

pH Treatment Ideas

One of the best ways to determine systemic pH is with first morning urine. First morning pH reflect the body's ability to buffer excess acidity or net acid excess. Saliva can be used as a screen in the office. If anyone has a pH of less than 7.0, have them measure their first morning urine for a more consistent or reliable reading. When testing saliva in your office, make sure patients have not eaten or drank anything for at least 1 hour before testing. Dr. Alex Vasquez BS, DC, ND, DO states that the ideal pH should be 6.5 - 7.5. A pH below 6.5 indicates that the buffering "functional reserve" of the body is deficient and the reserves need to be replenished.

Saliva can also be used as a screen in the office. Take a baseline pH and then if anyone has a pH of less than 7.0 consider an acid challenge. When testing saliva in your office make sure patients have not eaten or drank anything for at least 1 hour before testing. The acid challenge uses "real lemon" lemon juice as the acid. Mix one tablespoon of lemon juice and one tablespoon of water and swallow. Next take 5 pH readings one each minute and plot them on a graph to see how quickly the tissues recover from the mild acid. See Tuesday Minute on pH Acid Challenge for more though discussion.

The beauty of these tests is that patient and doctor alike can measure the effectiveness of their food choices. If one is extremely ill, 80% of your diet should be alkaline forming and 20% acid forming. An excellent resource for foods and their alkaline content is [The Acid-Alkaline Food Guide: A Quick Reference to Foods & Their Effect on pH Levels](#) by Dr. Susan E. Brown. [The Amazing Acid Alkaline Cookbook: Balancing Taste, Nutrition and Your pH Levels](#) by Bonnie Ross is also reference for dietary changes. As a rule of thumb, meats, grains and processed foods will have an acidic forming effect whereas vegetables will create an alkaline residue.

The following are things which increase the buffering ability of the body and reduce the net acid excess or relative acidity.

1. The most important change is in your diet; so increase fruits and vegetables, particularly the ones which yield the highest alkaline ash. Consider a green drink like **NitroGreens™** to supplement in winter, ½ to 1 scoop with beverage of choice.
2. Stop all processed meats and refined carbohydrates, i.e. bagels and pasta.
3. Use Celtic Salt. Celtic sea salt is loaded with approximately 22 bio-available minerals. With excessive doses of any type of unrefined salt, serum sodium and chloride levels should be assessed with hypertensive patients.
4. Increase purified water to at least 1 quart per 50 lbs of body weight.
5. **Potassium-HP® (with Magnesium)** use ½ tsp for 1 week. Increase to 1 tsp for 1 week and add a tsp per week up to 3 tsp. Have the patient monitor first morning pH; and if it goes over 8.0, reduce Potassium-HP® (with Magnesium) until it goes back to 7.0.
6. Consider the Vitamin C Flush as outlined by Drs. Jaffe and Cathcart, see page 2.
7. Use salt and soda baths every 3rd day, see page 2.
8. Achieve optimal blood levels of vitamin D. Use the 25-hydroxy vitamin D test and increase vitamin D until the level is between 50-80 ng/ml. The usual dose to achieve this is between 2 and 5 drops of **Bio-D-Mulsion Forte®**. Each drop is 2,000 IU.

9. Make sure digestion is optimized, especially HCL, which assists with mineral absorption which helps buffer excess metabolic acids.
10. Take magnesium to bowel tolerance. Often stubborn cases of metabolic acidosis can be reversed with the correct levels of magnesium. Use **Mg-Zyme™** which contains 100 mg of mg per tablet or **Aqua Mg-Cl™** 200 mg per tsp (must use juice to mix as this product is very salty).
11. Build exercise into daily routine to assist with fluid movement.

Salt and Soda Alkalizing Bath

1 cup Epsom salts and 4 tbsp of baking soda in a hot bath – soak for 30-40 minutes. Drink as much water as you can. Make sure the water is as hot as you can stand it. The magnesium in the Epsom salts will diffuse into the body and toxins exchanged. Use this bath 2-3 times per week.

Vitamin C Flush

The Vitamin C Flush is another great way to reduce cellular acidity and assess your individual vitamin C levels. Vitamin C in the ascorbate form is an excellent buffer and helps regenerate or reactivate many of your antioxidants. Here's how to assess your levels.

When a patient has a day off...

- Use 1 tbsp of **Mixed Ascorbate Powder™** with small amount of juice and water and drink every 30 minutes for 2 hours. If no results, change timing to every 15 minutes.
- Continue until bowel tolerance is experienced. Bowel tolerance is described as explosive diarrhea.
- Calculate the number of tablespoons to achieve bowel tolerance and multiply by 75%, i.e. 12 tbsps times 75% would be 9.
- Use this number (above ex. 9 tbsps) and mix in juice and water, drink throughout the day.
- Continue on this dose until diarrhea occurs again and decrease by 75% again, or wait one month and retest.

Baking Soda and Lemon Cocktail

Another systemic way to alkalize comes from George Goodheart, DC.

Take the juice of ½ lemon and 1 tsp of baking soda in 8 oz of water, two times per day. Take the other ½ of the lemon and rub all over your body. Get into a hot tub of water as hot as you can stand it and soak for 20 minutes drinking water while you are in the tub to stay hydrated.

References for the Tuesday Minute

Dr. Susan E. Brown, Russell Jaffe, MD, Ph.D., "Acid-Alkaline Balance and its Effect on Bone Health," International Journal of Integrative Medicine, Vol. 2, No. 6, November/December 2000.

Dr. Susan E. Brown, Larry Trivieri Jr., The Acid-Alkaline Food Guide: A Quick Reference to Foods & Their Effect on pH Levels, Square One Publishers, Garden City, New York, 11040.

Jerald L. Tennant, MD, MD(H), MD(P), Healing is Voltage: The Handbook, 2nd ed., 2011.

Bonnie Ross, The Amazing Acid Alkaline Cookbook: Balancing Taste, Nutrition and Your PH Levels, Square One Publishers, Garden City Park, New York, 11040, 2011.