

This Information Could Save Your Life!

Why You Need To Alkalize Your System

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Whether you are just beginning to investigate holistic health or are already very well versed in effective health care protocols as a health care professional or informed layperson, you may already know—or might have heard—about the importance of keeping the bodily tissues in an alkaline state.

As I explain in my recently-published *Handbook of Rife Frequency Healing*, most of the human body is designed to be alkaline. If the blood deviates too much from its ideal pH—between 7.35 and 7.45, according to most medical researchers—for too long a period of time, the person becomes sick and eventually dies. It is easy to have an over-acid system in today's world. Acidic waste products are constantly created during normal everyday metabolic processes. Pesticides, the fluoride in our water, synthetic food additives, and other dangerous chemical compounds to which we are exposed daily are inherently acidifying. Emotional and physical stress create high-acid pH levels, due to the outpouring of stress hormones. Bacteria, viruses, parasites and fungi proliferate in an acidic environment; and they dump more acid, their mycotoxins (waste products), into the bloodstream. And animal protein, dairy products, grains, and even fruit create a systemic acidic condition. (Although fruit forms an alkaline ash in the body, its high sugar content nourishes pathogenic microbes, which create more acidity.) Therefore, unless one's diet consists almost exclusively of raw vegetables and sprouts, acids generally build up faster than they can be excreted.

The body has ways of regulating the acid-alkaline levels—via the respiratory tract, the urinary tract, and the chemical and physiological buffering system (which includes the liver). The kidneys are the most efficient in getting rid of acids; but even they have their limitations, since the blood transports excess acid to the kidneys only a little bit at a time, and slowly. So what happens when excess corrosive acids and acid-forming substances threaten to damage the bloodstream by building up faster than they can be excreted?

The acids are simply relocated elsewhere in the body to protect the blood. The wastes get stored in the extra-cellular fluids, the connective tissue, the fat cells, the joints and organs. This is how a chain reaction of deterioration in bodily functions starts to occur. It is this auto-intoxication—being poisoned by one's own wastes—that lays the foundation for degenerative diseases that include arthritis, allergies, fibromyalgia, diabetes, cardiovascular problems, kidney stones, obesity, cancer,

and bone loss. For instance, most of the calcium we ingest is not used for bone construction, but freely circulates in the body for different metabolic processes, including the neutralization of systemic acid. The pH balance of the blood is so crucial that when no more calcium is available in the system, the body leaches it from the bones. Likewise, acids are stored in the fatty tissue to prevent the bloodstream from being poisoned, which is a major unrecognized cause of overweight. As you see, systemic acidity has huge ramifications!

Surely at some point, either you or someone you know has been plagued by one or more health problems. Wouldn't you like to feel better and have really radiant health?

In my own quest for better health, I found a remarkable product called Super Greens, formulated by gifted microbiologist and microscopist Robert O. Young—who incidentally gave me my first live/dry blood analysis in the 1980s and who is cited in my *Rife Handbook*. (Some of Dr. Young's photographs of live blood samples, documenting marked positive changes in people's blood within weeks of taking Super Greens, can be found in one of his books called *Sick and Tired*, available in health food stores.) This combination of sprouts, grasses, leaves, steams, and other ingredients is put into a colloidal suspension and then freeze dried and powdered. Look at what's in this amazing formula:

Green Kamut Grass, Barley Grass, Lemon Grass, Shave Grass, Wheat Grass, Bilberry Leaf, Alfalfa Leaf, Dandelion Leaf, Black Walnut Leaf, Blackberry Leaf, Plantain Leaf, Red Raspberry Leaf, Boldo Leaf, Goldenseal Leaf, Papaya Leaf, Strawberry Leaf, Rosemary Leaf, Soy Lecithin, White Willow Bark, Blueberry Leaf, Slippery Elm Bark, Marshmallow Root, Pau d'arco Bark, Cornsilk, Beta Carotene, Rose Hips (*Rosa canina*) Fruit, Echinacea Tops, Couch Grass, Meadowsweet Herb, Oat Grass, Soy Sprouts, Kale Leaf, Spinach Leaf, Okra (*Abelmoschus esculentus*) Fruit, Cabbage Herb, Celery Seed, Parsley Leaf, Broccoli Floret, Turmeric Rhizome, Tomato Fruit, Watercress Herb, Alfalfa Leaf Juice, Peppermint Leaf, Spearmint Leaf, Wintergreen Leaf, Sage Leaf, Thyme Leaf, Mineral Mix, and Aloe Vera Leaf Concentrate.

You may be intrigued to learn about Dr. Young's emphasis on *frequency* as one determining factor in whether or not something will help the body heal. "In all matter, whether human, animal or plant," he wrote in a personal communication in the Spring of 2002, "I have found, measured, defined and documented [its] cellular vibrations and the frequency of [these] cellular vibrations. In measuring life, I include pH, Mv, oxidative/reduction potential, and MHz.....*All* biological transmutations, cellular organizations, metabolism, etc....begin with a vibration."

Using a frequency meter (I had built) I can measure the vibrations of matter in Hz (1 cycle per second), MHz (1 million cycles per second) or even GHz (1 billion cycles per second). For example, roses vibrate at 350 MHz, Super Greens at 250 MHz, the human red blood cell vibrates at approximately 70 MHz, a live salad at 68 MHz, a tumor at 42 MHz, a hamburger at 5 MHz and chicken at 3 MHz. I find these measurements very interesting and potential indicators of when matter is organized or disorganized, healthy or unhealthy—or should I say alive! Life is a struggle against the fermentation of matter. It is the force opposite that of entropy which maintains life.

Imagine, then, what it would mean for someone who is ill to drink Super Greens! He or she would get better. Someone who is already healthy would positively glow. “Even the processing or transfer of information (receiving and giving information) on a computer,” Young points out, “begins with vibrations and the frequencies of those vibrations. It is common knowledge that the vibrational frequency of a 1.8 GHz computer receives and gives information faster than a computer whose vibrational frequency is at 1.2 GHz.”

In my 25 years of experience of personally trying many different products—from Sannum homeopathic remedies from Germany to practitioner-only supplements (including MediHerbs, high-quality government-regulated herbal tinctures from Australia), from ionic minerals to alkaline water made on a very fine water electrolysis unit that I own, I have never seen the fast and deep results that I am finding with Super Greens. Initially I bought the product for my dog, who had a tumor that tripled in size in eight hours (which was very scary). After emergency surgery—performed only because the tumor had grown so quickly, and two more had appeared—as soon as the dog was able to drink I gave her some Super Greens. Within two hours this lethargic dog was prancing and jumping around the house! Impressed, I began drinking the formula myself. I experienced an immediate cleansing reaction (including the emergence of intense food cravings, at which point I reduced the amount I drank), then a decrease in allergies, and now a reduction in weight and even a lessening of pain from fibromyalgia! Now I wouldn’t be without my Super Greens. I have drawers full of other supplements and remedies that I once took but never felt inspired to continue taking. But my body craves this drink so I continue to use it. I feel so energized and balanced that I now consider Super Greens, along with its companion product Prime pH, a vital part of one’s wellness program. After all, of what lasting benefit is killing microbes if the bodily terrain continues to support their existence and proliferation?

It is rare for someone of Young’s caliber to be acknowledged in mainstream circles. But his new book, *The pH Miracle* (included in every Distributor Kit), has just been published in hardcover by Warner Books. And Oprah Winfrey, who herself drinks Super Greens, has invited Dr. Young to appear on her show to discuss his formulas. Clearly, there is something unique and remarkable about these products.

My friend Dr. Ann Szaur, a naturopath who has worked in several large holistic clinics and is now drinking Super Greens as well as recommending it to her clients, states: “In our clinics, we have used injectable homeopathic remedies, saunas, color therapy, chelation, frequency technology, Far Infrared mineral lamps, lasers, electrodermal screening, etc. Super Greens is like everything we had at the clinic for our patients, all in a single bottle. I’ve never seen anything work this fast.”

In case you’re still not quite convinced of how critical it is to have an alkaline system, I want to mention the unique “chicken heart” experiment (also cited in my *Handbook of Rife Frequency Healing*) that was conducted decades ago by the great French surgeon and medical researcher Alexis Carrel. Normally, the life span of a chicken is around 5 or 6 years. But Carrell kept a piece of embryonic chicken heart alive in an alkaline mineral solution—which had the same alkalinity as the human bloodstream—for 28 years, from 1912 to 1940! The only thing the scientist did was change

the solution and oxygen every day. The tissue died only when the scientist stopped changing its mineral bath.

Super Greens (together with its companion drops, Prime pH) works similarly to that interstitial (between the cells) mineral solution: it nourishes the bodily cells and helps eliminate the acidic waste products of cell metabolism. *If cells are given the opportunity to get rid of their own poisonous waste, the aging process from over-acidification is stopped or slowed substantially.* Wouldn't you like to treat yourself as well as Carrel treated his chicken heart?

Furthermore, once you heal your systemic terrain, microbes will find it very difficult to transmute into their higher pleomorphic forms and multiply in your body. This means an absence or huge reduction of infectious disease states. Think about the implications of healing yourself from arthritis, osteoporosis, gout, fibromyalgia and other muscle/tissue pain, diabetes, even obesity! Everyone can achieve greater energy and clarity: you, your friends, family, and (if you're a health care practitioner or health food store owner) your clients and customers.

The company called Inner Light, Inc., which markets Dr. Young's many formulas for people's different health needs, is a very appropriate name for high-vibration products that really work and allow one's essential radiance to shine through. Inner Light products are available for retail purchase. However, you also have the opportunity to become a wholesale buyer. At the same time that you help yourself, your friends and family achieve well-being, you can enjoy an unusual, win-win business opportunity. The company is so convinced that you will find these products an essential part of your health protocol, it will buy back any unused products that you don't want. What better guarantee could you have?

I would like to discuss these remarkable products with you at your earliest convenience. Let me know when we can talk, and also if you would like me to send you some trial size packages. I know you will want to see for yourself just how much these products can help improve your health as well as the health of your loved ones. Give yourself the opportunity of a lifetime—a lifetime filled with quality, radiant health.

Wishing you the best of health and blessings,

Nina Silver, Ph.D.