

“It is not the germs we need worry about. It is our *inner terrain*.”

~ Louis Pasteur

Acid Alkaline Balance

Excess acidity is a condition that weakens all body systems.

Excess acidity forces the body to borrow minerals - including calcium, sodium, potassium and magnesium - from vital organs and bones to buffer (neutralize) the acid and to safely remove it from the body. As a result, the body can suffer severe and prolonged 'corrosion' due to high acidity - a condition that may go undetected for years.

It affects virtually every person in our society because of the way we live, the way we eat, and the environment we live in. The result is an internal environment where disease can easily manifest, as opposed to a pH-balanced environment which allows for normal body functions - necessary for the body to resist disease. It is true that if we have a healthy body, we will maintain sufficient alkaline reserves to meet emergency demands. However when excess acids must be continually neutralized, our alkaline reserves are depleted, leaving the body in a weakened, disease-prone condition.

Unfortunately, there are still many practitioners who believe that the body can somehow miraculously and 'naturally' balance its pH - as if we were living in nature and eating raw foods and herbs. The truth is so far beyond this ideal. The truth - according to Dr Lynda Frassetto, acid/alkaline researcher from the University of California, is that we have turned an evolutionary corner.

We simply do not handle acid waste the way we used to. Her research showed the sheer volume of acid waste our body has to handle has forced it to take drastic 'war' style action to preserve its strategic reserves - the kidney and liver - our major essential detoxifying organs.

In her study of almost 1,000 ageing subjects, she found that we are now 'stockpiling' acid in fatty deposits rather than eliminating it via the kidneys and liver.

In its infinite wisdom, the body has chosen to save the kidney and liver from degradation by excess acid.

Of course, there is a cost. It's called obesity, lowered immunity, lack of energy and the whole host of acid-

related diseases we are subject to including cancer, diabetes, osteoarthritis and more - much, much more.

Acid Alkaline HISTORY

The concept of acid/alkaline imbalance as the cause of disease isn't a new one. One of the first persons who talked about the need to alkalize the body was Edgar Cayce. He always referred to body detoxification with herbs, colonics, fasting, massage, steam baths and diet modification with the aim of alkalizing the body.

Way back in 1933 Dr. William Howard Hay published a ground-breaking book, *A New Health Era*, in which he maintained that all disease is caused by 'auto-toxication' (or "self-poisoning") due to acid accumulation in the body: *"Now we depart from health in just the proportion to which we have allowed our alkalis to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so."*

More recently, in his remarkable book, 'Alkalize or Die', Dr. Theodore A. Baroody said essentially the same thing:



"The countless names of ill-nesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!"

Dr. Robert O. Young, Ph.D. in his book, 'The pH Miracle' says it this way; *"Those willing to look again, and with clear eyes, will be rewarded with the secrets to permanent health. We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless."*

Unfortunately, according to Sang Whang, author of *Reverse Aging* even if we eat the best of organic fruit and vegetables, 97% of our food still consists of carbon, nitrogen, hydrogen and oxygen, which will still be reduced to acid waste.

He says that it is not what we put into our bodies it is what stays in our bodies as waste that creates our over-acidic condition and what causes us to age prematurely.

Sang Whang says that in terms of acid/alkaline balance, the only difference between 'good' food and 'bad food' is that 'good' food will have less acid waste and more acid neutralizing result.

Your pH balance depends on what is left after metabolism. So we'll take a look in this article at what foods, lifestyles and supplements contribute to a 'clean' house within.

Here our metabolism can operate as it is supposed to instead of acting as a continual janitor in an increasingly overloaded toxic warehouse.

Leftover Acid Waste

Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism. These acid wastes move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them or us within, as the body struggles to counteract acid-producing foods, acid-producing pollution and acid-producing stress. In fact of all acidifying factors, stress is the greatest. It can neutralize and acidify an alkaline diet with one surge of adrenalin.

Long term acidity is like rust

It corrodes our tissue, eating into our 96,000 kilometers of veins and arteries. Left unchecked, it eventually interrupts all cellular activities and functions, from the beating of the heart to the way we think.

As we have mentioned, acids can be stored in fat. Cholesterol and crystallized uric acid are solidified acids that have been dumped within the body for 'later' removal - the 'later' that never comes.



Acid Effects

Acid coagulates blood. Blood has major problems flowing around fatty acids. Capillaries clog up and die. The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle. Even with a face lift or liposuction, the acid remains and continues its relentless advance. Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin - are involved in the maintenance of correct blood pH.

The War Within

Within your body, your organs and cells are totally subservient to your blood. All organs work to keep your blood at a balanced pH, to the point where your body is willing to inflict major damage on organs if they appear to stand in the way of correct blood pH. If its pH drops from its optimum pH 7.36 down to pH 7, you will lapse into a coma and die.

That's why you get such a charge from a can of Cola. Its pH of 2.5 acidity sets alarm bells ringing all over your body. Alkaline chemical stores that should be used elsewhere are sacrificed to the call of the adrenalin that floods your system.

The 'high' you have learned to expect is no different to the high a drug user experiences as his artificial sensory elevation. It is your body screaming "Help", and you, enjoying the thrill of the fear. It's "The Real thing".

It's not just a glass of Cola that causes such effect. (32 glasses of neutral pH water are needed to balance one glass of Cola). Most of us already have a running battle

In summary, over-acidification interferes with *life itself* leading to virtually all sickness and disease! Finally, it ages then kills us.

When we die, it *celebrates* by turning the whole body acid, inviting foreign antagonistic organisms to the party!

Dr. Baroody expresses it very well: "*Too much acidity in the body is like having too little oil in the car.*

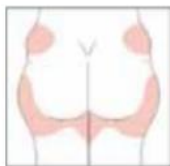
It just grinds to a halt one lazy Sunday afternoon. There you are - stuck. The body does the same thing. It starts creaking to a stop along the byways of life and you find yourself in some kind of discomfort. I watch with great concern as people of all classes and lifestyles suffer from this excess."

He attributes no less than 68 major health conditions to a prior existent acidic inner terrain.

Why are Westerners so prone to obesity?

Is it just food? Of course, the food we eat, its quantity and quality has a large effect on our waist measurement.

But because the body has made a habit of its 'last chance' solution (*pirating calcium from the bones and teeth*) of what to do with excess toxic acid waste, there is another reason we deposit fat.



As Dr Frassetto discovered, when we are faced with shortage of options due to an acid-besieged inner terrain, we dump

toxic wastes in fatty deposits as far away from the organs and heart as possible; on the buttocks, the chest, the thighs and the belly.

Dr Robert O. Young writes convincingly on the same subject. He sees sugar as an acid and as the reason we are so fat, but not as we have been taught. He says that the body has to protect itself from the excess sugar we consume, and so it

co-ops fat - to encase it and protect us from it. "Fat" he says, "is saving our lives".

Alkalinity and Energy Levels

Acidity or alkalinity of our internal fluids has a profound effect even at the individual cellular level



MITOCHONDRIA;
THE BODY'S CELLULAR POWERPLANT

In our bodies our entire metabolic process is dependent upon balance, right down to the cellular level. Our 75 trillion cells are slightly acidic within, dependent on our inner sea -the surrounding alkaline interstitial fluid to surround them.

Without this relationship, no useful chemical or energy interchange will occur because no pH balance exists. pH opposites - acid and alkaline - in the body are the chemical method for electricity to flow. Without sufficient 'polarity' between the interior of the cell and the fluid surrounding it, the energy of the cell has difficulty flowing into the surrounding tissues. Weight loss and the regaining of energy occurs more easily when we take the first steps towards an alkaline 're-balance'.

Alkalinity and your blood

Blood is always slightly alkaline (*or at least it should be!*). As the only transport system for nutrients to every part of your body, blood cannot afford to be acidic. It needs to stay within a pH range that will maintain resistance to decay or putrefaction, and growth of malevolent organisms. Hence pH 7.365 is the ideal environment in which micro-organisms remain in co-existent or symbiotic harmony with the body.



"Fat is saving our lives."
Dr Robert O. Young

Allow the blood to shift slightly either way and results will be felt in every part of the body. Beneficial microforms die, and aggressive microforms sustained by an acidic environment begin to multiply and mutate, taking the form of aggressive, parasitic and pathogenic agents.

Scientists studying live blood using dark field microscopy can see the changes in the blood taking place and correlate it with

the progression of the disease process.



CLUMPED, ACIDIC BLOOD NORMAL BLOOD

They witness a repetitive pattern unfolding that has prompted them to state that the over-acidification of the body, caused by improper eating and living, causes a proliferation of antagonistic microforms which debilitates the body and, if not corrected, may ultimately cause our demise.

The Real Power of pH

If *any* substance changes from pH 7 to pH 8, it has become ten times more alkaline. Conversely, if it has changes from neutral pH 7 to pH 6, it is 10 times more acidic. As an example, a popular Cola, at pH 2.5 is almost 50,000 times more acidic than neutral water, and needs 32 glasses of neutral (pH 7) water to counteract the consumption of one glass of Cola. (Active ingredient: Phosphoric Acid)

You can now see that a change from the normal level 7.365 to pH 7 would mean that your blood would suddenly be around 4 times as acid as it should be. You would die from poisoning by your own blood. This is why every body system is used to support the correct blood pH

You can also understand from this that our blood pH can be affected at any time of the day by a myriad of events; food, drink, stress, pollution, exercise, or beneficially, by meditation, by drinking alkaline water, by deep breathing, even by being happy



MEDITATION IS ALKALISING.
START EARLY

Alkalinity and Parasites

Today more and more doctors and researchers (including most forms of alternative therapists) believe most disease is caused by unbalance in the body. Unbalance occurs in a nutritional, electrical, structural, toxicological or biological equation, allowing germs to flourish.

They believe we need to re-establish balance in your body by working with your body, not against it. They say that healing of chronic illness takes place only when and if the blood is consistently maintained at a normal, slightly alkaline pH.

It's not an understatement to say that we live in a world plague of "microforms". These include more than simple germs. Yeasts, fungi, viruses and moulds are all microforms that exist within our bodies.

It's not just their presence within us, but the excretions they deposit within us. These toxic wastes are produced when microforms digest glucose, fats and proteins in our body. They steal our food, turn it to poison, and dump it inside of us.

Alkalinity and Mineral Assimilation

If only people were aware of what causes minerals to be assimilated or rejected, we could save hundreds of millions in wasted supplement consumption every year. pH balance determines - and limits - mineral assimilation.

Every mineral has its own 'signature' pH level that permits assimilation by your body. If we look at an atomic scale chart of elements, those at the lower end are capable of assimilation over a broader pH range. Those 'higher' on the chart need a progressively narrower pH range to be assimilated.

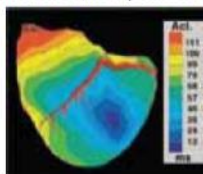
Summarizing, if you are not balanced, your body will simply reject most minerals.

Why is this relevant?

Let's look at iodine as an example. High up on the atomic scale, it requires near perfect pH for its assimilation into the body. Iodine is required for a healthy thyroid gland. But our thyroid will receive no iodine unless the body pH is almost perfect. Thyroid deterioration has been connected to arthritis, heart attacks, diabetes, cancer, depression, obesity, and fatigue.

Today, inadequate mineral supply to the body is extremely common due to the depletion of minerals in our agricultural land. The supply and absorption of adequate minerals determines our health and wellbeing because it determines the conductivity of electricity in our bodies.

Electrical conductivity is the basis of an effective nervous system, which in turn monitors and reports on how well our



operate therefore, is subject to a correct pH, just like every bio-chemical process we perform. By eating and living in a way that causes imbalances to our internal pH

various organs and subsystems are doing. The effectiveness with which our nervous system can

we actually 'kill the messenger'; the system that keeps us updated on how our body systems are fulfilling their allotted tasks.

Alkalinity and MERCURY

Dr. W.R. Kellas, Ph.D., co-author of numerous books including *Surviving in a Toxic World* says that the pH factor plays an important part in ridding the body of mercury and other toxins.



He says, "the best pH is around 7.35 because the more acidic the body is

(below 6.5) the more it holds on to (heavy) metals.

Heavy metals in turn create a high oxidative stress that acidifies the body."

Dr. Kellas's clinic in California sends out pH strips along with their medical treatment and products, similar to those IonLife supplies, to measure body pH. They have consistently seen better results when the pH factor is incorporated in their detoxification program.

Many people who have embarked on an alkaline water regime have found that immediate detoxification occurs, bowel movements normalize after years of malfunction, and energy returns. They also experience classic symptoms of detoxification including headaches, body aches, itching etc as the toxic, acidic minerals begin to be washed out of the body.

A very recent worldwide survey of all current Alzheimer's research has identified mercury as the prime suspect or causative factor.

Alkalizing With Food

On the last page of this report you'll find a list of the acid and alkaline residual properties of many foods. To achieve a balance, health practitioners recommend an 80/20 mix of alkaline and acid foods. As you'll discover, unless you are like 'Popeye' and just love spinach, silver beet and broccoli, you may find this rule rather hard to keep.

We have one client who has progressed from diet to alkaline powders, to volcanic water with drops, and at last he found alkaline water. In his words, he just couldn't beat his acidity with food.

However, some dedicated green food people do manage, but most enlist the help of alkaline supplements or alkaline water.

Green Supplements

There are many formulations of alkalizing green food on the market. They all work, and are a workable answer for a busy parent or business person because you need only down it once a day. Ingredients may include barley grass, wheat grass and all



manner of green vegetables and alkalizing herbs. Few are organic so take care in selection.

We all see many ads on TV and in magazines for calcium supplements. Calcium can certainly replace lost alkalinity, as it is constantly being raided in the acidic body.

The catch is that calcium is very difficult to absorb with an excessively acid body condition. In other words where it is most needed is where it is most likely not be absorbed in supplement form. Is calcium in these cases more of a palliative than a cure?

An unbalanced acidic system will always hunger for calcium but unless the cause is corrected, the hunger may continue forever. If buying a calcium supplement be sure to find one that has the correct ratio of calcium and magnesium in an ionic form for fast assimilation and the vital 2:1 ratio

Alkaline Water

Sang Whang, scientist, inventor and drinker of alkaline water for 17 years says

the problem with trying to alkalize using food is that unless you can afford organic, you will metabolize a large amount of pesticides, herbicides, fungicides and other chemical residues.



He adds that if you 'overdose' by drinking too much alkaline water, it will simply pass through the kidneys and flush away any germs that may have taken up residence as it passes through.

Alkaline water is used by millions of Japanese and Korean families, and has been a part of their culture since the 1980's.

Alkaline water is found in hospitals, in sanatoriums, and in clinics all over these countries.

In South Korea, Jupiter Science sell approximately 40,000 alkaline water ionizers every month in a country with six times less population than in the USA !



You can alkalize water in two ways; by adding alkaline minerals or by using a alkaline water ionizer. Note that your tap water may already be slightly alkaline, but Japanese scientists at Shiga University say that you should have water at pH 8.5 or above. Water alkalizing drops formulae also work, although they do not clean or ionize the water. You should look for one that has proven beneficial.

Using drops, all you need do is add some alkaline water formula to your drinking water to change it pH balance to alkaline.

Alternatively a home water ionizer attached to your tap or to your cold water line, filters your water of all major impurities including chlorine and then separates and removes acid minerals, giving an unlimited stream of purified and powerful alkaline water.

The electrolytic process it employs gives a number of important side benefits. The molecular clusters are greatly reduced in size, offering far greater hydration ability. The minerals in the water are negatively charged, making them far more effectively absorbed. The water is also a powerful antioxidant.

Finally, the latest alkaline water ionizers employ Far Infra red (FIR) emitting ceramics to help energize, soften and disinfect the water.

ALKALIZING FOODS

VEGETABLES

Garlic, Asparagus,
Fermented Veggies
Watercress, Beets
Broccoli, Brussels sprouts
Cabbage, Carrot, Cauliflower
Celery, Chard, Chlorella
Collard, Greens, Cucumber
Kale, Kohlrabi, Lettuce
Mushrooms, Mustard Greens
Dulce, Dandelions,
Edible Flowers, Onions
Parsnips (high glycemic), Peas
Peppers, Pumpkin, Rutabaga
Sea Veggies, Spirulina, Sprouts,
Squashes, Alfalfa
Barley Grass, Wheat Grass
Wild Greens,

FRUITS

Apple, Apricot, Avocado
Banana (high glycemic),
Cantaloupe
Cherries, Currants
Dates/Figs, Grapes
Grapefruit Lime
Honeydew Melon
Nectarine Orange Lemon
Peach Pear Pineapple All
Berries Tangerine Tomato
Tropical Fruits
Watermelon

PROTEIN

Whey Protein Powder
Cottage Cheese,
Chicken Breast
Yogurt, Almonds,
Chestnuts
Tofu (fermented),
Flax Seeds, Pumpkin Seeds
Tempeh (fermented),
Squash Seeds, Sunflower Seeds
Millet, Sprouted Seeds
Nuts, Eggs

OTHER

Apple Cider Vinegar
Bee Pollen, Lecithin Granules
Probiotic Cultures,
Green Juices, Veggies Juices
Fresh Fruit Juice
Organic Milk (unpasteurized)
Mineral Water,
Alkaline Antioxidant Water
Green Tea, Herbal Tea,
Dandelion Tea, Ginseng Tea,
Banchi Tea, Kombucha

SWEETENERS

Stevia, Xylitol

SPICES/ SEASONINGS

Cinnamon, Curry, Ginger,
Mustard, Chili, Pepper,
Sea Salt, Miso, Tamari,
All Herbs

ORIENTAL VEGETABLES

Maitake, Daikon
Dandelion Root,
Shitake
Kombu, Reishi,
Nori Umeboshi,
Wakame
Sea Veggies

ACIDIFYING FOODS

FATS & OILS

Avocado Oil, Canola Oil,
Corn Oil
Hemp Seed Oil
Flax Oil, Lard, Olive Oil
Safflower Oil, Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Rice Cakes, Wheat Cakes
Amaranth, Barley, Buckwheat
Corn, Oats (rolled), Quinoa
Rice (all), Rye, Spelt, Kamut
Wheat, Hemp Seed, Flour

DAIRY

Cheese, Cow Cheese, Goat
Cheese, Processed Cheese,
Sheep Milk,
Butter

NUTS & BUTTERS

Cashews, Brazil Nuts,
Peanuts, Peanut Butter,
Pecans, Tahini, Walnuts

ANIMAL PROTEIN

Beef, Carp, Clams, Fish,
Lamb, Lobster, Mussels
Oyster, Pork, Rabbit, Salmon
Shrimp, Scallops, Tuna
Turkey, Venison

PASTA (WHITE)

Noodles, Macaroni
Spaghetti

OTHER

Distilled Vinegar, Wheat Germ
Potatoes

DRUGS & CHEMICALS

Drugs, Medicinal Drugs,
Psychedelics,
Pesticides, Herbicides

ALCOHOL

Beer, Spirits
Hard Liquor, Wine

BEANS & LEGUMES

Black Beans, Chick Peas
Green Peas, Kidney Beans
Lentils
Lima Beans, Pinto Beans
Red Beans, Soy Beans,
Soy Milk, White Beans,
Rice Milk, Almond Milk

WATERS

Rainwater,
Certain backwash filtered waters
Distilled water,
Reverse Osmosis water