed.

Each morning upon rising take 8-16 ounces of purified alkalized water with 2 drops of pH drops and 1 tsp of pHour salts, 2 tsp of L-Arginine Max to clean and alkalize the digestive system and support your circulatory system.

Take baths with Epsom salt, baking soda, and fresh cucumber juice.

Follow up every 12 weeks/quarterly; or for significant imbalances follow up in 4-6 weeks.

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7 Steps to pH Balance

Step 1. Super Hydrate

Your first step toward health and balance must be to fully hydrate your body.

Increase daily hydration to one liter for every 30-40 pounds of body weight. For example, if your weight is 180 pounds, you need to get in up to 6 liters of electron-rich, alkaline water every day. If necessary, work up to your target gradually.

Use electron-rich structured alkaline (pH 9.5 or above) water. The quality of the water makes a difference in the success of this program. Use purified water with pH drops for good results. For best results, purchase a water ionizer to raise the pH and electron activity of water; find recommended ionizers at: www.phmiracle.com.

Step 2. Eat Right For Your Life

Begin making better food choices more often. Learn about the 'House of Health Food Chart'. See www.phmiracle.com for recipes, books, CDs and DVDs on how to eat healthier and more alkaline with Shelley Redford Young. Also, all of the pH Miracle books contain information and recipes on alkaline eating. Register for the free monthly pH Miracle Living newsletter while on the website.

The twelve steps to eliminating acid foods from your diet:

- Rethink breakfast: remove acidic cereals, eggs, baked goods, dairy products, fruit juice, and coffee. Implement alkaline foods you'd choose at other times of the day, especially green veggies. You can do a 'Mini Cleanse' each day by having the liquid meals like vegetable juices, soups, and shakes for breakfast.
- If you do not have a more serious health challenge, keep your meals 80% alkaline (vegetables and polyunsaturated fats) and 20% acidic (everything else) or better. Cover three-quarters of your plate at every meal with vegetables. If you are experiencing a more serious health challenge, consider having all of your meals 100% alkaline.
- Increase the amount of live raw plant food you eat.
- Phase out sugary deserts.
- Eliminate ALL meats including fish.
- Eliminate all dairy products.
- Cut out the yeast and all breads.

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- Get rid of white flour.
- Eliminate grains, including rice and oats, and legumes.
- Avoid added sugar, especially high-sugar fruits.
- Eat only low-sugar fruits and vegetables.
- Check your condiments. Avoid vinegar and fermented products.

Step 3. Exercise

Get the right kind of exercise that will help you move your lymphatic system and sweat, thereby moving excess acids out through the skin via perspiration. Rebounding moves every cell in the body. You may also consider walking, jogging, swimming, bicycling, whole body vibration exercise, weight training or cross-training (like an elliptical machine).

Whatever you choose, do it at least five times a week for at least sixty minutes a day and make sure you sweat!

Whole body vibration and/or rebounding each day at least 10 to 15 minutes, 2 to 3 times a day.

Step 4. Take Your Supplements

Begin with the "Foundational Six" products:

- 1. Powered Greens, 2. pH Drops, 3. Salts like pHlavor and pHour salts, 4. Soy Sprouts (can be added to green drinks, juices, and shakes – use 1 to 2 scoops). 5. Magnesium supplement called pHlush, and 6) Good Oils: pH Miracle omega 3-6-9 or opti-oils.
- Specifics: Target weakened areas. Take the Osteo Pack at least 1 capsule 3 times a day. Take 2 capsules of magnesium or OxyPowder with each meal to clear bowels. Take 1 scoop or 1 tbsp of Clay with 4 to 6 ounces of distilled water, 3 to 4 x a day. Finally, eat liberal amounts of Redmond Real Salt or Celtic Sea Salt or spray the pHlavor Salts through out day. Drink salt water (use the pHour salts) every morning before eating any other foods or drinks. You can mix 1 scoop of pHour salts in 4 ounces of purified water 2 to 3 times a day or when your saliva or urine pH is below 7.2. Use the pHlavor for salting your drinks and your food.

Work up to the recommended doses gradually:

- Powered Greens - Begin with 2 to 3 scoops of powered Greens and 5 drops of pH drops in a liter of distilled or ionized water.

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•Capsules – Take 3 times with meals or with your greens

•Colloids – Take before food or drink.

Step 5. Prepare your Emotional Environment

Register for The Landmark Forum and Advanced Course: www.LandmarkWorldwide.com

Step 6. Set Goals and Write them Down

Take pH of urine and saliva each day. Keep a daily record of your urine and saliva pH. Test the urine each time you go to the bathroom. Test your saliva 5 minutes before eating and 5 minute after eating. Write down the results. Ideal pH for urine and saliva are 7.2 or above.

Recommended: high pH enemas and colonics with pH drops at a pH of at least 9.5. Chlorophyll and pH Miracle pHour salts may also be used in colonics.

Step 7. Cleanse your Body from the Inside Out

Detoxification is the first step in achieving balance. Participate in one of the upcoming "Community Cleanses" using one of the recommended product packages. Until then, get familiar with the alkalizing foods; especially the shakes and soups.

Expect to notice some detoxification: As your body becomes more alkaline and begins eliminating stored acids, you may experience detoxification in the form of flu-like symptoms, diarrhea, headache, nausea, rashes, nasal congestion, etc. It may also feel like a reoccurrence of "old" symptoms. Detoxification is the body's attempts to remove excess acidity. It can be uncomfortable, but it is a good thing. It is not to be confused with "being sick," though it may feel the same. Detoxification can be managed in most cases so that symptoms are mild.

Welcome to the House of Health! By following these guidelines you are assuming personal responsibility for your health. The only thing constant is change. No matter what you are currently experiencing with your health, the possibility of transforming for the better exists. When one transforms eating and lifestyle, then strong blood can be built, and strong blood will build a healthy and strong body. It's ultimately your choice and your responsibility.

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Daily Protocol

Before Breakfast (6:00 to 9:00)

1.First thing when you wake up measure urine and saliva pH using pHydrion paper and record results in your daily journal. The pH is ideal if 7.2 or higher.

2.Take your blood pressure before eating any food. Ideal is 120/80. You want to keep the first number between 110 and 120 and the second number between 70 and 80.

3.Before eating food or drink, mix ½ scoop of pHour salts into 3 to 4 ounces of alkalized water.

4.Drink 1 to 2 ounces of whole leaf cold pressed Aloe Vera juice.

5.Test and record second urine of the morning before eating any food. Ideal is at least 7.2 or better.

6.Chlorophyll or Green Powder Drink – Mix 1 to 3 scoops of green powder into 1 liter of alkaline water mixed with 5 drops of pH drops. Drink at least 1 liter of fresh green juice or green drink before breakfast or during your exercising. Take 1 tbs of liquid concentrated chlorophyll, 3 times a day.

7.Take 1 tsp of Glutathione.

8.Take 1 scoop of pHour salts or sodium/potassium bicarbonate in 3 to 4 ounces of alkaline water at least 3 times a day or whenever the pH of the urine or saliva is below 7.2

9.Exercise at least 30 to 60 minutes before breakfast. Also include stretching and breathing exercises.

Breakfast (8:30 to 9:00)

1.Eat a pureed soup like avocado soup, vegetable soup, a green alkaline avocado shake, or drink some fresh almond milk or green juice. If you are constipated or bloated you will need to go on a strict juice diet rather than a pureed diet. Continue with the juice diet until the constipation or bloating subsides.

2.Take your nutritional supplements with liquid food or drink.

3.Test your urine and saliva 5 minutes before, and 5 minutes after breakfast, and record in your daily journal. Ideal urine and saliva pH should be at least 7.2 or higher.

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Mid-Morning (9:00 to 12:00)

1.Use rebounder for at least 15 minutes or take a dry heat sauna for at least 20 to 30 minutes.

2.Take 1 tsp of Glutathione.

3.Take 1 scoop of pHour salts in 3 to 4 ounces of alkaline ionized water.

4. Put 1 tsp of the DepHense in a nebulizer and breath in for at least 30 minutes or until the solution is gone.

5.10:30 – Check and record your urine and saliva pH.

6.11:00 – Drink 1 ounce of Aloe Vera

7.11:45 – Test urine and saliva and record in your daily journal. Ideal urine and saliva pH should be at least 7.2 or higher.

Lunch (12:00 noon to 2:00 pm)

1.Test and record your urine and saliva pH 5 minutes before eating in your daily journal.

2.Take your bag of nutritional supplements with lunch.

3.Take 1 tsp of Glutathione.

4.Take 1 scoop of pHour salts of sodium/potassium bicarbonate in in 3 to 4 ounces of alkaline water.

5.Test urine and saliva pH 5 minutes after eating and record in your daily journal. Ideal urine and saliva pH should be 8.0 to 8.4.

6.Mix 1 to 3 scoops of green powder into 1 liter of alkaline water along with 5 drop of pH activator.

7.Rest by either napping or spend time outdoors sunbathing for Vitamin D for at least 30 minutes.

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Afternoon (2:00 to 5:00)

1.2:00 – test and record in your daily journal your urine and saliva pH. Should run at least 7.2 or better. The urine and saliva pH is at its highest around 2:00 pm.

2.Take 1 scoop of pHour salts of sodium/potassium bicarbonate in 3 to 4 ounces of alkaline water.

3.Put ½ tsp of Glutathione and ½ tsp of NAC in the nebulizer and breath for at least 30 minutes or until the solution is gone.

4.Take a 30-minute dry heat sauna.

5.3:00 – Drink 1 ounce of Aloe Vera juice and 1 tbs of organic coconut oil

6.Mix 1 to 3 scoops of green powder into 1 liter of alkaline water along with 5 drops of pH drops.

7.Fit in a 2-hour lymphatic massage. The lymphatic massage can also be done in the morning or in the evening before bed.

Dinner (5:00 to 6:00)

1.Test and record in your daily journal your urine and saliva pH 5 minutes before and 5 minutes after dinner.

2.Take your nutritional supplements with your dinner liquid or pureed meal.

Evening (6:00 to 10:00)

1.Mix 1 to 3 scoops of green powder into 1 liter of alkaline water along with 5 drops of pH activator.

2.Take a 30-minute dry heat sauna and then go for a swim. You can go back into the sauna after your swim for up to 30 minutes.

3.Rebound for at least 15 minutes.

4.Nebulize with ½ tsp of Glutathione and ½ tsp. of NAC.

5.Rebound for at least 3 to 5 minutes before gong to bed.

6.Take 1 tsp of Glutathione

7.Take 1 scoop of pHour salts of sodium/potassium bicarbonate in 3 t 4 ounces of water

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before going to bed.

8.10:00 – Bedtime

Special Notes

1.Use the rebounder or whole body vibration whenever you feel the contractions in any part of your body to help remove acids.

2.You can substitute rebounding with 10 minutes of whole body vibration on the VibrapHirm.

3.Elevate your feet for 1 hour by using 3 pillows or a slant board to reverse any severe swelling in feet or legs. This also helps to remove inflammation in the feet or legs.

4.Spray pHlavor in your mouth continuously throughout the day to increase energy, hydration, and reduce carbohydrate cravings.

5.Use the montmorillonite clay to help neutralize acids in the stomach or lower G.I. Mix 3 tsps of clay with aloe vera or water until consistency of a pudding. You can also add essential oils, like peppermint. You can also use this mixture on the skin to draw out acids from the skin.

6.The supplements: magnesium oxide, fish oils, plant oils, l-carnitine, cogugated linolenic acid, HCA, concentrated alkaline fruits and veggies, and zinc.

7.Daily colonic with 4 liters of alkaline water using liquid chlorophyll, phour salts and puripHy.

8.Hyperthermia with infrared sauna.

If you have any questions please feel free to call the pH Miracle center: 760-751-8321 or visit www.phmiracle.com.

Glossary Of Terms

Abbreviations

RBCs - Red Blood Cells
WBCs - White Blood Cells
PPPs - Polymerized Protein Pools, which appear as white spaces in dry blood samples. Shows where acidity and mycotoxic oxidative stress is preventing blood from clotting because of damage to proteins and fibrin strands which hold clotted blood together.
EMF - Electromagnetic Frequencies

Definitions

Plasma/Serum - Liquid part of the blood in which the cells reside.
Alkaline Buffers - Calcium, potassium, sodium and magnesium. They buffer or bind acid for safe elimination.
Alkophile Glands - Glands that produce sodium bicarbonate – salivary, pylorus, liver, gall bladder, pancreas and kidneys.
Filter Organs - Liver, kidneys, skin and spleen
Latent Tissue Acidosis - Dormant acid stored in tissues
High Valence - Very significant –should be taken seriously
Exotoxin - Highly potent soluble acidic toxin produced by a bacterium and released into **organism -** often affecting the central nervous system
Endotoxin - Toxin produced within bacteria that is released when the bacteria disintegrates
Mycotoxin - Poisonous substance produced by a fungus within an organism (human or otherwise) ; often found in foods such as peanuts, stored potatoes and stored grains
Lipids - Fats
Infection/outfection - In medical terms infection comes from outside body to inside. In New Biology terms "infection" comes from inside body to outside, due to the microzymas transforming into yeast, bacteria and fungus causing "outfection".
Yeast feeds on - Excess carbohydrates and sugars, excess hormones (fat), iron supplements

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