

Alkalize Or Die

A very powerful statement that is not made lightly



If You Are Concerned About Your Health Do the Saliva pH Test

A simple test you can do to measure your susceptibility to cancer, heart disease, osteoporosis, arthritis, and many other degenerative diseases.

Wait at least 2 hours after eating or drinking juices. Fill your mouth with saliva and then swallow it. Do this again to help ensure that the saliva is clean. Then the third time, put some saliva onto pH paper. The pH paper should turn blue. This indicates that your saliva is slightly alkaline at a healthy pH of 7.4. If it is not blue, compare the color with the chart that comes with the pH paper. If your saliva is acid (below pH of 7.0) wait two hours and repeat the test.

You can use the pH paper to measure both the saliva and urine pH levels of your body. The pH papers are a powerful tool for monitoring your pH balance system. pH testing also provides us with a way to take a more proactive role in our health. We can detect and start to correct the pH imbalances in our systems before they manifest as symptoms of disease. The pH tests are easy and quick. All you need are pH papers and the instructions for interpreting your results.

Where to Get pH Paper

Look for laboratory suppliers in the phone book. You want narrow range pH paper measuring pH 4.5 to 7.5 or pH 4.5 to 8.5. One source is Micro Essential Laboratory Inc., Brooklyn, N.Y. 11210 telephone 718-338-3618. They will send you a catalogue. When sending a container of pH paper through the mail to a friend, a single roll dispenser (catalog #334 that measures pH 4.5 - 7.5) is quite sturdy and should not break. However, the Jumbo strips (catalog #3827) in the more fragile plastic tube container are larger and easier to read. **These pH strips to measure acid/alkaline balance belong in every family medicine kit, right beside the thermometer to measure body temperature.**

Saliva pH and Cancer

"When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4. Thus the pH of saliva parallels the extra cellular fluid... pH test of saliva represents the most consistent

and most definitive physical sign of the ionic calcium deficiency syndrome. The pH of the non-deficient and healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) 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. Over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and life-style defects. Cancer patients are usually a bright yellow, a pH of 4.5, especially when terminal." The Calcium Factor: The Scientific Secret of Health and Youth, by Robert R. Barefoot and Carl J. Reich, M.D., Gilliland Printing Inc., Arkansas City, Kansas, 1996.

The Importance of Acid and Alkaline Balance for Health

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a window through which you can see the overall pH balance in your body.

Cancer cannot exist in an alkaline environment. All forms of arthritis are associated with excess acidity. Acid in the body dissolves both teeth and bones. Whatever health situation you are faced with, you can monitor your progress toward a proper acid/alkaline balance by testing your saliva pH.

What are Acid and Alkaline?

Water (H₂O) ionizes into hydrogen (H⁺) and hydroxyl (OH⁻) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H⁺ ions than OH⁻ ions then the water is said to be acid. If OH⁻ ions outnumber the H⁺ ions then the water is alkaline. The pH scale goes from 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 4.5 is 10 times more acid than 5.5, 100 times more acid than 6.5 and 1,000 times more acid than 7.5.

Four Ways to Restore Acid/Alkaline Balance in Your Body

If your saliva is too acid you may wish to increase the alkalinity of your body. Ways to do this include:

Strongly Acid	Mild Acid	Mild Alkaline	Strongly Alkaline
meat	grains	fruits	
	legumes	vegetables	
soft drinks	nuts	berries	

1. Eat mostly alkaline foods. The general "rule of thumb" is to eat 20% acid foods and 80% alkaline foods. **Avoid the "strongly acid" foods.**

2. Supplement your diet with fresh fruit, raw plant foods, nuts, sprouts and vegetable juices. As a treatment for cancer, some doctors recommend one 8 oz glass per hour for every waking hour of the day. We could never eat the amount of nutrition we drink from fresh juices and/or some herbal formulas of alkaline foods prepared by some live whole food companies. There are also some Chinese Herbal drinks that are highly concentrated and very effective to help flush the toxins from the body. Ask us about them.

Quotes and Recommended Reading

"Low cancer areas were far more frequent in the sun belt. What was the significance of sunlight with regard to cancer rates? Sunlight reacts with cholesterol inside and on the surface of the skin to create vitamin-D. Vitamin-D helps the body absorb calcium and plays a major role in the body's ability to use the calcium that is available," The Calcium Connection, Dr. Cedric Garland and Dr. Frank Garland, 1989, Forside, Simon and Shuster Inc.

"There are many research studies which allude to the fact that high phosphorus and/or phosphoric acid (found in meat and soft drinks) pulls calcium out of the bony structures (bones, teeth and nails) in the process of digestion and assimilation. This has a disastrous effect on bone density, leaving them porous and spongy. When calcium is pulled from the bones, it is released through the kidneys, resulting in stone formation (kidney stones) before it is excreted," The Greenleaves of Barley, Dr. Mary Ruth Swope, 1987, Swope Enterprises Inc., P.O. Box 62104, Phoenix, AZ 85082-2104 telephone 1-800-447-9772.

"Clinical research by Dr M T Morter (Arkansas, USA) has shown that if the anabolic urinary and salivary pH (measured immediately upon awaken-

ing) is below 6.8, we can be relatively certain that digestive support must be provided. Controlled clinical studies by Dr Paul Yanick (Pasadena, USA) have confirmed Dr Morter's findings and recorded that intracellular assimilation of nutrients is significantly decreased when the anabolic pH is below 6.8. However as both these researchers have shown, **supplementing the diet with appropriate alkalinizing foods are highly beneficial** in elevating the systemic pH by replenishing the alkaline mineral and enzyme reserves." - Peter Bartlett, Using pH as a Measure of Digestive Physiology. Available on the Internet at:

<http://www.positivehealth.com/permit/Articles/Colon%20Health/ph.htm>

"Any stressor that the mind or body interprets and internalizes as too much to deal with, leaves an acid residue. Even a mild stressor can cause a partial or total acid-forming reaction," Alkalize or Die, Dr. Theodore A. Baroody, Jr., 1993, Eclectic Press, Waynesville, NC 28786, page 157. Purchased from Amazon.com.

"Adjusting a cancer victim's pH is an absolute must at the start of any treatment, whether orthodox or wholistic (non-toxic). I consider it a gross oversight that this major modality has been ignored for so long. Could it have been overlooked because the cost is only about five cents a day?" What I Would Do If I Had Cancer Again, Carson E. Pierce, N.D., 1996, page 89. Available from the author at www.worldcancer.com.

The simple saliva pH test you have just learned about can help ensure long life and improved health for you and your family. Be sure to always have pH paper on hand so you can check yourself or other members of your family from time to time. Teach your children how to do this test. Share this information with your friends.

Steps That May Help You Beat Cancer

Now let's move on to an overview of the many different things you can do to help yourself if you have cancer. As you will see, these steps will probably help you with most other degenerative diseases as well. By the time you have learned how to deal effectively with cancer, you will have created a firm basis for a life free from almost all degenerative disease.

Only the cancer victim himself can properly treat his own cancer - Dr. William Kelley

Whether or not you submit to the standard treatments for cancer (surgery, radiation and chemotherapy), there are things **you can do for yourself**. Some patients undergoing the standard treatments become too weak to complete their treatment. The information you find on this website may help you learn how to build your strength and finish the treatment while helping to minimize side effects.

If you are working with an alternative medical practitioner, you will want to learn what **you can do for yourself** to complement treatments you receive from your physician.

The cancer self-treatment program on these pages are intended to complement and supplement the care you receive from your physician.

If you already have cancer and want to learn some things you can do for yourself, the information here is designed to provide you with an initial orientation, which you can supplement by reading some of the many books available.

Cancer and Oxygen

Dr. Otto Warburg received the Nobel prize in 1931 for the discovery that unlike all other cells in the human body, cancer cells do not breathe oxygen. Cancer cells are anaerobic, which means that they derive their energy without needing oxygen. It turns out that **cancer cells cannot survive in the presence of high levels of oxygen**.

As a preventive and self-treatment, breathing exercises and an abundance of fresh air provide a starting point. Most people do not breathe deeply, so they lose the benefit of much of their lung capacity. Most indoor air is ten times more polluted than outdoor air, yet we spend up to 90% of our time indoors. Indoor air in every room needs to be constantly refreshed from the outside. Need we mention the importance of non-smoking? Aerobic exercise is useful to both oxygenate the tissues and move the lymph around.

Lymph is a colorless fluid that bathes every cell in the body. The body has two circulatory systems, one for blood and the other for lymph. Blood is circulated by the heart, whereas the lymph is circulated by physical exercise. Many tissues depend on

the lymph to provide nutrients (including oxygen) and carry off wastes. If the lymph does not circulate then the tissues suffocate while stewing in their own acidic waste products (uric acid, lactic acid, etc.).

Cancer and pH

The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4.

At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live (Barefoot, pages 66-67). This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and live whole foods with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium.

In Holland the vegetarian diet promoted by Dr. Moerman has been recognized by the government as a legitimate treatment for cancer. Results indicate that Dr. Moerman's diet is more effective than standard cancer treatments (Jochems, 1990).

There is research indicating that the cancer grows slowly in a highly acid environment (because the acids cause it to partially destroy itself) and may actually grow more quickly as your body becomes more alkaline prior to reaching the healthy pH slightly above 7.4 where the cancer becomes dormant. Therefore, you will want to get your pH above 7.4 as quickly as possible by every means available. Plus, you will want to be attacking the cancer from every direction simultaneously so that any lack of alkalinity is compensated for. Once you have achieved a pH above 7.4, it is useful to monitor your saliva pH daily to ensure that your body remains sufficiently alkaline.

Acidity and Free Radicals

Much has been written about free radicals and cancer. A free radical is an ion that has a positive electrical charge. An electron has a negative electrical charge. Due to its positive charge, the free radical attracts electrons from other molecules, thereby damaging them. Sources of free radicals include farm chemicals (fertilizers and pesticides), many prescription drugs, processed foods, cigarette smoke, environmental pollution, alcohol, electromagnetic radiation, and stress.

In 1973, a study conducted by the Department of Occupational Health at Hebrew University-Hadassah

Medical School in Jerusalem found that when cancerous breast tissue is compared with non-cancerous tissue from elsewhere in the same woman's body, the concentration of toxic chemicals such as DDT and PCBs was "much increased in the malignant tissue compared to the normal breast and adjacent adipose tissue."
www.alternativemedicine.com

Comparison of cancer tissue with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc. These substances not only build up in the body, but certain areas of the body seem to serve as a dumping ground.

Free radicals can damage any part of the cell, including the DNA. Free radical damage to the DNA is thought to be one of the causes of cancer. **In the absence of oxygen, the DNA self-repair mechanism does not function** (Diamond, page 1038), so it is no surprise that the DNA of cancerous tissue shows extensive free radical damage.

However, it is also necessary to remove excess acidity from the system so that the tissues become aerobic and the DNA self-repair mechanism can function.

There are certain herbal drinks that can assist you in this area. Contact us for information.

Purification Techniques

To remove excess acidity from the tissues it is necessary to build up a reserve of alkalinity through an alkaline (raw food vegetarian) diet, including fresh fruit, nuts, sprouts and vegetable juices. Then this alkalinity must be moved around the body by any technique that works, such as exercise, massage, yoga, manual lymph drainage, etc. Vigorous exercise such as on the rebound mini-trampoline is reported to increase lymph flow by 15 to 30 times.

Restricting the quantity of food consumed gives the system an opportunity to cleanse itself. It is not always necessary to eat. The digestive system requires a rest periodically, even if just one day each week. The consumption of fresh juices made from organically grown fruits and vegetables during this time of reduced food consumption provides alkalinity to neutralize the acid wastes released from the tissues. It is important to understand that the doctors are not recommending "fasting" in the sense that you consume nothing but water. Rather they are recommending a liquid diet of fresh juices for a brief period (Diamond, pages 63, 341-42, 955).

Vitamins to Fight Cancer

The Hunza people eat a lot of apricots and always crack open the kernel and eat the seed. The apricot seed contains Vitamin B17. Vitamin B17 is the anticancer vitamin. Some researchers have found that cancer and sickle cell anemia are caused by a deficiency of vitamin B17, just as scurvy is caused by a deficiency of vitamin C, pernicious anemia is due to a deficiency of vitamin B12 and folic acid, and pellagra is caused by a deficiency of vitamin B3. **Vitamin B17 kills cancer cells** without harming normal cells, making it nature's chemotherapy. If vitamin B17 was patentable cancer would not be the problem it is today.

First discovered in 1830, this vitamin has never been recognized by the Food and Drug Administration (FDA) and so it is not in any of the popular vitamin tablets. Vitamin B17 is associated with the bitter taste and most people avoid bitter foods. This is unfortunate.

Vegetarians are often warned to ensure that they consume sufficient vitamin B12 because vitamin B12 is not found in plant tissue. However, animal metabolism including the human body can produce its own vitamin B12 from vitamin B17 (Griffin, page 91).

Foods rich in vitamin B17 include: barley, bitter almonds (not the sweet almonds commonly available), native (bitter) cassava, chickpeas (garbanzo beans), grass (wheat grass and many other grasses), lentils, flaxseed, maize, millet, sorghum, and the seeds of various fruits (apple, apricot, blackthorn, cherry, nectarine, peach, plum). Most of these foods have been deleted from the modern menu. About 1,200 edible plants contain vitamin B17 and many natural remedies for cancer may be rich in this nutrient. To prevent cancer, a maintenance dose of vitamin B17 can be provided by eating several bitter almonds or apricot seeds daily.

However, without sufficient zinc in the body, vitamin B17 cannot function. Also, results are better if the vitamin B17 is taken together with nutrients such as vitamin C, the other B vitamins, vitamin A, manganese, magnesium, and selenium. Doctors prescribing vitamin B17 will generally use it as part of a total nutritional program consisting of diet, vitamins, minerals, enzymes and essential fatty acids. **Soy foods are not recommended because they have the effect of inhibiting the body's ability to absorb certain minerals including calcium, magnesium, copper, iron and zinc.**

The full story of vitamin B17 is to be found in the book World Without Cancer by G. Edward Griffin, American Media, 1997. This popular book is in its 13th printing and is highly recommended. Griffin also made a video tape

entitled World Without Cancer summarizing the contents of the book. **Alternative names for vitamin B17 are nitrilosides, amygdalin and laetrile.** Regardless of what you have read in newspapers about laetrile, withhold your judgment until you have read the book and watched the video. Vitamin B17 is a standard part of alternative cancer therapy world-wide.

Another vitamin critical to the prevention of cancer that has never been recognized by the FDA (do we see a pattern here?) is linoleic acid, also called omega-3 fatty acid or vitamin F. Linoleic acid is an essential fatty acid, with "essential" meaning that the body cannot manufacture it from other nutrients. Linoleic acid is required for the production of hemoglobin which is used by red blood cells to transport oxygen. Dr. Johanna Budwig spent her life investigating fatty acids and found that without exception, the blood of unhealthy people always has very low levels of linoleic acid. This directly impacts the ability of blood to carry oxygen to tissues. Essential fatty acid deficiency is probably more common than any other nutrient deficiency, and is aggravated by the consumption of hydrogenated and partially hydrogenated oils which actively interfere with the metabolism of healthy fatty acids in the body. Preservatives in prepared foods generally interfere with the oxidation of fats, and become respiratory poisons when consumed.

Fats such as linoleic acid quickly become rancid when exposed to light, heat or air. **Good sources of linoleic acid include flaxseed, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and the germ of wheat and corn.** The whole seeds can be eaten fresh or sprouted. They can also be cooked without damaging the oil providing the temperature remains relatively low (under 118° F). Health food stores may have non-rancid flaxseed oil in refrigerated dark glass bottles, and the flaxseed oil can be mixed into salad dressings and other foods.

Tofu and other soy products are a highly controversial subject for cancer patients.

Raw food vegetarians already have significantly less cancer, particularly cancer associated with various parts of the digestive system. Armed with the information on this web site regarding alkalinity (use the **saliva pH test**), **fresh juices**, enzymes, vitamin B17, and vitamin F, raw food vegetarians should be able to achieve much lower rates of cancer simply by eating plant foods that are not over cooked.

"The necessity of eating enzymatically alive whole foods rich in plant grade enzymes, vitamins and minerals – particularly vitamin B17 – and of minimizing prolonged damage or stress to the body is all that he (the person with cancer) really needs to know" (Griffin, page 94).

As a person that had cancer myself I can tell you of my experiences and methods of handling this problem. Today I feel great, have the energy of 5 other people and do not worry about cancer at all. Why? Because I know my enemy and how to combat this dis-ease.

If you would like for me to share the knowledge I have personally gained in this fight against cancer, please contact:

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WARNING: The Information in these articles is not intended to replace medical advice or treatment. Questions about symptoms, specific dietary needs and medications, general or specific, should be discussed with your physician. The information in this article is for informational purposes only, and is not medical advice or a substitute for a physician's consultation and/or examination.

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