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00:09 Speaker 1: Your body is an incredible machine. It strives for balance and it works day and night to keep you strong and healthy. It craves and needs foods that help it achieve just that. Thus the connection between your body and the foods that you eat, it's an incredibly powerful yet simple. Eat clean nutritious foods and look and feel great. Eat the opposite, and deal with the consequences later on. So what are these foods that your body craves and needs you wonder? To answer this question, let's look at the basics. As humans we are very closely related to our cousins, the primates. We're talking about gorillas, chimps, monkeys and other types of primates. In fact, we are genetically less than 1% removed from them.

01:00 S1: We have flexible hands, opposable thumbs, smaller, flatter teeth and a long digestive system. Your body, just like the primates, is better designed to break down vegetables and fruits for easy digestion and assimilation of a lot of nutrients, even the enzymes designed to digest protein, we're actually better when digesting vegetable proteins as opposed to animal flesh or animal protein. Animals designed to be carnivores like big cat in the wild and your dog at home, have claws, fangs and beaks to help them tear flesh. Because it isn't natural for us to eat flesh, we must soften it by cooking it, and use utensils like chart knives and forks.

01:47 S1: Carnivores also have much shorter digestive tracts, stronger acids in their stomach and that help them digest large amounts of meat and especially enzymes in the stomach that help them assimilate in the stomach and in the livers and then use those nutrients found in the flesh. Now, mother nature in all of her wisdom, created lots of different types of food. We have leafy greens, we have vegetables, we have roots, we have flowers, we have seeds, all of which your body can actually use to obtain all the nutrients you need. Things like protein, vitamins, minerals, etcetera. Then grow your muscles, keep your bones strong and your body beautiful and flexible for many, many years to come.

02:37 S1: So the best foods for you are those that honor your biology and the way nature intended. By eating the way your body is designed to eat, you will achieve a healthy weight, a body that is beautiful and happier and stronger for many, many decades. It's totally a win-win. Eating too much animal flesh has an acidic effect in the body. Over acidity inside your body can lead to a plethora of health issues, from premature aging, to bone loss, to inflammation. And we talked about inflammation in the previous video. Many experts today believe that inflammation is the root cause of many of the conditions that are plaguing us today in the Western world. Anything from arthritis, heart disease, diabetes, even some cancers and autoimmune disorders can all trace their root back to an inflammatory response.

03:36 S1: Many decades ago, our grandparents and great grandparents and great, great grandparents, ate a diet that was primarily fruits and grains and some vegetables with animal flesh being consumed in much smaller amounts. Today we consume animal flesh like it's going out of style, in large amounts many times a day. Dr. T. Colin Campbell, the author of the best seller, The China Study, based on the largest nutrition study ever conducted, theorizes that there's a direct correlation between the amount of animal flesh that we consume and the growing rates of preventable diseases of the modern era, including some cancers, heart disease and others. Heart disease being our number one killer.

04:25 S1: By contrast, a diet that comprises of mostly fruits, vegetables, nuts, seeds, whole grains,

is a naturally anti-inflammatory diet, that is full of antioxidants, which help you ward off disease. There are thousands of scientific studies conducted by top scientists in the world showing how people who eat mostly plants or mostly plant-based diet are slimmer, live longer and don't get as sick as often. So this low fat, high fiber, nutrient-dense diet, to me is the best way to fight obesity, heart disease, cancer, preventable conditions, high blood pressure, diabetes, high cholesterol, you name it. It also prevents potentially degenerative diseases like anything that has to do with the cardiovascular system, cataract, eye disease, etcetera.

05:23 S1: And we know that a healthy plant-based diet is also thought to fight off memory and cognitive loss associated with the aging process. The acid-alkaline principle is the key to maintaining good health, prevent disease and even reverse some of them, and in my opinion, is the key to permanent health and wellness. Now, what is this that I'm talking about? Since this concept is so important, let's flesh it out here in a little bit more detail. The pH potential of hydrogen is a measure of acidity or alkalinity of a solution. It is measured on a scale of zero to 14. The lower the pH, the more acidic that solution is, and the higher the pH, the more alkaline or base that solution is. When a solution is neither acidic nor alkaline, then it has a pH of seven, which is neutral.

06:20 S1: Water is the most abundant compound in our human body, comprising of about 70% of the body. So the pH of water is very neutral, it's seven, and while we're mostly water, our bodies also have other liquids and tissues and all these other things that might make it more acidic here, more alkaline there. But as a whole, the pH of a human body hovers around the 7.2 or 7.3 mark, which is slightly on the alkaline stage. So maintaining your pH at that level is key to optimal body function, weight loss and vibrant health. Your body continually strives to balance its own pH. When this balance is compromised, many problems can occur, and of course, the foods that you put in your body and how these foods are digested and assimilated affect your pH balance greatly.

07:21 S1: All foods leave residue in your body, but that residue is what causes your body to go super alkaline or potentially super acidic. For example, lemons, which are acidic outside of your body, have an alkalinising effect once your body metabolises them. In contrast, cow's milk, which is alkaline in its natural state leaves a highly acidic residue in your body after the digestion process. So your body is able to assimilate minerals and nutrients properly, only when the pH is balanced. So if your body is overly acidic, it is possible for you to be taking a healthy amount of nutrients and yet not able to absorb them or utilize them properly. In this particular section, I will give you a chart of all the foods that are super acidic, balanced pH and very alkaline.

08:19 S1: Most of us in the Western world eat a diet that is highly, highly acidic and that diet often comprise of too much animal flesh, too much processed and sugary foods and not enough of the whole foods, plant-based that are recommended. So in order to balance that particular natural acidity that is occurring every day because of the foods that we consume, we need to consume more plants, more fruits and vegetables in their natural state. Thank you so much for listening to today's video and run to the next video for more amazing lessons.