



# The McAlvany Health Alert

The newsletter that keeps you updated on health issues

## Special..... .....Report

### REVERSE ACIDITY, REVERSE AGING

#### HAVE YOU CHECKED YOUR pH LATELY: HIGH ACIDITY CAN LEAD TO DISEASE

Most of us who took high school or college chemistry remember mixing substances in chemistry lab and determining if they were acidic or basic (alkaline). But how many people understand that the pH of your body needs to be in balance (i.e., near 6.8) and that if you are too alkaline you can feel awful, and if you're too acidic, you can be fatigued. Your eyes can burn, and you are more vulnerable to the onset of disease including cancer. Most cancer victims, at the onset of their cancer, have a pH near 4.6.

Having an acidic body is not good for your health. A pH which is out of balance can lead to weight gain or obesity, cardiovascular disease, high blood pressure, high cholesterol levels, kidney stones, urinary incontinence, arthritis or osteoporosis.

Most Americans eat the type of foods that leave an acidic residue within the body. This occurs when food is metabolized by the body, leaving chemical and metallic residues which yield either acid or alkaline potential of pH. These residues most strongly influence the body's cellular pH levels.

When the diet is imbalanced with a continued excess of these acidic residues, body pH is directly impacted, caus-

ing body fluids to remain constantly within the acidic range. Just like acid rain upon a forest, an imbalanced pH slowly compromises cellular integrity and leads to numerous health problems.

Some of the most acid forming foods include: pasta, chocolate, coffee or tea, beef, poultry, seafood; rice, beer or wine, bread, eggs. Do most of us consume some (or all) of these foods or beverages? The answer is, of course, yes – and that is why most Americans have a pH which is very acidic.

#### A. THE IMPORTANCE OF A BALANCED pH IN THE BODY

**1. WHAT IS "pH"?** – The body is largely made up of water, a medium which is biologically useful in allowing nutrients, oxygen and biochemicals to be transported from place to place. This water-based medium can have either acid or alkaline properties which are measured by a graduated scale called pH (for "potential hydrogen"). The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity.

**2. WHY SHOULD A PERSON BE CONCERNED ABOUT THEIR pH LEVELS?** – Since most of the body is water-based (making up 50-60% of our total body weight), the pH level has profound effects on all body

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chemistry, health and disease. An imbalanced pH describes the pH level of the body when it becomes too acidic or too alkaline for long periods of time. Extended pH imbalances of any kind are not well tolerated by the body.

Indeed, the management of “pH” is so important that the body has developed strict accounting procedures to monitor acid-alkaline balances in every cell. Fundamentally, all regulatory mechanisms (including breathing, circulation, digestion, hormonal production, etc.) serve the purpose of balancing pH by removing caustic metabolized acid residues from body tissues without damaging living cells. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxic waste and die.

**3. IS AN IMBALANCED BODY pH REALLY THAT DANGEROUS?** – Yes, it is. Nothing does well in an overly acidic or alkaline pH medium. Just as acid rain can destroy a forest and alkaline wastes can pollute a lake, an imbalanced pH continuously corrodes all body tissue, slowly eating into the 60,000 miles of our veins and arteries like corrosives eating into marble. If left unchecked, an imbalanced pH will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain.

**4. CAN AN IMBALANCED pH CAUSE SERIOUS PROBLEMS?** – Yes, especially as a person grows older! Although it may generally go unnoticed and undetected for years, an imbalanced pH can lead to the progression of most, if not all, degenerative diseases including Cardiovascular Disease (the #1 killer in the U.S.). Cancer (the #2 killer in the U.S.) and Diabetes, as well as the never-ending frustration of excessive systemic weight gain.

**5. WHAT MAY BE CAUSING YOUR pH TO BECOME IMBALANCED?** – Most diets cause an unhealthy acid pH. In fact, diet appears to be the major influence in maintaining appropriate pH levels throughout the body. Research demonstrates that when food is metabolized and broken down, it leaves certain chemical and metallic residues, a noncombustible “ash” which, when combined with our body fluids, yields either acid or alkali potentials of pH. Certain foods are “acid-forming” in nature, whereas others are known to be “alkali-forming.”

**6. WHICH FOODS ARE “ACID FORMING” AND WHICH ARE “ALKALINE FORMING”?** – Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are “acid-forming.” And most fruits and vegetables are “alkaline-forming.” Although citrus fruits, such as oranges and grapefruit contain organic acids and may have an acid taste, they are not acid-forming when me-

tabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming but instead offer unique buffering capabilities to the body to help offset acidic wastes. (See the chart on acid and alkaline forming foods.)

## **B. WHAT IS ACIDOSIS**

*Prescription for Nutritional Healing* (by James E. Balch M.D. and Phyllis Balch, CNC) describes acidosis as a condition in which body chemistry becomes imbalanced and overly acidic. Symptoms associated with acidosis include frequent sighing, insomnia, water retention, recessed eyes, rheumatoid arthritis, migraine headaches, abnormally low blood pressure, dry hard stools, foul-smelling stools accompanied by a burning sensation in the anus, alternating constipation and diarrhea, difficulty swallowing, burning in the mouth and/or under the tongue, sensitivity of the teeth to vinegar and acidic fruits, and bumps on the tongue or the roof of the mouth.

Acidity and alkalinity are measured according to the pH (potential hydrogen) scale. Water, with a pH of 7.0, is considered neutral – neither acid nor alkaline. Anything with a pH below 7.0 is acid, while anything with a pH above 7.0 is alkaline. The ideal pH range for the human body is between 6.4 and 6.8 (the human body is naturally mildly acidic). Values below pH 6.3 are considered on the acidic side; values above pH 6.8 are on the alkaline side.

Acidosis occurs when the body loses its alkaline reserve. Some causes of acidosis include kidney, liver, and adrenal disorders; improper diet; malnutrition; obesity; ketosis; anger; stress; fear; anorexia; toxemia; fever; and the consumption of excessive amounts of niacin, vitamin C, or aspirin. Diabetics often suffer from acidosis. Stomach ulcers are often associated with this condition.

## **C. A DETAILED LIST OF ACID AND ALKALINE FORMING FOODS**

- **ACID-FORMING FOODS** – Alcohol, asparagus, beans, Brussels sprouts, catsup, chickpeas, cocoa, coffee, cornstarch, cranberries, eggs, fish, flour, flour-based products, legumes, lentils, meat, milk, mustard, noodles, oatmeal, olives, organ meats, pasta, pepper, plums, poultry, prunes, sauerkraut, shellfish, soft drinks, sugar, all foods with sugar added, tea, vinegar. Aspirin, tobacco, and most drugs are also acid forming.
- **LOW-LEVEL ACID-FORMING FOODS** – Butter, canned or glazed fruit, cheeses, dried coconut, dried or sulfured fruit (most), grains (most), ice cream, ice milk, lamb’s quarters, seeds and nuts (most).
- **ALKALINE-FORMING FOODS** – Avocados, corn, dates, fresh coconut, fresh fruits (most), fresh vegetables (most), honey, maple syrup, molasses, raisins, soy products.

- **LOW-LEVEL ALKALINE-FORMING FOODS** – Almonds, blackstrap molasses, Brazil nuts, buckwheat, chestnuts, lima beans, millet, coconuts (fresh), dairy products (soured).

## **D. A BALANCED pH IS CRITICAL FOR THE BODY'S NATURAL DEFENSES AGAINST DISEASE**

There are ten very good reasons not to let your body remain in an acidic state:

**1. A BALANCED pH ALLOWS: PROPER FAT METABOLISM, WEIGHT CONTROL AND HEALTHY INSULIN PRODUCTION.** An imbalanced pH has considerable influence over the majority of metabolic problems, including weight gain, diabetes and obesity. A habitually acid pH can directly cause immediate weight gain by triggering a condition known as insulin sensitivity, which causes erratic insulin production by the body.

When the body is flooded with insulin, it diligently converts every calorie it can into fat. Thus, an acid pH will likely direct more insulin to be produced, and subsequently demand the body store more fat than usual.

Acidosis is thus thought to be an important precursor to diabetes mellitus, and before the advent of synthetic insulin, diabetes was treated historically by buffering the system with base or alkaline causing powders. With increased pressure to continually produce insulin, beta cells lose phase with one another (cellular communication is thwarted and the immune system begins to over-respond). Stress within the cells increases, making it difficult for them to perform adequately, and further, survive. In a very real sense, they simply burn out.

And to add to the problem of weight gain, although we commonly diet to lose weight, fasting and dieting are known acid-producing conditions that trigger our body's predetermined, genetic response to starvation, wherein insulin floods the body so calories can be converted and stored as fat to prepare for the pending "famine." So, unless you balance your pH level, your best attempts at dieting will be thwarted by your body's own metabolic response to the acid produced by a lower caloric intake.

**2. A BALANCED pH ALLOWS: HEALTHY OXYGEN FLOW TO TISSUES TO FLUSH TOXINS AND PROTECT AGAINST PREMATURE AGING.** Acidosis decreases the oxygen affinity of hemoglobin in the blood. All biochemical functions are severely compromised if oxygen supplies are decreased to living tissue. An acid pH decreases the amount of oxygen that can be delivered to cells, making normally healthy cells become unhealthy, deteriorate and eventually die.

Acidosis also causes partial lipid breakdown and destructive oxidative cascades, accelerating free radical damage of cell walls and intracellular membrane structures, which then unravel, killing cells in the process. Acidosis is thus thought to be the first step toward premature aging, interfering with eyesight and memory, and creating wrinkling, age spots, dysfunctioning hormonal systems, and a host of other age-related phenomena.

**3. A BALANCED pH ALLOWS: SMOOTH BLOOD FLOW THROUGHOUT ARTERIES, VEINS AND HEART TISSUE.** The cardiovascular system may be thought of as one large working "system of tubular muscles" designed to carry blood and nutrients to every living tissue in the body and is directly affected by blood plasma pH. The heart is the muscular pump at the center of everything, driving blood through the arteries, veins and capillary beds and helping to regulate the pressure and flow of circulation.

All living tissue is sensitive to its chemical environment and the muscle cells of the cardiovascular system are no different. When blood plasma habitually becomes more acid, it acts as a chemical irritant which slowly attacks and eats away at the smooth muscle tissue of the inner walls of arteries and veins, as well as the heart itself.

Like acid eating into marble, a continually acid pH erodes and eats into cell wall membranes of the heart, arteries and veins, weakening the structural composition of the heart, arterial and venous walls, causing lesions of plaque and microscopic tearing throughout its framework, and creating irregularities of blood pressure.

**4. A BALANCED pH ALLOWS: PROPER BLOOD PRESSURE REGULATION.** As pH becomes acidic, arteries become dilated but the caliber of blood vessels decreases (venous vasoconstriction). When this happens, peripheral blood is shifted more centrally: the more acidic the patient, the greater the fractional redistribution of blood to the central vessels.

This central redistribution of blood adds to the heart's workload when its contractibility is compromised. This may obviously have potentially lethal cardiovascular effects, making it difficult to control high blood pressure/hypertension, various arrhythmias and the advent of a heart attack.

**5. A BALANCED pH ALLOWS: CRITICAL LIPID, FATTY ACID AND HORMONAL METABOLISM.** Acidosis disrupts general lipid and fatty acid metabolism within the body which could lead to neurological problems, including MS and MD, as well as hormonal imbalances within the endocrine system, leading to urinary incontinence and tract infections, especially in women.

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[**ED. NOTE:** Portions of this article were written by Växa, Inc. Nothing in this article is intended to diagnose, treat, cure or prevent any disease. For suspected or known illnesses, or dysfunction, always consult your physician for known medical diagnosis and treatment first.]

**FINAL THOUGHT:** This writer is not a vegetarian or a vegan (no animal products at all) and believes that not all people can do without animal protein. However, a few days ago, in a long conversation with Dr. Lorraine Day, among other things, we discussed how she cured herself of cancer. She did express the opinion that a vegetarian or vegan diet would be best for a recovering cancer patient. Animal protein is probably best avoided for people with cancer or recovering from same.

There is an interesting story in the Old Testament Book of Daniel about Daniel, Shadrach, Meshach and Abednego (four Jewish boys who had been brought into captivity in Babylon by Nebuchadnezzar, the king of Babylon). These four young men were being trained for service in the king's court. As Daniel wrote in Daniel 1:3-5; 8-17: "*Then the king ordered Ashpenaz, chief of his court officials, to bring in some of the Israelites from the royal family and the nobility – young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and*

*qualified to serve in the king's palace.*

*"He was to teach them the language and literature of the Babylonians. The King assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service..."*

*"But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, 'I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.'*

*"Daniel then said to the guard whom the chief official had appointed over Daniel, Shadrach, Meshach, and Abednego, 'Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.' So he agreed to this and tested them for ten days.*

*"At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead. To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds."*

The Bible (especially the Old Testament Book of Leviticus) has a lot more to say about diet and lays out a number of dietary principles which it says if followed would keep God's people healthy. They might be worth studying and pondering. And that is the bottom line!

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