

ABOUT ACIDOSIS

*Contains excerpts from "Alkalize or Die", by Dr. T.A. Baroody, Jr

ACIDOSIS is the basic foundation of all disease. We need to understand the simple process of alkalizing our body and the important role a properly alkalized body plays in restoring and maintaining our overall health. Our glands and organs function properly in exact proportion to the amount of alkaline and acid levels in our system.

THE IMPACT OF ACIDOSIS ON YOUR ORGANS:

HEART

The heart is one of the most alkaline-dependent organs in the body. It is partly enervated by the vagus nerve which functions best in an alkaline environment. Correct heartbeat is altered by acid wastes. These wastes rob the blood of proper oxygenation and degeneration of the heart follows. An alkaline system creates an ideal heart function.

STOMACH

Digestive difficulties (belching, bloating, sensitivity at the waist, intestinal gas, regurgitation, hiccups, lack or limitation of appetite, nausea, vomiting, diarrhea, constipation, colic in children) may indicate vagus nerve problems and possible hiatus hernia syndrome, which can produce acid residue throughout the system. Hiatus hernia can quickly reduce necessary hydrochloric acid in the stomach. Without proper hydrochloric acid breakdown of foods, the foods become too acidic.

LIVER

The liver has over three hundred functions, including processing acid toxins from the blood and producing numerous alkaline enzymes for the system and is your first line of defense against any poisons. All the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver. The load on the liver is much heavier when acid waste products are constantly floating in the blood. If the liver becomes too congested with protein acid wastes, death is imminent.

PANCREAS

The pancreas is highly dependent on correct alkaline diet. All aspects of pancreatic function reduce excess acidity and regulate blood sugar balance. To have proper blood sugar balance, you must maintain a primarily alkaline-forming diet.

SMALL INTESTINES

The Peyer's Patches, in the upper portion of the small intestines are crucial to life. They are essential for proper assimilation of food and producing lymphocytes for the lymphatic system's

wide ranging nodal network. They also produce large amounts of the enzyme "chyle", which is a major alkalizing substance. The uninterrupted flow of chyle into the system is crucial. Too much acid waste production from acid-forming foods is a great burden on the Peyer's Patches, which lessens the production of chyle.

KIDNEYS

In an adult, about 1 liter of blood per minute passes through the kidneys. By executing their primary duty, the kidneys keep the blood alkaline and extract acid. Kidneys that are over-stressed with too much acidity create kidney stones, which are composed of waste acid cells and mineral salts that have become gummed together in a waste acid substance. Therefore, by reducing acid-forming products from entering the body, the chances are better that you can avoid this painful condition.

COLON

The colon must be kept clean of accumulated acid wastes. Poisons collect on the colon walls and in cases of diarrhea or constipation will harden and reabsorb into the bloodstream. Good bowel action (complete elimination) must be done at least 2 times per day.

LYMPHATIC SYSTEM

There are 600-700 lymph glands in the body. Lymph fluid carries nutrition to the cells and removes acid waste products. Lymph fluid flows best in an alkaline environment. When the body is overly acidic, it slows, creating one of the most chronic, long-term, life-threatening situations. Gradually, the lymph dries and begins to form very tiny to very large adhesions throughout the tissues. These adhesions can interfere not only with lymph fluid but with blood flow as well. Hindered lymph flow increases tissue acid storage. Not drinking enough purified water will also slow the lymph. Waste products from foods that are not properly digested are reabsorbed into general circulation via the lymphatic ducts of the small intestine. In addition, bowel movements that do not completely clear the body of its daily poisons are also reabsorbed.

HOW NEGATIVE EMOTIONS CREATE ACIDITY:

Have you ever been so upset with someone or something that you get an upset stomach? All negative emotions create an acidic environment. Have you ever heard anyone say you are letting your problems "eat away at you" or "get the best of you"?

Fear is the underlining cause of most disease. It will undermine your life and your health. Fear causes anger. Anger causes hate. Hate will consume you with continual suffering. Love and understanding cleanse and heal the body creating an alkaline environment within you.

WHAT CAN YOU DO?

1. EXERCISE

Moderate exercise is alkalizing to the body. Excessive exercise (past the point of exhaustion) can create an acidic problem due to lactic acid buildup. People who are acidic usually feel worse from exercise because their detoxification organs are not working properly due to excessive acid in the tissues. Yet without exercise, acid and toxin buildup are likely.

2. QUALITY AIR

As the saying goes - "every step you take, every breath you take ...".

If your environment is polluted with chemicals, dust, smoke, pet dander, mold, micro-organisms, then much of your energy reserve will go just in detoxifying. Today, even in the forest and near the ocean, the amount of negative ions are much lower than they were only a few decades ago. Also, since we sealed buildings to conserve energy and started making our homes and furnishings with synthetic materials, the number of cases of asthma and chronic fatigue have risen dramatically.

3. FOOD COMBINING

Food combining is key to creating an alkaline environment because when you combine properly you reduce putrefaction in the body creating a more alkaline condition.

4. ALKALIZING DIETARY SUPPLEMENTATION

When you purchase supplements you must ask yourself what your goal is and will these supplements actually help alkalize and remove acid from your body. Green drinks are very helpful in filtering out toxins and acidity in the body.

5. ALKALINE DIET

Eating an alkaline diet is very powerful in making everything else work better. In general, it is important to eat a diet that contains both acidic and alkalizing foods. People vary, but for most, the ideal diet is 75 percent alkalizing and 25 percent acidifying (foods by volume).