

## Alkalizing the Human System

Eating an acidic diet or having an acidic lifestyle causes the bowels & liver to become congested and backed up, this in turn causes the bile to become thick and restricts the flow of bile in the liver and to the gallbladder. The gallbladder then can't properly express its contents into the small intestine (S.I.).

As the contents of the stomach are released into the small intestine, the acid from the stomach contacts the outer edge of the pyloric valve leading to the duodenum and into the S.I. This acid triggers the gallbladder to contract, squirting bile into the duodenum, neutralizing the chyme from the stomach. When bile flow is working properly our salivary Ph should be neutral @ 6.8 to 7.4 ph.

Here's where it goes wrong, the restricted flow of bile is not able to neutralize the chyme coming out of the stomach. When this function is thrown out of balance our S.I. & L.I. absorbs too much acidity. As we absorb nutrients through the small and large intestine we will also absorb the extra acidity. The blood in turn becomes acidic. The blood has to stay at a perfect Ph of 7.4. If it becomes one tenth of one degree more acidic than 7.4Ph, it will trigger the Para-thyroid to release parathyroid hormone liquefying minerals from the strong stores of the bones and teeth. These minerals then alkalize the blood back to its proper balance of 7.4Ph.

Signs of this issue are receding gums, bone spurs, thinning bone, low bone density, low back issues, arthritis and any and all osteo-bone issues. The health of the bones is built from the thyroid sending the hormone calcitonin to the kidneys to build bone. In order for this to happen the blood Ph must be 7.4 constant.

Here are a couple simple ways to alkalize the human system

Alternate these two methods regularly.

Morning:

#1- Squeeze the juice from 1/2 a lime into 6 oz filtered water. Do this upon waking.

Drink 2-3xs per day, one hour before meals.

Take upon waking, drink then rinse or brush your teeth to protect them from the lime juice. 5 minutes later drink 8oz water with your pro-biotics, etc. taken out of their capsules and mixed into the water and drink this at once. This can be prepared at the same time as you prepare your lime juice mixture and let it sit.

Night:

#2 Use 1 tsp. non-aluminum baking soda (sodium bicarbonate) to 8oz warm filtered water, mix until dissolved and drink all at once. Best to do this at night before bed.

Drink 2-3xs per day, one hour before meals, especially before bed.

5 minutes later take 8oz water with your pro-biotics out of their capsules and mixed into the water and drink this at once. This can be prepared at the same time as your mixture and let it sit.

When you neutralize the acid in the stomach, the stomach then releases all of its contents and starts to recreate its acid balance to be able to break down food properly.