



*This material is for educational and informational purposes only.

*Not intended to substitute for consultation with a medical practitioner.

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Alkalarian (al-kah-laie-re-in) : A person and/or a diet that emphasizes predominantly alkaline food, drink and lifestyle, thereby maintaining a balanced acid-alkaline body chemistry for optimal health and vitality.

This handbook contains a whole new way of looking at diet and nutrition. When you change to an alkaline lifestyle, you can have the lean, trim body you've always wanted and experience a new level of wellness, energy and mental clarity.



HOW DO YOU KNOW IF YOU'RE OVERLY ACIDIC?

Fat is an Acid Problem!

Perhaps one of Dr. Young's most well known discoveries is his theory of the cause of obesity. He has shown that fat is actually an over-acidification problem. What does that mean? The body creates fat cells to carry acids away from your vital organs, so these acids don't literally choke your organs to death. Fat is saving your life! Fat is actually a response from the body to an alarming over-acidic condition. The solution? Alkalize and Energize™

What about Underweight?

At the other end of the health spectrum, the yeast and fungus produced within an overly acidic body can feed on your nutrients and reduce the chemical and mechanical absorption of everything you eat by as much as 50%. This causes many people to become excessively thin, which is no healthier than becoming overweight. Without protein, your body cannot rebuild new tissues or produce enzymes, hormones, or hundreds of other chemical components necessary for cell energy and organ activity. Fatigue, illness, and body weight changes are the



results. An underweight person may lose a little more weight as their body chemistry stabilizes. As their body normalizes, they will begin to gain towards their ideal weight.

Healthy bodies are not overweight or underweight. A healthy body naturally maintains its own ideal weight. You can begin to restore health, balance, and harmony to your body with InnerLight Brand products. As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight.

Allergies

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is weakened, which prevents the total breakdown of amino acids - often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions.

SuperGreens with Prime pH and InnerLight products introduce oxygenating and alkalizing elements into your body - helping to balance the conditions that may lead to hypersensitivities.

Fatigue

Fatigue is probably the major symptom or complaint of an overly acidic body. The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones. This also interferes with the reconstruction of cells and other necessary

components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness.

SuperGreens with Prime pH is formulated to bring you vital nutrient elements and easily digested protein. These alkalizing, energizing, and nourishing formulas begin oxygenating your body.

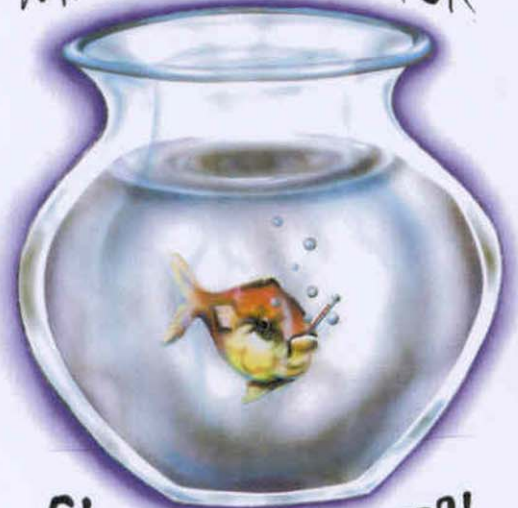
THE NEW BIOLOGY™

The New Biology™ most simply stated, is that the over-acidification of the body is the single underlying cause of all disease. In contrast, the old biology, based on the work of Louis Pasteur in the late 1800's, stems from the idea that disease comes from germs which invade the body from the outside. Dr. Young has found that when the body is in a healthy alkaline balance, germs are unable to get a foothold.

Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we "swim" in daily. Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes.

Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering

When the fish is Sick



Change the WATER!

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the alkaline pH, creating an acidic pH environment, and threatening the health of the "fish," your cells and organs.

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

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

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



The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of

veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!



ALKALINE

WATER

The most important thing you will learn in this handbook is to hydrate the body with alkalizing water. Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. A thirst for water will develop as one begins to hydrate with water.

A diet high in acid foods such as meat, dairy, grains, high sugar fruits, and bread, causes acid wastes to build up in the body. When acid wastes enter our bloodstream, the blood system will attempt to dispose of these wastes in liquid form through the lungs or the kidneys. If there are too many wastes to handle, they are deposited in various organ systems like the heart, pancreas, liver, colon, and other locations.

The breakdown of this disposal process of acid waste could also be called "the aging process." To slow down and reverse this process, one must begin by removing this over-acidification of the blood and tissues by including liberal amounts of alkaline water in the diet. Alkaline water has a pH between 9 and 11, and will neutralize harmful stored acid wastes and gently remove them from the tissues.



INNERLIGHT'S

ALKALIZING TEAM

SuperGreens™ Powder and LiquidLightning Prime pH™

SuperGreens™ Powder has four times the power of ordinary green powders. SuperGreens contains 49 grasses, sprouted grains, and green vegetables which infuses your body with more than 125 easily absorbed vitamins, minerals, and amino acids.

LiquidLightning Prime pH™ is a water and oxygen catalyst in the bloodstream. This formulation has been shown to have an alkalizing, neutralizing, oxygenating, and pH balancing effect on the body.

A structured water such as distilled or reverse-osmosis is best. It is ideal to have one-gallon/4 liters, or more, of water each day. A normal amount of SuperGreens™ Powder per day is approximately 3-4 scoops/teaspoons. It is easiest to keep your SuperGreens drink in a water bottle so you can shake it up to keep the greens well mixed. Make up a bottle at a time and use at room temperature (the body must work to warm up an iced drink or cool down a hot drink). If you choose to have a warm drink, then heat it so you can still comfortably keep your finger in it.

NOTE: Allow an hour or two after a heavy protein meal before drinking SuperGreens™ and Prime pH, so as not to neutralize the stomach acid for protein digestion.

