# pH Treatment Ideas and the Salt & Soda Bath

## Blood pH

I am often asked, “What are the main things we can do to promote health and increase wellness?” The foremost thing we can do is to keep the body in homeostasis and let it do what it does best: repair, rebuild, and replenish. The first key to homeostasis is correct pH. The more one understands physiologic pH, the more you will be convinced about its absolute necessity. Without the correct pH, hormones and enzymes cannot function in their maximum capacity. The optimal pH in oxygenated arterial blood is 7.355 to 7.45. Optimal pH in carbon dioxide laden venous blood is 7.31 to 7.4.

Blood pH is extremely tightly regulated, so even a drop to 7.25 brings the body to a relative acidic state. For example: the drop from 7.3 to 7.2 will stimulate osteoclastic activity in the bone (bone degradation), inhibits osteoblastic activity (bone rebuilding), and induces a multifold bone mineral loss. Reduced intracellular pH causes swelling and impaired mitochondrial function. This means a reduction in the ability to make more energy and an increase in energy utilization. Reduced intracellular pH brings increased intracellular free water with less efficient metabolism, protein synthesis, and increased membrane free radical production. [1]

Another factor to consider in this picture is free radical generation. As the pH drops into the “relative acidity” range, there is increase in free radical generation.[1] One way to determine pH is with first morning urine. First morning pH reflect the body’s ability to buffer excess acidity or net acid excess. This means that a pH below 6.5 indicates that the buffering functional reserve of the body is deficient. The beauty of this test is that it is something that the patient can do for themselves to monitor their own diet.

**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, use 1 - 3 times a day.

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 -7.5

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.

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## Blood pH cont.

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). Start with 400 mg and increase every few days until bowel tolerance is reached. Take magnesium at night before bed.

## 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 anti-oxidants. 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.

## Salt and Soda Alkalizing Bath

1 cup Epsom salts and 4 tbsps 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.

## 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. Soak for 20 minutes drinking water while you are in the tub to stay hydrated.

## References

(1) Brown, Dr. Susan E., 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.

(2) Tennant, MD, MD(H), MD(P), Jerry , Healing is Voltage: The handbook, 2nd ed., 2011.