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Acid Alkaline Balance Is Critical To Healh

by **Michael Grant White** [0 comment\(s\)](#) [Nutrition and Digestion](#)

POCKET LABORATORY = pH sticks. Urine and saliva 7.5 as often as possible. Fix 0-14 MACHERE-NAGEL on Amazon.com .

A simple tool to help keep your urine and saliva alkaline is **1/2 teaspoon of sodium bicarbonate in 6 ounces of water 3 times a day**. Proper breathing as well helps you stay alkaline or perhaps better said, unbalanced breathing drives you towards acidity.

Carry a "Laboratory in Your Pocket". You can easily test a critical aspect of your health, anytime, for pennies. Use this simple test to indicate if you are improving from the procedures that you or your therapist may be using. You may also test the general state of another persons' health within seconds.

CALCIUM, SALIVA and URINE pH

One of the most important developments in Dr. Carl J. Reich's research on deficiency disease was the development of *a simple, yet accurate, clinical test for calcium deficiency*. When healthy, the pH of urine is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4.

The saliva is the most difficult to get to the proper pH. I mostly use urine. The pH of the saliva parallel the extracellular fluid. The calcium (mono) orthophosphate is a major component of these chemical buffer body fluids that tries to maintain the pH at 7.4. This pH is critical in promoting both normal DNA synthesis, cell growth, cell function, and cell repair.

As the level of the chemical buffer drops in these serums, so to does the ability to maintain this critical pH. The calcium ion level therefore has a direct reflection on the pH. This can be measured by a simple three second, 10 cent pH test of the saliva that provides an immediate indication of the state of the calcium ion level, and thus indirectly the state of our health.

It is evident that this physical-chemical pH test of saliva represents *the most consistent and most definitive physical sign of the ionic calcium deficiency syndrome*. Dr. Reich found acidic pH directly related to lifestyle defects that supported the calcium deficiency, and to all of the various stages of developing ionic calcium deficiency diseases.

He found that when the deficiency created by defects of lifestyle were corrected by diet and dietary supplements, the pH rose as the disease regressed. This made this simple test an excellent means of monitoring of the progress of the therapy.

pH sticks are my favorite. pH Fix 0-14 MACHERE-NAGEL on Amazon.com or through many drug stores. The wide range between 0 and 14 is best. The pH range of the non-deficient and healthy person's urine and saliva is in the 8 (*dark blue*) to 7.0 (blue) slightly alkaline range.

I shoot for 8. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively. *Most children are dark blue*, a pH of 7.5 or more. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. *Cancer patients are usually a bright yellow, a pH of 4.5*, especially when terminal.

This is over *1,000 times* the acidity level of a normal healthy individual at pH 7.5, causing the body to self digest. Also, acidic pH is exhibited by anxious and depressed adults, hyper-active children, and rebellious or delinquent adolescents. Psychologically, when a child sees that he is green, he will do almost anything to be "*blue like his buddies*", especially if they watched him being tested.

The same is true for adults, especially when the test has any yellow. This test is extremely believable, as it provides demonstrable proof of biophysical change.

The test, although generally reflective of the state of health of the patient, may not always be accurate. For example, while it is easier to test the pH of saliva than the pH of blood, due to the ease of acquiring a sample, the saliva pH could be influenced by some recently consumed food, thereby producing a false positive test.

This can be overcome by *waiting for two hours* after putting anything in the mouth before taking the test. The patient should *also draw fresh saliva into his mouth and swallow* it, several times before taking the test.

Also, because of a temporary aberration in the body, such as an adjustment for an over-consumption of some foods high in some contributing component such as phosphates or alcohol, the pH could be temporarily affected. Thus, *an acidic test should be re-tested two hours later*.

If still acidic, a good nutritional practice would be *to adopt the mineral and vitamin therapy* as is described in "THE CALCIUM FACTOR: THE SCIENTIFIC SECRET OF HEALTH AND YOUTH."

Chapter 13: Recipes For Good Health, and as has been described in the previous chapter. This should also be augmented by *a change in the lifestyle* more oxygen intake (**exercise**) and exposure to full spectrum lighting (not necessarily sun-bathing), accompanied by a change in diet to more water, fruits, vegetables and juices, with moderation to none in red meats (rich in phosphates) and zero alcohol.

our calcium recommendation

Processed foods tend to acidify your blood in an attempt to maintain normal pH, will also make you breathe more and that pattern is mostly excessively heading towards chest breathing.

This is because one of the roles of carbon dioxide, which is in your blood, is to help regulate pH. Besides water, **raw fruits and vegetables** have the least impact on your breathing, followed by cooked vegetables. Processed, high protein and high grain meals have the greatest adverse effect on the way you breathe.

Raw apple cider vinegar is the only vinegar that is alkaline-forming to the body. All other vinegars (white, balsamic, red wine, etc) are acid-forming. Bragg is a good one. I make salad dressing with cider vinegar, agave and raspberry compote. Yummy!!! Below are some of the reasons the alkaline influence

AC vinegar is a common household product that has endless uses. It can be used as a cleaning agent, in salads, and for many other reasons. While many products out on the market tout health benefits such as cancer reducing claims and weight loss magic, there is some promise as to what vinegar can do for health.

While vinegar in high amounts can be tart to the taste, apple cider vinegar is a product that tastes great and can help promote health. Listed below are 18 of the best health benefits of apple cider vinegar.

1. Solve an upset stomach

It happens from time to time when we eat something that simply does not agree with us. When this happens, a stomach ache ensues and causes pain and possibly gas.

This is usually the cause of bacteria building up where it shouldn't, which causes pain in the stomach region. If you are experiencing acute stomach pain and feel that it is not severe enough to visit a healthcare provider, then consider having some apple cider vinegar to ease the pain. The pectin contained in apple cider vinegar is known to soothe intestinal aches, spasms, and pain. The best mixture should include up to two tablespoons of apple cider vinegar with some water, juice, or apple juice.

2. Eliminate pesky hiccups

Hiccups occur at some of the worst times and when they hit, it seems like they never go away. They are usually the cause of excess air in the digestive system, which your body is attempting to eliminate through muscular spasms. Fortunately, a full teaspoon of apple cider vinegar is great for alleviating this problem. It is possible that the strong acidic nature of apple cider vinegar helps to prevent the spasms that cause hiccups, which will help reduce the risk of getting these unwanted spasms. Consider this for a

3. Sore throat cure

The colder months of the year are responsible for increasing the risk of a sore throat. While there are many reasons a sore throat comes about, the truth is a sore throat is not very pleasant. Some individuals drink hot tea, honey, and eat lozenges to cure a sore throat, but an effective way to help eliminate a sore throat is to gargle with apple cider vinegar. The bacteria in the throat causing pain do not like the strong acid content of apple cider vinegar, which means they will die off in a hurry when you gargle with this. Use about two ounces of apple cider vinegar and two ounces of warm water and gargle once per hour for throat pain relief.

4. Reduce your cholesterol with apple cider vinegar

There has been quite a bit of research and studies on how to reduce cholesterol that is a tad high. One common remedy you can use is something you have in your pantry. There have been a few studies that have shown apple cider vinegar to be beneficial for cholesterol levels. In as little as one tablespoon, it is possible to lower cholesterol levels when taken every day. The acetic acid contained in the vinegar is what is believed to help fight off the cholesterol in the body.

5. Stop indigestion from getting to you

If you are a victim of frequent indigestion after a meal, the good news is you have a home remedy that can help ease this. If you are known to have this problem and your doctor or healthcare provider is aware of your condition, then consider discussing the use of apple cider vinegar prior to a feeding to help prevent indigestion. The recipe for this includes one teaspoon each of honey and apple cider vinegar and a tall glass of warm water prior to your feeding. This is known to help ease the uneasy feeling that comes with indigestion.

6. Clear your nose from congestion and stuffiness

Cold medicine is a costly purchase year after year and they tend to have many side effects that can cause ill health. Rather than using cold medication to help relieve a stuffy nose, consider having some apple cider vinegar. The potassium in apple cider vinegar is a great ingredient to thin your mucus and the acid content in the vinegar helps reduce the total amount of bacteria trying to inhabit your nasal cavities. Only one teaspoon is needed and you can mix it with a glass of water to gain these benefits.

7. Lose weight with apple cider vinegar

We know that eating a salad every day instead of fries can help you lose weight efficiently. What is now better understood is that having some apple cider vinegar with your salad can help you to lose weight even more effectively. The acid content in the apple cider vinegar is known to suppress appetite in humans, which means that you are not as likely to overeat. In addition, apple cider vinegar can increase your metabolism, which will cause you to burn more calories throughout the day. Lastly, consuming apple cider vinegar can help your body

8. Dry scalp no more

Dry scalp is prevalent in the colder months of the year and when it affects your head, you show it by scratching more frequently. As a result, dandruff flakes off and collects on your shoulder and shirt, which is embarrassing. Many dandruff treatments in the stores are costly and may not always be the best for the health of your hair. Using apple cider vinegar as an addition to your shampoo can help eliminate dandruff and leave it healthy. Mix a batch with about two ounces of water and two ounces of apple cider vinegar and apply to your scalp when you shampoo. The acidity of the vinegar prevents harmful germs from growing on your scalp and it will help to eliminate dry scalp.

9. Avoid blemishes on your face

Acne affects many younger adults, but the truth is acne can affect anyone at any time. There are a handful of products that are great for zapping acne off your face, but the most effective way to eliminate acne is to kill the bacteria on your skin and prevent it from growing. Using a little apple cider vinegar on your face can be a great way to kill the bacteria on your face to help prevent acne from growing. Use it like you normally would with any toner and watch the benefits just naturally improve your complexion.

10. Skip your midday coffee and look for apple cider vinegar instead

Midday lulls are common for a number of reasons, but when it happens, many simply go to the nearest coffee store to load up on more caffeine. Not only does this hurt your body weight and image, but the sugar you have in your coffee will give you a quick jolt, but it will increase your chances of having an energy crash later on in the day again. Instead of another cup of coffee, consider having one tablespoon of apple cider vinegar with some water or juice to increase your energy levels for the day.

11. Prevent harsh leg cramps at night

Leg cramps that come on at night are some of the worst aches around. Sometimes caused from a hard day at the gym (where you over did it) or from dehydration, leg cramps can be one of the most painful feelings you experience. If you wake up in the middle of the night with achy legs due to cramping, consider having some apple cider vinegar. It contains ample potassium, which is good for cramping symptoms. Blend one ounce of apple cider vinegar with a little honey and some warm water to cut those cramps out of your night.

12. Stop chronic bad breath

Yes, you have morning breath and so does virtually everybody else in this world. However, if your bad breath continues to persist and your dentist or doctor does not indicate a tooth problem, then you might want to try some

13. A natural teeth whitener

There are many products that promote teeth whitening, but some of them can be bad for your tooth enamel. Using apple cider vinegar; however, may be a safe and natural way to eliminate staining teeth. Using apple cider vinegar, it is helpful to swish and gargle every day to fight stained teeth. In addition, gargling with this can help to whiten your teeth and stop any bacteria from growing in your mouth. This is a win-win combination for the health of your mouth.

14. Stop bruising on your skin

Bruises can show up on your skin for various reasons, but when they show up, they can be unsightly to the eyes. Often caused from broken or inflamed arteries and veins in the vasculature, bruises can be prevented with apple cider vinegar due to the anti-inflammatory properties in it. The best way to prevent bruises is to apply apple cider directly to the bruise itself. It will initially cause the bruise to change its color, but over time it will help eliminate it and heal the area.

15. Improve blood sugar

Diabetics have a plethora of products they cannot consume, which makes healthy options more difficult when the time comes. Fortunately, apple cider vinegar can help control blood sugar in a way similar to certain medications. Researchers at Arizona State University have followed the effects of apple cider vinegar and have found that it prevents and slows the breakdown of starches in the digestion process. When this happens, blood sugar benefits and is not elevated as high as it normally would.

16. Protective for the heart

Cardiovascular disease is the number one killer of adults and medicine is in high demands to attempt to lower the prevalence of mortality from heart disease in any way possible. One way to reduce heart disease risk among adults is to consume apple cider vinegar. The regular consumption of apple cider vinegar can help to reduce blood pressure, which is a major marker of those with heart disease.

17. Prevent cancer

Cancer is the number one killer worldwide and is caused from many factors that are still unknown. Foods that contain high amounts of natural antioxidants are known to help prevent the risk of developing cancer. This is why apple cider vinegar is beneficial for reducing the risk of cancer. Apple cider vinegar contains high amounts of polyphenols, which are also found in wine, and can help to reduce your risk and fight free-radicals in your body.

18. Alleviate sunburn pain.

Best alkaline forming protein

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