



## The Key to Adding Years to your Life

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### Abstract

**Yes – of course – you knew it already: one should maintain an acid-base pH balance in the body to stay healthy. But then, your Doctor never mentioned it right? Nor did your Doctor ever mention that this simple balancing act will add immeasurable Quality to your Life, for many, many more years – and your aging process will slow down visibly!**

### Cranky today?

Do you sometimes feel just lousy, angry, irritable, tired and without energy – and annoyed because there is no apparent reason? Your body is trying to tell you that it is over-burdened and needs urgent attention. Ignore these signals for any length of time and you will have to pay the penalty of contracting degenerative disease.

Reversing your annoying mood into being happy, joyful, energetic, caring and enthusiastic is ridiculously simple, fast and cheap: you may be acidic and just need to up-regulate your pH.

Yes, in simple terms, unbalanced pH is the beginning of all symptoms of illness – or – all disease is preceded by a disturbance of the systemic acid – alkaline balance. Acidosis is the condition of acidity in the body, when the pH is no longer balanced, or neutral between acidic and alkaline. If uncorrected, this condition can become dangerous as it weakens all body systems as your organism will no longer absorb vital nutrients, such as vitamins and minerals. Moreover, enzymes can only work within a narrow pH range. Without enzymes, we can not digest food and food that is not digested putrefies and overburdens liver and kidneys which have to excrete the wastes.

A pH-balanced environment is paramount to normal organ function necessary for the body to resist disease. Today, Acidosis is ubiquitous due to our hurried lifestyles and consequential nutritional habits. Acidity creates an internal terrain where disease can thrive, while a healthy body maintains adequate alkaline reserves to meet demands when needed. In order to neutralize acidosis, our alkaline reserves are depleted, leaving the body in a weak and

vulnerable condition.

Acidosis can spawn disease and resulting disease symptoms create more acid until the lungs and kidneys can no longer maintain the delicate balance between acid and base in the blood, the body's cells, as well as in the fluid outside the cells, and the kidneys can no longer cope with eliminating the waste. Improper nutrition and other lifestyle issues raise acid levels on a daily basis and eventually as disease develops we may still not be aware of the source and treat the symptom instead – creating an even more acidic environment. The price we may have to pay is chronically compromised health.

Our organism is constantly engaged in warding off molds, yeasts, bacteria, viruses and fungi. By using antibiotics and anti-bacterial personal care products as the first line of defense, we clear the path for the proliferation of more powerful deadly bugs and bacteria. Our immune system is weakening while it is constantly challenged in this war.

The concept of acid alkaline imbalance as the cause of disease has been known for a long time. In 1933, the New York Dr. William Howard Hay maintained in his book “A New Health Era” that all disease is caused by acidosis resulting in self-poisoning of the body. Since that was seventy plus years ago, one wonders what progress we made since then. In fact, long before that, Louis Pasteur knew that the bacteria can not thrive and do damage unless their terrain is conducive to their proliferation. An acidic environment is the ideal terrain as it is starved of oxygen. Dr. Hay's comments may have seemed strange at that time when he said that: “all disease is the same thing, no matter what its myriad modes of expression, but it is verily so”. Yes – and that was long before the incursion of Fast-Food. It follows that disease is not the results of germs attacking your body. Disease is your body's response to the poisoning of the system; your body's fight to survive. So trying to kill the germs when you get sick is like leaving the trash in the street and killing the rats instead.

So what's new? You have probably learned that virus and bacteria attack the body when its immune system is compromised and that's what's making us sick. After all, that's what modern medicine is practicing: we treat the assumed culprit, the virus or bacteria that entered the body. Antibacterial detergents will inhibit these critters from entering our body and keep us healthy! Though disease can arise from within, without the exposure to any external threats'. The only condition is the bioterrain which is prepared by inefficient oxidation and fermentation in the body. If you store fresh food in a freezer and then pull the plug, what do you see when you open the door one week later? An infestation of mold, bacteria, fungi and yeast! But how did it get there, no one brought them in and the door was tightly sealed? Obviously, these micro-organisms were always there in another life form, but they could not develop in an oxygen-saturated environment.

**You want to Age at what pace? That's entirely under your control!**

Why did medical science need seventy years to connect the findings of Hay and Pasteur with the cause of aging and conclude that longevity and accelerated aging are related to balanced pH?

Almost all of the food we consume today is acid forming, add the hydration which is mostly

insufficient and acidic too, then consider exposure to acid rain and polluted air in addition to poor breathing habits. Acidosis is one of the main accelerators of the aging process and various illnesses. Acid waste is excreted from the human body by the bowel, lungs, kidneys and skin. But the waste that can not be excreted will be deposited in various organs such as liver, colon, joints, connective tissues, and muscles including the heart. As the cells will be deprived of their supply of oxygen and essential nutrients, these cells are unable to replicate. This will lead to all sorts of health problems and that's the main reason why people age at an accelerated pace. Moreover, with the capillary blood vessels clogged up, the function of every organ in the human body is accumulating acidic waste that will begin to deteriorate, causing serious illnesses in the long run.

If the cause of aging lies in acidosis, then the answer to longer life must lie in eliminating such acidic wastes. In 1979, a British journalist interviewed one of the oldest documented living people on earth, Mr. Izumi. He was said to be 115 year-old and in good health, who lived on an island off the coast of Japan all of his life. He appeared healthy, active and alert. Most of the other inhabitants on the island were also in great health and few of them died before age 95! The unparalleled longevity of these people is attributed to the quality of water which is slightly alkaline and obviously plays a big role in neutralizing acidic meals. Many doctors recommend a vegetarian or low meat diet as alkaline minerals and vegetables help neutralize acidic waste. But many vegetables today are only slightly alkaline and low in minerals as they are farmed on high yield nutrient depleted soil, and these alone can not neutralize the highly acidic wastes in the body accumulated by junk foods and soft drinks.

If longevity is defined by a balanced acid-base ratio, then if we were to ask what is killing us, the answer might be Acidosis. It has been demonstrated that an acidic, anaerobic (lacking oxygen) body environment encourages the breeding of spores, fungi, mold, bacteria, and viruses. These life-forms can survive 1,400 °C heats in volcanic lava, radioactive exposure in nuclear explosions, sterilization and drowning in formaldehyde. They permanently reside in our bodies and simply need the right environment to come out of hiding and thrive. This can be likened to a shift in our biological terrain from a healthy oxygenated, alkaline environment to an unhealthy anaerobic acidic environment.

### **What Guests are you hosting indefinitely?**

The pH (potential of Hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 - the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral. Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems occur.

It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's cells, fluids and tissues which is an entirely

different matter.

## **Testing Your Balance is as easy as checking the Weather**

When did your doctor ever recommend you buy a \$ 15 roll of pH paper that will last for a year and may significantly boost your quality of life and add many years to it? Probably never, why? Because doctors are not trained to prevent disease – they are trained to treat symptoms. Thus, when you develop symptoms as a result of chronic acidity, most likely the symptom will be treated with drugs and if it disappears you are done – well, the cause remains but you are out and on your own! So it's like killing the wasps that swarm around the garden barbeque, instead of covering the meat.

Note – you are on your own here, therefore you may do yourself an enormous service by testing your pH levels to determine if your body's pH needs immediate attention. By using pH paper test tape (not strips or digital gauges), available at pharmacies and selected health food stores, you can determine your pH level quickly and easily in the privacy of your own home. Not only is this as basic a healthcare as flossing your teeth, there is one compelling reason for you to do this on a regular basis: regulation is dependent on nutrition and it's you only that's in charge of what you eat and drink.

## **What we take-in is what comes-out**

The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, phosphate, sodium and potassium. These are called the "acid buffers" because they are used by the body to control the acid level. If acid levels are too high (pH level lower), the body will not be able to excrete acid. It must either store the acid in body tissue, or buffer it - that is, borrow minerals from organs, bones and teeth, in order to neutralize acidity. The application is very simple, swipe a short strip of pH paper through your 1<sup>st</sup> morning urine and the tape will immediately assume a color between bright yellow and dark blue.

The ideal urine pH value lies in the green zone ranging from 6.4 to 7.0. You may see yourself as acidic as 5.0 or even lower, but don't be hoodwinked into thinking that 6.0 is close enough, a mere 1/10 in pH can change the tissue oxygen ten times, thus a pH of 6.0 is forty times less oxygen in your cells. Do you believe that has an effect on your mood?

It is highly recommended that you check your 1<sup>st</sup> morning urine pH daily, until you stay within the range 6.4-7.0. Any value below 6.4 needs up-regulation by nutritional means and nutrition includes hydration. If nutrition fails to reach balance consistently, it may indicate the presence of a raging infection. Usually, the only infections you are not aware of are teeth related. The only permissible acidic reading is after vigorous anaerobic exercise, but this balances itself within a day. The immeasurable benefit of regular pH urine testing is that it teaches you what foods and drinks are good for you, allowing you to make simple lifestyle changes. In particular, you will soon realize that your favorite beverages are acidifying, including bottled water. By the way, when you on medication, your pH may be very low. If your reading is consistently in the blue zone, you are alkaline. This condition may be caused by certain pharmaceuticals like

aspirin or diuretic blood pressure medication which interfere with calcium in the body.

### **Before brushing your teeth**

You may also want to test the pH of your saliva, but this is no substitute for urine pH. The results of saliva testing indicate the activity of digestive enzymes in your body, especially the activity of the liver and stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems. Some people will show acidic pH readings from both urine and saliva known as "double acid." Sometimes people get a green reading in saliva testing and consider themselves as doing just fine without checking the urine. This is like saying, I just checked the oil, so I don't need to check the tire pressure – these are two different systems, both essential to one's health.

### **Keeping the Balance – the Foundation of Excellent Health**

As we have seen, your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. Have you ever questioned the benefits of dietary supplements? In an acid environment they can't be assimilated. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. Even the most potent dietary supplements will not work if your body is fighting acidosis, you must first create the pH balanced environment.

A state of acidosis is simply the lack of oxygen and available calcium which the body uses to maintain its alkaline balance. Calcium makes up 1.6% of our body weight. It is literally the human glue that holds the body together. A calcium ion can hold onto seven other molecules while it grabs onto one molecule of water. No other ion can do this. And it is the right size to easily get in and out of the human cell. As it does this, it takes a chain of nutrients into the cell and then leaves to get more nutrients. Now, you may be tempted to go to the nearest health food store and buy calcium supplements, but this could actually make the situation worse. First off, calcium supplements are notoriously difficult to absorb in a non-ionized form and if calcium is not absorbed, the body may store it somewhere undesirable like in your arteries as plaque. Second, minerals in the body must be balanced; otherwise they may fight each other. That means a calcium supplementation must be accompanied by other minerals in the right proportions, according to needs and then it requires vitamin D, such as from sun shine for absorption. Finally, being low in calcium could be a digestive problem caused by the absence of active enzymes or a lack of HCL (stomach acid), which may affect malabsorption of other minerals too. Calcium obtained from raw food doesn't have these problems as the nutrients are suspended in a harmonious environment with all the co-factors. The most obvious remedy is alkaline water, the perfect hydration source. Unfortunately its natural occurrence is rare, but there are affordable water-alkalizers available for home use.

### **What kicks your pH off balance?**

The reason why chronic acidosis is very common in Western societies is mainly due to an overabundance of highly processed foods, which is far too high in acid-producing animal

products like meat, eggs and dairy, and far too low in alkalizing foods like fresh vegetables. Additionally, we eat convenience foods like refined white flour and processed sugars including HFCS, and drink acidifying beverages like coffee, sweet soft drinks and alcoholic beverages which dehydrate the body. Drugs are also acidifying; and so are synthetic chemical sweeteners like NutraSweet, Equal, aspartame and sucralose, (diet sodas). The first things we can do to regain health and vitality is to up-regulate an acidic body by adapting diet and lifestyle. Only in a pH neutral environment can herbal remedies such as detox programs or dietary supplements work.

There are other than just nutritional reasons for over-acidity and the condition may worsen by poor, shallow breathing habits, sleep apnea, or by acute infections. The only Infections we may not be aware may be dental related and dental infections are the only ones that the body can't conquer on its own.

Most people who suffer from unbalanced pH are acidic as opposed to alkaline. This condition forces the body to borrow minerals including calcium, sodium, potassium and magnesium, from where it can – and that is from bones and teeth - to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity. A condition that may go undetected for years as most people are unaware of it until it is too late.

One of the first warning signs of an acidic biological terrain is calcium deposits which stem from the structural calcium of our bones and teeth and never from the calcium in our water or diet. This is important because it means that if calcium deposits are forming, we know our inner biological terrain is too acidic. Our dietary intake of calcium is not keeping up with the calcium buffering needed and we are drawing calcium from our bones and teeth. This is nature's safety mechanism: because the blood needs to retain its pH balance at any cost, it sources calcium from wherever it can find it. As a result, your biological terrain's oxygen level drops leaving you tired and fatigued, allowing harmful spores, fungi, mold, bacteria and yeast to flourish and gain control over the whole body. It is pleomorphism, the many phase-changing life forms of micro-organisms at work: when you have Candida, it is yeast that developed from fungi, which developed from mold, which stemmed from bacteria which were formed from double spores which were thriving in fermentative, oxidative bioterrain in an acid body. This means that all these life forms flourish on the same terrain and we are made to believe that antibacterial soaps or antibiotics can eradicate the problem. Once the symptom has temporarily disappeared, we declare "mission accomplished". Obviously not so, the drugs we used to fight the symptom simply made us even more acidic and the next symptom may just be worse:

### **Some Common Diseases Symptoms attributed to Acidity**

- Cardiovascular disease
- Hypoxia (lack of blood oxygen)
- Weight gain, obesity and diabetes.
- Kidney disease, including kidney stones.
- Immune deficiency.

- Free radical damage, possibly contributing to cancerous mutations.
- Premature aging.
- Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid buildup
- Liver disease, Low energy and chronic fatigue
- Chronic constipation.

Our blood is slightly alkaline and the systemic arterial blood pH has to be maintained within a very narrow range at 7.35, otherwise we will die immediately. This degree of tight regulation is accomplished through chemical buffering in the extra-cellular fluid, intra-cellular fluid and regulatory responses that are under the control of the respiratory (lungs) and renal systems (Kidneys). But in order to supply enough calcium for buffering we must have enough calcium being absorbed from our diet or our body will simply rob the needed calcium from our bones and teeth. The more acidic we become, the harder it is for oxygen to be present, and thus our biological terrain also becomes more anaerobic. Then our cells cannot carry on their life-giving functions in an efficient manner because our biological chemical reactions need oxygen.

## Cancer

Cancer cells hate oxygen and in a well oxygenated terrain they cannot thrive. But in oxygen starved environments of the acidic human body they can grow, propagate and replicate with no limits. There have been studies suggesting that when oxygen is removed from a healthy cell, it will start to turn cancerous.

Even when cancer cells are surgically removed entirely, they reoccur because the acidic environment still remains after the operation. So, that may be why chemo therapies and radiation have such a poor record, they help to make the body even more acidic.

## Obesity

The human body has sophisticated correction mechanisms that try to maintain status quo. As we become increasingly acidic the body triggers counter measures to keep the damaging acidity from entering our vital organs. How does it do that? It quarantines excess acid in fat cells, when it runs out of available fat cells it may create more and thus starting the viscous cycle. That fat may be saving your vital organs from damage and to not harm the essential organs, the body may store those fat cells at a safe distance, such as to manifest as cellulite deposits. It follows that superficial symptom treatment for cellulite in the Aesthetic Salon can be of only temporary relief as long as the cause remains. At D4V Clinics, we address the cause and the symptom at the same time, for immediate aesthetic enhancement but also for the permanent elimination of the cause.

## Diabetes II

When acidic wastes accumulate in the pancreas, diabetes can develop due to lack of insulin in the body. Diabetes II is also known as the “adult onset diabetes”, as it appears mainly in

people above 40, with no symptoms of diabetes in their earlier life. So what changed to cause this disease? The obvious answer is: lifestyle and nutrition! The accumulation of acidic foods and a lifestyle that reaches the point where the regulating systems, kidney, lungs and liver are overcharged. 73% of Diabetics in the US also suffer from

## **High Blood Pressure - Hypertension**

65 million people in the US have Hypertension (Center for Disease Control), a 30% increase in 12 years - while in the whole of Africa there are only 20 million cases! Original causes include:

- 1) 30% of Hypertension is caused by physical inactivity causing clogged capillary vessels.
- 2) Narrowed blood vessels caused by acidic wastes.
- 3) Lack of oxygen due to chemical reasons, namely solidified acidic waste in the vessels
- 4) Kidney failure, Obesity, Smoking, Stress.

As we have seen, all of the above are results of sustained and increasing acidity. Furthermore, the common treatment of the symptoms is drugs which further acidify the body – the classic vicious cycle, “the death spiral”.

## **Kidney Disease and Kidney Stones**

The Kidneys are together with the Lungs the primary pH regulatory organs. The accumulation of excessive wastes in the kidneys weakens their function. When cells survive in an excessive acidic environment, swelling of the kidneys occurs. In order to remain healthy, cells should expel all the waste produced by them. But if the blood becomes more acidic then the waste will cling to the walls of cells, causing solidification of acidic fluoride in the kidneys and kidney stones.

## **Osteoporosis and Osteopenia**

Bones are the classic first resort calcium store for buffering blood pH. Osteoporosis occurs from an imbalance between new bone formation and old bone resorption. The body may fail to form enough new bone, or too much old bone may be reabsorbed, or both. Bone is about 9% calcium carbonate, and 85% tricalcium phosphate, with the "phosphorus" being frequently disregarded. Too much or too little phosphorus contributes to osteoporosis: Too much promotes calcium loss through an excess acid medium, and too little encourages calcification, where calcium is deposited outside of bone, or where an improper calcium / phosphorus ratio weakens the bone matrix. If calcium intake is not sufficient or if the body does not absorb enough calcium from the diet, bone production and bone tissue may suffer. Calcium is essential for proper functioning of the heart, brain, and other organs. To keep those critical organs functioning, the body may reabsorb calcium from the bones for their use. To neutralize excessive quantities of waste or acidity, the body starts to deprive the bones and teeth of calcium, which eventually causes damage to the body.

## **Chronic constipation**

The most common causes of constipation are a high acidic diet low in fiber and high in fats, such as cheese, eggs, and meats, milk, processed foods and fast foods. Americans eat an average of 5 to 14 grams of fiber daily, which is short of the 20 to 35 grams recommended by the American Dietetic Association. Cooked foods have lost the digestive enzymes by heating, thus the food is hard to digest. Dehydration is also a common cause, only clean, slightly alkaline water can be assimilated and retained by the body.

## **Stress and Headache**

Stress is "a state of affair involving extra demand on physical or mental energy". When we suffer from stress, our body produces more acidic waste, leading to acidosis. Physical stress can be relieved by getting a good rest. Nowadays, however, most of us do not find the time to relieve stress and unrelieved stress makes the body even more acidic and puts it in Distress.

## **Summary**

**You will never win the war and you cannot eradicate the enemies of your health, quite the contrary, they will be there after you die, waiting to decompose your body! There is no drug for your convenience either.**

**So what is there to do? Do what your computer is doing with an uncleanable virus: quarantine it! How? By creating and sustaining a hostile bioterrain for bacteria, mold, fungi and yeast through a balanced pH. How? Measuring the pH is fast and easy, but up-regulating an acid body and keeping it in balance can be overwhelming in today's food culture and fast paced lifestyles.**

**First to try is up-regulating 1<sup>st</sup> morning urine pH by eating alkalizing foods and avoiding acidifying foods and drinks. Guides to alkaline nutrition can be found in Bookstores and on the web. Depending on the severity of acidosis, this may not be enough. Aerobic exercising, proper breathing and sleeping and generous hydration with alkalized water are synergistic support of the nutritional measures. These may have to be supported with dietary supplements, such as minerals, fatty acids, HCL, enzymes, fibers, probiotics and herbs, but amounts, ratios and co-factors needed are very individual and must be matched to one's lifestyle, nutritional habits and relative health. D4V Clinics developed a specific program to guide the person to re-gain and maintain a balanced pH - the quintessential anti-aging and longevity secret!**

## **Disclaimer**

If you suffer from any disease or read consistent off-balance pH values, you should see a doctor. If you are currently undergoing medical treatment and/or are on prescription drugs, you should talk to your doctor before making any lifestyle or nutritional changes. This article is not intended to diagnose or cure disease. This article is not medical advice and its information is for healthy Individuals only, who wish to stay healthy by optimizing nutrition and lifestyle.

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