



## A Resonant Approach to Thrive on Perfect Health® and Prevent or Reverse Any Sickness or Disease

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### Abstract

This article explores the profound impact of emotions and thoughts on the body's biochemistry and overall health. It posits that both positive and negative emotions can significantly influence the body's acid-alkaline balance, affecting physical, mental, and spiritual well-being. The chapter discusses the concept that the body is inherently alkaline by design but can become acidic due to various lifestyle factors, leading to health issues. It emphasizes the role of love as a powerful force, integrating this concept into a revised interpretation of Einstein's theory of relativity. The chapter further examines the biochemical processes involved in emotional states, particularly how negative emotions can produce metabolic acids, ultimately resulting in various diseases. By adopting an alkaline lifestyle and harnessing the power of positive emotions, individuals can enhance their health and vitality.

**Keywords:** Alkaline Balance; Biochemistry; Emotional Health; Metabolic Acids; Positive Psychology; Resonant Vibrational Energy; Einstein's Theory of Relativity; Alkaline Lifestyle; Mental Wellness; Physical Health

### Introduction

Achieving and maintaining optimal health has long been a goal in the fields of medicine, psychology, and wellness science. The relationship between an individual's mental and emotional state and their physiological health is gaining increasing attention as a vital aspect of preventive health care. This review explores a resonant approach to sustaining perfect health by balancing biochemical factors influenced by emotions and thoughts. It highlights the interconnected roles of physical, mental, and spiritual well-being, proposing that positive emotional states and an alkaline-focused lifestyle can significantly enhance one's vitality [1].

This perspective draws upon concepts from traditional scientific and modern wellness frameworks, examining the body's inherent alkaline design and the impact of acidic conditions on disease development [2].

Central to this approach is the power of love, a force considered by some to integrate and influence Einstein's theory of relativity, extending its interpretation into a framework that connects emotions, biochemical processes, and physical health [3].

### General information

This review delves into the biochemical and energetic mechanisms by which emotional states may impact health. It

proposes that while the body is designed to maintain an alkaline state, various stressors—emotional, dietary, and environmental—can lead to acidity, which in turn may contribute to disease. The influence of metabolic acids as byproducts of negative emotions like fear, anger, and sadness is discussed, along with the role of an alkaline lifestyle in neutralizing these acids [4].

The discussion extends to specific processes in the body, such as the production of metabolic acids from mental states, the importance of maintaining a balanced pH in bodily fluids, and the biological significance of love as a resonant energy [4].

The review integrates findings on how positive emotions, mental clarity, and peace contribute to an alkaline balance, positing that love and positive states resonate with higher vibrational energy that can counteract the effects of negative, acid-producing emotions [5].

By adopting practices that encourage an alkaline lifestyle and a focus on positive emotional health, individuals may potentially prevent or reverse various health issues. This review synthesizes perspectives on the mental-physical health connection and suggests that the integration of love and peace as guiding principles in life contributes to a healthier, more balanced state of well-being [6].

## Methodology

This review employs a multi-disciplinary approach, integrating research from biochemistry, psychology, wellness sciences, and alternative medicine to explore the interplay between emotional states, pH balance, and overall health [7]. The following methods were used to identify, analyze, and synthesize relevant literature and theoretical perspectives.

## Literature selection

- The review draws from both primary and secondary sources, including peer-reviewed journals, scientific publications, and historical texts that discuss the biochemical and psychological effects of emotions on health.
- Key sources included foundational theories in biochemistry related to pH balance and metabolic processes, studies on the physiological effects of emotional states, and philosophical texts on the nature of love and energy as guiding principles for health [7].

## Criteria for inclusion

- Studies were selected based on relevance to the effects of positive and negative emotions on biochemistry, specifically focusing on metabolic acid production, pH regulation, and their relationship to disease.
- Sources addressing alkaline diets and their impact on health were included, along with works that propose holistic views on the mind-body-spirit connection.
- Theoretical frameworks on vibrational energy and resonance were included to support the concept that positive emotions, such as love, have measurable effects on physical health [8].

## Data analysis and synthesis

- Qualitative data from diverse sources were synthesized to examine recurring themes, such as the effects of negative emotions on metabolic acid production and the role of love and peace as alkalizing influences.
- Concepts were evaluated using both scientific and philosophical frameworks, with an emphasis on bridging modern scientific findings and classical views on the power of emotions in health [9].

## Limitations

The review acknowledges that while much of the included research supports the effects of pH and emotional states on health, some conclusions are drawn from theoretical interpretations rather than empirical studies. Gaps in the existing research on the direct biochemical pathways connecting emotions to pH levels and health outcomes suggest areas for future empirical research [10].

The power of thriving on “young love®” for perfect health!

Love = energy x mc<sup>2</sup> = Thriving On Perfect Health®

Can positive or negative thoughts and emotions affect your body’s delicate biochemistry or the acid/alkaline pH balance? Love, fear, joy, anger, sadness, happiness, resentment. Can positive or negative emotions affect your body’s physical, mental, and spiritual health?

Is a woman more likely to become pregnant if she eats a lot of vegetables or if she goes on a long, relaxing vacation?

Are you more likely to develop cancer if you have a hot temper?

Do people who laugh a lot live longer?

Does your anxiety or fear of crowds, elevators, blood, heights, spiders, hospitals, or airplanes somehow affect your health?

Albert Einstein, later in his life, admitted to his huge mistake in his special theory of relativity ( $E = mc^2$ ) where "(a large amount of energy) = "squared (a small amount of mass squared at the velocity of the speed of light). In his own words, Einstein stated, "When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with misunderstanding and prejudice in the world.

There is an extremely powerful force that, so far, science has not found a formal explanation for. It is a force that includes and governs all others and is even behind any phenomenon operating in the universe and has not yet been identified by us. This universal force is LOVE" [11].

"When scientists looked for a unified theory of the universe, they forgot the most powerful unseen force. Love is Light, that enlightens those who give and receive it. Love is gravity because it makes some people feel attracted to others. Love is power because it multiplies the best we have and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals. For love, we live and die. Love is God and God is Love" [12].

Having read and understood the missing key to Einstein's theory, I decided to make his suggested correction to his very special theory of relativity and add the most important element of love into the equation. This is how the equation reads now with the missing key element: "L" (the power of love which can have a positive or negative value) = "E" (a large amount of energy) times "mc" squared (a small amount of mass squared by the velocity of light). In lay terms, energy, mass, and even light cannot exist without initiating the power of love! The creation of energy, mass, and light begins with the Power of love!

You, this Earth planet, this Galaxy, and this Universe were ALL created by the power of love!

### The universal power of love is the driving force to thrive on perfect health

Our theory of one sickness, one disease, and one health, set forth in what we call "The New Science®" and "The New Biology®," considers the universal power of love and how our L.I.F.E.style affects our physiology, how our psychology affects our physiology, and how our psychology affects our spirituality.

Not only does the health of your body affect the emotions (energy in motion) of your mind, but your thoughts and feelings can affect the health of your entire body. Bottom line, your mental state is ever so critical. In so many ways, your mental state, if it's negative, can create more metabolic acids than the acidic food that you're eating.

In fact, you can create two or three times more metabolic acids from your thoughts or your mental and emotional state than from ingesting highly acidic dairy, animal protein, sugar, and alcohol [13]. So, your thoughts are critical. Your thoughts or words do matter and can affect your physiology in a negative or positive way. Your thoughts do become biology [14].

The way that thoughts become biology is as follows: when you have a thought or say a word, it requires electrical or electron energy for the brain cell(s) to produce those actions.

And as you carry on with that thought, you are burning or consuming energy. When you consume electrical energy in your thoughts, you produce a biological waste product called acid, which is an energetic waste product that can be measured in pH, oxidation reduction potential, rH2 or redox, hertz, and decibels [15].

Next, if the metabolic acids from your thoughts are not properly eliminated through the four channels of elimination—urination, perspiration, respiration, or defecation (for women, menstruation)—then the acids from your thoughts are moved out into your connective and fatty tissues because they must not be allowed to affect the pH of the blood and the interstitial fluids of the interstitium, or the fluids that surround the cells. The delicate pH balance of the blood and the interstitium must remain quite constant at 7.375 to remain healthy [16].

What happens next is this: as the excess and overload of acid are thrown out into the body tissues or interstitium, this can easily lead

to all sorts of symptomologies: lupus, fibromyalgia, Lyme disease, arthritis, muscle pain, fatigue, obesity, cancerous conditions, indigestion, acid reflux, heartburn, heart attacks, multiple sclerosis, Parkinson's, dementia, autism, and the list goes on and on [17].

For example, let's say you've been experiencing sadness or depression. This downer feeling comes from a negative experience that you keep looping in your head. It's like a mind movie—a mini-drama that you keep playing over and over. Because you are constantly thinking about it, you eventually start to be concerned or worried about the fact that you are so preoccupied with the whole affair. So now, in addition to the sad drama, you are experiencing upset about the fact that you're having the drama itself. All this thinking requires electrical energy, and when you consume electrical energy in the form of electrons, you are also producing metabolic acids.

Do you know any angry people? You may not know it, but many people who become angry easily not only get angry at various people, events, and situations but eventually become irritated with themselves for being so angry at everything else. Anger, for instance, requires a tremendous amount of energy and emits a great deal of electrical energy. You have undoubtedly felt the vibrational energy of someone who is angry. Or maybe you have felt your own anger and how it can upset your physiology, especially your stomach and bowels, leading to excess acid, indigestion, stomach pain, acid reflux, or ulcers [18].

Even worse, many of these negative emotions are chronic and can be traced back to early childhood experiences [19]. At one level or another, it's been going on for a long time and creating excessive acid. For many people, early childhood represents some of the most fearful and vulnerable years [20]. Have you ever wondered why you can't remember much before age five or six? [21]. Many of those years are filled with fears and tears, mads and sads—and how about the “bads”? Imagine the acid from those experiences. In addition to the punitive experience itself, imagine the acidity a child deals with by simply a) remembering such a “bad” experience [22] b) anticipating the possibility of another such “bad” experience [23] or c) both! Some “children” remember these events forever! [24].

#### Some chronic low resonant energy emotions begin early:

“O dear white children casual as birds,

Playing among the ruined languages,

So small beside their large confusing words,

So gay against the greater silences,

Of dreadful things you did...”

—Hymn to St. Cecilia, Benjamin Britten, words by W. H. Auden

It is during these vulnerable and unprotected years that we often plant eternal seeds of emotion that will yield an unwelcome harvest of acidic internal results, perhaps throughout one's entire life. The turmoil between parents and children, not to mention the conflicts between children, has been documented by many thousands of social science books and articles [25].

“Children begin by loving their parents; after a time they judge them; rarely, if ever, do they forgive them” [26].

So, let's look at all that emotion. Perhaps you are feeling a strong emotion.

#### Emotions are resonant vibrational energy in motion

First, emotions are resonant vibrational energy in motion. When you are (e)motional, you are energetic, either in a positive or negative way. If you are energetic, you are literally energy in (e)motion. You are now producing metabolic acids at a very high rate, which is a waste product of such (e)motions. The rate of acid production in an (e)motional state can be even greater than that of someone who is jogging or working out. So, your thoughts do become biological or metabolic acids that can make you sick, tired, depressed, angry, and even too fat or underweight [27].

When you start producing acids with your thoughts, words, and actions, what happens inside? First, you activate the alkaline-buffering systems of the body to neutralize these (e)motional acids. The body begins making a primary alkaline buffer known as sodium bicarbonate. It's made from the blood in cooperation with the cover cells of the stomach, and during its production, it creates a waste product known as hydrochloric acid [28].

Hydrochloric acid is a poisonous acidic toxin and cannot remain in the blood. So, it is dropped down into the gastric pits of the stomach. This is why people get upset stomachs or become

constipated when they are (e)motional [29]. This increase of sodium bicarbonate is critical in maintaining the alkaline design of our bodies, the pH of 7.365 for the blood, and for maintaining the alkalinity of the interstitial fluids. If these acids, including hydrochloric acid, are not buffered and/or eliminated through the four channels of elimination, they can create serious health challenges in your body, mind, and spirit [30].

On the other hand, positive (e)motions, such as love, peace, hope, faith, joy, forgiveness, and charity, can be alkalizing to the blood and tissues. These (e)motions require far less energy and can cause you to be relaxed in your mind and stop the playing of some acidic toxic movie in your head [31,32]. Students of higher consciousness know that you can even enter into a state of bliss wherein you have no thoughts and are producing no metabolic acid [33,34].

### **I want to thrive on love!**

For ourselves, we have decided to call this high wonderful place of Thriving On Perfect Health® “Young Love®” [35]. That’s because we exercise and meditate every day. And we love it! And it raises our level of resonant vibrational energy, our consciousness, and positive connection with the World [36].

The connections between “Young” and “Love” are numerous. Our name is Young, of course, but more importantly, being young is a term we normally associate with being youthful, energetic, open, optimistic, and filled with excitement.

The ultimate purpose of life is love. And love is the sweetest expression of life. So, Young and Love go together.

To be sure, we love our exercising, and it loves us back in terms of its gifts to us. We find ourselves loving this state of bliss daily, which we know is helping to alkalize our physical body [37]. That is why we are addicted to—why we love—this type of alkalizing exercise that we do every day. It’s called a “Positive Addiction” [38]. We love to have our friends and guests work out with us as we lead them through the steps. We teach them the Young version of Yoga [39].

### **We tell them that it is known as “Younga Yoga®.” They love that. (Well, at least they laugh.)**

It incorporates proper breathing, stretching, toning, meditation, relaxation, and of course some sweating to remove yesterday’s

dietary and metabolic acids and to help bring us into a higher state of resonance expressed as pure happiness and bliss [40].

Through our personal and clinical research, we have found that maintaining the alkaline design of our bodies with an alkaline lifestyle and diet is the most important thing anyone can do to live a happier and more blissful life [41]. Having an alkaline day is a way of life that we call “Young Living®.” We guarantee you that what we call “Young Love®” will go hand-in-hand with the goal of “Young Living®” [42].

### **Are you blissfully happy?**

Now this next thought is very important! The negative (e) motions of anger, resentment, and fear—being the most powerful and acidifying of all (e)motions—are all highly acidic to the blood and tissues and, in many ways, are paralyzing to all bodily functions. Over time, the fear of the unknown is probably the most powerful and acidic of them all. Fear is so devastating to the body that even if you’re on an alkaline diet, overcoming a serious health challenge is practically impossible [43,44].

In such a dire case, with what may seem to be little or no improvement, you might be wondering if the Thrive On Perfect Health® may not be working. You may be asking, “What else am I not doing that I should be? How come I feel the way that I’m feeling? I’m eating the right way, I’m drinking the right alkaline electron-rich water, but I can’t seem to achieve the type of extraordinary health and energy that I’m seeking”.

In most cases like this, when you are eating, drinking, and breathing correctly, it will come down to your low resonant negative acidic (e)motions or thoughts that are holding you back from achieving extraordinary health, fitness, mental clarity, happiness, and bliss [45]. However, keep this in mind: when you’re eating an alkaline diet and you are doing everything you know how to do, and yet you are overwhelmed with worry, doubt, and negative (e)motions, thank God you’re eating an alkaline diet! [46]. If your body were not serious in the alkaline direction, you might very well be experiencing a struggle for your life. Your acidic (e) motions can literally kill you [47]. So, the Thrive On Perfect Health® alkaline diet is the saving grace.

Knowing that should give you the positive hope that you can hang on, get through the emotional stress, and still come out physically and mentally able.

Hope and positive expectations are always the key and knowing that you are on an alkaline diet should aid significantly in boosting your hope and confidence [48,49].

You can live without food for forty days. You can live without water for about four days. You can live without air for maybe four minutes. But you cannot live without hope and love at all.

Hope, love, positive expectations, confidence in what you are doing, and trust in your own good intentions—this is the key, and that’s what the Thrive On Perfect Health® lifestyle will do for you. It will give you hope and fill you full of high resonance “Young Love®!” [50].

### The leading cause of death in the world?

The leading cause of death in the world today is said to be heart attacks [51]. But people are really having “thought attacks,” NOT “heart attacks.” There are studies showing that over 80% of all heart attacks are (e)motionally triggered [52]. I have said that people don’t die of a heart attack. They die of a thought attack that medical science simply refers to as a heart attack because that’s the end result. And if you have wondered if you can die from a broken heart, the answer is absolutely! And the cause? Acids from energy in motion or (e)motion. The loss of a cherished loved one can increase your metabolic acids from the (e)motion to the point that it can stop your heart from beating and pumping life-giving blood throughout your blood vessels. And we all know, or should know, that life and death are in the blood, the most important “organ” of the body [53].

So, let’s take a moment to talk about what I do when I have a client who’s in a highly negative acid-forming (e)motional situation and all the body fluids, including the blood, will show a decline in the pH even when this person has been eating an alkaline diet. In order to buffer the acid-forming (e)motions, the client will have to hyper-alkalize the blood, interstitial fluids, and then the body tissues in order to bring the body back into alkaline balance. When the client is hyper-alkalizing, the pH of the urine will increase into the high 8’s and even into the 9’s. Hyper-alkalization is necessary to overcompensate for the negative acidic-producing (e)motions and to bring the body back to health, energy, vitality, hope, peace, harmony, and love [53].

So, does a person have a fair chance of healing themselves from a degenerative disease or dis-ease like heart disease or cancer?

Can you ever achieve a state of blissful happiness?

Can you recover from the devastating shock of a loss or from having been diagnosed with a scary-sounding health challenge?

I say “absolutely, YES!” And I just told you how.

Given the importance of (e)motions in cancer or acidic causation, etc., we have been particularly interested in the unique biochemistry of the “reptilian brain,” which includes the Amygdala, a part of the brain associated with the senses and emotions and their storage or memory [54-57]. Acid or sugar specifically activates the areas of the Amygdala. We have often wished that our traditional medical industry would spend some of their billions of research dollars checking out and verifying for the World what we have demonstrated for years: that the Thrive On Perfect Health® electron-rich alkaline lifestyle would be much more calming to the lower resonant (e)motions of grief, shame, guilt, anger, fear, etc., responses of the reptilian brain as compared to a toxic acidic chemical drug [58].

A chemical acidic drug may temporarily calm a person down, but it will also inhibit the entire spectrum of normal and healthy functioning of the Amygdala. We are assuming here that most of us still value and are interested in the healthy functions of socialization, sexual attraction, and the enjoyment of the myriad of feelings associated with home and hearth. All of these wonderful human experiences and memories are also functions of the Amygdala, every bit as much as the feisty adrenal functions responding to “fight and flight” [59-61].

In our attempts to find a chemical drug to treat almost everything, we (more often than not) create more problems than we eliminate—one step forward and two steps backward [62]. We know that attention deficit problems (ADHD) respond to an alkaline regimen, and hyperactivity is an Amygdala function. So it follows that the Thrive On Perfect Health® alkaline lifestyle would produce less overall adrenal and, most importantly, Amygdala “stress” as well (really just the fight or flight mechanism by another name) [63-65].

The Thrive On Perfect Health® electron-rich alkaline lifestyle is calming to the mind and thus calms the negative (e)motions or energy-in-motion. This appropriate calming of the Amygdala function produces less “stress” [66] [67]. And, with less “stress,” you

have less “acid.” And, with less “acid,” you have less sickness, disease, so-called disease, depression, and unhappiness. Understand NOW? [68].

### Can our (e)motions cause disease?

We have said that cancer is a four-letter word—ACID. When you are experiencing negative acidic (e)motions, such as anger, revenge, hate, sadness, or depression, you are creating metabolic acids that can cause ANY and ALL sickness or disease conditions across all body tissues. If metabolic acids are not removed via urination, perspiration, defecation, or respiration (menstruation—why we believe women live longer), then they are delivered to body tissues. When constant excess acid from negative, low resonant (e)motions are poured into the body tissues, the body tissues will degenerate, causing a cancerous condition [69,70].

Pharmaceutical companies are creating drugs addressing symptoms that may give you the illusion of feeling better, but they DO NOT deal with the causative metabolic acids from eating, drinking, breathing, and negative acidic (e)motions. This can only lead to more physical and (e)motional pain and unnecessary suffering [71].

### Young Life®, Young Energy®, and Young Love®

When you are in a negative (e)motional state, it can become impossible for you to heal your serious degenerative or acidic challenge. But we will say this: if you are willing to commit to change and begin the alkalizing process, even if you are not completely out of your state of fear, anger, or depression, you will begin to increase your resonant energy, “Young Life,” “Young Energy,” and “Young Love” into your mind, body, and spirit [72-74].

We have found over the years that when you start feeling better, you start thinking better.

And when you start thinking better, you start doing better. So, you don’t have to have your (e)motions completely under control in order to start losing weight, feeling better, reversing a serious illness, having more sustainable energy, and to start being happy and more spiritually connected. In other words, start living life at a higher resonance!

When you start the Thrive On Perfect Health® protocol, you are then making a conscious decision to try to do a little better. And

when you get on this healing path that leads to “Young Living,” “Young Energy,” and “Young Love,” this gradual alkalizing process will lead to those little and then those big transformations. You start feeling better, and you start thinking better. And when you start feeling and thinking better, you realize at some point that you have forgotten your depression and your sadness and even your physical pain. Feelings of anger have disappeared—and even what you were upset about. You soon forget what you were fearful about in the first place. You begin to resonate at a higher frequency, free from all physical, emotional, and spiritual pain. You become one with who you truly are—an eternal spiritual being having a physical experience on planet Earth [75,76].

Why? These changes come about because you feel so good. You are rewriting your genetic expressions with your positive (e) motions. You are taking your alkalizing eraser and erasing all your past life’s negative emotions. On the Thrive On Perfect Health®, your (e)motions resonant energy in motion will finally be under your control. You will become the master of your mind, body, and spirit. You will be living an alkaline lifestyle and diet full of high vibrational resonant energy that leads to happiness, bliss, and love. You will be living, breathing, and thriving on “Young Love®” for perfect health! [77].

### Conclusion

In conclusion, this article emphasizes the critical interplay between our emotions, thoughts, and physical health, illustrating how both positive and negative emotional states can profoundly influence our body’s biochemistry and pH balance. By recognizing that our inherent design is alkaline, we can adopt lifestyle practices that promote health and vitality through positive emotions and an alkaline diet. The article posits that love, as a universal and powerful force, is essential for achieving optimal health and well-being. It highlights the detrimental effects of chronic negative emotions, which can lead to an accumulation of metabolic acids and various health issues. Conversely, cultivating a mindset filled with love, hope, and joy can help neutralize these acids, fostering a state of balance and wellness.

Ultimately, embracing the principles of the Thrive On Perfect Health® approach empowers individuals to take charge of their emotional and physical health, leading to a life characterized by happiness, resilience, and a deep connection to oneself and the universe.

By thriving on “Young Love®,” we can unlock the potential for perfect health and a fulfilling Life [77].

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