

THE PH MIRACLE FOR WEIGHT LOSS

Video Transcript

0:01

For losing weight is often all about fat gramm carbs and calories right? Well not according

0:06

to the author of a new diet book. Doctor Robert Young says the secret to permanent weight

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loss comes down to

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acid and the ph balance in your blood. He describes his revolutionary plan in his new book The

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PH Miracle for Weight Loss in today's healthy eating segment.

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Tamera's at the mall with Dr. Robert Young.

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That's right david. Thank you so much. Doctor Young is a nutritionist and a microbiologist

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thank you so much for joining us. Well Tamera, it's

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wonderful to be here with you this morning.

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Well your diet is very interesting and it's all based on our ph balance, so what

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does ph mean for us. Well

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ph is a measurement between acid an alkaline

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and when you're eating alkaline foods you're going to be healthy and fit when you're in

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acidic foods you're gonna be

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sick

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tired and fat. Ok now how do we test our pH?

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Well... really easy

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PH paper... you just put it in your mouth...

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and the color should come out green. OK can I test one? You bet!

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Here's one for you.

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OK, and I just put this in my mouth...

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...Now look at the color, it came out green! Oh, so that's good! That's exactly the way you want to be,

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because the more alkaline you are

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the less chance you're going to acquire these sicknesses, disease or become overweight.

When you say

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to become alkaline ... that means in the foods that we eat that our bodies have taken

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away. Exactly and the liquids that we drink too as well so not only what we eat

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but what we drink. And also our thoughts can make us acidic too as well. Okay, well we got a list of things we should avoid and a list that we should eat. Let's get to the alkaline foods that we have on the set. Well we've got sprouts of course

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this is buckwheat sprouts which is a seed. We've got to learn English cucumber uh... that we have of course broccoli

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and God's butter, which is avocados, and most folks

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feel that avocados are fattening when in reality

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it's not fat that makes you fat it's acid that makes you fat so you can you all the

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avocados you want... tomatoes, lettuce, greens even great fruits which are low sugar are

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actually alkalizing to our bodies where high sugar foods can be acidifying. Now how do the

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acids affect our bodies and our weight?

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Well if acid is not eliminated through the elimination organs either through urination or perspiration or respiration, it actually gets parked on your hips, your thighs, your buttocks, your breast

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your waistline. So the body has to eliminate these acids ...these are waste products from energy

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production and if they're not eliminated they get parked. So fat becomes a protective mechanism

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to protect us against excess acidity. That's interesting... that with the grapefruit or anything which in your mind you think is acidic...

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But but they're actually not. With the low sugar...it'

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the high sugar foods that actually make us more acidic where the body then starts

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packing on the fact that parks the excess acid. Now here are some of the things that we should avoid

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because their high in acidity...

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They are meat

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pork chicken, peanuts

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corn

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alcohol

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coffee most fruits, eggs, dairy products, yeast, and sugar ...that is everything i guess to you all watching this statement

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likes to eat.

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That's a big list! Well, but on the other side the alkaline food list is just as big

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and it's just his rewarding...and it's just as satisfying. That's why the ph miracle

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for weight loss has over a hundred recipes ...delicious recipes that are easy... and you can

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get immediate results. If you need to gain weight you can gain weight on this program

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if you need to lose weight you can lose weight as well. Now this sounds like a vegan or vegetarian

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diet with some other things that have been eliminated particularly when you talk about meat, pork and

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chicken and add dairy products and you leave us with a lot of veggies... evidence ...but it's not

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you can have fish for example some of the best fish are like sea bass, tuna,

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trout and even salmon. But you want to have the portions where sixty to eighty percent

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of your food is more these types of foods which are more vegetable right ...more protein from

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like the nuts there. So solid becomes the main course, or veggies like broccoli, and then

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you have a side of meat. Oh, so it's the complete opposite of the Atkins, really. Exactly.

Okay

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it also saying that we can add

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things to our water and what we did a little is that these are pH drops that we should

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to our water. These are the pH drops and you can actually see

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uh... if we

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drop them in right on here you can actually see it changes the color

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to a dark blue which is highly alkaline. All you do is put some of the pH drops in the

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water

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to begin analyzing that water. And you brought some pictures here of some of the people who've been

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on your diet and we have a picture of a person who

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lost a lot...tell us how many pounds you think we can

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You can lose an average of a half a pound minimum a day so take how much weight you

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want to lose

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times it by two and that's how many days it's going to take for you to lose that weight at this.

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Is this formula anything new or is this is it just something that through your studies that you just

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feel works?

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Over the last twenty years five years I've been studying

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the basis of alkalinity within our bodies and how it helps to help us be healthier and

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more energetic and helps to keep the pounds off to as well. Thanks so much for that...

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All right, David, back over to you!

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They've been talking about all morning life that we've been talking about this book since

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we got it. It's amazing. Dr. Young is here

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with tips on weight loss. That's right he's going to tell us why he blames acidic food for weight gain.

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and he has some thoughts on chickens...we'll be back in a few minutes

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All right, according to a new book people don't get fat they get acidic

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well that's the premise of the pH miracle for weight loss... this book is amazing it

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instructs readers about how to balance

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your body chemistry

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to achieve your ideal weight. Author Dr. Robert Young is here with more on this program

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we've been talking so much about this book ...What do you mean acidic? Well when you

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eat certain foods those foods breakdown to either an alkaline ash or an acidic ash.

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If they breakdown to acid ash and that ash is not eliminated it ends up getting parked

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on your hips, your thighs, your buttocks your waistline or even in your breast

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and if you're eating more alkaline

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of course uh... more alkaline foods like the green foods and the good healthy fats

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then of course... you're not gonna be packing on the pounds.

6:02

Okay so we've been hearing a lot about uh... you know

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uh... reduced fat diets or protein diets and that sort of thing

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this seems to me that it has more to do with your own pH... now

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balancing that out, how do you find your your pH and how do you know which ones are not good

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for you? Well first off balancing the pH as simple ...using a pH- paper kind of like measuring the pH of your swimming pool or your spa ...now we keep track of that

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and yet uh... we don't keep track of our internal fluids

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but the pH should be alkaline slightly alkaline

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uh... like the urine or saliva should be alkaline at about seven point two

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and when we are in an alkaline state this is when we enjoyed the highest quality of energy, vitality,

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health and we

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flat out just don't get fat.

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mhm and what and the reason for that is?

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Is because fat is protective.

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Fat is saving our lives. We need to learn to understand that fat is our friend. Its

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protective and when were over acidic and we can't eliminate these acids through either

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urination, defecation, perspiration, respiration, then it gets packed on our hips, our thighs and our buttocks.

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So the fat is is literally saving our lives when we understand that and appreciate that fat

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is our friend we can then begin to alkalize our body through good healthy foods

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like

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the green foods, like spinach, and parsley, and cucumber, broccoli. One of the most important

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foods, like avocado, now you'd think wait a minute avocados are fattening not so. acid is fattening, avocados are actually alkalizing and that's making you lean an energetic. Well

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in foods we choose, I've given a list in the book of those foods which are the most acidic

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... there's an acid level for each piece of food that we need. Exactly and

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everything that we drink too as well. That's going to contribute to a over-acidic state.

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And when we'd become over acidic, that's when the body goes into preservation-mode and

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and that's when the body starts holding on to fat and park our excess acids on...

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Now i've heard some some diets they want you to get into the state of ketosis...

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so you actually burning all the excess fat... is that good? Well I really don't think so. It's

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a matter of providing the body energy

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and through electron-rich foods because our bodies are electric. We're kinda like that uh... energy

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battery. You know, the alkaline battery, and of course alkaline batteries have energy and

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when we put electron rich foods into our bodies we're energetic.

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So this list of foods is in the book and and all this other stuff about the ph

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balancing is also in here. I find it very fascinating because there's things in

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here that i've not heard before, especially the body chemistry and you're point

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about the pool water is dead-on because

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you're right we don't even know what's inside our bodies yet we know what's in the pool.

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Well if you've ever had a fish, a fish bowl,

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the fish is only as healthy as the water which is swims in. And some argue that the human cell is only as healthy

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as the water it swims in. We're a body of fluids, body of water, it has to be

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ph-balanced at seven point three six five and if it's not the body goes into preservation-mode . It tries to protect itself, and one of those ways is by packing on the pounds. Doctor

9:04

Robert Young you could meet him today at Borders at noon

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in Pasadena on South Lake Avenue.

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Great book. Thanks so much for coming in.
