



Acid / Alkaline Balance In The Body

By Sue Pollock, ND PTC DHM DRM DCH DHT PGD.Phyto.
PGD.Nutr. D.Ay.M

In last months 'Here & Now' we looked at what pH is and this month we look at what pH means to the body.

pH as we discussed last month is the "potential of hydrogen", but in lay terms we are referring to the acid/alkaline balance of the body, pH is calibrated on a scale of 1 (very acidic) to 14 (very alkaline) and 7 being neutral.

Most of our body fluids run at a slightly alkaline state with the exception of stomach fluids. Our blood has a pH value of 7.35 to 7.45, outside of this range death usually follows, so the body has many ways to counter any imbalances and create "homeostasis" or balance, for it's main aim is for survival.

Most things that go between our lips these days are acidic, our lifestyles are generally considered acid-producing, and almost all forms of toxicity we expose our bodies to are acidic, our body has to work hard to give us alkaline blood. I see this daily in practice when performing Live Blood Analysis. Acid crystals of all colors - some from drugs, pesticide residue, alcohol, uric acid and assorted others from the body's effort to dispose of these dangerous substances.

Our blood passes through the heart at a rate of approximately 130 Liters/Hour. The kidneys filter one liter of blood per minute and if clogged with acid wastes may cause kidney stones and inflammatory conditions of the bladder. Most of our blood passes through the liver every three minutes, doing an enormous job of filtering toxic waste and acids from the bloodstream. The liver also produces enzymes to alkalize the blood. In liver enzyme studies, often referred to as Liver Function Tests, often show an elevation of these enzymes, signifying the liver is working overtime to reduce the acid wastes and toxins in the body, which means it hasn't time to do many of it's other functions.

The liver is then forced to unburden itself of these excess acid wastes and deposit them in joints - causing arthritis, and

muscles causing fibromyalgia and other problems. Another way the body alkalizes the blood is through the respiration (lungs), ever notice how when you're sick (and usually more toxic) you seem to increase your respiratory rate, noticed more in children as panting.

Oxygen supports an alkaline environment in the blood and tissues. This is why breathing exercises, yoga etc are valued as good health practices. Oxygen not only gives more energy but helps to detoxify and alkalize the body. Another way the body deals with acidity is to 'buffer' with an alkaline mineral.

The body's most abundant alkaline mineral is calcium - found in bones and teeth. In my opinion, Osteoporosis is not caused by lack of calcium or of dairy products, but rather by the body having to beg, borrow and steal calcium from the bones etc for alkalizing the body. Stress comes into the equation here too, as stress uses up a lot of Magnesium (another alkaline mineral), and stress is also an acid producing lifestyle factor, robbing the body of both alkaline minerals.

Both magnesium and calcium help to support each other. An acidic body is also a stress factor on the body, low magnesium and calcium cause us to stress more easily too - 'vicious cycle syndrome'.

So where do all these acids come from and how can we deal with it? Most foods except fruits and vegetables are acid producing, stress as we've seen is acid producing, poor digestion from not chewing etc causes excess acid wastes, alcohol, drugs, junk food, smoking, toxics, shallow breathing - sedentary lifestyle, all add to our acidic load. To see how acidic a person is we can do urine and saliva pH testing, Live Blood Analysis and iridology often shows a typical whitish (in blue iris only) 'acidic wash', mainly the iris' look a white blue instead of deep blue. The darker deviation from blue in the blue iris i.e. Yellow or green over blue eyes shows green/hazel to brown iris the darker the discoloration over blue the more chronic the acidity and toxicity

the body has retained. To tell in brown eyes, check if glassy, shiny, clear brown or muddy thick looking brown irises. (Be aware some factors in the iris are hereditary and you may not have manifest them)

To assist the body in being more alkaline we can choose to do any or all or combination of the following—eat an 80 % alkaline (fruit and vegetable) 20 % acidic diet (grains etc), supplement with alkaline substances such as vege juices especially beetroot, carrot and virtually any greens, also liquid chlorophyll, powdered or fresh barley, wheat grasses, spirulina, chlorella, calcium and magnesium supplements and drinking healthy Water. Please ask for a brochure on Alkaline/Ionized water.

Deep diaphragmatic breathing, yoga, Thai chi and detoxification processes to dredge the acid wastes are also important. Steams and saunas to dredge the skin—our largest eliminatory organ, along with body scrubs, daily before showering or bathing or in clinic with a Dead Sea salt scrubs and Mud wrap Massage.

Lungs as mentioned - breathing but also by the use of herbal oils in steam room and the use of negative ion generators (ask for brochure for more details). Kidney and bladder can be drained with the use of herbal teas, drinking alkaline water to dilute and excrete acid wastes and toxins. And last but not least the colon cleansing.





Water: the lubricant of life

By Sue Pollock, ND PTC DHM DRM DCH DHT
PGD.Phyto. PGD.Nutr. D.Ay.M

“One of the main causes of fatigue, toxemia, constipation, and premature aging is simply that most people don’t drink enough water”

A common statement found in literature everywhere Water is involved with every metabolic process, electrical exchange, biochemical pathway, physical and mental action in the body. Three quarters of the body is water.

Our muscles are 70% water, our blood 82%, bones contain up to 25% water, and our brain 85% water. If your body doesn't get enough water it will have to recycle what it already has, this means it has to re-filter it through the kidneys placing extra burden on them and the liver.

Water is the element, which extracts nutrients from food, transports them to the blood, replenishes vital fluids, as well as help detoxify the body. Dehydration is one of the main causes of fluid retention. The body is forced to store water if it's not getting enough- the body's survival mechanism. Dehydration is often the cause of chronic pain, including headaches and arthritis, one due to the concentration of acids and toxins recirculating the body and two, due to drying of the lubricating layer of interfacial tissue, causing friction (rubbing together), causing tissue inflammation and pain.

Proportional to the volume of water that enters the stomach, a hormone / neurotransmitter “motilin” is secreted by the intestinal tract and can be measured in circulating blood. Motilin produces rhythmic contractions of the intestines- peristalsis. Therefore dehydration may be the cause of abdominal pain, constipation, and colitis. The osmotic flow of water through the cell membrane can generate “hydroelectric” energy that is converted and stored in energy pools being important for all cellular processes including neurotransmission.

So how much water should we drink? Many authorities suggest 8-10 glasses per day (2-2 1/2 liters), but this can vary depending on body size, amount of physical activity and types of foods eaten. I like to suggest 1litre for every 25kg body weight, but if you suffer any illness, constipation or are detoxifying your body, you should increase this quantity.

There are so many different types of water we can drink and this can be a confusing issue for some, so I will discuss some of the different types of water available. If you do not have clean water, your body will have to do this for you, along all of it's other jobs. We also need healthy water. I mean water that is health promoting and actually good for you. Water authorities can legally add up to 50 different chemicals to tap water in order to “purify” it. All matter and energy has a vibration. Its chemistry, structure and electromagnetic vibration will have an effect upon your chemistry, structure and function, electromagnetic vibration and brilliance.

Today's tap water is “dead water”. It's molecular structure and ability to carry chemical elements such as oxygen and nutrients is very poor. Any essential nutrients that may be in the water are most often locked up and bound to chemicals and debris that render them useless or of little benefit.

Boiled water- you can evaporate off chlorine and kill some micro-organisms by boiling water. However other chemicals, and all the dissolved solids remain, along with endotoxins from the killed bacteria. These endotoxins can produce pyrogens, which are actually more harmful than the live bacteria they replace.

Rain water – Raindrops form around airborne particles. Our air today tends to be so polluted that our rain is less a pure source of un-contaminated drinking water and more a cocktail of sulphuric acid, lead from petrol and diesel fumes, sulphur dioxide, carbon monoxide and benzene derivatives from industry.

Spring or mineral water, basically, you

get what is coming out of the ground, and this can be quite different for individual springs. This water contains varying quantities of metals, salts of metals and other substances that leach into the underground basins. Aluminium, magnesium, potassium and sodium, as well as their sulphates and chlorides, can be present in widely ranging amounts. pH of one bottle I tested was 5.1 and they bragged about it!

This is why in this modern age, it is essential for you to invest in a good water treatment device. There are many good water treatment units on the market. My favorite is the Jupiter. More than just a filtration system, the Jupiter alkalises, ionizes and micro clusters the water.

What does that mean? Alkaline water can effectively help neutralize acids in the blood and tissues.

The water is charged with negative ions which function as a potent antioxidant and helps to flush out toxins. (Toxins are positively charged).

Water that is micro-clustered (smaller molecular size) passes more easily into the cells and tissues of the body, hydrating the body more effectively. Many of you would have noticed that when you have a glass of water it can feel like a lead balloon. This water offers the body hydration, mineralization, alkalization and detoxification.

Japan has heavily researched this water and found it successfully helps with many issues. Testimonials from users of this micro-water/alkalized etc, claim positive and wide ranging results. In the clinic we have seen changes in peoples' blood.

Before “Jupiter” water-Live Blood Analysis showed acid crystals and clumping of various cells, after drinking the water for 2 weeks, blood showed acid crystals had disappeared. Those doing an Ultimate Tissue Cleanse/detox program with colonics have been encouraged to drink Jupiter water.
www.ionizers.org 775-851-9451

