

The pH Balancing Act

Written by Michael Gerber, MD, HMD

The hydrogen ion (H+) concentration is called pH. This concentration runs from a number 0 very acid to 14 very alkaline (basic) and 7 is neutral. Being in balance with pH improves health. To consider ideal pH, one must examine foods (whether they are acid or alkaline) and the pH of the different body systems.

Acid substances such as vinegar or sauerkraut (in German means acid), which is considered very beneficial for the intestines. Alkaline substances are, for example baking soda, sodium bicarbonate or lye. All of the body's systems have different ideal pH and the pH numbers are logarithmic: for example a pH of 6 is 10 times more acidic than a pH of 7. The mouth is alkaline, to let the ptyalin enzyme begin to digest carbohydrates. The stomach is very acidic, at a pH of 1 to 2, to digest proteins. The small intestine is alkaline at a pH of 8 or 9 to allow pancreatic enzymes to work and the large intestine is again acidic. Blood is maintained very carefully by buffers such as carbonic anhydrase, at a pH of 7.35, slightly alkaline. Even fairly minor deviations from this blood pH can be fatal.

Excessive acidity in the body has been associated with chronic inflammation such as arthritis, gout, osteoporosis, diabetes, allergies, hardening of the arteries, chronic infection, fatigue and even cancer. Foods that are acid forming include meats, grains, dairy, coffee, alcohol and sugars. Alkaline forming foods are vegetables, fruits, basmati rice, vegetable sprouts and green drinks. Alkaline water generators and alkaline water supplements produce water from pH 8 to 11. The product pHenomenal water is at a pH of 13.5 and when properly diluted for drinking is a pH of 11. New technology makes this possible without the caustic effects of alkalis such as sodium hydroxide (Draino).

It is easy to measure urinary and saliva pH with pH test

strips which are available from the pharmacy or online. Although different practitioners have different ideal values, in the first morning urine pH the range should be 5.5 to 6.5 as the kidneys should be eliminating acid from the body. The morning saliva pH should be slightly alkaline at 7 to 7.5. The French and Germans have created much more complex ways of measuring the body fluids, blood, urine and saliva by not only measuring acid/base but also oxidation/reduction and electrical charge.

As an example, the infection MRSA (hospital staph) treatment can be addressed using pH modification. MRSA (methicillin resistant Staphylococcus aureus, or hospital staph) produces chronic infections, particularly of the skin, that are resistant to antibiotics and are sometimes fatal. A new treatment program of adjusting the body's pH has been successful for many MRSA patients. The bacteria are lactic acid producing, and literally eat holes in the body. By alkalinizing the body with pHenomenal water, pH 11, and applying an alkaline gel with a pH of 12.2 on the lesions, they retreat and disappear. Some women use it daily as a face peel for soft, youthful skin. Even more exciting is B-pHree, a wash away skin gel with a pH of 0 to kill all skin bacteria and MRSA once per week, again without burning the skin.

To learn more about pH, review the chart. Questions or to obtain the gel or water contact Gerber Medical Clinic. **HB**

References:
 1. The Lancet, vol 291 Issue 7549 p 958-959
 2. The Lancet, vol 359 Issue 9320 p 1819-1827

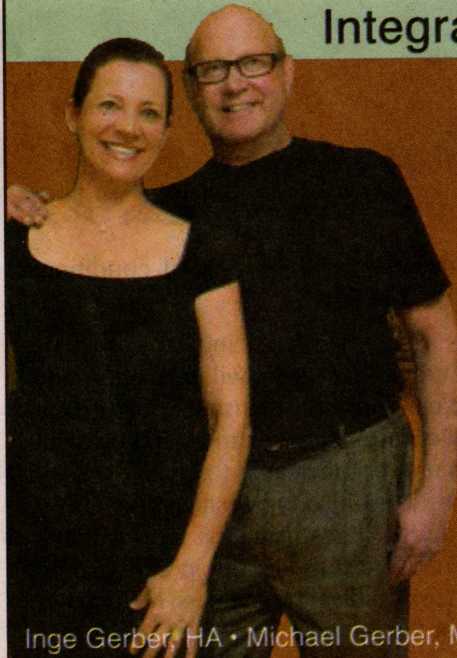
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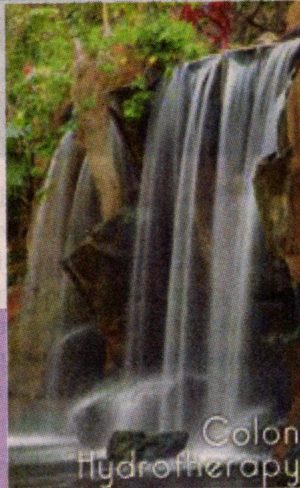
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