

What in the Cell is Going on?

The Battle is over pH

By Dr. Gary Tunsky

As you quietly read these words, a whirl of activity is taking place in every cell of your body. Every second, unseen, unnoticed, millions of new cells are reborn in your body's ceaseless program of self-generation. Since cells are the bricks and mortar from which all living tissue and organs are made, to understand degenerative and metabolic disease you must become familiar with the miniature world of the cell and how they are able to perform baffling chemical transformations producing infinitely complex proteins, vitamins, hormones, neurotransmitters, growth factors, enzymes and metabolic energy called ATP.

A healthy body is determined by the health of each of its single cells. All disease originates at the cellular level and not at the organ or system level. Healthy cells create healthy tissues. Healthy tissues create healthy organs like the heart and lungs. Healthy organs create healthy systems like the endocrine system or the immune system and healthy systems make up a healthy body.

In the complex world of 75 trillion cells that make up your nation body, you are the President (*the brain*) that delegates the police force that protects and shields the cellular citizens from attack by foreign enemies; the cellular citizen's work performance, transportation system, medical care, communication, food and water, and methods of toxic waste and trash removal. With your guidance and direction, the nation body will provide all the necessities for proper functioning as a whole. Your cell citizens come in all shapes, sizes and performance capabilities that manufacture an infinite variety of job tasks. Some reside in large cities that are your organs; others prefer to live in the outskirts in small towns away from the traffic - your fingernails for instance. But no matter where they reside, each cellular citizen has a purpose, an important duty for the good of the nation — your body.

So if the health of the cell is the answer, what constitutes a healthy cell? What you eat, drink, breathe and bathe in will either nourish the 75 trillion cells with oxygen, water, vitamins, minerals, phyto-nutrients, essential fatty acids (*EFA's*), glucose and amino acids or contaminate the cells by the slow poisoning of the bloodstream. You see, what you breathe, whether oxygen or environmental contaminants ends up in the bloodstream. What you eat,

whether living organic fruits, vegetables, nuts, grains, legumes and seeds or refined, processed, foodless foods and toxic sugar laden drinks end up after digestion in the bloodstream. The bloodstream is a flowing river to all the cells for nourishment and removal of acidic waste residues. So, is your bloodstream a river of life or a river of death and disease? *For the Life of the flesh is in the blood...*" (Lev. 17:11)

Cells are multifaceted. Some are like miniature electrical generators like a lithium battery. They all respire like a lung to bring in intelligent nutrients and remove toxic waste products. Cells are also manufacturing plants that synthesize hormones, neurotransmitters, proteins and life force. These cellular engines also communicate like a wireless fiber-optic network 24 hours a day. Our finite minds couldn't possibly fathom or consciously control the extraordinary complex tasks of manufacturing, storage, repair, communication, transportation, police, waste disposal, administration, food production, temperature control and pH balancing that goes on in our body daily to the normally metabolized acids from body tissues and maintain health and vitality.

A picture metaphor of how the cells communicate would be to envision all six billion people on this planet picking up a wireless phone simultaneously and having a phone conversation. Now picture everyone clicking three-way and having a three-way conversation. Then picture everyone in the world clicking on conference call with total conversation capability of 1,000 different people simultaneously. The question is, does your cell phone have good reception to transmit and receive messages? Your intestinal cell phone talks to the skin. Your spleen cell phone talks to the thymus. Your heart cell phone talks to the liver. All organs and systems work in unison. No organ or system works alone, just as no nutrient works alone. So what is the regulatory authority that controls cell processes? **The answer is pH.**

The pH of your tissues and body fluids affects the state of your health or inner cleanliness or filth. **The closer the pH is to 7.35 - 7.45, the higher you're level of health and well being and your ability to resist states of disease and the onset of symptomologies.**

The pH scale is like a thermometer showing increases and decreases in the acid and alkaline content of these fluids. Deviations above or below a 7.35 - 7.45 pH range in the blood can signal potentially serious and dangerous symptoms or states of disease. When the body can no longer effectively neutralize and eliminate the acids it relocates them within the body's extra-

cellular fluids and connective tissue cells directly compromising cellular integrity.

Indeed the entire metabolic process depends on a balanced pH. As more acid wastes back up, and the body slowly stewes in its poisonous wastes, a chronically over acidic body pH corrodes body tissue, slowly eating into the 60,000 miles of our veins and arteries like acid eating into marble. This is what science calls hemorrhage. If left unchecked, it will interrupt all cellular activities and functions from the beating of your heart to the neuro firing of your brain. Over acidification interferes with life itself, leading to all sickness and “dis-ease.” Fundamentally, all regulatory mechanisms, including breathing, ingestion, circulation, hormone production, neurotransmitter release, etc., serve the purpose of balancing pH by removing cells. When you eat food, it ferments, just the way a banana on your counter ferments from a green, to yellow, to brown, to black. The banana rots from the inside out, not from the outside in. That is why humans can look healthy from the outside but are rotting and decaying from the inside.

This is what the medical community refers to as degenerative disease. These morbid microforms produce potent acidic by-products, which further compromise pH and create disruption in the body’s bio-system. This process can involve further morbidity through bacteria, yeast, fungus and mold with subsequent serious life-threatening symptomologies. I would say that disease comes from the inside out and that the terrain or environment of the body is the catalyst for the development and progression of **all** disease. This does not preclude the contributing factors from external circumstances such as trauma, airborne microforms, air pollution, radiation, chemicals and drugs. These all provide negative acidic impressions but “dis-ease” arises within the cell in response to these impressions.

Sink Or Swim

Think of your body as a fish tank. Imagine the importance of maintaining the integrity of the internal fluids of the body that we swim in daily. Imagine the fish in this tank are your cells and organ systems bathing in the fluids, which transport food and remove waste. Now imagine I back up my car and put the tailpipe up against the air intake filter supplying oxygen to the water in the tank. The water becomes filled with carbon monoxide lowering the pH, creating an acidic environment and threatening the health of the (*fish*), (your cells and organs). What if you throw in too much food or the wrong kind of food and the fish are unable to consume or digest it all and the food starts to

decompose and putrefy? Toxic waste chemicals build up as the food breaks down, creating more acidic by-products, altering the optimal pH. This is a small example of what we are doing to our internal fluids daily, some of us more than others. We are polluting our internal fluids with acidic toxins like nicotine, drugs, excessive intake of acid forming foods, acidic beverages and social drugs such as coffee, carbonated beverages and alcohol, which all compromise the delicate balance of pH that maintains homeostasis. Some of us have fish tanks (*bodies*) that are barely able to support life, yet we somehow manage to struggle from day to day manifesting severe imbalances until there is the inevitable crash and debilitating chronic, disturbing, and diseased symptomology to deal with a life-threatening illness in a hospital somewhere.

Bodily Responses That Fight To Maintain pH

All metabolic processes, including immunity, depend on a delicately balanced pH, which harmonizes electromagnetic energies. The body constantly fights to maintain a blood pH at around 7.35 -7.45 much like our internal thermostat that tries to maintain a 98.6-degree body temperature. There are seven homeostatic adaptation responses that fight to maintain this pH balance.

- 1) Using high pH bodily fluids such as water as a solvent to neutralize acid residues.
- 2) Pulling bicarbonate from the pancreas into the blood (*an alkalizing agent*). Bicarbonate ions are generated into the blood cells from carbon dioxide and diffuse into the plasma.
- 3) Protein buffers of glutathione, methionine, cystine, taurine, just to name a few, act as buffers intra-cellularly to bind or neutralize acids during cellular disorganization.
- 4.) Electrolyte buffers of sodium, calcium and potassium work in the blood, lymph, and extra-cellular and intracellular fluids to bind acids, which are then removed through the urine.
- 5.) Pulling stored calcium and magnesium from skeletal bones and teeth to neutralize blood acids.
- 6.) Filtration and elimination of acidic residues through the skin, urinary tract and respiration.

7.) Pushing blood acid residues and accumulated toxins into outer extremities as a storage bin away from vital organs. The wrist, joints, fingers, toes and skin are the major target areas to keep the toxins from saturating internal vital organs like the heart and lungs.

When all seven-protection phases are overwhelmed, the end result is accumulated acid residues at the cellular level, which drown out oxygen. With this acidic, low oxygen terrain, the microzyma's (*small ferments*) trigger morbid microbe infiltration of fungus, molds and parasites, cancer cells, etc., where they seek the diseased acid terrain as food. (**Editor's note:** *The term "microzyma" was created by Antoine Bechamp. These are small living components of cells and are described more fully later in this article*).

As these organisms feed, they produce waste just like you do. Their urine and feces are called mycotoxins, which are very poisonous to humans. Being acids themselves, mycotoxins greatly worsen the acidity caused by an acidic diet and toxic acid emotions. They are spilled into the blood as well as inside cells, where they cause free radical damage to the genetic material of the cell eventually causing cell death. The dead necrotic cells also spill out acid wastes. The blood poisoning results in more cell and tissue poisoning furthering the disturbance of the microzyma triggering morbid forms of yeast, molds and viruses, which disrupts body chemistry causing disease to the systems. So it's a vicious cycle. One acid condition creates another. Acidic diet coupled with toxic acid emotions creates an acid pH to the cells. This causes low oxygen levels (*hypoxia*), which is necessary for keeping back destructive anaerobic microbes and immuno-suppression is the result. Then medical doctors come in and treat the acid condition with another acid (*pharmaceuticals*).

Pharmaceuticals Create Acidity, Not Alkalinity

What pharmaceutical drug neutralizes acids and increases pH? NOTHING!!! What pharmaceutical drug addresses nutritional deficiencies, especially alkaline minerals? NOTHING!!! What pharmaceutical drug boosts or enhances the immune system? NOTHING!!! And how could they? They're poisonous and destructive, not nutritive and constructive. Pharmaceuticals are acid. How can you treat an acid condition with acid? That's like trying to cure someone who accidentally drank poison with another poison.

The fact is all doctors are drugging the symptoms of acidity (*due to toxicities*) and drugging the symptoms of nutritional deficiencies. Headaches, nausea,

fever, skin rashes, brain fog, severe tiredness, gastric bloating, angina pain and dizziness are the body's intelligent warning signals of a cellular engine problem due to an acidic pH in an organ or system.

Symptom suppression with "anti" medication is analogous to snipping the wire to a blinking oil light on your car's dashboard and thinking that you fixed your engine instead of lifting up the hood and putting oil in your engine so the light goes off.

Disease and symptoms are separate entities. Medical science teaches they are one and the same and by killing the symptom you somehow kill the disease. This absurd, twisted pseudo science **originated and continues from the germ theory that was perpetrated by Louis Pasteur in the 1930's** and has **continued to this day in all medical school training** with little to no opposition. This **brain-dead mentality of looking at symptoms as the disease has been going on since the indoctrination of medicine seven decades ago**. In their ignorance, **they're creating their own business by shoving the disease deeper into a chronic state that will eventually require more radical procedures of butchery and mutilation because they never address the acid state of a patient or the direct cause to disease. God did not make us with surplus body parts.**

Often times in today's world of medicine and pharmaceutical monopoly, scientific proof comes under the titles of who wants it most, how much can you pay and how fast do you need it. Being an independent experiential research scientist myself, it's blatantly clear that scientists findings are based upon personal philosophies, or who is signing their paycheck, rather than on truly scientific verifiable fact. The religious community has accepted and practiced the teachings of the worldly authorities (*government, science, medical, agribusiness, religion, etc.*) as truth. As a result, they live in constant violation of almost every fundamental principle of life God established when it comes to nourishing the body/temple and how we should live here on earth.

We blindly accept as fact the medical profession's teaching as to why we get sick. Then we accept their drugs, chemotherapy, radiation and surgery as the only means of treating the sickness which makes us sicker and exhausts our savings, slowly killing us. Yet, we never question the validity of their teachings. We violate God's principles by what we feed our bodies and minds and then when they break down, we violate God's principles again on how we get well. The physician cuts out the body part or poisons the temple with a

prescription drug, chemotherapy or radiation instead of reestablishing health to the patient, which is the only way to reverse disease.

So what is defiling our temple bodies? The simple answer is; any substance ingested that is not part of the structure of the human body. Let's look at the sixth day creation that characterizes what this biochemical machine is made of ... *"And the LORD God formed man of the **Dust of the Ground**, and **breathed into his nostrils the breath of life** : and man became a living soul."* (Genesis 2:7)

To verify the scriptures in scientific findings, if you examine a decomposed body buried in the soil for decades you will find the tissue remains truly that of the dust of the ground (*soil based elements*). So here we have a book written thousands of years ago telling us that the building materials of man are derived from the elements contained in the earth and atmosphere. Science has only recently discovered through lab analysis and graphite furnace what the Bible has been telling us for millennia.

It is clear that man is made up of primarily airborne elements 96% (*breath of life*), oxygen, carbon, nitrogen and hydrogen while the remaining elements, about 4%, come from the earth (*dust of the ground*), potassium, magnesium, calcium, silver, copper, gold, etc. The Bible repeatedly confirms that God used these building materials from the mineral kingdom and atmosphere in making man and these same alkaline elements are necessary for maintaining blood, tissue and cell alkalinity. So in short, sickness and disease are simply our beautiful, God - created bodies reacting to the foreign things we are exposing them to through breathing, eating, drinking and bathing in acidic, toxic substances that damage the cells and immune system through time.

Our God is a God of simplicity not complexity. If anything in this world is built on confusion, chaos and mystery, it is not of the LORD, it is of the evil one. What do you think the medical profession is built on? Confusion, chaos and mystery. They get you to believe that there are 1001 different diseases for economic reasons when there is only one disease — a disease condition to a weak organ or system. This article is based on the simplicity of reversing all disease processes by changing body pH naturally by doing it God's way as opposed to man's way, which is short lived and destructive.

The Bible says in Romans 12:2 **"Be not conformed to this world"** and yet the average person in their ignorance has conformed to this world in almost every area that deals with physical life. In disobedience and laziness, we pay

an extremely heavy penalty that is the cause of most of the prayer requests in churches.

Pasteur's Germ Theory Is A Hoax

The adoption by science of Louis Pasteur's germ theory* as the whole truth, *(that germs and pathogens are the direct cause of most disease)*, without regard to the deep insight of Antoine Bechamp's microzymian principle, *(that the acidic condition of the patient's cellular environment creates disease)*, marks one of the most dramatic and dynamic turns of events in modern history. This article will prove beyond a shadow of a doubt that modern orthodox microbial medicine arose upon scientific error, on the kill mode mindset. Kill the bacteria, kill the virus, kill the fungus, and kill the tumor, which has played a major role in the promotion of illness by the creation of resistant strains of bacteria and the suppression of symptoms, not the reversal of illness.

(***Editor's Note:** A theory is not necessarily a fact. It is just a good idea).

It's not the bacteria or the viruses themselves that produce the disease, it's the chemical by-products and constituents of these microorganisms enacting upon the unbalanced, malfunctioning cell metabolism of the human body that in actuality produce disease. If the body's cellular metabolism and pH is perfectly balanced or poised, it is susceptible to no illness or disease. So in other words, disease associated microorganisms do not originally produce a disease condition any more than a vulture produces a dead rabbit or rats produce garbage.

The diseased acidic cellular environment was created by a toxic diet, toxic environmental exposures and a toxic lifestyle supporting the morbid changes of germs to bacteria, bacteria to viruses, viruses to fungal forms and fungal forms to cancer cells in the body. This classical error of referring to symptoms as the disease is perpetrated to this day in all medical schools trickled down from the professors *(whose bread is buttered by the pharmaceutical industry)*, to all med students with the intent of brainwashing the young, up and coming physicians to a kill mode mind-set and to be legal script writers and butchers who perform unnecessary surgical procedures.

The reason why all physicians are kept in the dark by medical schools teaching Pasteur's germ theory is that if they are taught the truth that it's the inner condition of the patient *(i.e. oxygen deprivation, nutritional*

deficiencies, acidic pH, built up toxins in and around the cells, poor circulation, toxic emotions, etc.), **not the germs that creates the growth medium for bacteria, viruses, parasites or cancer cell growth, the majority of doctors would throw away their script pad and surgical knife and focus their treatment protocols on re-establishing a healthy cellular environment, which keeps the germs, bacteria and viruses in check.**

By killing the viruses, bacteria or cancer cells with their destructive weapons of war, they trigger microzyma evolution that makes the enemy pathogens stronger by creating resistant strains reaping more disease in the future. Nobody correlates their newly formed disease a year later with the past drug therapy. **The result if the truth was told, a multi-billion dollar sick care industry that has been meticulously built by the global elite for a century would be exposed and crumble like the Babylonian empire of old.** There is no medical doctrine so potentially dangerous as a **partial truth implemented as whole truth.**

Because of political reasons, Antoine Bechamp's name and research findings along with the germ theory controversy have been omitted from history, medical and biological books, even encyclopedias. **It seems that the historical scientific assassination of Antoine Bechamp resulted in medical science's monopolization of pharmaceuticals and vaccine research. This has meant untold misery for the human race.** It's ironic that **Pasteur himself was reported to have admitted on his deathbed that Claude Bernard was right** — the microbe is nothing, the terrain is everything, but would never give credit for Bechamp's discoveries. Bechamp's discovery in his early research, that all living things contain tiny granules, which he named microzyma's, was the most profound discovery of the 20th century.

Microzyma's Can Trigger Either Life Or Death

Microzyma's (*meaning small ferments*), inhabits **cells, blood and lymph fluid.** They act as both the builder and recycler of organisms. They inhabit cells, the fluid between cells, the blood and the lymph. In the state of healthy terrain, microzyma's act harmoniously and fermentation occurs normally and beneficially making healthy aerobic microbes like acidophilus and bifidus.

Under diseased pathological internal conditions (*low oxygen, malnutrition, acidic pH, poor circulation, etc.*), microzyma's can change the faces of microbes like a chameleon. This is called pleomorphism. Pleo means many and morph means form. So pleomorphism means to change to many forms.

These pathogens can either evolve or devolve depending on the surrounding conditions of the cell. The answer in disease processes lies in the condition of your cellular balance or will it support the development of unwanted guests?

In the early stages of acidic pH in the body's tissues, the warning symptoms are mild. These include such things as skin eruptions, headaches, allergies, colds, flu and sinus problems. These symptoms are frequently treated (*manipulated*) with antibiotic drugs and suppressive medications. With continued suppression of the warning signals of an acidic and nutrient deficient environment, more serious symptoms arise with the disease driven deeper. Weakened organs and systems start to give way (*heart, lung, thyroid, adrenals, the liver, kidneys, etc.*).

Unfortunately, symptom manipulation with pharmacology creates a magical shell game of switching diseases, creating more serious symptoms and disease conditions in the future that are totally different from the original disease. The quick fix drug game of voodoo medicine is what's causing the disease epidemic in this country and puts hospitals and doctors as the number three killer in the U.S.

So what is modern medicine doing with their destructive weapons of war? You can't kill microzymas, they're indestructible. You can only trigger a morbid evolution of anaerobic pathogens to molds, fungus, yeast and cancer. It's the microzymas that are responsible for the decomposition of a dead body back to the soil and creating life to the soil for future plant growth.

Microzymas are an indestructible living entity that cannot be destroyed by heat, antibiotics, or any other weapon of war. My view is that the toxins (*acids*) from the microforms combine to provoke the body to produce symptoms of a healing crisis to purge or eliminate the toxic residues from the nose through a runny nose, the skin through sweat, the colon through diarrhea, and increased respiration. So it's important to remember, it is not the pathogens themselves which initiate disease, they only show up because of an acidic, compromised, cell terrain. Mosquitoes seek the stagnant water, but they don't cause the swamp to become stagnant.

All Disease Is Acid Related

In general, degenerative diseases are the result of acid waste build-up within weak cells and organs that are too weak to clean house. When we are born, we have the highest alkaline mineral concentration, establishing the highest

pH. That is why most degenerative diseases do not occur when you are young. They occur usually after 40 years of age.

The underlying causes of cancer, heart disease, arteriosclerosis, high blood pressure, diabetes, arthritis, gout, kidney disease, asthma, allergies, psoriasis and other skin disorders, indigestion, diarrhea, nausea, obesity, tooth and gum diseases, osteoporosis, morning sickness, eye diseases, etc., are the accumulation of acids in tissues and cells, poor blood and lymph circulation, and poor cell activity are due to toxic acidic residues accumulating around the cell membrane which prevent nutritional elements from entering the cell.

All scavengers breed like parasites. After food is digested and absorbed into the bloodstream it is carried to all 75 trillion cells of the body via the circulatory system. The body eliminates what it can and the remainder settles in the weakest cells, those which are not strong enough to clean house. In this accumulating, deposited, dead waste matter and pustulant soup, germs like bacteria, viruses, fungus and parasites breed. Rotting takes place and pus (*which is decomposed blood*), parasites, flukes, tapeworms, hardened mucous and other acid waste products form. This, science calls disease.

And the name of the particular disease depends upon the location of the deposits of this acidic, toxic, pustulant soup. If the accumulating deposits are in the joints it's called arthritis. If the poisonous waste matter accumulates in the pancreas and saturates the beta cells that synthesize insulin it's called diabetes. If the toxic sludge is dumped in the lungs it's called chronic obstructive pulmonary disease. It's the same disease. Wherever your weakest link in the chain of organs is, that's where your genetic disposition for disease will be.

If the overload is too great for the blood, excess acid is dumped into the tissues and cells for storage. Then the lymphatic system and immune system must neutralize what it can and attempt to discard the toxic waste. If the lymphatic system is overloaded generally due to a lack of exercise, acid deposits will suffocate the cells and damage DNA. If the lymphatic system is pumping through exercise and circulation, they will pick up the acid wastes and neutralize them through the kidneys. Unfortunately, they must dump them right back into the blood stream. This will force the blood to attempt to gather more alkaline salts in order to compensate while stressing the liver and kidneys. This robs Peter to pay Paul.

Body Electric

A healthy condition depends upon a high level of electromagnetic negative charge on the surfaces of tissue cells. Acidity is the opposite charge and dampens out these electrical fields. If tissue pH deviates too far to the acid side, cellular metabolism will cease and oxygen deprivation will occur. Acidity and lack of oxygen are the ideal environmental condition for morbid microforms to flourish. These are the primary symptoms of disease. So in short, acute or recurrent illnesses and infections are either the attempt by the body to mobilize mineral reserves from all parts of the body, or crisis attempts at detoxification. For example, the body may throw off acids through the skin, producing symptoms such as eczema, dermatitis, acne, or other skin disorders. Chronic symptoms result when all possibilities of neutralizing or eliminating acids have been exhausted.

So unless the treatment actually removes acids from the body and replaces nutrient building blocks, the cure at best will be only temporary and a cover-up Band-Aid therapy, shoving the disease deeper into a chronic state. Remember, there is not one drug on the market that reduces the acidity of the body or addresses any kind of nutritional deficiency. The sobering fact is, almost all drugs are acidic, especially antibiotics, and add to the acid residues. And if the drugs were successful at removing acids from an infected area, the acid would migrate to some other weak tissue in the body that will create side effects there, unless the treatment involves the disposal of acids from all body organs. For this reason, today's medical science is pathetic when it comes to the cure for degenerative and metabolic disease.

Cancer Cell Growth Is Caused By Acid

Let's look at cancer. If you were to ask an allopathic doctor to explain cancer in a few words, the best that they can come up with after all these years of research is a cell mutation, a missing gene, or maybe a virus causing immunosuppression. Since cancer is not a localized disease, but a systemic condition, it shows up in the body's weakest link(s). I refer to the body's weakest links as the dead zones because they carry a declining electromagnetic charge. All healthy cells carry an electromagnetic negative charge, but all fermented cells and their acids carry an electromagnetic positive charge.

These rotting cells and their acids act like a glue (*attracting each other*) because opposites attract, causing healthy cells to stick together. This leads to oxygen deprivation where healthy cells begin to rot. This is cancer. It's my

conclusion based on years of research and study that cancer and AIDS are nothing more or less than a cellular disturbance of the electromagnetic balance due to acid PH disorganization of the cellular microzymas, their morbid evolution to bacteria, yeast fungus and molds, and their production of exotoxins and mycotoxins. Cancer therefore is a four-letter word — ACID, especially lactic acid as a waste product due to the low oxygen level and waste products of yeast and fungus.

Dr. Otto Warburg, two time Nobel Prize winner, stated in his book, *The Metabolism of Tumors*, the primary cause of cancer was the replacement of oxygen in the respiratory cell chemistry by the fermentation of sugar. The growth of cancer cells is initiated by a fermentation process, which can be triggered only in the absence of oxygen at the cell level. Just like overworked muscle cells manufacture lactic acid by-products as waste, cancerous cells spill lactic acid and other acidic compounds causing acid pH.

If you cover your mouth, oxygen is cut off and carbon dioxide is built up as an acid waste and you will eventually pass out through asphyxiation. And if your body's blood pH goes below seven, oxygen is cut off and you will be put into a coma or death will occur. The blood performs a balancing act in order to maintain the blood pH within a safe range of 7.35 - 7.45. Some cells instead of dying as normal cells do in an acid environment may adapt and survive by becoming abnormal cells like primitive yeast cells. These abnormal primitive yeast cells are called malignant cells. Malignant renegade cells do not communicate with brain function, or with their own DNA memory code. Therefore, malignant cells grow indefinitely and without order. This biological disorder is what science calls cancer. This could be improved by an alkaline diet and boosting the immune system.

Diabetes Is Caused By Acid

The pancreas produces one of the highest pH body fluids - pancreatic juice with a pH of 8.8. A shortage of calcium ions in the body impairs the production and the release of the insulin hormone. This eventually leads to an acidic blood condition. With the accumulated acidic waste products coating the receptor sites of the insulin producing beta cells, insulin is prevented from being synthesized or utilized. Diabetes is the result. This could be improved by an alkaline diet and detoxification.

Kidney Disease is Caused By Acidity

As acidic waste products accumulate in the blood, the kidneys - the bloodstreams filter - become more taxed, leading to nephritis, uremic poisoning, bladder diseases, etc. All kidney disease is acid related, which can be improved by an alkaline diet. Kidney stones are salts of phosphoric acid and uric acid, generally combined with calcium and/or magnesium. These salts are acidic salts that gradually build up into a stone like object. Although calcium and magnesium are in the salts, they are there to soften the poisonous effects of uric acid and phosphoric acid. Some people mistakenly believe that kidney stones are formed because there's too much calcium. This is not true. Calcium compounds will dissolve in acidic urine, while a kidney stone will not. If you add calcium into the blood and lower blood acidity by an alkaline diet kidney stones will dissolve from the inside.

Allergies Are Acid Related

Allergies are an irritation/inflammation reaction appearing as allergy symptoms as a means of dealing with acid toxins. If a beneficial cleansing substance is taken such as wheat grass or fresh vegetable juice, sinus swelling, runny nose, skin reactions, tearing eyes, etc., are all ways of eliminating acid toxins. Thus, yeast and fungus whose poisons are acid may contribute significantly to your hay fever and sneezing. If you have no symptogenic yeast or fungus, it would be impossible for you to have allergies.

Obesity Linked To Acid pH

Over ingestion of carbohydrates and fats and not enough exercise to burn them as fuel causes our bodies to store fatty acids. Acetic acid, lactic acid and LDL cholesterol are the derivatives of fatty acid. Lactic acids and acetic acids lower the pH of body fluids drastically. This prevents the cellular engines from burning on all cylinders reducing metabolic rate. So a combination of lack of exercise, which reduces oxygen, toxic acidic residues around the cell, infiltration of morbid microforms in and around the cell and a reduction of peak performance energy burning from the mitochondria engines, causes obesity to set in.

With the obesity problem in this country, what exactly does this excess weight consist of? The answer is fatty acids. However, the body does not dispose of unburned food. This unburned food or fatty acids are stored in fat cells until they can be burned at a later time through some form of aerobics. To a point it is a reservoir to later be burned, but later never comes and we keep adding to the fatty acid reservoir. Acid coagulates blood and there is not

much blood flow around fat. Usually the capillaries around the acid accumulation are clogged up. These fatty acids generally form under the skin, especially around the waist line for men and around hips, thighs and breasts for women. When you compare the face of an old woman with a young woman, you can see the difference in the build up fat in the face of the older woman due to lack of blood flow therefore losing elasticity. This build up of fat in the face takes place gradually over time. True understanding of the process of aging and obesity will give you the incentive to drink alkaline beverages and eat alkaline foods that burn fast. Whatever it takes to help your body dispose of acidic waste slowly and steadily should be implemented.

Gastro-Intestinal Disorders Linked To Acidity

All stomach disorders, indigestion, nausea, gas, gastric reflux, are symptoms again that are caused by excess acidity in the gastric region. That is why antacids are prescribed. The neutralizing of acid through ingestion of alkaline water, alkaline foods and alkaline minerals, will help to alleviate the acid related intestinal disorders including ulcers without taking destructive antacids and ibuprofen.

Arthritis is Caused By Acidity

Many different forms of arthritis are the result of acid accumulation from the blood into the joints and wrists. It is this accumulated acid that damages cartilage and coats the cells that produce synovial and bursa fluids causing a dryness which irritates the joints, manifesting swelling. With detoxification coupled with an alkalizing diet, arthritis will disappear.

Gout Is Caused By An Acid Condition

Gout is an arthritic disease resulting from an excess of uric acid crystals in the blood from digestion of red meat, seafood, alcohol or poultry. The uric acid salts deposit in the surrounding tissues of the feet, hands and toes causing swelling and severe pain due to the broken glass like structure of the uric acid crystals especially in the big toe. The only solution in mainstream medicine for gout is deadly painkillers and anti-inflammatories, which are both acidic and further irritate the joints. Unfortunately, the joints have limited blood circulation to carry out the acid wastes. With an alkaline diet and increased circulation, gout will disappear.

Eye Diseases Linked To Acidity

We generally do not consider the change in our vision to an acid condition. As we accumulate phosphates and urates etc. in our cells, the cells lose more oxygen. This causes more unburned sugar in the cell that will bond protein molecules. The end result is that the cells and tissues get stiff, hard and inflexible. These calcium deposits collecting on the optic nerve or ganglia are called cataracts. Loss of vision and macular degeneration are the same.

Morning Sickness is Acid Related

When a woman gets pregnant, the fetus takes priority getting all the necessary alkaline minerals since the baby is born with the highest alkalinity. This means that while the mother is sleeping she loses alkaline minerals creating blood acidity. This phenomenon is known as morning sickness. By eating an alkaline diet and drinking alkaline beverages morning sickness will disappear. *(Editor's Note: Some authors also believe that vegetables cause morning sickness as they contain toxins harmless to adults but toxic to fetuses. They suggest eating only fruit and carbohydrates).*

Acid Foods & Beverages

- red meat
- poultry
- coffee!
- carbonated soft drinks
- alcohol
- nicotine
- eggs
- grains
- sugars
- white flour
- seafood/shellfish
- cheese

- mental stress
- toxic emotions

Alkaline Foods & Beverages

- Fruits
- vegetables (greens)
- nuts
- seeds
- legumes
- water
- milk
- yogurt
- herbal tea.

(Editor's Note: It is best if these are eaten raw)

A perfect ratio of acid pH daily is 80% alkaline and 20% acid in the form of grains, eggs and acidic fruits.

pH Values Of Different Drinks

- A popular brand of cola — 2.5. *It takes 32 glasses of a **10.0 pH** alkaline water to neutralize one can of cola)*
- Diet soft drinks —3.2
- Popular brand beer — 4.7 pH.
- Distilled water —7.0 pH. Filtered tap water — 8.4 pH.
- Fresh vegetable juice (*greens*) — 8.9 pH.
- Alkaline water — 10.0 pH.

Blood with a pH value of 7.45 contains 64.9 % more oxygen than blood with

a pH value of 7.3. An astounding difference for just a minor variance. Acidity of some soft drinks is caused by carbon dioxide, which is a waste product we breathe out. Carbonated beverages are a waste product, which the body rejects in the form of a burp. This is a double whammy. Not only do you shove a toxic residue down your throat when drinking them, these drinks are tilled with caramel coloring, phosphoric acid and ten teaspoons of sugar, which creates more of an acid environment and wipes out your immune system for up to four hours.

Human Body pH Fluid Values

- Stomach juice (*hydrochloric acid*) — 1.5 **pH**.
- Skin —4.7 pH.
- Saliva —7.1 pH.
- The cell — 7.1 **pH**.
- Blood —7.35 to 7.45 pH.
- Pancreatic juice — 8.8 pH.

When I talk about acidic or alkaline food, I am not talking I about how they taste. For example, oranges, lemons and limes taste acidic and have a pH of 3.5, but this acidity is generated by organic acids, which can all be burned away through digestion. However, inside these fruits there are alkaline minerals such as calcium, potassium and magnesium. Therefore, oranges, lemons and limes are considered to be an alkaline forming food. A large amount of potassium is found in organic soybeans, carrots, tomatoes and fruits such as apricots, avocados, bananas, dates, oranges and watermelon. Sodium and potassium also work with proteins, phosphates and carbonates to keep a proper balance between the amount of acid and alkaline in the blood.

As long as there are sufficient amounts of alkaline minerals in the body, poisonous acids are neutralized. There is a family of minerals that are especially suited to neutralizing, or detoxifying strong acids: sodium, potassium, calcium and magnesium. They exist as salts in our tissues and are highly alkaline. A healthy body maintains alkaline reserves by recruiting elsewhere if insufficient minerals are not available from the diet, such as bone (*calcium*), or muscle (*magnesium*). So if we get back to high alkaline, organic fruits and vegetables which have rich top soil, and farmers rotated their crops and didn't use the acidic pesticides and herbicides, then we could alkalize the

blood and keep the pH high and keep the reserves high enough to where the body is not going to be robbing Peter to pay Paul.

Our body is comprised of 70% Water!

Replace that much of your body with something healthier and things are going to change for the better!

What kind of water do you drink??

Kangen Water (Alkaline Ionized Water) produced by Enagic's SD501 has established itself as a very effective method of buffering acidity in the body and helping to keep us at a health building optimal pH level.

For more information on how you can use Kangen water technology to benefit your entire household please contact: