

Acid or Alkaline

By Bryon Verhaeghe

The measure of the acid or alkaline state is called pH. This stands for the percent of Hydrogen. On a scale of fourteen, seven is neutral, a number above this has an excess of hydrogen and is alkaline. A number below seven has low levels of hydrogen, a surplus of electrons, and is acidic. Low levels of electrons are associated with illness. In other words, we are healthy when we are acidic.

In all chemical reactions there is movement of electrons. In our body the movement of electrons is offset with hydrogen. The hydrogen carriers are derived from niacin (NADP) and riboflavin (FAD). These are known as B3 and B2, respectively.



Niacin and riboflavin are vitamins. The term vitamin came from “vital aminos”, and originally was combined to form the word vitamins. When more of these molecules were identified; C, D, E, etc., it was realized that they were not amino acids and the ‘e’ was dropped from vitamins and the term vitamins was created so that the term included more than just the aminos.

Notice that almost all of the vitamin supplements are acids; folic acid, pantothenic acid, para amino benzoic acid (PABA), docosahexenoic acid (DHA), gamma nucleic acid (GLA), ascorbic acid (vitamin C), arachidonic acid (AHA), eicosopentanoic acid (EPA), amino acids (spirulina, whey), and even pure water is acidic. EPA, GLA, AHA, DHA, are the active acids found in the essential oils. In fact every cell in our body is based on acids.

When the pH of the saliva is more acidic than ‘normal’, it may simply indicate that the immune system is trying to eradicate an unfriendly intruder. If there is no ‘sickness’ it could possibly mean you are lacking minerals. When this happens there are usually symptoms, such as, anxiety, spasms, leg cramps, back pain around the kidneys, dry mouth, etc. The reason that the kidneys might be stressed is that they are like the drain of a swimming pool (our bodily fluids), where our body eliminates (drains) toxins. The reason we may be lacking minerals is that for the kidneys to concentrate the urine and

suck back the precious water, they use concentrated minerals, because minerals are hydrophilic (water liking).

Our number one immune system is the skin. It functions and protects us by being pH 5.0 (acidic), sloughing off cells (along with bacteria), and by being dry. Bacteria and yeast need moisture to survive and an alkaline environment. Where the skin ends is where parts of the body need to interact with the surroundings, such as the eyes. The eye surface concentrates ascorbic acid 25% higher than any other part of the body to protect us from air born contaminants. The prostate is acidic at pH 6.1 when healthy, but alkaline at pH 8.0-8.5 when sick. It is a similar situation with the bowel and bladder.

Dental cavities are now recognized as being caused by the biofilm of bacteria (strep). They can only grow in an alkaline environment. This is how sugar has been implicated in cavities. The sugar or sweet dessert leaves the mouth alkaline and susceptible to strep growth. Chewing a vitamin C (ascorbic acid) after meals and swishing it over the teeth is an effective means of preventing cavities. Also xylitol, an artificial sweetener, is very effective against strep. Its use is to avoid the alkalizing properties of sugar (carbohydrate) and is found in some chewing gums, tooth pastes, mouthwash, and candies.

Carbohydrates make the body alkaline, but are not necessary for life. Protein acidifies the body, and is absolutely essential for life. Minerals alkaline the body and are essential for life. If minerals are missing in our diet, the molecules that require a mineral will substitute a heavy metal in their place. An example of this is when missing phosphorus is replaced with arsenic. Eighty five percent of the calcium in our body is bonded to phosphorus. If phosphorus, found largely in animal protein, is lacking, as may happen in vegans, we may become toxic with arsenic, which is high in cigarettes and the second hand cigarette smoke received by non-smokers.

The pancreas uses minerals (electrolytes) to very tightly control the pH of the blood. The blood pH is maintained at the expense of the water retention abilities of the kidneys, the bone health (osteoporosis), and the neurotransmission abilities of the nerves. Thus we experience cramps, low energy, irritability, and mental confusion with mineral deficiencies. Excessive calcium throws off the whole mineral balance. Calcium causes more diseases than it corrects or prevents. Calcium also causes depression, constipation, pain, hardening of the arteries, connective tissue pain, joint pain, stomach problems, eye problems, kidney, and gall bladder problems. This is why I recommend salt removed concentrated sea water, which has 84 trace minerals in the balance as found in nature. Not the man made extremes and imbalanced minerals found in mines.

