

CNN Fountain of Youth Segment about Alkaline Ionized Water, with Robert O. Young

Video Transcript

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... you've heard of alkaline batteries? What about alkaline water?

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Could that be the secret behind this life-changing slimming for this one woman? Look at that!

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A doctor with a very different take on nutrition

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... that seems to be working

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Ahead on c_n_n_ last sunday

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fountain of youth segment today balancing your body chemistry to lose

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weight... A top research scientist says most of us take better care of our swimming

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pools then our bodies, and in his book, The PH Miracle for Weight Loss, he has a

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different take on nutrition.

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Author and doctor Robert Young is joining me now from New York. We've

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got lots of before and after pictures to show the folks out there but Doctor

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Young first explain this whole pH-balancing thing and what it has to do

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with losing weight.

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Well the PH Miracle and the balancing your foods of the body is of

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utmost important because

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...there's some confusion here it's not that were overweight it's that were

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over-acid

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because our bodies constantly need energy and there's a waste product

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energy production which are acids, if our body doesn't eliminate acids through

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urination, defeation, perspiration or respiration

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that acid gives parked on our hips, out thighs, our buttocks, our waistline, our

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breast, or in our brain and this is what makes this fat so

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obecity or overweight is not a fat problem

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it's an over acid problem. Okay so balancing the the internal ph of your

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body how do you do that? It has to do a diet and what we eat?

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Well you deal with what you eat, what you drink, even your

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thoughts can make you over acidic

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and so it's really important to focus on more alkaline more alkalizing foods, like

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spinach and parsley ... I have to explain the side panel on the screen, we're listing a

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bunch of acidic foods... these food you're saying that we should avoid? Beef,

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chicken, dairy products? These are

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really the foundation of most people's diets.

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Well the foundation of most people's diet, the standard American diet, is over-acid

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and when we're over-acid this is what makes us sick,

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tired and overweight

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So animal proteins and dairy products even the wrong kind of water, acidic water,

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or if drinking carbonated water... these are acids the build-up in the system if not

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eliminated, they build up in our fatty tissues, in our connective tissues, and it's

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acid that makes us fat. So you're saying that we should be more green; we should

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eat more greens like your listing leafy greens and cucumbers olive oil?

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Exactly we need to move more to an alkalizing diet:

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more green foods and drinks and also good healthy fats...good healthy fats like

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from fish, sea bass, trout, salmon, even mackere,l or tuna as well as seed oils,

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like flax seed, or olive oil... these fats can actually neutralize

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acidity and help us to become more healthy and more en tific and help us

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to maintain our ideal healthy weight. Alright so what do you do for breakfast? I mean you can't have cheese, can't have eggs, can't have dairy?

3:01

Well this is where my wife comes in. She has

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created some incredible recipes: Shelly, the co-author of the PH Miracle for

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Weight Loss, has provided over a hundred recipes in the ph miracle book on how

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to alkalize. One of the most important meals that needs to change is breakfast.

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I know this may sound strange but eating a salad or having a vegetable soup for

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breakfast or even some steamed veggies, broccoli, or some spinach...we have... in the

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morning we make a green shake

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agreeing ahha, a green shake? A green shake, with cucumbers and avocados rather than going

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to protein okay we go to alkalizing food. Tell the kids... it may not go

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over...

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Kix cereal looks pretty good sometimes at 8 o'clock in the morning... let's

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some of the results. Ok i mean ... taking a look at some of these pictures

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it's hard to believe that these people lost so much weight by simply making

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those ...well they're pretty basic choices there.

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When you move to a more alkaline diet,

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you can lose up to a pound a day.

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And ... It's not about calories. It's not about protein. It's not

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about fat. It's not about carbohydrate.

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It's whether or not the food is alkalizing to the fluids of the body or

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acidifying to the fluids of the body, because our body is only as healthy
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as the water it's bathed in. The ph of our fluids is balanced at seven point
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three six five.
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And you also say that exercise can make you fat so you're saying don't exercise?
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No it's not that exercise is bad, it's when we over exercise we produce lactic
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acid
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and that lactic acid is thrown out into the fatty tissues which
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can cause the body to go into preservation mode which can then also
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make us
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sick tired and also fat
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All right... you know what, if I don't have to count calories
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and i don't have to exercise ...[laugh]
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No... you have to exercise exercise how important the most
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important part of exercise of sweating
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is you eliminate acids through perspiration. When you over exercise, that's not good for
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you. Okay doctor Young, I couldn't get away with it, could I?
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Thanks very much Dr. Robert Young, author of the PH Miracle for Weight Loss
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Okay, eat healthy... don't forget to exercise.