

DOC BROC'S

Stone Hinge Cave Adventure

DOC BROC MEETS THE MEATY MEANIES

A new hero rescues children from eating unhealthy foods and educates them on the value of embracing good eating habits. Doc Broc and AvoRado Kid teach us to “alkalize and energize”!

America will embrace a new green hero, but it's not the Hulk or Kermit The Frog...It's the greens-eating Doc Broc!



Popeye may have been the first cartoon character to promote eating vegetables like spinach, although he did eat his out of a can. But America needs help getting nutritionally fit. One-third of all children are overweight or obese. Their adult role model is worse – 62.3% of all adults in America are overweight or obese.

“With child obesity, diabetes, cancer, autism, and ADHD rising at an alarming rate, we felt it was time for kids to have some new, alkaline heroes to learn from and look up to,” says Shelley Young, who along with her son, Adam, created Doc Broc.

Shelley, a nutrition expert, makes eating healthy and fun for parents and kids, and reveals:

- How children can be taught to value good nutrition – and embrace it now
- How a children’s illustrated book can be used to learn about health
- The joy of cooking new, healthy, and tasty food recipes with your child
- The wonders of a child’s digestive system – and explains how it works
- Why it’s so vital to get our child’s body in pH balance – and avoid acidic foods
- Why we have a national epidemic of childhood obesity – and how to reverse it
- Some of the best foods for children – and some of the worst!

Meet Doc Broc and his faithful sidekicks, The AvoRado Kid and Luscious Lettuce. Together, these avenging vegetables are out to battle the fiendish Meat Monster and Big Bad Burger Bully and his Pack of Wild Hot Dogs. Doc Broc and his friends show kids how to follow an alkaline diet, promoting green vegetables, and reducing the chance of over-acidification.

A lively CD complements the colorful cast of characters, and provides the perfect soundtrack as kids read along. *Doc Broc's Stone Hinge Adventure* also includes easy-to-make recipes that are so simple the entire family can get involved in cooking.

Shelley has built up a reputation in medical and science circles for her co-authoring of the best-selling book series, *The pH Miracle*, where she and her husband, Dr. Robert O. Young, offer breakthrough research and evidence that over-acidification (through diet) is what diseases the body. She takes that message to parents and children with Doc Broc.

Shelley, a licensed Lymphatic Massage Therapist, is the co-founder of InnerLight International and The InnerLight Biological Research Foundation. With a passionate interest in optimum nutrition, Shelley shares her delicious alkalizing vegetarian recipes, and has a special focus on the young and rising generation.

Adam, who wrote the text of Doc Broc's debut book, earned an Associate in Science from Utah Valley State College and Associate of Science in Recording Arts from Full Sail.

"We feel it's especially important to lead and guide our children back to our Creator's Great Green Garden, teaching them to embrace those foods and drinks which will provide strong bones, clear minds, and healthy long lives—preserving this priceless resource," says Shelley.

Her book shares an adventure through a child's digestive system. Along the way Doc Broc and his alkalizing friends confront and conquer acidifying villains who are wreaking havoc in the body.

"We hope you will use this book to teach your children the difference between alkaline foods that make us strong and smart like Doc Broc, and acidic foods that rob us of energy and health," says Shelley, who lectures against conventional thinking when it comes to the health of children and challenges the immense power of the food industry and Madison Avenue to unduly influence and impact what parents buy and feed their children.

The rhyming book is also an excellent guide for teaching basic anatomy to children when you identify where in the body Doc Broc and AvoRado are (i.e., Stone-Hinge-Cave is the mouth of the child and the Acid Pool is the stomach).

"We all need to teach our children the value of eating healthy," asserts Shelley.

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Shelley Redford Young, LMT

Biography

Shelley Redford Young, LMT, is the creator and illustrator of a new children's book that promotes health and good nutrition, *Doc Broc's Stone Hinge Adventure*. She is also the co-author of the best-selling series, *The pH Miracle*, and has written two healthy recipe books. Young is the co-founder of Inner Light International and Director of the Inner Light Biological Research Center.

A nutrition expert, culinary consultant, and lecturer, her knowledge of the effects of diet on our health is extensive. A licensed Lymphatic Massage Therapist (LMT) and a trained microscopist, Young lectures on the lymphatic system, and its important role in the body. Her seminars on how emotions affect our pH balance and presentations on the latest nutritional research are popular events.

A keynote speaker at Tony Robbins' Life Mastery events, her reputation has brought her a teaching job at the Women's College in Beijing, China, and an invitation to serve on a team of scientists and nutritionists to consult members of NASA's Mission to Mars. The team will develop dietary recommendations for the astronauts in order to prevent osteoporosis and other health imbalances during space missions.

With a deep awareness of the dangers of the present-day acidic diet and its relationship to the epidemic of various diseases such as coronary heart disease, diabetes, obesity and cancer in both adults and especially children, she is forever looking to find the most creative ways to make an energizing alkalizing diet more appetizing, delicious and attractive to the masses. As a result, she has authored two recipe books, *Back to The House of Health: Rejuvenating Recipes to alkalize and Energize for Life!* and *Back To The House of Health: 2*.

She has also co-authored with her husband, Dr. Robert O. Young, four books, including: *Sick and Tired: Reclaim Your Inner Terrain*; *The pH Miracle: Balance Your Diet, Reclaim Your Health*; *The pH Miracle for Diabetes: The Revolutionary Diet Plan for Type I and Type 2 Diabetics*; and the *pH Miracle for Weight Loss*.

As a master alkalarian chef – as her fans call her – she shares her delicious alkalizing vegetarian recipes and teaches alkalarian food preparation classes at the Shelley Young Academy of Culinary Arts. She shows how easy and delicious an alkalizing diet can be, with a special focus on the youngest generation.

An artist and illustrator, she currently studies art at the Watt's Atelier in Encinitas, California.

Young is the mother of four children and has one grandchild. She and her husband reside in Valley Center, California. For more information, please consult www.phmiracleliving.com

Shelley Redford Young

Doc Broc

Q & A

1. How do you hope to change the eating habits of our nation's children?

We hope the characters in the Doc Broc book will influence children to eat healthy foods like vegetables instead of so many sweets, meats, and unhealthy fats.

2. Is it an uphill battle, given how big the junk food industry is?

Yes, and also because of the addictive nature of many junk foods. Thus, the attempt to persuade children to make healthier food choices is challenging, yet worthwhile given the alarming rate of decline in our children's health.

3. Can children learn how to eat properly if their parents don't encourage them nor model good behavior?

Yes, but it's certainly easier if the child has parental support or a motivating reason to make changes such as obesity, or diabetes. We'd hope that the book would be a fun teaching tool that involves both the parents and children together. It's very entertaining. Children also tend to align with a hero, like Doc Broc. His example and influence could be a motivator for children, much like Popeye was in his day.

4. What inspired you to take up the cause of encouraging better nutrition for our country's youth?

An awareness of continual reporting of decline in children's health, and the epidemic-like proportions of new cases of diabetes, cancer, and obesity in children have greatly moved me to take action.

5. Who are the heroes/villains in your children's book, *Doc Broc's Stone Hinge Cave Adventure*?

Heroes: Doc Broc, AvoRado Kid and Lucious Lettuce.

Villians: Meat Monster, Big Bad Burger Bully and his Pack of Wild HotDogs. The winners are kids and parents who learn how to eat healthy and the losers are those who fail to change their diet into a healthy one.

6. Which three things do parents need to know when it comes to avoiding acidic foods such as cheeseburgers, sugar cereals, and soda?

1. Everything we eat leaves an acid or alkaline ash residue in our bloodstream.

2. The ash residue from acidic foods causes pH imbalances in the blood, which lead to health challenges

3. To overcome or prevent such health challenges caused by an over-acidic diet, we must include many alkalizing foods in our daily diets.

7. **You advocate for maintaining a pH balance in our bodies and diets. How do we achieve this?**
Because it takes 20 parts alkalinity to neutralize 1 part acidity, we recommend the following:
 1. At least 80% of one's diet should be a liberal consumption of alkaline foods and drinks.
 2. 20% of one's diet should be no more than a conservative consumption of acidic foods and drinks.
8. **Why do we have a child obesity epidemic in a country of educated adults?**
Because most children and adults are unaware of the fact that being overweight means you're over-acid.
9. **How does your book teach children the difference between alkaline foods that make us strong and smart like broccoli and acidic foods that rob us of energy and health?**
The alkaline heroes, made of healthy foods, overcome the acidic villains, which are made of unhealthy foods. Also, there is a pH chart in the back of the book that shows whether foods are acid or alkaline
10. **This is no ordinary children's book, as we get an adventure into a child's digestive system. Why don't more storybooks teach about anatomy and other useful facts?**
Perhaps, the outcome of such books is more for entertainment than education. We would like to achieve both with the Doc Broc book.
11. **How should a parent go about discussing nutrition with a 5-year-old?**
Using icons such as Doc Broc and the Big Bad Burger Bully, a parent can lead a child to understand the difference between good and bad nutrition
12. **How about a 10-year-old or a teenager?**
Parents can use the icons such as Doc Broc as well as more technical explaining tools like the pH scale to help their children understand proper nutrition
13. **In your book, Doc Broc takes on Big Bad Burger Bully. Is this the biggest match-up of the century since King Kong and Godzilla duked it out?**
Despite the fact that Doc Broc is small enough to venture into a child's body, his defeat of villains such as the Meat Monster and the Big Bad Burger Bully will have a bigger impact than any over-sized monkey/lizard duel.
14. **What are some foods we absolutely must get our kids to embrace in order to build strong bones, clear minds, and healthy long lives?**
Blood-building foods containing the chlorophyll molecule (green vegetables), and healthy fats containing alkalizing buffers (calcium, magnesium, phosphorous) such as avocados, coconuts, unsaturated oils are much needed.

15. Do some foods contribute to children's behavioral disorders?

Absolutely. Especially hard sugars, animal proteins, and dairy products

16. As a chef, what kinds of recipes do you recommend for parents to prepare healthy dishes for their children?

Some great recipes are found in the back of the Doc Broc book. They are simple and delicious

17. Why do you believe the masses will eventually have their children transition into consuming a healthy dose of alkalizing and energizing foods and drinks?

Because the masses will eventually get sick and tired of being themselves and their children sick and tired

18. Doc Broc's battle cry in his new adventure is "Alkalize and energize." What does that mean and why should we embrace it?

ALKALIZE means to eat good vegetables from the garden so that we can be strong and smart like Doc Broc! Doc Broc is made from some of these good vegetables like broccoli, artichokes, and cabbage. Some other good Alkalizing veggies are:

grasses like Wheat Grass, found in Doc Broc's Chewable Vita-Min and Kamut Grass and Barley Grass (found in SuperGreens), Spinach, Lettuce, Cucumbers, Celery, Kale, String Beans, Brussel Sprouts, Zucchini Squash, Carrots, Beets, Onions, Garlic, Raddishes, Bell Peppers, Tomatoes, Peas, Cauliflower, and Leeks.

These foods keep our blood and body strong **and Alkaline.**

To be full of energy and able to work and play for a long time is what energize means. There are foods that give us lots of energy like Super Greens, salads, soups, veggie wraps, stir fries, and sprouted legumes, seeds and nuts.

Foods from the **Garden** that have been grown in the sunshine give us the most energy because they have **Inner Light!**

There are also foods that take away our energy and leave us tired and sometimes sick. Foods that are full of sugars, animal fats, heavy meats and yeasty breads which are not grown in the sunshine and therefore take away from our energy and leave us sluggish

19. Too many children eat for taste and not vitality today. How can we combat such habits?

The challenge and solution lies in creating food that is both healthy and tasty. The recipes in the book accomplish this

20. Do you believe a child's diet influences learning disorders, behavioral issues, and diseases such as autism, ADHD, diabetes, cancer, and aggression? Why?

Of course. The listed ailments above can easily be the product of poor dietary decision. As easily, they can be prevented and removed through good dietary decisions

21. How does one encourage a child to eat broccoli and other healthy greens?

Functioning as an icon for children, heroes like Doc Broc will promote an affinity for healthy foods like broccoli. Because Doc Broc is strong and smart, a child will want to be like him. Hence, a child will desire to eat from Doc Broc's Great Healing Garden.

Doc Broc's Stone HingeCave Adventure **Excerpted Recipes**

AvoRado Kid Pudding

1 C. Fresh Silky Almond Milk or coconut milk
2 Avocados
1 lime
2 scoops Soy Powder
1-2 pkgs. Stevia
6-8 ice cubes

Put all ingredients in a blender and blend on high until rich, smooth and pudding-like.

Variations:

Coconut Soy Pudding: Add 2 TB. Of non-sweetened dried coconut granules to the mix while blending and sprinkle some coconut over the top before serving.

Lemon Soy Pudding: Use lemon instead of lime.

Grapefruit Soy Pudding: Use juice from half a grapefruit instead of lime.

Super Green Soy Pudding: Add ½ scoop Super Greens powder or 1 cup fresh baby spinach.

Ginger Soy Pudding: Add a pinch or two of fresh grated ginger.

Cinnamon Soy Pudding: Add a pinch or two of cinnamon and nutmeg and sprinkle on top.

Almond or Nutty Soy Pudding; Add chopped raw almonds (or any desired nut, pecan, macadamia, etc. to the top before serving).

For pops, pour into small paper cups or ice cube trays, add popsicle sticks and freeze. You can also just thaw these pops a little, remove them from their cups and chop up and enjoy like a slush on a hot day!

Doc Broc Casserole

1 pkg. Smart Ground by LiteLife
(soy protein substitute)
Florets from 2 large bunches of Broccoli (save leaves and stocks out. Peel and clean stocks)
1 small bunch of fresh Basil or Tarragon steamed and minced
1 cup soft Tofu
1 tsp. ground mustard seed
2/3 cup Olive Oil
1-2 cups roasted or soaked and re-dehydrated almonds for topping Real Salt and Spice Hunter's The Zip to taste.

1. Steam broccoli with a little water in a covered pan for about 4-5 minutes until broccoli is bright green and just crisp/tender.
2. In a food processor, process the broccoli leaves and stocks until very fine (scrape down sides if necessary).
3. Then add the soft tofu, mustard, basil, into the food processor with the fine broccoli mixture and process. With the processor running, slowly add the olive oil until mixture is well emulsified and creamy.
4. In a large electric fry pan, heat a small amount of oil and add the Soy Smart Ground, crumble it up and fry it for a couple of minutes, then add the steamed broccoli and pour the creamy sauce from the processor over the top and stir in well.
5. Use roasted slivered or dehydrated almonds and cut them up into small bits in the cuisinart for extra crunch for extra crunch. Then sprinkle over the top of the broccoli mixture and serve. Or return the lid to the fry pan and steam the mixture a bit to soften the almonds and broccoli more. Add Real Salt and The Zip to taste – YUM! Serves 4-6.

Endorsements for Shelley Young

“It is clear to me how this way of eating can totally change your life. It’s a revelation, a way of looking at the world in a new light. It affects the way we look at ourselves, and disease, and how the food we put into our bodies affects everything we do.”

--Jane Clayson, CBS News

“Raw foods are more alkalizing,’ adds Young’s wife, Shelley, who developed The pH Miracle’s recipe section. You then round meals out with wholesome cooked options that are either alkalizing or highly nutritious and negligibly acidifying; choices include Boca Burgers, salmon, sprouted wheat bread, baked potatoes and hummus.”

-- Woman’s World

“Shelly Young’s recipes will help you to alkalize your body and live a healthier, more energized, and ultimately more fulfilling life.”

--Anthony Robbins, Author of *Awaken the Giant Within* and *Unlimited Power*

“Shelly’s guidance on transitioning from the standard American diet to a more healthful, alkaline diet is an invaluable lifesaver. She is a professional artist and her creative recipes are nutritious, delicious and beautiful to look at. Like the colors on her painter’s palette, she infuses reds, yellows and greens into an alkaline masterpiece pleasing to any gourmet.”

--Maren H. Hale, Nutritional Advisor, Inner Light Biological Research Center

“This “Alkalarian Kitchen Manual” goes beyond a recipe book. It can move you from theory through transitioning and on into kitchen culinary excellence. If you are not careful, you may even become amazingly healthy! This is “just what the Doctor ordered” for tasty wellness!”

---Mark Barr, DDS, Endodontist and Live-Cell Analyst

“In an age when it is becoming increasingly difficult to sort out real food from the poorer quality items sold in the markets, Shelley’s recipe book not only shows you all there is to know about delicious vegetarian food preparation, but also captures the long-kept secrets of professional chefs. Each meal idea offers a pleasing variety of colors, shapes, textures, flavors and nutrients. It is an impressive contribution to the homemaker’s library.”

--Anthony Espinet, M.D., Consultant Anesthesiologist

Are You pH Balanced?

Alkaline Foods vs. Acid Foods

The pH scale ranges from 1 to 14, with 7 being neutral. Ideally, you want to be balanced. Our blood is alkaline at 7.365. Unhealthy people are ACIDIC, whereas healthy people are ALKALINE.

To be strong and smart like Doc Broc, choose the alkaline foods over the acidic foods, which make you sick, tired, and fat. Doc Broc says, “Choose the right food!” The King of the Garden’s motto is “Alkalize and Energize!”

Alkaline Food Sample (Good)

Water	Spinach
Avocado	Broccoli
Tomatoes	Soy
Lemon	Sprouts
Fresh fish	Hale
Flax	Borase
Primorse	Hemp Oil
Celery	Wheat Grass
Barley Grass	Buck Wheat
Coconuts	

Acidic Foods (Bad)

Hamburgers	Hot dogs
Coffee	Alcohol
Doughnuts	Cookies
Potato chips	Fast food
Ketchup	Mustard
Tea	Mayonnaise
Chocolate	Mushrooms
Corn	Ice cream
Maple syrup	Honey
Sorbitol	Soda
Frozen dinners	Canned foods
Fried chicken	Peanuts
Fruits	Cheese
Yogurt	Eggs
Chicken	Pork

“The pH scale is a measure of acidity and alkalinity,” says Shelley Young, LMT, co-creator of Doc Broc. “When acids and alkalines meet in certain ratios, they neutralize each other. With the exception of certain body systems—specifically the stomach and colon—your body will try to maintain that alkaline pH level.

“Certainly, by eating your greens and avoiding acidic foods, you’ll be on your way to putting your body in balance,” says Young.

Book Excerpts

The Battle

Without AvoRado, Doc had to hold ground.
Then something suddenly Doc Broccoli down.

Big Bad Burger Bully made the great tackle,
and held Doc Brown down like he was in shackles.

As he opened his mouth and leaned over Doc's face,
he let out a burp that Doc thought he could taste.
The Bully's intent was to use burger breath
potent enough to cause Doc Broccoli's death.

The belch made the girl feel a bit noxious,
and left Doc Broccoli almost unconscious.
"I just can't watch this," said the green queen.
"Doc Brown might die if I don't intervene."

Doc Broc Profile

Doc Broc was blessed
with an ARTICHOKE vest
that protected his chest
from cardiac arrest.

His long strong legs
of "perm-packed" CABBAGE
kept Doc free
from extra fat baggage.

His big BROCCOLI brains
gave him the power
to heal any sickness
in less than an hour.

These are the traits
that gave grandeur and stardom
to Doc Broc the healer,

KING OF THE GARDEN!