

## Appendix C

### Acid-Alkaline Diet

There are many today who promote an alkaline diet. The basic concept is that all diseases live in acid environments and will die when in an alkaline environment. Thus, the idea is that by making your body alkaline, you can kill any disease you have present in your body and live a healthy life. **Just exactly the opposite is true.** This theory lacks scientific facts behind it. The most important basic premise is totally false and can be checked by anyone willing to open their eyes.

Except for the digestive system, the entire human body is alkaline. Most all human diseases exist in the alkaline areas of the body except the digestive system. Most human disease, except for a rare few in the digestive system, are alkaline, not acid. Check out the references listed below.

Alkalinity and acidity in the entire human body are not created by the pH level of the foods one eats. The body uses chemistry to adjust the pH level. Acidity describes the quantity of hydrogen ions in any solution of the body, and alkalinity describes the quantity of hydrogen-oxygen ions in any solution in the body. The body has the total ability to adjust the level of hydrogen ions (acidity), or the level of hydrogen-oxygen ions (alkalinity), anywhere in the body that is required to adjust. The food you eat, or the water you drink has no effect on these levels, that is, until you overdo them so far that you become sick.

There are probably more than 100 web sites that promote the alkaline diet. Many of them sell alkaline water. Your body must maintain a low alkaline condition everywhere

except the digestive system. Every organ of the body has a different alkaline level in order for the body to function properly. Your blood is maintained at 7.41 pH for arteries and 7.3 pH for veins. That's alkaline not acid, and it cannot be changed. Nowhere in the body can you change these exact alkaline or pH levels. Drinking alkaline water of 9.5 pH just makes the body work harder to get rid of the extra alkalinity, which the body naturally does. When your urine turns alkaline that merely means that the body is off-loading the alkalinity that it doesn't need. It does not mean you are healthy.

The alkaline [diet] theory web sites say you must eat alkaline forming fruits and vegetables, but nearly all fruits and vegetables are acidic. When you put acidic fruits and vegetables in your stomach, the stomach increases the acidity by adding hydrochloric acid, but when those fruits and vegetables go from the stomach to the intestine the body releases an enzyme that makes them all alkaline. Nothing escapes this function of the body. No alkaline food or alkaline water can change that.

Here is a list put out by the FDA of more than 200 vegetables, fruits, meats, and other foods—showing that all these foods are acidic. Remember, anything below 7 pH is acidic, and over 7 pH is alkaline. Check it out:

*<http://www.fda.gov/Food/FoodborneIllnessContaminants/CausesOfIllnessBadBugBook/ucm122561.htm>*

I can't debunk all the various cancer treatments that don't work, nor list all those that have been known to work. But I mention the alkaline theory here as many thousands of people are getting the wrong data from dozens, maybe as many as 100 web sites.

The links below are web sites telling facts you can check, telling the truth about the acid-alkaline theory of diseases.

The pH of blood. On the internet go to Google or any search engine and put in the search "pH of blood". You will get many answers but they will all be the same.

**<https://sciencebasedpharmacy.wordpress.com/2009/11/13/your-urine-is-not-a-window-to-yourbody-ph-balancing-a-failed-hypothesis/>**

This is a complete explanation of why you cannot change your body pH. Each pH area is solidly in place and does not balance against other pH's of the body. Very good explanation.

**<http://www.chemistry.wustl.edu/~edudev/LabTutorials/Buffer/Buffer.html>**

Acid-Base Equilibria Experiment, by Rachel Casiday and Regina Frey, Department of Chemistry, Washington University St. Louis, MO 63130.

**<http://wikipedia.org/wiki/blood>**

Blood – Wikipedia, the free encyclopedia.

**<http://curezone.com/forums/fm.asp?i=840037>**

Digestive System and pH Level. This article is well documented giving 24 research papers showing pH level of the entire digestive system and it shows that the stomach is highly acid and the small upper intestine is alkaline.

**<http://en.wikipedia.org/wiki/PH>**

pH of *body* fluids, and *organs* are tightly regulated in a process called acid-base homeostasis. You can't change the pH of the body.

**<http://www.ncbi.nlm.nih.gov/pubmed/1627797>**

Alkaline pH Homeostasis in Bacteria: New Insights. Shows that pathogenic bacteria (disease causing) survives in alkaline environment.

**[http://textbookofbacteriology.net/nutgro\\_4.html](http://textbookofbacteriology.net/nutgro_4.html)**

Please note that neutrophiles are hard to find because the spelling only adds an "e" at the end of the word neutrophil, but this is the link to one of many web sites explaining neutrophiles as disease causing microbes. There are 210 neutrophiles that are disease causing living at an alkaline pH.

**[http://en.wikipedia.org/wiki/Alkaline\\_diet](http://en.wikipedia.org/wiki/Alkaline_diet)**

More acid-alkaline theory.

**<http://www.clinchem.org/content/41/10/1522.full.pdf>**

Composition of interstitial fluid. Regulation of pH to 7.3 to 7.4.

**<http://articles.mercola.com/sites/articles/archive/2010/09/11/alkaline-water-interview.aspx>**

Article: Alkaline Water: If You Fall for This "Water Fad" You Could Do Some Major Damage.