

OVERACIDITY AND OVERGROWTH OF YEAST, FUNGUS AND MOULDS

by Dr. Robert O. Young, Ph.D.

Dr. Young has degrees in chemistry, microbiology and nutrition, and has spent many years researching the relationship between mycotic infections (yeast, fungus and mould) and the etiology of human disease. His research and articles on microtoxycosis have gained wide recognition in the U.S.A. and he is currently listed in Who's Who for his breakthrough research. He is the vice-president of Research and Development of InnerLight International, where he has developed colloidal and holistic nutrition formulas now being distributed around the world.

ONE SICKNESS, ONE DISEASE: MYCOTIC INFECTION

One of my discoveries is that there is only one sickness, and that is the *over-acidification* of the blood and tissues caused by an inverted way of eating and living. Our present day civilized food with its abundance of *sugar and animal protein*, especially meat, fish, eggs and dairy products, causes this over-acidification of the blood. This in turn encourages the proliferation of *microorganisms* which have a common origin and go through various evolutionary steps, the first one being *virus*, then *bacteria*, then *fungus* and *yeast*. This is called pleomorphism.

Blood is a living tissue just like your liver and heart. When you take on body fluids or blood of any other person, when you take on a transplant, you are literally taking on the elements of some foreign body.

PLEOMORPHISM

Pleomorphic means "many forms". Pleomorphism is the foundation of microbiology, and it discredits the germ theory which traditional medicine believes in. Microforms such as viruses, bacteria and fungi are all the same organism at various stages of their evolution. The first stage of its evolution which is the primitive stage, is what medical science calls a *virus*. Viruses are apathological. They are actually composed of a microzyme at the core that is protein encapsulated. As the biological environment becomes overly-acidified, the primitive stage evolves to the intermediate stage, and this is bacterial. This culminates in the final stage which includes the *yeasts, fungi and moulds*. These forms proliferate and evolve in a compromised biological environment such as acidified blood and tissues. Try a very simple experiment: what happens when you pull the plug on your refrigerator? What appears first? The bacterial forms, then the yeasts, funguses and moulds, and all of a sudden everything just decays, which is what occurs in these final anatomical phases.

CYCLE OF IMBALANCE

I call these phases the cycle of imbalance. In the cycle of imbalance, we have low energy and fatigue, poor digestion, excess weight, unclear thinking, aches and pains, major disorders, and these are all symptoms of this cycle.

ACID-ALKALINE BALANCE

It is very important to have a chemical balance between these acid and alkaline conditions, both in the blood and in the tissues. The acid and alkaline conditions are opposites, and when they are balanced, they cancel each other out. However, it is easy for the body tissues to become too acidic, and this imbalance sets the stage for disease. In scientific terms, the acid/alkaline relationship is known as pH. The pH of the body has a profound effect on the inner environment and the microscopic organisms. The pH of blood and tissues should be approximately 7.3. The pH of saliva and urine should be 6.8 to 7.0. Acceptable medical lab parameters are 5.5 to 6.5 for the urine, but at 5.5 and 6.5 the urine is too acidic.

PURPOSE OF THE KIDNEYS

is to separate the alkalinity from the acidity. The acidity goes out through the urine. The alkalinity is bound by calcium, potassium and magnesium and taken back into the blood to neutralize acidity in the blood and tissues. When you over-acidify, you are stressing the liver, the kidneys and the bladder, and you run out of your alkaline reserves which are needed to chelate or bind these acids. Then you start getting localized problems.

SUGAR, FERMENTATION AND CHRONIC FATIGUE

These microscopic beasts get their energy from blood sugars which our bodies are supposed to be using, and they grow and multiply by eating our bodies' proteins. Their needs can turn into our cravings. One of the favourite foods of these microforms is *sugar*. They thrive in a declining pH which is acidic, therefore requiring you to eat more pastas, grains, yeast-containing breads, potatoes and

especially high fructose fruits and juices, and more sugar in any particular form. Fruit is good, but not in a compromised biological terrain, so when you eat fruit it becomes a food for fungus and fermentation.

TOXIC WASTE PRODUCTS AND CHRONIC FATIGUE

These microforms then poison us with their waste products. The waste products are acetylaldehyde, uric acid, alloxin, alcohols, lactic acid, etc. *Chronic fatigue* is the fermentation of our glucose in exchange for acids. These acids are known as acetylaldehydes which are then broken down into secondary metabolites as alcohol. The result is fatigue - I call it the drunkenness disease. You have just intoxicated yourself due to excess acidification and you have produced alcohol in your system. If you are suffering from lack of energy, all you have to do is change the biological terrain.

REVERSING THE MICROFORMS

These organisms are indestructible - you cannot destroy them. All you can do is change their form, and cause them to retrograde. Bacilli literally evolve backwards out of that cycle when you change the biological terrain. We can control them by retrograding the yeast, fungi and moulds and their bacteria and neutralize their waste products through supplementation and diet. You do that by giving up the very foods that you crave.

PARASITES

These microforms of mould and fungus mixed with the blood cells can be seen through a microscope and these are found in both healthy and non-healthy individuals. Our bodies are moulding, rotting and basically hosting a parasite party. Actually parasites are the side effects of the more serious problem of over-acidification. Why are you so concerned about parasites when you are being fermented or rotted by fungi and yeasts. I find less than 10% of people are infected with flukes or roundworms or flatworms, but I find 100% of the population infected with these higher development fungal forms in live blood analyses. I have yet to find anyone free of this.

FOODS TO AVOID

Very few of us know that pleomorphic bacteria, yeast and fungus and their toxins are characteristically present in stored and fermented food. The following list of foods are high in pleomorphic bacteria, yeast, fungus and mould, and produce mycotoxins which cause specific diseases and should never be eaten. *Pig meat* including sausage, bacon, salami and ham contain fungus associated with many cancers. *Beef, lamb, chicken and turkey* contain a variety of different fungi. You need to avoid all *mushrooms*. There is no such thing as a good mushroom. Mushrooms disperse spores of fungus throughout the blood and tissues. *Peanuts and cashews* contain over 25 different strains of fungi. *Dairy products* including milk, cheese, yogurt, cottage cheese, ice-cream, and butter contain fungi. *Eggs, barley, corn, stored grains and cereals, and stored potatoes* are fully colonized with fungi. *Alcohol* contains fungus. *Tobacco* contains yeast. *Yeast* in any form such as brewer's yeast or breads should not be eaten. *Sugar* including honey, maple syrup, corn syrup, sucrose promotes the growth of pleomorphic bacteria, yeast, fungus and mould and suppresses the immune system response up to five hours. *Vinegar, caffeine* in any form, and high fructose *fruits* acidify the blood and tissues. When you drink orange juice, the sugars in orange juice are released so quickly into the blood stream that they cannot be oxidized. Therefore they are fermented and the acids that are produced literally anaesthetize the immune system. It shuts it down for three to five hours. Apple juice does the same thing. The problem is excess sugar. Grape juice and grapefruit juice are a little different. Apples, oranges, pears and bananas are more likely to be fermented. The banana get liver spots the same way you get liver spots, through excess fermentation and rotting. If you have spots on your hands, face or arms, if you have moles, these are toxins coming to the surface of the skin. These are acids. This is a manifestation of the one sickness. You have to change the inner terrain, and if you do, these spots will either disappear or change in colour. **Hydrogenated oils like margarine and shortening** and vegetable oils interfere with normal biochemical processes and increase cholesterol, interfere with liver's detoxification system and interfere with essential fatty acid function.

CYCLE OF BALANCE

The cycle of balance is reflected in these signs: energy, vitality, clear and bright eyes, mental clarity, concentration, a lean and trim body. The first step is to reestablish the internal pH which should be slightly alkaline. The diet should be 80% alkaline, 20% acid. It's a 4:1 ratio. If you have a serious disease, your diet should be 100% alkaline, or at least a 5:1 ratio.

FOOD YOU SHOULD EAT: ALKALINIZING FOODS

We need to eat foods which will actually heal the body. We need to go back to the garden and eat live foods like leafy greens, foods which are high in chlorophyll. For breakfast I eat salad, for lunch I eat salad, and for dinner I have salad. What is good for dinner is also good for lunch, and what is

good for lunch is good for breakfast. You have to overalkalize the blood and tissues. You can freely eat *dark green and yellow vegetables, root vegetables, freshly juiced vegetable juices*, foods with high contents of *chlorophyll*, nuts like *almonds or hazelnuts* which are more alkaline. Almonds are high in oxygen especially after they have been soaked for 12 hours. *Sprouted grains and beans* like alfalfa, mung beans, clover and radish, seeds, essential fatty acids from *flax oil, borage oil, and virgin olive oil*, soy products like tofu, grains from *spelt, millet and buckwheat*, herbs, spices, seaweed, lots of *onions and garlic* and *distilled water*. Fruits like avocados, lemons, limes and grapefruits are low sugar, therefore less likely to be fermented.

FATS AND CALCIUM NEUTRALIZE ACIDITY

Obesity is thought to be a fat problem, but it is not. Obesity is the way your body reacts to indulgence of foods that create excess fermentation and acids. *The fat is retained in order to bind the acidity* somewhere away from the organs that sustain life. If we didn't have fats in our diet, we would literally be destroyed by the very acids that we are poisoning ourselves with. When you try to reduce your cholesterol by using drugs, you set yourself up for a heart attack, because you have the acids without the fats and the acids will destroy the cells. Fats bind the acids and neutralize them to prevent them from poisoning the cells. The same thing happens with *calcium-blocker* medications. In the United States, the FDA warns that if you take calcium-blockers, you are at risk for heart attacks. Why? Because if the body does not have sufficient fats to bind the toxins, *it will use calcium to bind the toxins*, and if you are blocking the calcium with medications, there is nothing to bind the toxins and you end up with a heart attack.

ARTHRITIS, STONES AND TUMOURS

We have *stones* because calcium neutralizes excess acidity and stones are formed. *Arthritis* also occurs because calcium is being utilized to neutralize acidity. Sugar is metabolized by microforms, producing the acid, which is then bound by the calcium and we get calcium deposits in our joints. We also get calcium deposits in the brain or in the breast. Calcium deposits always precede the *tumour* because it is the first line of defense in neutralizing over-acidification. *Osteoporosis* is a body response which occurs if there is not enough dietary calcium. It pulls calcium from the bones to neutralize the acidity. If we then take more calcium, as *supplements*, we get more calcium deposits, we get more stones, and we end up with breast cancer or prostate cancer.

CANCER, HORMONES AND ACIDITY

Cancer is not a virus; it is an acid problem produced by a mould. It is an infection due to excess fermentation in the weakest parts of the body. What causes cancer in *cigarettes* is the yeast and sugar they use to accelerate the fermentation process in the tobacco leaves. Cancer is not a localized problem that is metastasizing. Cancer is a systemic problem that has localized. We know through research that the supplementation of *hormones* can be a risk factor for breast cancer. When you supplement hormones, those hormones are subject to fermentation in a body that is out of balance, and when hormones are fermented, they produce an acid which has to be eliminated. These acids are then stored in areas of fatty tissue and what more perfect place to put it than the breast. How can emotion or fear cause rotting processes? Biologically, it's simple. Emotions create acidity through the release of hormones that are then fermented which produces the acid. And we then start craving the foods we should basically avoid.

When someone has cancer, excess proteins are found in the urine because cells are being lysed or destroyed, and those proteins are then being thrown freely into the blood stream and then through the elimination, show up in our urine.

ENZYMES

I do not suggest that you should be taking enzymes. I do not use amylase and protease. I developed an enzymatic formula of a noni complex which is unfermented, with no sugar, with green papaya, garlic and tissue salts.

Source: [Consumer Health Organization Of Canada, May 1997, Volume 20, Issue 5](#)

* * *

Read Dr. Young's book ['Sick And Tired?'](#) for more information about this fascinating fungus.