

# Alkalise to anti-oxidise

'If people ask me what is the one thing they can do to improve their health, my answer is: drink alkalised ionised water'  
*Dr Robert Young, biochemist and author*

JESSICA PHELAN

Naturally, our bodies are alkaline by design and in order to maintain optimum health we need to keep our bodies within a narrow pH level. Due to acidic wastes in food, pollution and other factors impacting on our health, alkalising our bodies works as an antioxidant and is essential for providing healthy tissue, healthy cells and aiding recovery from illnesses such as diabetes, poor digestion and cancer.



If the fish is sick, change the water

**'Quality of body fluids'**  
Roddy MacDonald, founder of Water for Health explains: "Disease is not about the cells or tissues or organs. It is all about the hydration and the quality of body fluids surrounding the cells that make up our tissues and organs."

Once a sufferer of chronic fatigue syndrome, MacDonald sought out alternative health solutions many years ago and became inspired by the principles of well-known biochemist and author Dr Robert Young in his book *The pH Miracle*.

"Essentially our bodies are like biological systems," says MacDonald. The parallels of how our bodies can use alkaline pH levels to disperse waste similar to biological waste facilities.

Adding more alkalising foods such as vegetables or fruits and eating less meat and dairy produce can also support our bodies but not to the full extent of ionised water.

Our bodies are estimated to be made up of 80 per cent water, yet the majority of people tend to drink more caffeine-based products throughout the day, which actually dehydrate the body. Dehydration can be seen in terms of poor digestive health and low energy.

**Ionised water**  
Ionised water contains three characteristics that improve your health. Firstly pH in water alkalises tissue acidity. Secondly, unlike typical bottled or tap water, which have a positive Oxidation-Reduction Potential (ORP) within the range of 100-400mV, meaning they have potential to oxidise, the alkaline water produces a negative ORP in the range of -100 to -300mV which has ability to neutralise free radicals and act as an antioxidant. Thirdly, tap and bottled water have weaker bonded molecular clusters. By ionising the water the molecular clusters are made smaller and therefore better for hydrating the body.

"What's important is that when the body pH is at the optimum level you get optimum oxygen transfer to



**ENERGISE:** Modern diet and lifestyle can build up acidity in the body, causing disease. Drinking alkalised water may help to restore a healthy pH balance

the tissues. This is critically important for people suffering from degenerative diseases," says MacDonald.

Dr Young believes that modern medicines cannot cure most degenerative diseases because "...they're focused on the matter, rather than the environment around the matter."

"If the fish is sick, do you treat the fish or change the water?"

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References:  
For more information on this subject visit [www.water-for-health.co.uk](http://www.water-for-health.co.uk)

*The pH Miracle* by Dr Robert Young can be found at [www.water-for-health.co.uk](http://www.water-for-health.co.uk)  
Reverse Aging by Sang Wang, a US scientist of Korean origin who developed Alkalife products.  
Information on Dr Robert Young can be found at [www.pmiracleliving.com](http://www.pmiracleliving.com)

## ON THE PULSE

DR JOHN BRIFFA



### Blue light combats SAD

I was out with a friend, and he mentioned his mother's depression. Seeing as we're now deep into the autumn here, I asked if there was any seasonal component to this. There is. Like a lot of people, his mother's mood takes a distinct turn for the worse in the winter. I suggested that he might consider a light therapy device to supplement the light his mother won't be getting much of in the autumn or winter.

By coincidence, just yesterday I actually started using my own light-box again.

The device I have is a compact little number that I bought last winter. It gives off blue light. I feel it really helped maintain my mood and energy during the darker months. Unusually for me, I didn't do any research at all before buying it. I bought it on the recommendation of a patient of mine. I had recommended light therapy to her, and she had then gone and done some research of her own. Being a thoughtful soul, she returned to my clinic some time later and presented the results of her research.

**Blue for the blues**  
I remember her making the point that her research had revealed that light in the blue part of the light spectrum appeared to be most effective in dealing with light-related mood issues. I trusted this lady enough not to need to go and double-check this before purchasing the device she recommended.

This morning, though, I thought I'd do a bit of retrospective research regarding light therapy. Is blue light really best for treating seasonal affective disorder (SAD)? I came across a study published earlier this year in the journal *Depression and Anxiety* in which individuals with seasonal affective disorder were treated with blue light (of about 470 nm) or red light daily, for a

period of 3 weeks. [1]  
Sixty per cent of those treated with blue light responded favourably to treatment, compared with only 13 per cent of the red light-treated group.

Depression dropped by half in the blue-light treated group, overall ratings of depression dropped by 51 per cent, compared to a 32 per cent improvement in those treated with red light.

The individuals in the study group were made up of those with SAD, as well as those with SAD in conjunction with symptoms of depression at other times in the year. Perhaps unsurprisingly, those with SAD only responded better than those with more perennial depression.

In another study I found, this one from 2006, blue light outperformed red light in the treatment of SAD. [2]

There does indeed seem to be evidence that light from the blue part of the light spectrum is generally most effective for treating SAD. This might be worth bearing in mind if you're contemplating purchasing a light therapy device or considering replacing an existing one.

References:  
1. Strong RE, et al. *Narrow-band blue-light treatment of seasonal affective disorder in adults and the influence of additional nonseasonal symptoms. Depression and Anxiety* 2009;26(3):273-8  
2. Glickman G, et al. *Light therapy for seasonal affective disorder with blue narrow-band light-emitting diodes (LEDs). Biological Psychiatry* 2006;59(6):502-7

Dr John Briffa is a London-based doctor, author and health writer with a special interest in nutrition and natural medicine. Practical advice about all aspects of health and wellbeing can be found at [www.drbriffa.com](http://www.drbriffa.com).



INHALE: Fill your belly with air



EXHALE: Pull your navel to your spine

## Move of the week: four point tummy vacuum

TYSAN LERNER  
EPOCH TIMES STAFF

Although most people today would love to have flat, nicely toned abdominal muscles, it is a goal rarely attained. We often eat too many foods that make us bloat and shut our abs down. We often perform too many exercises with poor form or not enough exercises at all. In order to truly attain flat, well-toned abs, we must diligently care for our bodies by eating and moving well.

Generally speaking, the most challenging abdominal region to strengthen would be the lower abdominal area. We can practise 1,000 crunches a day and still have poorly developed lower abdominal muscles that may even protrude, like a little paunch.

Plus, if we have disproportionately weakened our lower abdominal muscles in relation to upper abdominal muscles, everything from our posture to the health of our shoulders and neck can get compromised, because overly tight upper abs can lead to rounded shoulders and a forward head lean.

Practise three sets of the "four point tummy vacuum" every other day to strengthen the transverse abdominal muscle (responsible for stabilising our lower back and hips as well as flattening our lower abdominal region).

Some people have what is known as sensory amnesia. This means that one's muscle is so shut down or atrophied that it does not remember how to contract. When we kneel on all fours, our organs hang down onto our belly. This pressure can act like a weight pressing against our abdominal muscles.

Because our transverse abdominis is a deeply internal muscle, pressing it toward our spine against the weight of our viscera will help us more effectively find and feel it.

**Instructions:**  
Begin by kneeling on all fours, with your hips directly over your knees and shoulders directly over your wrists. Find what is commonly known as your neutral spine. You want to align your ears with your shoulders and hips, keeping your face parallel to the floor.

Inhale into your lower abdomen, filling it up like a balloon as it relaxes and puffs out away from your spine.

Exhale from your lower abdomen and pull your navel toward your spine, while maintaining a neutral spinal alignment.

Hold this contraction for as long as you can.

When you need to inhale, fill your belly up with air again, relaxing the contraction.

Repeat this ten times. Rest for one minute and repeat the set two more times.

## Swine flu or novel H1N1 part 2

### Flu facts continued

DR RONALD D WHITMONT

Epidemiologists and public health experts have been watching the gradual domestication of the influenza virus. Over time, it has consistently and incrementally trended towards reduced virulence and aggressiveness.

**Less harmful viruses**  
These continue to be small spikes of intermittent increased mortality when strains suddenly mutate, or genetic drift introduces new viral strains, but overall it continues towards fewer and fewer lethal outbreaks of these viruses.

This downward trend in lethal activity is consistent with the domestication process of most organisms known to man. This process takes place over time as animal, viral, bacterial and fungal species gradually accommodate to mankind and vice versa.

This pattern occasionally reverses itself, triggered by a number of diverse factors, including mankind's use of modern chemical agents (antibiotics, antiviral and antifungal agents), forcing these microorganisms to act more aggressively.

**Drug resistant**  
When drugs are used to combat these organisms, they must exhibit more aggressive and virulent tendencies or perish. Ultimately, after the continued application of these drugs, many organisms emerge with drug resistance and improved survival advantages.

This phenomenon is observable in all bacterial, viral and fungal species. Well-known examples include methicillin-resistant *Staphylococcus aureus* (MRSA) and multidrug resistant tuberculosis (MTB). These examples are by no means

exceptions to the rule – they are the rule.

But left to the processes of natural selection, the virulence and aggressiveness of these organisms inevitably trends downward over time as they accommodate themselves to human infection. This behaviour seems to be true for the H1N1 flu virus as well.

**H1N1 less severe than usual flu**  
So far, H1N1 has been much less severe than regular flu. The calculated mortality rate for H1N1 in 2009 is only 0.5 per cent. [1] In 2006, the death rate for influenza was 0.77 per cent, and in 2005 it was 0.79 per cent. [2]

Of course, the US Centre for Disease Control and the pharmaceutical industries claim credit for this reduction in death rate, but statistical analysis shows that this trend predated the introduction of the vaccine and is not correlated with either vaccine or antiviral medication use.

New Zealand recently reported that their winter experience with H1N1 was particularly mild, with a death rate of 0.5 per cent and a total of only 3,179 cases nationwide. [3]

The US government, backed by the pharmaceutical industry and other health organisations, has launched a vigorous campaign to immunise the country.

**Mandatory vaccinations halted**  
In New York State, Commissioner of Health Richard Daines has issued an order requiring all health care workers to become immunised for the seasonal flu and H1N1 before November 30th 2009, or face termination. This order is unprecedented. However, following protest demonstrations by New York health care workers, the Supreme Court issued a temporary restraining order on October 16th against the state's mandate.

Furthermore it isn't even

justified by scientific evidence of either exceptional viral risk or reliable vaccine safety.

**Vaccine risk**  
Neither the worldwide observation of low risk associated with H1N1 nor the track record of influenza vaccines in the past justifies these actions. The current H1N1 vaccine poses even greater risk to personal health since its testing and safety data have been kept secret. [4]

Also, data analysis from prior influenza outbreaks reveals that immunisation is totally ineffective in children younger than two years and that it has no effect on either hospitalisation or death rates in adults.

In addition, vaccines have a longstanding history of safety problems, which include biological contamination, metal preservatives and adjuvant toxicity. These pharmaceuticals have been associated with numerous reports of neurological and autoimmune side effects.

Safety boards reviewing and recommending these products are staffed by industry-influenced individuals. Vaccine manufacturers are safely protected from product liability while the public is mandated to receive treatment.

References:  
1. Peter Doshi, AM. *American Journal of Public Health*, May 2008, Vol. 98, No. 5: 939-945.  
2. [cidrap.umn.edu/cidrap/content/influenza/general/news/jun1208deaths-br.html](http://cidrap.umn.edu/cidrap/content/influenza/general/news/jun1208deaths-br.html)  
3. Baker MC, Wilson N, et al. *Pandemic influenza A(H1N1) in New Zealand: the experience from April to August 2009. Euro Surveill*. 2009; 14(34): pii=19319. Available online: [eur-surveillance.org/ViewArticle.aspx?ArticleId=19319](http://eur-surveillance.org/ViewArticle.aspx?ArticleId=19319)  
4. [autismactioncoalition.org](http://autismactioncoalition.org)

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## Grace's natural health



### The hidden 'miracle' antioxidants

How do you stay younger longer without going under the knife? Antioxidants have graced the pages of magazines, medical journals and every product from hand cream to supplement pills. But what are antioxidants and what can they do to keep you looking your best?

Antioxidants are substances that fight the ageing process in our bodies; they are not produced by the body, so to get the full benefit of these power-packed substances you must ingest them. A variety of foods contain antioxidants.

Through a process called cellular metabolism, the body produces energy, more cells and repairs any damage. By-products of cellular metabolism are unstable molecules called free radicals.

**Free radicals**  
Free radicals are molecules that damage the body. They are unstable because they are missing an electron. To try to become stable, free radicals will "steal" electrons from cells, which can damage them in various ways.

This damage is both visible and invisible to our bodies. The development of diseases like cancer, diabetes, arthritis and neurological deficiencies may begin to affect you as you age. Also, thinner skin, wrinkles and brittle bones are a problem. Free radicals enter our body from outside sources as well: cigarette smoke, radiation and the sun's UV rays. The more free radicals we encounter, the greater the damage that may occur.

**Antioxidants in food**  
Antioxidants have been shown

to be of great help to the free radical problem. Antioxidant substances combine with free radicals and neutralise them. Once neutralised, they can no longer do any damage. Scientists don't have any idea of a recommended daily dose of antioxidants to correct free radical damage and the diseases that come with age, but they do know that eating foods rich in antioxidants makes a huge difference in how well we live. Fruits and vegetables contain the principle sources of antioxidants. Other examples of antioxidants include Vitamin C, A and E, lutein, lycopen and beta-carotene. Certain minerals like zinc and selenium are not antioxidants but they boost the immune system to fight against free radical damage.

Antioxidants are also found in nuts, beans, fish, seafood and red meat. So, eating a varied diet of these plus fruits and vegetables will increase the amount of antioxidants in your system and help reduce the incidence of disease. Eating fruits and vegetables in their natural form instead of juices brings the benefit of other nutrients found in the foods.

A powerful natural and organic food supplement that enhances the nutrients supporting anti-ageing is grape seed extract, which is processed from French wine grapes. It contains a very strong antioxidant (Resveratrol), rich in grape flavonoids, which helps to lower the risk of macular degeneration of the eye. It protects body cells against oxidative damage, causing premature ageing, and prevents cancer formation by protecting the cells against free radical attack.

For more details about anti-ageing supplements visit: [www.ancienttea4cures.com](http://www.ancienttea4cures.com) or email [linhart@live.co.uk](mailto:linhart@live.co.uk).