

To Sum Things Up

All this may seem a little overwhelming at first. That's normal when one is faced with a lot of new information. Don't be discouraged. Take some time to familiarize yourself with these concepts. Don't be intimidated. Remember how complicated driving a car was in the beginning? Now it is so much a part of you that, if you are like most people, you can think about many other things while doing it. The same will happen as you gain experience with your new lifestyle.

The combination of cleansing when necessary or beneficial and a good diet is designed to keep your body in balance over the long term. It will restore pH balance, stop overgrowth of negative microforms, and heal the damage resulting from the toxins they emit. We do want to note, however, that as far as this biochemical approach can take you toward wellness, you cannot overlook the environmental, intellectual, psychological, emotional, and spiritual factors that also influence your overall well-being. To truly achieve optimal health, you also need to break the pattern of negativity that feeds sickness and disease. The acidic diet you're leaving behind is just one example. You also have to deal with chemical exposure, prescription or recreational drugs (including cigarettes and their nicotine), and, less obviously, negative thoughts, words, and deeds.

The more closely you adhere to the guidelines the better your results will be. You should begin to experience success quickly, so we want to caution you against believing that just because you are better, you are truly well. Especially for those who have been struggling with health challenges, this may be unfamiliar territory. Relief of your symptoms is all well and good, but persist with the program and into a completely alkaline way of eating, and you'll experience total wellness that might be beyond what you imagine while you are plagued by symptoms.

Healthy living should be instinctive, but clearly somewhere along the way humans have lost the ability to sense it. At this point, extraordinary means are required for its recovery. Fortunately, you hold those means in your hands right now. But what we all must do is get our health under control - then get past it. Don't let it become an obsession. Don't become its slave. A healthy body and mind put us in a position to better serve our universe. So they are worthwhile aims, certainly. Just don't get so absorbed in attaining them that you miss out on the unpredictable play of LIFE!

These, then, are the practical steps involved in switching your body over to this way of eating. Breaking it down this way, taking it slow rather than making an overnight switch, is all many people need to get started. They get the why, then the how...and they are on their way.

But there is an important internal process that happens alongside the practical preparations, and it can be a stumbling block for some people. The people who are already off and running probably went through it without even being conscious of it. For the rest of us, here's a quick look at what has to happen to allow for a change like this one.

Here's the whole process: awareness, investigation, knowledge, potential, motivation, action, patience, results. You have to start with *awareness*. Maybe you looked in the mirror one day and realized, "Whoa! I'm getting fat!" Or you recognized that you just don't feel as good as you used to. Or you decided once and for all that you were sick and tired of being sick and tired.

That awareness pushes you into *investigation*. You saw your doctor, called a diet center, visited this web site, bought Dr. Young's book. You start to look into how and why you got into the situation you are in, and how you can improve it or get out. That is, you develop the *knowledge*. In this case, you learned about acids and bases, yeasts and fungus, mucus and mold, and what it all does to your body - and the options for preventing all that damage and restoring optimal health. Maybe you saw it work in someone else's life. In short, you identify the *potential*. That inspires *motivation*, which moves us into *action*, and, with *patience*, leads to the *results* we desire.

So if you're one of those we haven't yet convinced, consider take a chance, trying it for yourself. You may be the only one who can convince yourself. No one's making you take a loyalty oath for a lifetime on the program as a prerequisite. So go ahead. You've got nothing to lose by trying - and everything to gain.