

## Is Meat Healthy?

It is important to look at what meat is actually made of, and how those things affect the body. As meat is liquefying, there are four main components – uric acid, nitric acid, phosphoric acid, and sulphuric acid. The acids coming from meat are so caustic, they're so toxic, that there is no way that any of its life force energy could offset its acidic factors. The acidic factors are so overwhelming that you end up going into a deficit, meaning that the body has to borrow alkaline reserves to neutralize the acid of that meat. And then on top of that, when you understand that the stomach does not digest food then you realize that a fibrous food like meat which cannot be liquefied unless you put it in a blender could never be used for creating any type of stem cell – it is just total waste. Total waste. The body receives no value by eating any animal flesh. You don't build muscle from it, because muscle is built from blood. Therefore you do not build any stem cells because meat does not contribute anything that can give your body any level of the primary ingredients required for new stem cells – chlorophyll, water, oil, and salt – that would actually be the building blocks for stem cells.

Instead, what meat does do is that it destroys the elongation of the intestinal villi – it shortens it which then creates less stem cell production which causes all types of blood disorders. It creates excess acidity which then causes excess bone loss. Many experts consider meat to be one of the major food contributors to cancer. In his book *The pH Miracle For Cancer*, Dr. Robert Young referenced over 100 studies from different universities around the world. So scientifically there is no nutritive benefit to eating meat. It does not build healthy blood. For people who are taken off these types of foods and put on a high chlorophyll type diet, we see transformations.

Of course one of the goals is to build healthy blood, but it is also to hyper-perfuse the tissues with alkalinity. When you eat meat, you hyper-perfuse the tissues with acidity – the exact reverse. So just as we can reverse cancer, we could in fact also create a diet that would give you cancer. The same is true for diabetes, the same is true for MS, name the disease and the diet to create it can be designed. Because diet is the major cause of all sickness and disease.

So when we talk about ionized water or alkaline salts, we are talking about taking in more electrical ions which carry an extra electron which is electro-magnetically attracted to its opposite polarity and the polarity of an acid is positive. So they immediately come together and neutralize that poison. This is why it is actually good to drink alkaline water while eating – it gives the opportunity to neutralize these acids.

A low-carbohydrate, high-protein diet with its increased acid or proton/hydrogen load results in very little change in blood chemistry and pH, but many changes in interstitial and urinary pH chemistry: Urinary and interstitial fluid sodium and magnesium levels, urinary citrate and pH are decreased; urinary calcium, potassium, undissociated uric acid, and phosphates are increased. All of these result in an increased risk for metabolic tissue acidosis, bone loss, and an increase in blood, breast, brain, liver, gallbladder, pancreas, prostate, uterus, and kidney stones [1]. The reason for the increase in stones throughout the body is to buffer the increase of dietary and metabolic acids found throughout the fluids of the body. The increase of stones is the direct result of an increase of dietary and/or metabolic acid-load which, if not corrected, can lead to a cancerous condition in those specific areas [2].

[1]

[Groos E, Walker L, Masters JR \(1986\) Intravesical chemotherapy. Studies on the relationship between pH and cytotoxicity. Cancer58\(6\): 1199-1203.](#)

[2]

[Smith SR, Martin PA, Edwards RHT \(1991\) Tumour pH and response to chemotherapy: an in vivo <sup>31</sup>P magnetic resonance spectroscopy study in non-Hodgkin's lymphoma. Br J Radiol 64\(766\): 923-928.](#)