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**to Polymers, Second Edition** **The Worlds of Robert F. Young**  
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Calling, Mr. Keats Lights Out Environmental Enrichment for  
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Does a competent person suffering from a terminal illness or enduring an otherwise burdensome existence, who considers his life no longer of value but is incapable of ending it, have a right to be helped to die? Should someone for whom further medical treatment would be futile be allowed to die regardless of expressing a preference to be given all possible treatment? These are some of the questions that are asked and answered in this wide-ranging

discussion of both the morality of medically assisted death and the justifiability of making certain instances legal. A case is offered in support of the moral and legal permissibility of specified instances of medically assisted death, along with responses to the main objections that have been levelled against it. The philosophical argument is bolstered by empirical evidence from The Netherlands and Oregon where voluntary euthanasia and physician-assisted suicide are already legal. The author examines ideas of the nature and localization of the functions of the brain in the light of the philosophical constraints at work in the sciences of mind and brain in the 19th century. Particular attention is paid to phrenology, sensory-motor physiology and associationist psychology. In this collection of closely interrelated essays, Robert Young emphasizes the scope of the nineteenth-century debate on 'man's place in nature' at the same time as he engages with the approaches of scholars who write about it. He is critical of the separation of the writing of history from writing about history, historiography, and of the separation of history from politics and ideology, then or now. Dr Young challenges fellow historians for reimposing the very disciplinary boundaries that the nineteenth-century debate showed were in the service of ideological forces in that culture. Rather, he proposes that the full weight of the contending forces should be made apparent and debated openly so that neither nineteenth-century nor contemporary issues about the role of science in culture should be treated in a narrow perspective. Inside this tenth anniversary edition, readers will find a discussion of the new dangers of working and traveling overseas on business, as well as hard-earned tips on safety, training, equipment, and services--everything needed to circumvent a whole array of hostile elements. A brilliant debut novel about a loser who assumes the identity of a dead Navy chaplain and transforms himself on a tour of duty to Southeast Asia. A story straight out of the author's colorful history, which includes a stint aboard an Asian-bound tanker. Diabetes has become an

epidemic in the United States with an estimated 17 million people diagnosed with the disease and millions more at risk. With attention focused on blood sugar and insulin levels, however, the underlying cause of all the devastation - excess acidity of the body - has been overlooked. A nationally known microbiologist and nutritionist changes all that with this diet and lifestyle plan designed specifically for people with type 1 or Type 2 diabetes. Let's start with simple math. How many excess pounds do you need to shed to achieve your ideal, healthy weight-10, 30, 100? Whatever your answer, multiply it by two. You now have the Maximum number of days it will take you to reach your goal, if you follow... Despite what you may believe, weight loss is not about fat grams, cholesterol, carbs, or calories. It's all about acid. According to Dr. Robert Young, renowned microbiologist and nutritionist, reaching your ideal weight is simply a matter of maintaining the delicate pH balance of the blood. In this latest entry in the successful pH Miracle series, Dr. Young and his wife, chef Shelley Redford Young, offer a simple 7-step lifestyle program to balance your body chemistry, change your shape, and slim down to your ideal body weight-naturally and permanently. Best of all, you'll be able to eliminate unnecessary fat cells forever. From the science behind the plan to the dietary do's and don'ts (along with recipes), a detailed exercise plan, and dozens of dramatic real-life before-and-after photos, this program lays the groundwork for long-term success. Discover: \* How drinking the right water can help you lose weight \* Why you should ignore the fat phobes and keep plenty of healthy oils in your diet \* Which common foods make your body more alkaline-and which ones make it more acidic \* How exercise can actually make you fat-unless you do it the right way \* The benefits of having your blood analyzed at the microscopic level \* How you can build lean muscle and maintain healthy bones without loading up on proteins and dairy ... and much more! The ultimate guide to surviving disasters, kidnappings, animal attacks, and other nasty perils of modern travel.

Who Are the Good Guys, and Who Are the Bad? After Robert "Bobby" Young gets promoted to his dream detective job on Nashville's Drug Task Force, he devotes his life to a complex wiretap case that leads to a historic cocaine haul. But chasing the "good line" and making record seizures doesn't come without a price. When a rumor of leaked information threatens not only the case but his career and the very existence of the Drug Task Force, Robert encounters the reality of shifty alliances between powerful politicians. There are consequences for not playing their game, and Robert has to choose . . . which side is he on? Based on shocking true events, *The Good Line* is true crime turned on its head, with the reader left wondering, Who are the good guys and who are the bad? *The Good Line* appeals to true crime enthusiasts who are ready for a different theme. Cocaine, cash, and corruption are complementary, but the truth is the real price to pay--and the price is steep. Unveiling the ways powerful politicians and greed can push even the most well-established team to their limits, this book leaves you questioning good versus bad. The task force cannot just work against the "bad guys"; they have to watch their backs--even from within. If you are ready to move past the standard true crime murder, then buckle up, take off the blinders, and see how top officials devise a plan to dismantle the elite unit--leaving the public at risk. ROBERT "BOBBY" YOUNG grew up near Nashville, Tennessee, and followed in his father's footsteps by choosing law enforcement as a career. For over a decade, Robert rose through the ranks of narcotics law enforcement, ultimately landing a rare spot with the Drug Task Force. Entrepreneurship came calling, so Robert took an early retirement and founded Covert Results, a private investigations and security firm in Tennessee. A substantial retrospective on one of the world's most remarkable and critically acclaimed art photographers. Separated into four parts, *Ballenesque* takes readers on a visual, chronological journey through Roger Ballen's entire oeuvre, including both iconic images and previously

unpublished photographs. Part I explores his formative artistic influences and his later rediscovery of boyhood through photography, culminating in his first published monograph, *Boyhood*, in 1979. Part II then charts the period between 1980 and 2000, during which time his deeper search for the elemental self found its way into the 'Dorps', or small towns, of South Africa and concluding with the release of his seminal monograph *Outland*. Part III covers the years 2000-2013, when Ballen achieved global recognition with *Shadow Chamber* and *Boarding House* and his work began to veer away from portraiture altogether. Finally, in Part IV, Ballen reflects upon his career in its entirety. With over 300 photographs and an introduction by eminent academic Robert J. C. Young, this book provides both an entirely new way of seeing Ballen's work for those who already follow his career and a comprehensive introduction for those encountering his photographs for the first time. What enhances and constricts mental space - space for reflection, for feeling, for relating to others, for being open to experience? The author addresses this question in the light of two sets of issues: first, how we locate psychoanalysis in the history of thought about nature and human nature, with particular reference to Cartesian mind-body dualism; second, which psychoanalytic approaches are most useful and resonant with our experience, as contrasted with scientific versions of psychology. He then turns to key concepts which bear on these issues; culture and cultural studies, transference and counter-transference in the analytic space psychotic anxieties and other primitive processes, projective identification and transitional phenomena.

Introduction to Polymers, Second Edition discusses the synthesis, characterization, structure, and mechanical properties of polymers in a single text, giving approximately equal emphasis to each of these major topics. It has thus been possible to show the interrelationship of the different aspects of the subject in a coherent framework. The book has been written to be self-contained, with most equations fully derived and

critically discussed. It is supported by a large number of diagrams and micrographs and is fully referenced for more advanced reading. Problems have been supplied at the end of each chapter so that students can test their understanding and practice the manipulation of data. The language of contemporary cultural theory shows remarkable similarities with the patterns of thought which characterised Victorian racial theory. Far from being marked by a separation from the racialised thinking of the past, *Colonial Desire* shows we are operating in complicity with historical ways of viewing 'the other', both sexually and racially. *Colonial Desire* is a controversial and bracing study of the history of Englishness and 'culture'. Robert Young argues that the theories advanced today about post-colonialism and ethnicity are disturbingly close to the colonial discourse of the nineteenth century. 'Englishness', Young argues, has been less fixed and stable than uncertain, fissured with difference and a desire for otherness. This seminal work—now available in a 15th anniversary edition with a new preface—is a thorough introduction to the historical and theoretical origins of postcolonial theory. Provides a clearly written and wide-ranging account of postcolonialism, empire, imperialism, and colonialism, written by one of the leading scholars on the topic Details the history of anti-colonial movements and their leaders around the world, from Europe and Latin America to Africa and Asia Analyzes the ways in which freedom struggles contributed to postcolonial discourse by producing fundamental ideas about the relationship between non-western and western societies and cultures Offers an engaging yet accessible style that will appeal to scholars as well as introductory students

**Friends of a wolf? Who would dare?** Plenty of people would, and for good reasons: wolves are fascinating animals and they are important to our environment. For years, they were hunted to near extinction. Today, with the help of friends, their numbers are growing. Using engaging text and captivating photographs, *Friends of the Wolf* introduces young readers to the



wonderful world of wolves. Readers discover wolves' amazing physical characteristics, their long history of being one of the most maligned animals on the planet, and their road to recovery. A real-life sanctuary is spotlighted, and its everyday workings to preserve and protect wolves. Children are passionate about animals, especially wolves. But how can they put that passion to use? This book provides an informational foundation as well as practical suggestions to help readers become Friends of the Wolf. Written by Robert Young, a long-time author and educator, this book aligns with Common Core State Standards. Robert Young began his prolific filmmaking career while a student at Harvard University, where he majored in English literature, founded the Harvard Film Society, and, with the help of several colleagues, put together his first film (about a Boston factory worker). His reputation as a documentary filmmaker earned him a prestigious position with NBC, and he has since worked within and without the Hollywood production system for five decades. At age 80, Robert M. Young continues to be actively involved in a variety of projects as a commercially successful filmmaker and an independent artist. In this compilation of 15 essays, scholars of both English literature and film analyze the aesthetic and thematic elements of Young's many works. Among the films examined are *Nothing But a Man*, *Triumph of the Spirit*, *Cortile Cascino*, *ALAMBRISTA!*, *Short Eyes*, *Ballad of Gregorio Cortez*, *Extremities*, *Dominick and Eugene*, *Talent for the Game*, *Roosters*, *Caught*, and *Human Error*. The book includes an extensive interview with Young that provides a retrospect of Young's life as a director, cinematographer, writer and producer. A filmography of Young's work and a chronology of his life are also provided. At last, a breakthrough program that's been proven to HEAL CANCER Safely and Naturally Read this book to discover simple steps to eliminate the SOURCE of cancer and reverse its symptoms...Robert O. Young, Ph.D., has helped thousands of people all over the world heal their cancers. This easy-to-read treatment

guide could save your life. It illustrates a simple and natural way to control, manage, and actually reverse and heal cancer from your life and those you love. This breakthrough methodology, developed by world renowned scientist Robert O. Young, has been a long time coming, and has already been used successfully for thousands of cancer patients. The Cancer Solution reveals a scientific, clinically proven natural therapy for healing cancer and creating optimal health. It is also the secret that both the American pharmaceutical industry and the medical establishment don't want you to know. That's because this powerful and effective program for virtually all forms of cancer threatens the livelihood and the trillion-dollar earnings of the pharmaceutical and health care industries-not to mention the medical centers and physicians that make a great living from providing expensive drugs, complex medical procedures and long hospital stays. The fact that the medical establishment has failed to halt and reverse the global epidemic of this dreadful condition (where little has been available to alter the abysmal mortality rate, with fewer than one in ten individuals surviving five years or more) is clear evidence that something is fundamentally wrong with the current "official" approach to the cancer's problem. The information you will discover in this book represents the biggest threat to the revenues of the pharmaceutical and medical industries-a bigger threat than all the alternative healing therapies, nutritional supplements and natural products COMBINED. Indeed, nearly everything the system is telling you about cancer is outdated and potentially dangerous. But please understand, it's not that physicians are uncaring, the system is trying to treat diseases of lifestyle with drugs and exceptionalism (that is, many chemotherapy drugs are exempt from placebo control in clinical trials) which just doesn't make any sense. The current cancer epidemic is a direct result of the poisoning of the planet and our frenetic, sedentary, junk food, nutrient poor, fast-food lifestyle. And we don't really have a Health Care system, we have a Sick Care system - a Disease

Management system. In contrast, the health information contained in The Cancer Solution is all about giving you back the power to heal yourself. So if you or someone you love has this chronic condition then this book is 100% for you! Let this book be the start of a healing path to a long and healthy life with the wonderful knowledge it contains! Anyone can use this revolutionary treatment at home. Order this breakthrough book today. Scroll up, click the "Buy" button now, and start your path to healing cancer with nutrition and common sense. Never count calories, fat grams, or food portions again! Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease. Say hello to renewed vigor, mental clarity, better overall health, and a lean, trim body. The key? Your health depends on the pH balance of its blood, striking the optimum 80/20 balance between an alkaline and acidic environment provided by eating certain foods. Now an innovative, proven effective diet program can work with your body chemistry and help revitalize and maintain your health. Rediscover the secrets of: \* Breakfast, the low-carb, high-fiber meal that will be the biggest change you'll make; \* The cleanse--a liquid detox to reduce your body's impurities and normalize digestion and metabolism; \* Ridding your body of harmful bacteria, yeast, and molds; \* Alkaline foods--tomatoes, avocados, and green vegetables--and how to mix them with mildly acidic foods like fish, grains, and certain fruits to create tempting and delicious meals; \* Supplements--how to select, shop, and calculate the right dosage for you; \* Water, the all-important drink--how to make sure yours is safe, pure, and plentiful. Learn how to balance your life and diet with the incredible health benefits of this revolutionary program... The pH Miracle. Hubbard had seen queeggy birds before, but this was the first time he had ever seen a lame one. Robert F. Young was a Hugo nominated author known for his lyrical and sentimental prose. His work appeared in Amazing Stories, Fantastic Stories, Startling Stories, Playboy, The Saturday Evening Post, Collier's, Galaxy Magazine, and Analog

Science Fact & Fiction. The 67 chapters of this book describe and analyse the development of Western science from 1500 to the present day. Divided into two major sections - 'The Study of the History of Science' and 'Selected Writings in the History of Science' - the volume describes the methods and problems of research in the field and then applies these techniques to a wide range of fields. Areas covered include: \* the Copernican Revolution \* Genetics \* Science and Imperialism \* the History of Anthropology \* Science and Religion \* Magic and Science. The companion is an indispensable resource for students and professionals in History, Philosophy, Sociology and the Sciences as well as the History of Science. It will also appeal to the general reader interested in an introduction to the subject. The concept of personal autonomy is central to discussions about democratic rights, personal freedom and individualism in the marketplace. This book, first published in 1986, discusses the concept of personal autonomy in all its facets. It charts historically the discussion of the concept by political thinkers and relates the concept of the autonomy of the individual to the related discussion in political thought about the autonomy of states. It argues that defining personal autonomy as freedom to act without external constraints is too narrow and emphasises instead that personal autonomy implies individual self-determination in accordance with a chosen plan of life. It discusses the nature of personal autonomy and explores the circumstances in which it ought to be restricted. In particular, it argues the need to restrict the economic autonomy of the individual in order to promote the value of community. This innovative and lively book is quite unlike any other introduction to postcolonialism. Robert Young examines the political, social, and cultural after-effects of decolonization by presenting situations, experiences, and testimony rather than going through the theory at an abstract level. He situates the debate in a wide cultural context, discussing its importance as an historical condition, with examples such as the status of aboriginal people, of

those dispossessed from their land, Algerian raï music, postcolonial feminism, and global social and ecological movements. Above all, Young argues, postcolonialism offers a political philosophy of activism that contests the current situation of global inequality, and so in a new way continues the anti-colonial struggles of the past.

**ABOUT THE SERIES:** The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable. Young's *Literal Translation of the Bible* is, as the name implies, a strictly literal translation of the Hebrew and Greek texts (from the *Textus Receptus* and *Majority Text*). Compiled by Robert Young in 1862, he went on to produce a revised version in 1887 based on the *Westcott-Hort* text which had been completed in 1885. Young died on October 14, 1888, and the publisher released a *New Revised Edition* in 1898. Young used the present tense in many places where other translations used the past tense- particularly in narratives. The *Preface to the Second Edition* states: "If a translation gives a present tense when the original gives a past, or a past when it has a present; a perfect for a future, or a future for a perfect; an a for a the, or a the for an a; an imperative for a subjunctive, or a subjunctive for an imperative; a verb for a noun, or a noun for a verb, it is clear that verbal inspiration is as much overlooked as if it had no existence. **THE WORD OF GOD IS MADE VOID BY THE TRADITIONS OF MEN.** [Emphasis in original.]" For example, the YLT version of *Genesis* begins as follows: 1. In the beginning of God's preparing the heavens and the earth--- 2. The earth hath existed waste and void, and darkness on the face of the deep, and the Spirit of God fluttering on the face of the waters, 3. And God saith, 'Let light be;' and light is. 4. And God seeth the light that it is good, and God seperateth between the light and the darkness, 5. And God alled to the light 'Day,' and to the

darkness He hath called 'Night;' and there is an evening, and there is a morning---day one. Young's Literal Translation in the 1898 Edition also consistently renders the Hebrew Tetragrammaton (the four Hebrew letters usually transliterated YHWH or JHVH that form a biblical proper name of God) throughout the Old Covenant/Testament as "Jehovah", instead of the traditional practice of "LORD" in small capitals, which was used in editions prior to 1898. Young's usage of English present tense rather than past tense has been supported by scholars ranging from the medieval Jewish rabbi Rashi (who advised, "If you are going to interpret [this passage] in its plain sense, interpret it thus: At the beginning of the creation of heaven and earth, when the earth was (or the earth being) unformed and void . . . God said, 'Let there be light.'") to Richard Elliott Friedman in his translation of the Five Books in "The Bible with Sources Revealed" (2002). There is a linked Table of Contents for each book and chapter. In their revolutionary approach to healing the sick and tired body and soul, the authors bring together and interpret the work of prominent researchers and offer an elegantly simple, practical program for the restoration of health.

Robert Young Pelton first became aware of the phenomenon of hired guns in the War on Terror when he met a covert team of contractors on the Afghanistan/Pakistan border in the fall of 2003. Pelton soon embarked on a globe-spanning odyssey to penetrate and understand this shadowy world, ultimately delivering stunning insights into the way private soldiers are used. Enter a blood-soaked world of South African mercenaries and tribal fighters backed by ruthless financiers. Drop into Baghdad's Green Zone, strap on body armor, and take a daily high-speed ride with a doomed crew of security contractors who dodge car bombs and snipers just to get their charges to the airport. Share a drink in a chic hotel bar with wealthy owners of private armies who debate the best way to stay alive in war zones. Licensed to Kill spans four continents and three years, taking us inside the CIA's dirty wars; the brutal contractor

murders in Fallujah and the Alamo-like sieges in Najaf and Al Kut; the Deep South contractor training camps where ex-Special Operations soldiers and even small town cops learn the ropes; the contractor conventions where macho attendees swap bullet-punctuated tales and discuss upcoming gigs; and the grim Central African prison where contractors turned failed mercenaries pay a steep price. The United States has encouraged the use of the private sector in all facets of the War on Terror, placing contractors outside the bounds of functional legal constraints. With the shocking clarity that can come only from firsthand observation, *Licensed to Kill* painstakingly deconstructs the most controversial events and introduces the pivotal players. Most disturbingly, it shows that there are indeed thousands of contractors—with hundreds more being produced every month—who've been given a license to kill, their services available to the highest bidder. Every man's mind is a universe with countless places in which he can hide—even from himself!

Robert F. Young was a Hugo nominated author known for his lyrical and sentimental prose. His work appeared in *Amazing Stories*, *Fantastic Stories*, *Startling Stories*, *Playboy*, *The Saturday Evening Post*, *Collier's*, *Galaxy Magazine*, and *Analog Science Fact & Fiction*.

Environmental enrichment is a simple and effective means of improving animal welfare in any species – companion, farm, laboratory and zoo. For many years, it has been a popular area of research, and has attracted the attention and concerns of animalkeepers and carers, animal industry professionals, academics, students and pet owners all over the world. This book is the first to integrate scientific knowledge and principles to show how environmental enrichment can be used on different types of animal. Filling a major gap, it considers the history of animal keeping, legal issues and ethics, right through to a detailed exploration of whether environmental enrichment actually works, the methods involved, and how to design and manage programmes. The first book in a major new animal welfare series Draws together a large amount of

research on different animals Provides detailed examples and case studies An invaluable reference tool for all those who work with or study animals in captivity This book is part of the UFAW/Wiley-Blackwell Animal Welfare Book Series. This major series of books produced in collaboration between UFAW (The Universities Federation for Animal Welfare), and Wiley-Blackwell provides an authoritative source of information on worldwide developments, current thinking and best practice in the field of animal welfare science and technology. For details of all of the titles in the series see <http://www.wiley.com/go/ufaw> When it comes to obesity, diabetes, heart disease, cancer, and depression, everything you believe is a lie. With research gleaned from the National Institutes of Health, T.S. Wiley and Bent Formby deliver staggering findings: Americans really are sick from being tired. Diabetes, heart disease, cancer, and depression are rising in our population. We're literally dying for a good night's sleep. Our lifestyle wasn't always this way. It began with the invention of the lightbulb. When we don't get enough sleep in sync with seasonal light exposure, we fundamentally alter a balance of nature that has been programmed into our physiology since day one. This delicate biological rhythm rules the hormones and neurotransmitters that determine appetite, fertility, and mental and physical health. When we rely on artificial light to extend our day until 11 p.m., midnight, and beyond, we fool our bodies into living in a perpetual state of summer. Anticipating the scarce food supply and forced inactivity of winter, our bodies begin storing fat and slowing metabolism to sustain us through the months of hibernation and hunger that never arrive. Our own survival instinct, honed over millennia, is now killing us. Wiley and Formby also reveal: -That studies from our own government research prove the role of sleeplessness in diabetes, heart disease, cancer, infertility, mental illness, and premature aging -Why the carbohydrate-rich diets recommended by many health professionals



are not only ridiculously ineffective but deadly -Why the lifesaving information that can turn things around is one of the best-kept secrets of our day. Lights Out is one wake-up call none of us can afford to miss. This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's literature in affordable, high quality, modern editions that are true to the original work. Celebrates the mystique and romance of the iconic and extravagant neighborhood of the Hamptons, exploring the architecture and gardens of the area's opulent mansions. In this carefully crafted work, Jeffrey Young illuminates southern slaveholders' strange and tragic path toward a defiantly sectional mentality. Drawing on a wealth of archival evidence and integrating political, religious, economic, and literary sources, he chronicles the growth of a slaveowning culture that cast the southern planter in the role of benevolent Christian steward--even as slaveholders were brutally exploiting their slaves for maximum fiscal gain. Domesticating Slavery offers a surprising answer to the long-standing question about slaveholders' relationship with the proliferating capitalistic markets of early-nineteenth-century America. Whereas previous scholars have depicted southern planters either as efficient businessmen who embraced market economics or as paternalists whose ideals placed them at odds with the industrializing capitalist society in the North, Young instead demonstrates how capitalism and paternalism acted together in unexpected ways to shape slaveholders' identity as a ruling elite. Beginning with slaveowners' responses to British imperialism in the colonial period and ending with the sectional crises of the 1830s, he traces the rise of a self-consciously southern master class in the Deep South and the attendant growth of political tensions that would eventually shatter the union. Discusses chewing gum, its forms and

flavors, its history and technology, and its various uses. There is one disease and one cure. That's it. The rest is a scam. We are ruled by psychopaths and run by idiots. The disease is acidosis and the cure is getting alkaline. That's it. So this should be for you to cure what ails you and get your weight to it's ideal by respecting the delicate pH balance of the body. An Alkaline individual is one with a pH of 7.4 or higher. Most get there by switching to plant-based but limit sugary fruits. A smart Vegan is someone who is plant-based but does overdo the sweet fruits like apples, oranges, and bananas. The real way to stay healthy is to keep the delicate pH balance of their "fish tank" aka body at 7.4 and above. This is done by eating 80% alkaline, mainly dark cruciferous veggies and good fats... and 20% acidic like meat is acceptable if one just doesn't want to quit it altogether. I myself may still have a grass-fed steak on treat day. Just not 3x a day like I used to. It's more like 3 x a month. And my digestion has never been better. Let alone my health in general. You can tell by my picture on my book for a 51-year-old man I'm not doing too bad. It was a myth we needed meat to be strong. We need chlorophyll because that has the sunlight from the plants. God's vibration baby! I spent the last year with Dr. Young interviewing him and getting his complicated science into laymen's terms for the average reader to be able to get why they are fat. It's saving their lives. Their current diet is so acidic the acid has to go somewhere. To your fat cells. Better than death. But now just stop the acid. And watch the fat go away as the acid does. You are not fat you are acidic. NY Times recently recognized the Interstitium as the answer to cancer and rightly so. And all disease. It holds your interstitial fluids which take the acid out of your blood so you don't die. But where does it go? Poop, pee, sweat, and breathing are your elimination areas. And then don't put any more acid in you. This book explains what I learned from my new mentor Dr. Robert O Young author of Sick And Tired and the pH Miracle series of books. It was my extended education after my original pH teacher Dr.

Bernardo Majalca who was the star of my first book and movie [icurecancer.com](http://icurecancer.com). I've been helping folks for decades cure cancer with alkalinity only to find out we could have been curing everything else too including losing weight! There is some misinformation out there. Saying nothing affects your blood pH? Wrong! Your food does affect your acidity. And if your Interstitium is full of the acid it has pulled out of your blood (via the lymphatic system and put it in the Interstitial fluid) so your blood pH doesn't change? Those interstitial fluids now need to get urinated, excreted, sweated, and aspirated out. If they don't you get acidosis which then turns to fat or worse a degenerative disease, usually cancer. So by eating alkaline food and drinking alkaline water you feed neg electrons to your cells which makes you alkaline. Not Acidic. Dr. Young's science just proved why Dr. Bernardo's work of 40 years curing folks of cancer with his pH diet, worked. The pH Miracle is true! Which is all from the "Cancer Cure" forefather Otto Warburg's work.

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