

## The pH Dilemma: New Answers

*Carol R. Keppler*

The American public is besieged with disease. It's a given that as we age we will all experience disease in some form although now babies and children quite are falling more and more into this category.

What if a balanced pH was the difference between being healthy and having a disease? We have begun to hear murmurs of this possibility. Dr. Robert Young's book, *The pH Miracle*, explores the connection, providing an alkalizing eating plan to counteract the effects of the inner workings of the body, which he believes causes acidosis.<sup>1</sup>

Dr. Louis Pasteur, known for his germ theory, said on his death bed, "The germ is nothing; the inner terrain is everything." The latest buzzword is "biological terrain" or body pH. There is even a device available to the public to measure acid/alkaline levels, the Biological Terrain Analyzer.

### This Incredible Body

Is pH important? Indeed it is! The body was designed to constantly monitor and balance pH (potential Hydrogen), twenty four/seven. The pH range 1.0 to 6.9 is acidic, 7.0 neutral, and 7.1 to 14 alkaline. A slightly alkaline system of 7.2 to 7.4 is essential because it puts the cells in an alkaline or building mode (*anabolic*) as opposed to acidic, which throws the body into a *catabolic* or breakdown state. The medical profession recognizes metabolic acidosis as a "killer disease" affecting most often the kidneys as well as the central and peripheral nervous systems.

The condition is normally "reversed by treating the underlying condition", often an ingested toxic substance or severe electrolyte imbalance. If the kidneys are unable to handle the level of acidity, dialysis is used to save the life.<sup>2</sup>

It is a widely accepted practice to use a litmus test, which can be purchased at any drugstore, to determine body pH by testing the saliva, which should be alkaline. However, this test cannot tell us the pH of the blood. The true test of balanced body acid-alkalinity can be reliably gauged only by blood tests.

*All major body processes, respiration, digestion and elimination depend on a system that is slightly alkaline.* In a highly acidic body, the whole digestive system can come to standstill with little if any peristalsis action, the wave-like movement which depends on alternating alkaline and acid fields. An alkaline mouth is the first part of a perfectly functioning gastrointestinal tract with food moving into the acid environment of the stomach, then the alkaline small intestines and finally an acid colon. Without peristalsis action to move the food along, the wastes back up allowing deadly acids to seep back into the body to ultimately poison the entire system.

At the opposite extreme, food can pass through a totally acidic digestive system so quickly that there is insufficient time for the absorption of nutrients, leaving the body in a state of starvation from chronic diarrhea.

Seventy-five trillion cells, bathed in high-alkaline structured water during gestation, are now in trouble as their supply of structured water becomes more and more acidic due to accumulation of toxins. Vital signs (respiration, blood pressure, heartbeat/pulse and core temperature) are impacted, often going unrecognized as a warning signal of *medical acidosis*. The physician will treat each individual symptom with a drug, also highly acidic, adding to an already overloaded system. As the acidic cells begin to fail in their ability to receive nutrition, they output less and less energy, atrophy and die.

Although we know there is a definite link between acidity and disease states, we seldom explore the root cause of this often seemingly “incurable” condition. We know that the diet has much to do with a balanced pH and that the Standard American Diet (SAD) of high protein animal products, sugar, coffee and carbonated beverages is extremely acidic.

In some cases, eating more fresh fruit, vegetables and unprocessed foods can be helpful to those with acidic conditions. But there are other acidifiers which are harder to resolve, starting with the *toxic world* we live in — chlorine pools, fluoride toothpastes, chemical-laced shampoos, lotions, soaps and hair dyes.

*Electric overload* also causes hyper-acidity, from cell phones and hair dryers to computers and solar flares, a natural system acidifier. Up until this time there has been little information on neutralizing electric at the cellular level, except minimally, with sea salt soaks. With the new energy medicine it is possible to neutralize this chaotic electric at increasingly higher levels to allow the body to regain its natural and healthy alkaline state.

### **One Disease—Acidosis**

Add the *stress factor*, the “root” cause of many digestive upsets, to all of the other acid-producing situations above and we have a national problem of epidemic proportions. The medical system is staggering under the steadily increasing cases of acid-based diseases like cancer, diabetes and cardiovascular events, not to mention multiple others said to have “*no known cause and no known cure.*” The answer in western medicine often is “more medicine”, not to forget that drugs are chemicals and therefore highly acidic in themselves. The best medications can do is mask symptoms giving the patient not a cure, but a little more “quality time”, often called “remission”.

At this point we may be dealing with hyper-acidic systems caused by toxic medications that even the change to an alkaline diet can't reverse. There are three additional factors beyond a **junk-food-diet**, that cause acidosis: a damaged or sometimes non-functional **Houston's Valve** in the descending colon that forces toxic acid wastes to back into the blood stream; stress triggers the adrenals to continually dump **acidic cortisol** into the system for a natural “fight or flight” reaction; the **Cellular Repair Response System** (CRRS) starts the repair process by sending *acidic cytokine hormones* to a site of injury when the injury is non-local so they never turn “off”. This natural body response can be precipitated by: the *body trauma* of accidents, sports injuries, operations, dental procedures, even a difficult birth; the *emotional trauma* of abandonment, divorce, childhood trauma; *toxic overload* by injection, ingestion, absorption or inhalation; *chaotic electric* overload accumulated over the years from working around electrical devices, sleeping under an electric blanket or living in close proximity to high voltage wires, a military base or in Florida where near lightning strikes are frequent.<sup>3</sup>

There is no doubt that there are answers where few existed before; energy medicine is one that incorporates subtle frequencies which are able to neutralize extreme levels of toxins, electric and even emotional and body trauma, any one of which is capable of throwing the body into an acid state. It is certainly worth investigating these systems of subtle energy therapies; the need for more effective ways to deal with these new health challenges is obvious.

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<sup>1</sup> Robert Young Ph.D., *The pH Miracle*

<sup>2</sup> Karen Stairle, M.D., Department of Emergency Medicine, SUNY at Brooklyn; and Richard Sinert, D.O., Department of Emergency Medicine, King's County Hospital Center, *Medical Acidosis*

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