

ACIDOSIS AND THE CANCER CONNECTION

ACIDOSIS is not in itself a specific disease; it is a general condition of the blood and thus the root of many different diseases such as diabetes, high blood pressure, arthritis, cancer, tumors and many more. Many people today have this blood condition without knowing it. ALKALOSIS is not as common as acidosis, but also indicates an unbalanced condition of the blood.

All natural foods contain both acid and alkaline forming elements. In some, acid forming elements dominate, in others alkaline forming elements dominate. According to modern biochemistry, it is not the organic matter of foods which leave acid or alkaline residues in the body. The inorganic matter (sulphur, phosphorus, potassium, sodium, magnesium and calcium) determines the acidity or alkalinity of the body fluids. Food comparatively rich in acid forming elements are acid forming foods, those comparatively rich in alkaline forming elements are alkaline forming foods.

Acidic condition inhibits nerve action, alkalinity stimulates nerve action. One who has a balanced condition can think and act (decide) well. A balanced food plan is a great help in maintaining the pH balance of the blood; however it does not reveal results in a day or two. It takes a longer time to show the effect. Cold showers make the blood alkaline, while hot showers make the blood acid. If the blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body such so that the blood will be able to maintain an alkaline condition. As this tendency continues, such areas increase in acidity and some cells die; then these dead cells themselves turn into acids. However, some other cells may adapt in that environment. In other words, instead of dying as normal cells do in a acid environment, some cells survive by becoming abnormal cells. These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function nor with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order.

This is Cancer, and cancer develops in the following stages:

1. Ingestion of many acid forming foods, fatty foods, refined foods, carcinogenic substances such as nitrates, and chemically treated foods in general. X-ray scans contribute even at this stage.
2. Increased constipation
3. Increase of acidity in the blood. This causes an increase of white cells and a decrease of red cells, which is the beginning of leukemia.
4. Increase of acidity in the extra cellular fluids.
5. Increase of acidity into the intracellular fluids.
6. Birth of malignant cells. This is the stage of cancer called initiation.
7. The further consumption of many acid foods. Receiving high levels of radiation, chemical and drug treatment. This stage is called cancer promotion.

There are two types of acid and alkaline foods.

1. One is acid or alkaline foods, which means how much acid or alkaline the foods contain.
2. The other is acid or alkaline forming foods, which means the acid or alkaline forming ability of foods to affect the body or to say differently, the pH condition foods cause in the body after being digested. This is the one that will be the focus in changing the body's pH.

A neutral pH is considered 7, so a pH above 7 is alkaline and a pH below 7 is acid. The pH of blood is 7.4. This means that it is slightly alkaline. This alkalinity has to be kept almost constant; even minor variations are dangerous. If the blood lowers to pH 6.95 (barely over the line of the acid side), a coma and death result. And if the concentration in the blood changes from 7.4 to 7.7, tetanic convulsions occur. Although only a blood test can reveal the blood pH, it is possible to monitor the pH of the body with a simple home test kit of litmus or nitrozone paper. Testing a saliva and urine daily average for three days should reveal a pH of between 6.8 and 7.1. Some variation will occur depending on recent type of food and drink intake. Different body pH values are: stomach juice = 1.5, urine=7.0, saliva=7.1, and blood=7.4.

Acid-Alkaline Forming Foods

Foods may be classified in relation to the metabolic process as acid alkaline. Alkali's are soluble salts and acids are corrosive agents which have trouble combining with other things. A balanced diet contains 35% acid forming foods and 65% alkaline.

Highly Alkaline

Beans String, Banana speckled, Dandelion greens, Dates, Figs, Prune, Raisins, Swiss Chard.

High Alkaline

Almonds, Avocado, Banana-Yellow, Bean Fresh, Beet, Blackberries, Carrot, Chives, Cranberries, Endive, Grapes Sour, Kale, Peach dried, Persimmon, Pomegranate, Plum, Raspberries, Spinach.

Neutral Oils

Cold Pressed, Expeller Pressed, Almond, Avocado, Coconut, Canola, Cottonseed, Linseed, Olive, Safflower, Sesame, Soy, Sunflower, Walnut.

Alkaline

Agar, Alfalfa, Apple & Fresh Apple Cider, Apricot fresh, Artichokes globe, Bamboo shoots, Bean snap, Beans sprouted, Berries most, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupe, Cauliflower, Celery, Cherries, Chestnuts, Chicory, Coconut Milk, Collards, Corn fresh and sweet, Cucumbers, Daikon, Eggplant, Escarole, Garlic, Ginger root, Gooseberry, Grapefruit, Guava, Horseradish fresh and raw, Kelp, Kohlrabi, Leek, Lemon and Peel, Lettuce, Lime, Loganberry, Mango, Melons, Milk raw, Acidophilus Yogurt, Whey.

Highly Acid

Alcohol, Artichoke root, Barley, Bread, Buckwheat, Caffeine, Coffee, Corn, dry and products, Custards, Drugs, Flour all, Ginger preserved, Honey, Lentil dry, Mate, Millet, Oatmeal, Peanuts, Rice all, Rye Grain, Soy Bread, Soy noodles, Sorghum, grain, Spaghetti and other Pasta, Sugar Cane, raw beet, Tobacco, Walnut (English), Wheat grain.

Acid

Asparagus, Beans dried, Cashews, Coconut dried, Cranberry Juice and concentrate, Egg yolk, Filbert, Fruit Jellies (Jams Canned, Sulphured, Sugared, Dried), Grapes Sweet, Pasteurised Milk Products, Dry Peas, Pecans, Plums Damson, Tofu fries, Water-chestnuts.

Acid Fats

Butter, Cream, Margarine, Lard

(Although acidic, due to the synergism of digestion kombucha becomes an alkaline forming food).

Acid/Alkaline (pH) are the two characteristic conditions of blood and cell solution. Any solution is either more acid or more alkaline. If Acidic Characteristics dominate, the solution is acid. However there is no absolute acid or alkaline. An Acid solution always contains some alkaline factors, and a alkaline solution always contains some acid factors. Neutrality is an ideal condition in which the amount of acid and alkalinity is equal. It is an ideal state, and not realistic. In reality, what we eat or drink is always more acid or alkaline.

This article was adapted from 'Acid Alkaline by Herman Aihara.'

http://www.happyherbalist.com/alkaline-acid_balance.htm