

ACID-ALKALINE (Continued from p. 7)

other 85% are caused by estrogen dominance. The excess intake of estrogen by males and females is directly related to the high intake of refined foods, fake foods, processed foods, including processed white sugar products, Aspartame [NutraSweet, Equal], white flour products, packaged foods, toxic preservatives, food color and dye additives, and foods grown with pesticides, herbicides, antibiotics and hormones. These foods all contain xenoestrogens, which are fake estrogens that are able to enter your estrogen-receptor tissues and form cysts. In other words, xenoestrogens are toxins that masquerade as female hormones. All of these substances are extremely acidic and toxic.

In addition to the high intake of refined and processed foods, another reason for the typical American diet being so acidic is the high intake of acid foods, particularly protein, with meat being the main course of every meal. Consequently, most Americans have a pH that is far down in the acidic range [4 to 6]. Among the most common acidic foods in the American diet are caffeine, coffee and carbonated beverages. Carbonated beverages are so acidic that it actually takes 30 cups of water to neutralize the acid in one canned soda. But if you do not drink enough water to neutralize the acid, your body goes into your alkaline reserve and uses some of the minerals that are stored in your bones and teeth.

All minerals are critically important. It is possible to acquire a disease based on a deficiency of only one mineral. But the body requires some minerals in greater quantities than it does others. The minerals that the body requires in large doses are referred to as macro minerals. These include calcium, magnesium, iron, zinc, boron, potassium, copper, phosphorus and manganese. The minerals that the body requires in smaller doses [micro amounts] are referred to as trace minerals. These include iodine, selenium, chromium, molybdenum and vanadium. Minerals only come from the soil. This is why Hot Springs, Arkansas is well-renown for its mineral mud baths. Since only alkaline substances [minerals] can neutralize acids, it is clear that minerals are absolutely essential for the health and healing of the body. Furthermore, without minerals, vitamins have absolutely no function in the body.

Another use for the relaxation property of lye [the abbreviated term for alkali] is in hair products for the

purpose of relaxing excess curl or kink from hair. Lye is also commonly used in household cleaning products to dislodge various stubborn embedded soil and stains that are difficult to remove. Lye soap, made with mineral salts, has been traditionally used for safely cleaning the body and hair of humans and pets. Mineral soaps are non-toxic, chemical-free and totally compatible with human cells. The cleansing property of lye is based on its ability to loosen and relax. Consequently, dirt, stains and toxins are loosened from fabrics and household items the same way they are loosened from body tissues and organs. Alkaline minerals cleanse by detoxifying [removing the toxins] and neutralizing the body's pH balance.

Keep in mind that your body knows how to prioritize its needs. For instance, magnesium is a mineral that is needed for almost every function in the body. But if you are deficient in magnesium, your body will extract your magnesium reserve from your bones and use it for a normal heart rhythm. Bone density loss is directly due to excess acid robbing your bones of alkaline mineral. Osteoporosis is the medical term for poor bone density, which is characterized by the loss of height, frail thin bones, round shoulders and stooped posture. Osteoporosis has a lot to do with high acid diets, especially protein, which increase the loss of calcium. This is due to the fact that most protein [especially meat sources] is highly acidic, and the body must go into your alkaline reserve [the calcium, magnesium, selenium and other minerals stored in your bones] to try to neutralize the acid. Each time the body is forced to use your stored minerals, you lose more and more bone density. One tip for neutralizing the protein acid is to take $\frac{1}{2}$ tsp baking soda, which is alkalizing, with 99 mg potassium and mix with one cup of water [the potassium also lowers high blood pressure] one hour before every protein meal.

Alkaline substances even loosen fat from cells. In fact, until the body pH reaches 6.4, fat will not budge. This is why many popular diet programs test your level of ketones. Ketosis is another term for acidosis, also referred to as keto-acidosis. By the same token, if the body maintains a pH level between 6.3 and 6.7, it will not gain excess weight. However, a highly acidic body is apt to gain weight because layers of fat are alkaline. If your diet is not balanced, the body will crave sugar (Continued on p. 13)