

# Alkalyzing your Body through Remineralization

*God's Plan for Universal Healthcare (version 2.0 updated on 10-28-08)*

## General Principles to Understand

Before we get into the specifics of this document it is important for you to understand a couple general principles. First of all, your body and your health situation are the result of a series of causes and effects that you can influence by making the proper choices. The age old adage, "You are what you eat" is quite true. To improve your health situation you will need to make better choices which should fill you with hope as better health is just simply learning to make better choices and making better choices is something that you certainly can do.

Secondly, as you are following this protocol it is important to pay attention to how each thing that you do is affecting your body and how you feel. After you learn the general principles outlined in this document it will be necessary for you to make some tweaks and changes based on what your body is telling you in response to changes that you make to your diet and habits.

Finally, it is important that you rely on God to empower you during your healing process. Learning to listen to the voice of God is a very personal thing. God personally interacts with each of us in different ways. If you are in poor health, it is more than likely that you need to develop your ability to hear God's voice. Ask him about the principles outlined in this document. Ask him to bring the light of his truth to your health situation. Then be still and listen for his answer. God often speaks to us through our intuition. Different people call this different things. This is referred to as our conscience, our gut, our heart, our intuition. I can tell you that learning to hear God most likely will mean spending less time in the analytical side of your brain and spending more time being in the present moment. This often means letting go of past hurts and failures and refraining from worrying about things in the future that may or may not happen.

## Designed to Thrive

The human body was designed to thrive and repair itself from damage given the proper nutrients and environment. If you examine from a very common sense standpoint what is required for human survival, most can see that the air we breath, the water we drink, and the food we eat in that order are what is required for our physical survival. In addition to this our mental/spiritual state (stress level, dominant emotions, etc.) are also a very big part of the equation of health.

## What is Body PH and Why is it Important?

Body PH refers to the PH of the lymphatic system and the fluid that surrounds all the cells of your body. For optimal health, your Body PH should be slightly alkaline (around 7.356). A slightly alkaline solution has the capacity to carry about 100 times more oxygen than a slightly acidic solution. When our body PH becomes acidic our cells begin to corrode and die from a lack of oxygen. If this happens long enough our organs begin to malfunction and the body begins to manifest something that a doctor can diagnose as an illness. All sickness and disease from a runny nose to cancer is caused by this same mechanism.

## How do I Control my Body PH?

The physical factors that influence body PH are the air we breathe, the water we drink and the food that we eat. The air and the water seem relatively straight forward. Both should be free of toxins (pollutants, chlorine, flouride) and we should provide our bodies with a plentiful supply. We get enough air by making sure we are doing moderate exercise regularly and practicing deep breathing techniques especially when we are experience stressful situations. As far as water is concerned, we should be drinking water whenever we are thirsty. Quite often we have been trained to drink liquids such as juice or soda when we are thirsty rather than drinking water. You can tell if you are drinking

enough clean water if the color of your urine is a very pale. If your urine is dark then you should increase the amount of water that you are drinking. When you drink water it is best to sip smaller amounts throughout the day rather than gulping large amounts at once.

### ***Controlling PH Through Diet***

A diet rich in alkaline minerals from mainly fruits and vegetables is one of the tools for maintaining an optimal (slightly alkaline) body PH. The first thing you need to understand before undertaking changes in your diet is that by their very nature it takes up to 10 times more alkaline material to neutralize the same amount of acidic material. That means the most important thing to do first is to stop eating bad (acid forming) foods that are making your body more acidic. It doesn't matter how much good (mineral rich) foods you eat, if you are unable to refrain from the bad foods, you will be fighting a losing battle.

### ***Refraining from Bad Foods***

To simplify things, one should avoid all processed foods. These include but are not limited to:

- hydrogenated oils (margarines, trans fats)
- refined sugars (white sugar, high fructose corn syrup, etc.)
- refined starches (white flour, white bread, white rice)
- artificial sweeteners (nutrasweet, splenda, diet drinks)
- homogenized dairy products other than skim milk
- other artificial chemicals such as preservatives.

Additionally one should refrain from eating any foods especially hard to digest foods (protein and grains) 4-6 hours before sleeping. When you sleep, your body's breathing slows down. If you tax your body in this state with the burden of digestion, you will wake up feeling bad from being oxygen deprived and overly acidic.

### ***Finding Good Foods***

In a perfect world, we would have access to high quality, locally grown, organic fresh fruits and vegetables as the foundation of our diet. These foods contain complexed carbohydrates which for the purpose of this document are defined as a natural sugar, bound to an alkaline mineral, bound to amino acids. This provides everything that you need for your body to function properly. Unfortunately due to large-scale corporate farming, it is very unlikely for you to find quality produce in a supermarket or even an organic market. Even local, organic farmers are unfamiliar with the farming techniques for growing high quality (rich in minerals in the form of complexed carbohydrates) fruits and vegetables. However, I have found that buying from your local farmer's market is generally your best bet.

### ***Testing the Quality of Your Foods***

To confirm this fact you can test various fruits and vegetables using a refractometer to measure the BRIX value of the produce you have access to. What you will find is that most of the produce test in the range of average to poor. To find out more about using a refractometer to test the quality of fruits and vegetables you can go to this web page: <http://www.crossroads.ws/brixbook/BBook.htm>

The principle behind all of this is learn to choose the best foods possible, and to understand that even the "best" available foods are not going to be enough. You need to learn to supplement your diet with the proper alkaline minerals from other whole food and even inorganic sources to provide your body with the necessary minerals it needs to power its functions and restore balance to your PH.

### ***Supplement with Additional Alkaline Minerals***

Even though our food sources are far below optimal, there are ways to get the necessary additional alkaline minerals your body needs to heal itself and to stay healthy. The major minerals your body needs are: calcium, magnesium, potassium, sodium. In addition, your body also utilizes smaller amounts of phosphorus and sulfur and finally you also need numerous minerals in trace amounts like manganese, iron, copper, zinc, iodine, chloride, selenium and many more.

Fortunately there are many ways to get these minerals in forms that our body can make use of. These include food substances like blackstrap molasses and kelp as well as common inorganic forms of minerals like pickling lime (calcium hydroxide), epsom salt (magnesium sulphate), and baking soda (sodium bicarbonate). Supplementing these minerals in forms that your body can utilize easily is an important piece to healing or maintaining optimal health. Often times, you can react an inorganic form of a mineral like calcium with a weak acid (i.e. lemon juice), and add to it live carbons (from blackstrap molasses). Through this reaction, you are creating these highly desirous complexed carbohydrates similar to those found in high quality produce and providing your body with minerals it can immediately utilize to neutralize excess acids and create the electromagnetic energy necessary to power various bodily functions.

***To find out how to use these principles to dramatically improve your health, review the Key Protocol on the next two pages.***

# Alkalyzing your Body through Remineralization - Key Protocol

## **General Principles**

The elements of this protocol can be used to dramatically improve any health situation. Before you begin it is helpful to keep some things in mind.

### ***Be Patient***

Your current health situation more than likely took years to develop. It is unreasonable to think that you can correct it overnight. More than likely a lack of patience has made your health problem worse causing you to bounce from things that promised a “quick fix” to your problem but in the end only made things worse.

### ***Exercise Moderation***

Imagine your body as a house and if you are sick, it is more than likely that your house needs cleaning. In the process of cleaning your house, you have the option to go fast and kick up a lot of dust or be more methodical and to kick up less dust. The faster you go the more discomfort you are likely to experience. The worst case scenario is the discomfort becomes so great that you have abandon the approach all together and go grasping at something that may not be good for you to alleviate the discomfort. It makes much more sense to take things slowly and do things more consistently over time.

## **Key Protocol**

### ***Clean up Your Digestive Tract***

First things first, is to give yourself an enema or to go and see a professional colon hydrotherapist. This is to help clean out your digestive system. If you are not healthy more than likely your digestive system is not functioning properly. If your digestive system is not working, then it is very difficult for your body to extract nutrients from the food that you eat. Skipping this first step can minimize the impact of positive change in your diet.

### ***Rebuild the Positive Bacteria in your Digestive Tract***

Purchase a Probiotic supplement (one with a high billion count 8+ and with both Bifidus Bacterium and Acidophilus) from your local Organic Food Market (Mother's, Whole Foods). First thing in the morning, drink a glass of water to water down your stomach acids. Then take the probiotics along with a glass of skim milk.

### ***Drink Enough Purified Water (Chlorine and Chemical free)***

When you are thirsty, you should drink water rather than coffee, soda, or even juice. You can tell if you are drinking enough clean water if the color of your urine is a very pale. If your urine is dark then you should increase the amount of water that you are drinking. When you drink water it is best to sip smaller amounts throughout the day rather than gulping large amounts at once.

### ***Avoid the Bad Stuff Acid Forming Foods and Activities***

- Avoid refined sugars (white sugar, high fructose corn syrup etc.)
- Avoid refined starches (white bread, pasta, white rice etc.)
- Avoid chemicals such as preservatives, artificial sweeteners (Splenda or sucralose, Equal or apartame, etc.)
- Avoid eating fruit and dairy or fruit and meat at the same time (make sure to wait 1 hour after consuming fruit before eating meat or dairy and 3 hours after consuming meat or dairy before eating fruit)

- Avoid consuming homogenized milk or products made from homogenized milk (skim milk products are ok)
- Avoid eating protein or grains 4-6 hours before you go to sleep

### ***Eat Nutrient Rich Whole Foods***

80% of your diet should be fresh, locally grown, organic fruits and vegetables with an emphasis on leafy green vegetables (broccoli, kale, cabbage, romaine, green leaf, or red leaf lettuce etc.)

20% of your diet can be whole grains, nuts, and high quality sources of animal protein (unhomogenized or skim milk, free-range, grass-fed meats, eggs, wild caught cold water fish such as Alaskan salmon or sardines)

### ***Supplement Your Diet with Minerals to Compensate for Poorly Grown Foods***

Take a small pinch of Epsom Salt dissolved in a glass of water with each meal

### **Mineral Rich PH Balancing Drink**

Drink the following mineral rich, alkalyzing superdrink:

- The juice of 1/4 to 1/2 of a lemon or 1 tablespoon of organic apple cider vinegar
- 2+ Tablespoons of calcium rich pickling lime water (pickling lime water is made from adding 1 tablespoon of Mrs. Wages Pickling Lime aka Calcium Hydroxide to 1 gallon of distilled water)
- 1-2 Tablespoons of Organic, unsulphured Blackstrap Molasses
- Filtered water
- 1 Tablespoon of high quality kelp

### **Making the Drink**

- Prepare the pickling lime water by adding 1 tablespoon of Pickling Lime Powder to 1 gallon of distilled water. This will make 1 gallon of pickling lime water that should last one person between a few days and a couple weeks depending on how much you are drinking.
- Next pour the lemon juice (1/4 to 1/2 a lemon depending on the size of the lemon) into a large sized (16 ounce) water glass.
- Slowly add the pickling lime water until you see a visible color change. The color should change from clear white color or pale yellow color to a deeper yellow color.
- Next add the blackstrap molasses.
- Finally fill the rest of the glass up with purified water.

The taste of the drink should be slightly sweet from the molasses and neutral tasting. If the drink tastes tart, add additional pickling lime water, if it tastes chalky, add additional lemon juice until you get the neutral slightly sweet taste.

The kelp can be taken in two different ways. If you prefer, you may add it to the drink itself. The way I prefer to take the kelp is to put the tablespoon of kelp into a separate bowl. To this I add a few spoonfuls of alkalyzing superdrink that I just made so that all of the kelp is damp. Then I eat the kelp in a few bites with some fruit or vegetables.

Drink this drink slowly over the period of at least 30 minutes (preferably over 1-2 hours). In other words, do not gulp it down quickly. As your body becomes accustomed to the extra energy from the drink you can increase the amount of lemon juice and pickling lime water. Start out with very small amounts and increase them over time.

This can be taken as many times during the day as you like. Start out slowly again, maybe taking it 1-2 times a day. I personally have the drink between 2 and 3 times a day. It is a great energy boost and a great part of my overall health regimen.

### ***Alkalyzing Baths***

Run a hot bath (as hot as you can personally stand). Assuming that the volume of water in your bath is somewhere between 100-150 gallons, add the following to your bath:

- 1-2 pounds of Epsom Salt
- 3-4 pints of Hydrogen peroxide

Soak in this bath for a period of time. Start out slow (i.e. 15 minutes). As your health improves you will be able to stay in them for much longer. If you are in very poor health, it may be wise to start out with a foot bath instead of a full bath. If you are in poor health and choose to take full baths, make sure there is someone who can help you if you feel too weak to get out of the bath or if you feel like passing out.

After the bath, finish by taking a cold shower. This is very important. Do not skip the cold shower step. Stay in the cold shower for a few minutes. Just long enough to cool down your entire body.

You can do these baths as often as you like. A friend of mine who used this protocol to cure himself of cancer did these baths as often as three times per day. Again start out slow, especially if you are very ill and make sure to always finish with a cold shower.

### **Bath Variations**

#### **Adding Baking Soda or Apple Cider Vinegar**

If you are someone who has trouble putting on weight or feels unusually cold when other people are not cold, you may benefit from adding up to 1 pound of baking soda in your bath along with the Epsom salt and Hydrogen Peroxide.

Do not add baking soda if you have trouble losing weight, feel unusually hot, have trouble losing weight or have heart problems related to excess levels of sodium. If you fit this profile, you may find it beneficial to add 1 cup of Apple cider Vinegar to the Epsom Salt and Hydrogen Peroxide.

#### ***The Mental and Spiritual Component***

If you are sick, at least half of the journey towards healing will involve changes in your mental and spiritual outlook.

To lower your stress level and to speed your progress towards healing try the following:

- pray and/or practice meditation
- refuse to worry about things you cannot control or things you are unwilling to take action to change
- focus on things that you can be grateful for
- do not engage in negative thinking
- practice deep breathing to reduce stress and increase your sense of well being
- make sure you take a least one day a week dedicated to physical, mental and spiritual rest
- get some sun every single day.

### **Detailed Information**

There is also an active online support group of people who have used this protocol to heal themselves at: <http://curezone.com/forums/f.asp?f=740>

***God's Blessings and Guidance on Your Way to Better Health.***