Feel Good News

VOLUME 4 • ISSUE 1 INFORMATION & RECIPES

Balance is More Than a Concept

BY DEBORAH PAGE JOHNSON

Deborah Page Johnson, Editor

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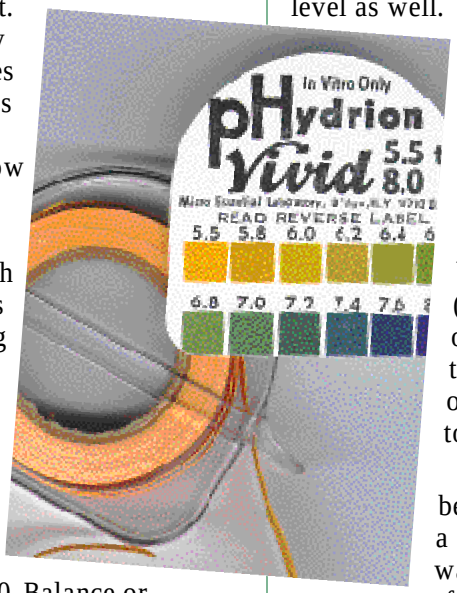
By the time you have finished reading this newsletter, I hope you will have gained greater clarity on the subject of pH. If you are unfamiliar with the term pH, here is a brief definition "pH" is an acronym for the "potential of Hydrogen." It is the acid to alkaline ratio existing in all matter or the hydrogen-ion activity in gram equivalents per liter. Our body's pH is the benchmark for measuring health. pH value is measured on a 14 point scale with 10 levels within each point. This means that a drop in every point on the pH scale is 10 times more acid. For example, 7 to 6 is 10X. Neutral is 7.0, anything above is alkaline, anything below is acid.



Everything has a pH. The scale is usually represented with the use of color. The chart looks like a prism or rainbow ranging from red at 0 to purple at 14. Battery acid is a dangerous 1.0, and ammonia is equally dangerous at 11.0. Hydrochloric Acid is red on the scale, with a pH of 0.0. Sodium Hydroxide is alkaline (base) or purple on the same scale with a pH of 14.0. Balance or neutrality is achieved with water at 7.0 (green) in the middle of the pH scale. Human blood is 7.456 slightly alkaline.

Many factors influence pH levels within the body. Some of the factors might be an out of balance mineral ratio or a person's diet and stress levels. These are some primary concerns to look at when a person's pH level is chronically low or high. If diet changes and a reduction in stressors does not normalize a pH level, then the advice of a good health care professional, who understands the importance of pH balance, should be consulted.

In researching this topic, I found the subject of pH could be quite confusing. Every "expert" has a different opinion about what a correct pH level should be, even which bodily function is best for testing. Some say saliva is the best means of testing. Others feel a urine sample is the best measure, while other "experts" have more invasive means for testing and varying opinions to give. If that isn't confusing enough, no one can seem to agree on what the perfect pH number for urine and saliva should be. Likewise every organ has a different pH level as well.

However, all agree on one fact: if the blood does not remain at its perfect 7.456 pH level, damage can occur to vital organs and life itself could be jeopardized. In order to maintain that 7.456 ideal for the blood, our bodies will leach the calcium (which is alkaline) right out of our bones and teeth to correct a too acid condition. Can you say osteoporosis, kidney stones, and tooth decay?

The active ingredient in cola beverages is phosphoric acid, with a pH of 2.8. It takes 32 glasses of water at 7.0, to neutralize one glass of cola. All of the calcium and magnesium supplements in the world will not help if our body pH is running acid. Be sure to check out "Water or Cola" later in this issue.

Maintaining alkalinity is essential for life, health and vitality. All leading biochemists and medical physiologists have recognized pH or acid / alkaline balance as the most important measure of a balanced and healthy body. Researchers have known, since the 1930's, that the maintenance of a balanced pH is critical to cellular health.

We live and die at the cellular level. Our bodies are alkaline by design and acid by function. In order to understand pH balance,

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Balance is More Than a Concept

(continued from cover)

Suffer from acid reflux or heart burn? Here is the best natural remedy I have ever used. Chop one organic apple with skin on (remove seeds), and place in a food processor or blender. Add one teaspoon of raw unpasteurized honey and enough pure water to process until the consistency of apple sauce. Eat all at once or take 2 table-spoons at a time throughout the day as needed. The pectin in the apple's skin and the antibacterial properties of the raw honey are what contain the healing properties. It really tastes good too!

This was given to me by Medical Intuitive Mel Doerr

it is necessary to realize all the 75 trillion cells of the human body are slightly acidic and must exist in a slightly alkaline environment (the body fluid) if cells are to remain healthy and produce energy.

Alkalinity is anabolic (builds up) and acidity is catabolic (tears down). As each cell performs its task of respiration, it secretes metabolic wastes which are acidic. These wastes are the end product of cellular metabolism and must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poisons in and around the cell, changing the environment of the cell.

Why pursue this confusing topic? An acid condition, if left unchecked, over a long period of time will block the body's absorption of much needed vitamins and minerals. Balancing our body's pH is the cornerstone of excellent health. If you want to save money at the drug store and on supplements at the health food store. . . make sure your pH level is in balance.

I have often pondered the notion that green is the color associated with our heart chakra. Green is also the color of a lush forest or a life giving oasis. The very vibration of the color green is soothing. Green leafy vegetables are healthy for everyone no matter what the blood type, nationality, religion or gender. When a person's aura is green it is considered a sign of a harmonious giving nature, love, growth, change, nature, devotion, rest, neutrality and healing. Green is also the color associated with our blood pH at 7.456 and the color to look for when testing urine or saliva for a balanced body pH level. Green is the color symbolizing perfect harmony and balance in all things. There are times though, when I agree with Kermit the frog . . . "It isn't easy being green".

While none of the experts can seem to agree on the correct pH for excellent health, I know deep green is the color to aim for when comparing urine and saliva to the color chart. The range will vary throughout the day. I have found personally, 6.4 upon awakening to 6.8 later in the day offers personal wellness. Not yellow-green or blue-green, but green!

If you identify with the following short list of symptoms of alkalosis, a few simple, natural steps may help to relieve symptoms and balance pH levels. Symptoms of alkalosis may include, but are not limited to: Muscle soreness and cramps, stiff or creaking joints, bursitis, bone spurs, edema (especially swollen hands), allergies, menstrual problems, hyperventilation, restlessness, excitability, numbness, prickling sensations, increased respiration, circulatory problems, discomfort after eating (due to lack of HCl in stomach) and lowered resistance, (bacteria, viruses, fungi, parasites and other microorganisms tend to thrive in an alkaline environment). An increase in healthy acid forming foods like proteins, starch and cranberries may help lower pH levels. Vitamin C and modest exercise may also help achieve balance if Alkalosis is a concern.

Symptoms of Acidosis are frequent sighing, increased heartbeat, restlessness, cold sweat, dry skin and mouth, hard stools, diminished urination, perspiration, sticky, sour taste in the mouth, halitosis (bad breath), adrenal fatigue. If any of these symptoms sound all too familiar, don't despair. There is action you can take. Simple changes in lifestyle can make a meaningful difference. Take steps to reduce stress, and reduce acid forming foods such as protein and starch. Cut back on sugary and processed foods as well.

The facts speak for themselves, 38% of Americans will get cancer. At the turn of the century it was 3%. By the end of the next century it will be 100%. Diabetes has risen 400% in 20 years. Alzheimer's now strikes 50% of people over the age of 70. Sixty years ago it did not exist. We are losing the war against disease, it's time for a change! Cancer can not live in an oxygen rich pH balanced cell. Fight back! There is something you can do to prevent degenerative disease.

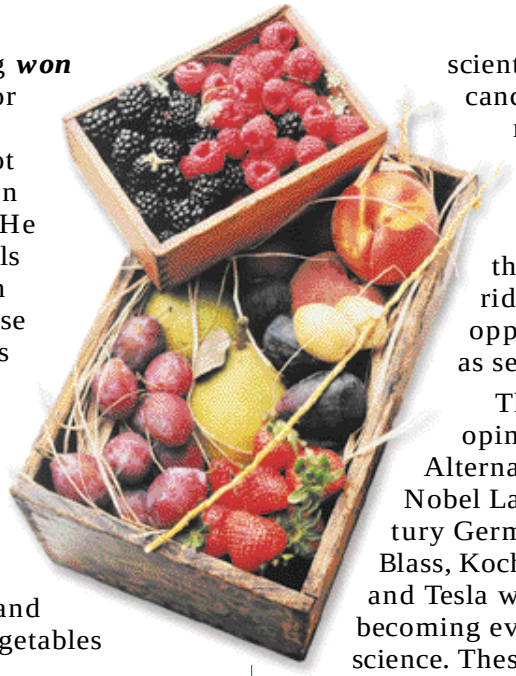
I hope you will enjoy this edition of the Feel Good News. I know I enjoy sharing what I have learned with you. When I am balanced, all is right with the world. I feel great and my thoughts are pleasant and clear. I also seem to get more done in a day and sleep better at night. That is what I wish for all of you. ■

In the spirit of peace and in the fullness of love,

Deborah Page Johnson
President, New Page Productions, Inc
Author of: *The Feel Good Food Guide: Easy Recipes Free of Sugar, Wheat, Yeast, Corn, Eggs, Dairy and Soy!*

The Origin of Cancer Cells

http://www.prostate90.com/sci_papers/warburg.html



Professor Otto Warburg ***won the Nobel Prize in 1931*** for his work in which he proved that cancer can not live in a cell rich in oxygen and with a balanced pH. He also found that cancer cells contain high fermentation values that come very close to the fermentation values of wildly proliferating Torula yeasts. A stressed lifestyle and a diet high in sugar and processed foods feed yeast. While a lifestyle with a reduction of stress and a diet with enough pure water and rich in fresh fruits and vegetables places a body in a state of balance.

The following is an excerpt taken from: Warburg, Blass and Koch: Men With A Message and the G.A. Freibott, International Association for Oxygen Therapy, Priest River, ID, USA. Most of the research was done in the 1930's.

"Today's scientists have substituted mathematics for experiments, and they wander off through equation after equation, and eventually build a structure which has no relation to reality." [1]

"The scientists from Franklin to Morse were clear thinkers and did not produce erroneous theories. The scientists of today think deeply instead of clearly. One must be sane to think clearly, but one can think deeply and be quite insane."[2]

"But nobody today can say that one does not know what cancer and its prime cause is. On the contrary, there is no disease whose prime cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention. That the prevention of cancer will come there is no doubt, for man wishes to survive. But how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily." [3]

"All truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident." [4]

These quotes are the frank opinions of the Father of Alternating Current; a two time Nobel Laureate; and a nineteenth century German philosopher. Warburg, Blass, Koch and Tesla were men whose truths are becoming evident in today's world of science. These were pioneers and scientists of the highest magnitude. This abstract uncovers, postmortem, the discoveries of these men and their contributions to future scientific studies. Otto Warburg, won his first Nobel Prize in 1931 for the oxygen transferring enzyme of cell respiration and his second Nobel Prize in 1944 for his discovery of the hydrogen transferring enzyme. His discoveries are quoted above and as follows: "But, even for cancer. there is only one primary cause. Summarized in a few words, *the cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.*" [5]

"Because no cancer cell exists, the respiration of which is intact, it cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact." [6]

Dr. F. M. Eugene Blass, an Oxidation Specialist and engineer / designer of the Pennsylvania Steel-Coke ovens, clinically verified Warburg's foundational work. Returning to the United States in 1925, cured of his cancer and armed with the knowledge of the Institute fur Sauerstoff-Heilverfahren, Blass adamantly represented the German Kneipp / Nature Cure and Oxidative therapies.

"OXIDATION is the source of Life, It's lack causes impaired health or disease, it's cessation death." [7] Everyday we make choices, what do you choose? ■

A cell that has not been starved of oxygen and has a perfect pH balance can not become infected with cancer! "...oxygen in the diseased cells is all the more imperative..."

W.F.Koch, Neoplastic and Viral Parasitism, Their Basic Chemistry And Its Clinical Reversal.(An Introduction to Free Radical Therapy) 1967 pg. 41-42.

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4. Arthur Schopenhauer, International Tesla Society Journal of Power and Resonance, Vol.5, No.4,19W, pg. 40.
5. Otto Warburg, The Prime Cause and Prevention of Cancer, 1966, pg.6.
6. Ibid.
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Note: You may also wish to look at: http://www.mercola.com/article/sugar/sugar_cancer.htm

Allopathic Nutrition vs. Metabolic Nutrition

BY HAROLD J. KRISTAL D.D.S.

It is helpful if when eating a meal, not to mix acids and starches. They should always be eaten at separate meals. Reason being; acids neutralize the alkaline medium required for starch digestion and the result is fermentation and can result in indigestion. Examples of acid foods are: nuts, dairy, flesh foods including fish. Examples of a starch: potatoes, cereals, dried beans and peas. The list is longer but you get the idea.

Most nutritionists today practice allopathic nutrition. I will describe a few examples. Calcium is usually prescribed to individuals with osteoporosis. Niacin is usually prescribed with cholesterol or poor circulation. Vitamin B6 is usually prescribed for circulatory disorders. These various supplements are prescribed to treat disorders with total disregard for the unique qualities that make up each individual's metabolism. What is so confusing and confounding about nutrition today is that many people are helped by these protocols and just as many are not helped or perhaps, made worse. Why is this? Today we understand why. The late Dr. Roger Williams, noted biochemist and discoverer of pantothenic acid, stated we are all biochemically different. We now understand that these biochemical differences define what we term an individual's metabolic type. It is these differences between different metabolic types that are responsible for the undeniable fact that when it comes to nutrition what makes one person better, can actually make someone else with the same condition worse.

From the discovery by W.L. Wolcott in 1983 that any food or nutrient can have virtually opposite biochemical effects (acid or alkaline) each one of us is dominant in one of five metabolic categories:[4]

1. Oxidative Acid (Fast Oxidizer)
2. Oxidative Alkaline (Slow Oxidizer)
3. Balanced (Autonomic) / Mixed (Oxidative)
4. Autonomic Acid (Sympathetic)
5. Autonomic Alkaline (Parasympathetic)

The intent of this report is to explain why certain supplements work on some people and not on others. Explaining the metabolic types in detail would make this report too lengthy and perhaps too complex. Understanding the following premises and facts can make a simplistic explanation.

First, the ideal venous blood is pH 7.46., below this figure is acid: above this figure is alkaline. If one's blood pH were to be in the proximity of ideal, then optimum absorption and utilization of micro and macro-nutrients will take place. The further one's pH deviates from the ideal, the less efficient will be the absorption and utilization of these nutrients. This is when allergies, fatigue, digestive disorders, and a multitude of other disease conditions can occur.

Second, the metabolism can be defined as the total life-supporting chemical and electrical reactions that take place in a cell or organism. Two of the fundamental homeostatic control systems that define metabolic types we consider are the oxidation rate and autonomic nervous system

Third, the oxidative types relate to the oxidation rate, the speed at which the tissues of the body convert food to energy. The three classifications derived from the oxidation rate are the acid (fast oxidizers), alkaline (slow oxidizers), and mixed oxidizers.

The autonomic types relate to the two divisions of the autonomic nervous system (ANS), the master regulator of metabolism. The three classifications derived from the ANS are the acid (sympathetic), alkaline (parasympathetic), and the balanced types. It is my sincerest desire to convey to you the different metabolic types in such a way that it will not be confusing. Keep in mind that we can be acid or alkaline in the oxidative system OR acid or alkaline in the autonomic system. **The big difference between these two systems is that foods and nutrients that acidify the oxidative types, actually alkalize the autonomic types, and foods/nutrients that alkalize the oxidative types, acidify the autonomic types!**

This phenomenon is scientifically and factually proven. It is not theory, but fact. It was first observed by W.L. Wolcott of Healthexcel and formulated into his principle called The Dominance Factor which essentially states that the effect of any food or nutrient on biochemistry is not due to an inherent quality of that substance, but rather to the (dominant) system being effected in the person's biochemistry. This explains why a given nutrient can have different effects in different people. This also explains Why what works for one person may not work for another.

On the basis of your complete understanding of the above, you might wonder wh this has to do witl allopathic and me nutrition. When n treat disease state without taking int their metabolic ty failure of their tre matter of chance a Whether they are depend on whether the recommendations are suitable for the metabolic type of the person or not. Keep in mind, all foods and supplements are either acid or alkaline forming in our body. An example of this is giving calcium to a person with osteoporosis; it would be great for the oxidative acid person but would compound the problem for the oxidative alkaline person. The reason being that calcium is alkaline forming in the oxidative type. We have to think of balancing the venous blood pH optimally. Homeostasis is the body regulating the metabolism optimally. In people with bone loss, you have a problem with calcium metabolism, meaning that you can have either too much calcium or not enough. Oxidative acid people with bone loss need calcium supplements; oxidative alkaline people with bone loss actually need to limit calcium intake and increase potassium, magnesium, and manganese (as they are acid forming in the oxidative system) to improve the utilization of calcium which they already have adequate or even too much of.

The acid-alkaline balance / relationship in our blood is extremely important from the standpoint of health. We now have accurate methods for determining metabolic imbalances. On the basis of this research, we can unequivocally state that it is both illogical and unscientific to practice nutrition allopathically today without first understanding the metabolic type of the patient. **Nutrition should focus on and**

he person that has the disease ıot the disease that has the on.

vish to reiterate that when the nt is balanced metabolically, / disease symptoms subside. gies that a person might have for years disappear. Fatigue oblems will be alleviated. gestive disorders most likely ll be ameliorated. The body l utilize its nutrients optimally.

. (Bill) Wolcott and I have protocol on the principles of metabolic typing: Foundational Medicine. The foundation for the protocol was laid by many great scientists of which I will enumerate three. It is very difficult to do justice to the monumental contributions Francis Pottenger, MD, George Watson, Ph.D., and William Donald Kelley, DDS, made to the fields of health, nutrition, and medicine. The result of their combined foresight and brilliant research serves as the foundation for an evolving new nutritional analysis and delivery system which promises to change the way we will practice nutrition, and even medicine, in the future. Bill Wolcott and I have been working synergistically for the past two years and have jointly evolved a protocol based upon the past research of these three great scientific minds as well as current research of our own to document a new nutrition and health paradigm we have named Foundational Medicine. We wish to pay tribute to the three men as they represent the cornerstone of our research on metabolic type testing.

Whenever most people hear the name Francis Pottenger, they automatically think of Pottenger's Cat Studies. Indeed, the cat studies were most valuable for their contributions to understanding the influences of certain nutrients and lack of certain nutrients on processes of growth, reproduction, and degenerative conditions. Probably of equal importance, though not as widely known, Pottenger carefully delineated in his Symptoms of Visceral Disease, the relationship of nutrition to the sympathetic and parasympathetic divisions of the autonomic nervous system.

Eat protein and acid foods at separate meals. The acids of acid foods inhibit the secretion of the digestive acids required for; protein digestion. Undigested protein putrefies in bacterial decomposition and produces some potent poisons. For more information on proper food combining go to the NewPage web site www.feelgoodfood.com

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Acid Forming Foods should be decreased to 20% of the total diet.

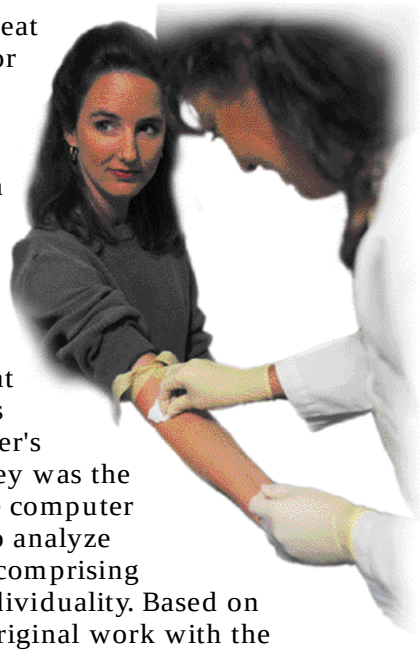
Examples: Pastas, Breads, Beans, White Sugar, Grapefruit, Lentils, Oranges, All meats, Most Oils, Animal Fats, Most Nuts, Sour Fruit, Cocoa, Coffee*, Cream*, Black and Orange Tea*, Cheese*, Milk Products*, Soft drinks*

***note: It will be nearly impossible to raise an acid condition if a person continues to consume coffee, cola, non-herb tea or any dairy product. Stress may also be a significant factor if pH levels are out of balance. Medication can affect the body's pH, check with your prescribing doctor.**

Further, he illuminated the autonomic influences as essential components in defining metabolic individuality. From his valid and reproducible research, we have extrapolated many of his findings and built them into our metabolic testing protocol. Dr. Francis Pottenger is truly the father of the neuro-endocrine aspect of metabolic typing.[1]

Dr. George Watson was a full professor at the University of Southern California. His biochemical research career spanned from 1950 to the mid-eighties. His research encompassed the role of biological oxidation in defining metabolic individuality, particularly as relates to psycho-chemical states and personality disorders. The oxidation rate, as he describes it, is the speed at which the tissues of the body convert food to energy, involving glycolysis, Kreb's/citric acid cycle and beta oxidation. Through his objective testing, he classified people as being fast, slow, or suboxidizers. Fast oxidizers produce an acid venous blood pH, and slow oxidizers produce an alkaline venous blood pH. He found that manifestations of physical and psychological imbalance occur when the venous pH deviates too far from the optimal pH of 7.46. Dr. Watson viewed health and nutrition as patient-specific rather than disease-specific. He states that when metabolism as reflected through oxidation and venous plasma pH is too far out of balance, the patient is more susceptible to disease. His book, Nutrition and Your Mind, eloquently describe his fascinating research. The turn-around that he effected with many of his patients is phenomenal. I practiced nutrition based upon his approach for many years. Based on his principles, I subsequently developed a mini-glucose tolerance test to determine acid-alkaline balance and its relationship to the oxidative processes. Dr. Watson's oxidative research is of equal importance to Dr. Pottenger's neural-hormonal research. Both of these brilliant scientists significantly advanced our scientific knowledge of metabolic type testing and have proven to be the fathers of the Foundational Medicine philosophy.[2]

Dr. William Donald Kelley is not a forgotten man. He lives in the hearts of many of his patients who are alive today because of his nutritional protocols based on his system of analyzing metabolic individuality. Today, Bill and I have great admiration for this creative mind of science. Witnessing in his patients and realizing the deep import of the age old adage that "one person's food is another's poison," Kelley was the first to utilize computer technology to analyze components comprising metabolic individuality. Based on Pottenger's original work with the autonomic nervous system, Kelley developed a systematic, test based, and repeatable means of determining one's metabolic type and thereby delineating the appropriate nutritional protocol. Today, Kelley is not recognized in the traditional circles of medicine, although he truly deserves this recognition. One of his patients who is now a patient of mine was diagnosed with leukemia in 1972. She was advised to have the traditional chemotherapy but sought alternative treatment instead. She was treated by Dr. Kelley in 1972 and has sustained a full remission. Had she been treated with the traditional chemotherapy, she probably would be history today. This is the legacy that Dr. Kelley leaves with all of us. His Non-Specific Metabolic Therapy is grounded in the wisdom of treating the person who had the disease, over the disease that has the person. [3]



Why is the legacy of these three scientists so important? Separately, each of them broke through the limitations of current research to make a unique discovery; but taken together, these three discoveries give us a fuller sense of the complexities of the human metabolic system. They have become the foundation from which Bill and I developed our metabolic type testing. Our research has shown that every human

being is dominant in one of five metabolic types. These are the types that I described earlier:

1. Fast oxidizer – acid blood
2. Slow oxidizer – alkaline blood
3. Sympathetic dominant – acid blood
4. Parasympathetic dominant – alkaline blood
5. Balanced / Mixed

To learn who belongs to which type, we have developed a simple, accurate methodology utilizing a modified glucose tolerance test along with other simple objective indicators and a dietary, physical, and psychological questionnaire. Without this metabolic type testing, accurate nutritional protocols happen only by chance, not through scientific rationale. This is why the field of nutrition appears so confounding and perplexing--- what works for one patient with a condition does not work for a different patient with the same condition... unless you know the metabolic type involved. Whereas the slow oxidizer and the sympathetic dominant cannot have a heavily weighted meat and fat diet, the fast oxidizer and the parasympathetic should eat these foods in order to be healthy. Different foods and supplements have different biochemical actions on each of these metabolic types. Potassium will acidify the blood in certain metabolic types (slow oxidizers) and alkalize in other types (parasympathetics). It is the focus of this essay to explain our metabolic testing, and to give credit to and express our respect for the gifted scientists who uncovered a wonderful discipline from which we all can prosper through a lifetime of good health and well-being.

A few of my case histories will show this method in action. The first is a fifty-one year old semi-professional male bike racer. For the last ten years, his health and energy patterns were excellent during the months of March and April. Towards the very end of April, his energy would diminish and he was not able to ride competitively for the rest of the year. He sought medical help from all over the United States He was given gamma-globulin injections, hormone therapy, hyperbarics, all to no avail. Specialist after specialist treated him with no success. He struggled with this problem for ten years and was about to give up bike racing when he chanced upon a referral to my office.

He requested an interview first, as his experience with other doctors had been so unrewarding. He asked very perceptive questions and actually grilled me on the possibility of any success. I could not guarantee any predictive success but did offer him hope that there was a good chance improvement could be obtained through metabolic testing and balancing. He reluctantly decided to go ahead, and what we did for him changed his life. Tests showed that in March and April of each year, he was autonomic sympathetic. Through his hard exercise, he was exhausting his sympathetic dominance and transferring to the oxidative metabolic type, and becoming oxidative acid dominant. What is required for him at this point is a complete change in diet and supplements.

The diet for the autonomic sympathetic is totally different from the oxidative fast metabolic profile. His diagnosis based treatment plan was to change his diet and supplements to correspond to his changed metabolic type. We had phenomenal success with this patient, and he is now a happy camper able to race all year long.

My next patient was a sixty nine-year-old lady with breast cancer. She had been treated with radiation and chemotherapy following a lumpectomy. Upon being dismissed, she was reassured that she was cured and would probably never have any recurrence of this problem. A year and a half later the cancer reappeared. They told her she would have to go through the same treatment as before. She told them over her dead body would she go through that ordeal again. She was then referred to me for nutritional reinforcement. I informed her I do not treat cancers, and she should continue to be monitored by her physician. She agreed and we proceeded with our metabolic testing. Her blood via the glucose tolerance test proved to be extremely alkaline. We balanced her pH to near ideal with an acid forming diet, put her on a strict regime of pancreatic enzymes, used selected anti-oxidants

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Alkalizing Foods should be increased to 80% of your total diet.

Examples: (All fruit should be eaten raw) Sweet Fruit, Berries, Carrots, Radishes, Peaches, Grapes, Celery, Squash, Prunes, Pineapple, Cauliflower, Spinach, Papaya, Grains (in whole form or sprouted), Broccoli, Lettuce (Romaine), Apricots, Almonds, Brussels Sprouts, Egg Plant, Bananas, Alfalfa Sprouts, Cucumbers, Peppers, Pears, Butter, Green Beans, Peas, Apples, Seeds (fresh and sprouted), Onions, Asparagus, Lemons, Vegetables, Turnips, Beets, Figs, Cabbage, Zucchini, Low Acid Tomatoes

***note: If you are having a problem with digestion, lightly steaming vegetables will help the body break down the food. Never over cook vegetables, allowing them to "die".**

Looking for a good baking powder alternative? Try 1/2 teaspoon baking soda (base 8.3) and 1/4 teaspoon vitamin C crystals (acid 2.0). It will help baked goods rise without aluminum or potato starch. It is the same principal used in the volcano experiment, see Kid Stuff.

and checked her every two weeks. After being on my nutritional protocol for three months, I advised her to have a thorough checkup by her physician. I might note here that during her treatment with me, her energy level had improved and she was not as sickly as she used to be. The hospital oncology unit examined her and informed her she had no evidence of any cancer, and she was in remission. Another happy camper.

My next patient is a sixty three-year-old woman who suffered from high cholesterol and fatigue. Her blood pH was alkaline so I put her on an acid dietary and supplement regime. When she returned in two weeks she said she was feeling worse. Upon checking her blood pH, sure enough, she had become even more alkaline. This could only mean that she was autonomic parasympathetic. We changed her diet to fit the parasympathetic profile along with proper amino acids and fatty acids. In two weeks, she reported for another testing, and her pH was ideal. She also told me she felt much better and was encouraged. She called back five weeks later and told me her cholesterol had dropped forty points, the lowest it had been in ten years.

The final case history illustrates what can go wrong when another practitioner does not understand metabolic typing. In this case, I worked in two separate phases with a forty-four year old male with a hypertrophied and infected prostate. After seeing his physician and being treated with an anti-biotic, the infection had soon subsided. It was after this that he initially sought a nutritional consultation from me. I immediately ordered a complete blood panel(SMAC 26) and a PSA test for his prostate. His blood pH was alkaline and he was truly oxidative alkaline so we put him on an acidic dietary regime. In addition, we gave him pancreatic enzymes with compatible amino acids and essential fatty acids. He returned in two weeks feeling much more energetic. The result of his PSA test was 16 and very high GGT, SGPT, and SGOT readings with an elevated Alkaline Phosphates, these four being liver enzymes. In as much as he was feeling better, we kept him on the same protocol and ordered another blood and PSA test. In thirty days, the SGOT'S, SGPT'S, and the Alkaline Phosphatase had improved dramatically, but the GGT's got worse. His PSA went down from 16 to 6. We agreed for another month for him to be on the same treatment plan as he was feeling very buoyant and energetic. We ordered another blood test in thirty days and continued to test his blood pH. His pH continued to test in the ideal range. He was doing well on his high vegetarian, low protein, and low fat diet with his compatible mix of supplements. In thirty days when the blood tests arrived, the PSA dropped to 2. There was continued improvement in his SGOT'S, SGPT'S, and Alkaline Phosphatase, but no improvement in his GGT'S. In fact, they worsened slightly. At this point, I suggested he see a specialist to determine the problem with the liver. The specialist soon determined he was poisoning himself on the insecticides he was using in his gardening.

After two and a half months with the specialist, he developed another problem. He could not work, felt depressed, and had digestive problems. It was then that he decided to see me for another pH test. Although he had stayed on his diet religiously, the other specialist had changed his supplements completely presumably because he did not understand metabolic typing. The supplements were very alkaline forming and the pH test showed his blood now to be very alkaline. We changed his supplements back to the original protocol, and in two weeks, he was back to his old self.

I could go on and describe others, but I believe these few case histories illustrate the amazing power tool metabolic testing can be. More information on metabolic testing is on both Bill Wolcott's and my web sites.

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New Recipes for You from NewPage!

BY DEBORAH PAGE JOHNSON

All Purpose Herb Blend

I buy my non-irradiated herbs through my organic food co-op in bulk. However, you can also order them direct from Frontier Herbs, for a catalog from Frontier call toll free 1-800-786-1388.

I use the following blend in everything from soup to stuffing. If you do not wish to see pieces of herb in the finished dish you may use a garni bag or grind to a fine powder in a coffee grinder.

A part may be a teaspoon or a cup, quantity is up to your needs.

2 parts Basil
2 parts Parsley
1 part Sage
1 part Rosemary
1 part Thyme
1/2 part Marjoram

Place in a suitable glass jar. Shake until well blended and store in a cool dark place.

Awesome Quick Chicken

This is one of my family's favorite ways to eat chicken. I start with a natural, organically fed, air cooled bird. Fresh is best, but if freezing the chicken for a short time makes your life easier please do so. If you are using a frozen bird be sure to allow enough time to thaw in the refrigerator.

This recipe serves two to four, depending on size of appetites. Delicious served hot with vegetables or cold and sliced thin on top of a salad the next day.

1 whole de-boned, skinless chicken breast
1/2 cup extra virgin olive oil
1/2 cup All Purpose Herb Blend (above)
juice from 1/2 fresh organic lemon
Sea Salt to taste

Using a heavy stainless steel skillet with a lid, place all of the ingredients in the skillet and simmer on medium to low using the lid. Check in about 15 minutes, turn chicken and coat with herbs. If too dry add a little water, if too soupy remove lid and allow to cook down. Cook another 15 minutes. Chicken should be encrusted with toasted herb blend and moist inside when done. Salt to taste. Serve with the following vegetable side dish.

Asparagus Salad

Nothing is quite like fresh spring asparagus. If asparagus is not in season you may substitute fresh or frozen organic green beans. This salad may be served hot or cold.

This salad will serve two to four depending on appetites.

1 bunch fresh Asparagus, broken into 1-2 inch pieces, tough stem ends discarded.
1 jar water packed Artichoke hearts, drained and cut into quarters
1 cup fresh Cilantro leaves, no stems
1/4 cup toasted Pine Nuts, toast dry in a heavy skillet medium heat, until just browned.

Other possible additions: 1 Avocado seed removed, pealed and chopped and/or Tomato, Black olives, Broccoli, hard boiled Eggs.

Dressing:

Juice from 1/2 fresh organic Lemon or Lime
1/2 cup extra virgin Olive oil
1 Tablespoon All Purpose Herb Blend
Sea Salt to taste
Few grains Cayenne Pepper (optional)

Steam asparagus a minute or two until crisp tender. Do not over cook. Drain and combine with other ingredients and dressing. Serve immediately or chill before serving. If adding avocado or other ingredients place in salad just before serving.

Maple Pumpkin Seed Snack

I buy raw organic pumpkin seeds in 5 lb. sacks from my co-op. However, they may be purchased from your local Natural Food Store. Always use real maple syrup rather than maple flavored syrup.

Preheat oven to 350°, 9"x13" glass cake pan.

4 cups raw green Pumpkin Seeds.
1/2 cup real Grade B Maple Syrup
Sea Salt to taste

Combine all ingredients in pan. Place in oven and bake for 10 minutes. Stir and return to oven for another 10 minutes. Stir one more time. Seeds should be just brown and syrup bubbling. If done remove, if not check every 2 minutes until done. Once out of the oven stir every 5 minutes being sure to scrape seeds from bottom of pan until no longer sticky. Store at room temperature and enjoy. This also works with Pecans, Walnuts, Almonds, etc. ■

Cola Beverage Alternative:

If you are just giving up any type of soda the cravings can be overwhelming. Try this drink to bridge the gap.

1/3 glass unsweetened pineapple juice.

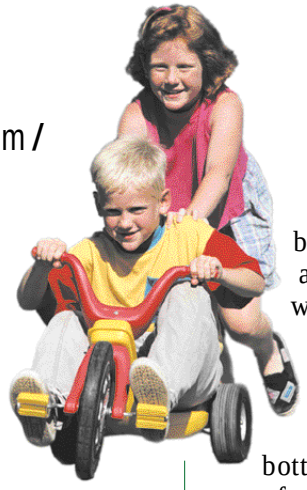
1 teaspoon fresh squeezed lemon juice.

2/3 glass sparkling mineral water.

Mix together and enjoy. I prefer room temperature, but chilled is good too!

Kid Stuff

http://www.rockhoundingar.com/pebblepups/volcano.html



Optimum alkalinity at cellular level equates to optimum health.

Get your children involved with their health at an early age and save them much heartache later on. A healthy lifestyle shouldn't be punishment. The following is an excerpt from a great kid site I found. It had terrific easy at home experiments for you to do with them. If children can see the pH connection to their bodies and have fun with a parent it can be a win win experience. I chose the following excerpt because I thought it was a good basic chemistry lesson for all ages. Knowledge about acids and bases helps us out in the kitchen, gives us an understanding about digestion and we can see why our ecosystem is so fragile.

All diseases thrive in an acidic environment.

A classic experiment to try at home is the volcano. Help your child create a "volcano" out of paper maché or clay or whatever medium works best for you. Additionally, you will need a plastic soda pop bottle, 1/4 cup of water, 1 tablespoon of baking soda, 1/4 cup of vinegar, a square of toilet paper, a few drops of red food coloring, and a few drops of dishwasher detergent. Build your volcano around the soda bottle. Then add to the bottle the water, soap, food coloring and vinegar. Wrap the baking soda in the toilet tissue and twist the ends to make a little packet. When you are ready to make the volcano erupt, drop the packet of soda into the bottle. The acid of the vinegar and the base of the baking soda combine to foam, froth and erupt. "Look kids this is what happens to you when you do poor food combining!"

Note: This experiment will kill grass (I found out the hard way), so take precautions. ■

In order to strengthen adrenal function the goal is to **eliminate** as many **stressors** as possible and to **increase** elements in your life that will allow you to **flourish**.

Ions and pH

Cola beverages have a pH of 2.8, It takes 32 glasses of Alkaline water at 7.0, to neutralize the acid from one 12 oz. cola! When you drink cola, the body will use its own buffers, including calcium from the bones and DNA to raise the body's alkalinity levels, especially to maintain blood pH levels.

Atoms: The atom is made up of neutrons which have no charge, protons which have a positive charge, and electrons which have a negative charge. Atoms always have an equal number of electrons and protons, so the charges cancel each other out.

Ions: If an atom picks up an electron (-), it becomes negatively charged: there are now more electrons than protons. If an atom loses an electron (-), it becomes positively charged; there are now more protons than electrons., Atoms with electron imbalances are called ions.

Acids: Acids in water separate into ions, and the positive ion is hydrogen (H+). When hydrochloric acid (HCl) mixes with water, it separates into positive hydrogen (H+) and negative chlorine (Cl-). Hydrogen (H+)combines with water (H2O) to make hydronium (H3O+).

Bases: Bases in water also separate into ions, and the negative ion is hydroxide (OH-). When the base sodium hydroxide (NaOH) mixes with water, it separates into positive sodium (Na+) and negative hydroxide (OH-).

Detailed pH Definitions: The term pH refers to the concentration of hydrogen ions in arterial blood expressed as a negative logarithm. This means that an increase in hydrogen ions is indicated by a drop in pH and a decrease in hydrogen ions is demonstrated by a rise in pH. It reflects the balance between acids and bases, rather than being a measure of the total amount of acids and bases. An **acid** is a substance which can donate a hydrogen ion or freely dissociate a hydrogen ion. All acids such as hydrochloric acid (HCl+) are positively charged. A **base** is a substance which can accept a hydrogen ion, therefore, all bases are negatively charges such as bicarbonate (HCO3-). Bases are able to bond with hydrogen. **Buffers** are chemicals which can combine with an acid or base to minimize changes in pH. **Acid-base balance** is measured using the pH scale. The pH is maintained within very narrow parameters, therefore the pH scale has two very important points of reference, the normal limits of acid and alkali.

Ions and pH taken from: www.miamisci.org ■

Water or Cola?

AUTHOR UNKNOWN

The following information was given to me by my oldest son, while he was attending massage therapy school. He had always heard me proclaim the importance of water and had always been told not to drink cola beverages. Seeing the information laid out in this manner, however, is what finally made it get inside. He can now tell, simply by touch wether his client is hydrated enough. His most common advice is, drink more water! I hope this information can have the same impact on you.

Water

- 75% of Americans are chronicall dehydrated. (Likely applies to half world population)
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slo down one's metabolism as much as 3%.
- One glass of water will shut do midnight hunger pangs for alm 100% of the dieters studied in a U-Washington study.
- Lack of water, the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

Cola

- In many states (in the USA) the highway patrol carries two gallons of Cola in the truck to remove blood from the highway after a car accident.
- You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- To clean a toilet: Pour a can of Cola into the toilet bowl and let it sit for one hour, then flush clean.
- The citric acid in Coke removes stains from vitreous china.

  To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Cola.

  To clean corrosion from car battery terminals: Pour a can of Cola over the terminals to bubble away the corrosion.
- To loosen a rusted bolt: Apply a cloth soaked in Cola to the rusted bolt for several minutes.
- To bake a moist ham: Empty a can of Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
- To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Cola will help loosen grease stains. It will also clean road haze from your windshield.
- The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
- To carry Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
- The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

If drinking enough water, from a pure source, is the single most important thing we can do for ourselves - then how much should we drink? I use this simple equation: Divide your individual body weight in half, and that is the number of ounces of pure water you should drink a day. Herb tea and soup stock may be included in that amount. Not milk, juice, cola or any soft drink!

Now the question is: would you like a glass of water or coke? ■

Allopathic Nutrition vs. Metabolic Nutrition (continued from page 8)

"The doctor of the future will give little medicine, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease."

–Thomas A. Edison

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More information and products available. Visa, MasterCard and American Express accepted. Featuring:

- **The Feel Good Food Guide: Easy Recipes Free of Sugar, Wheat, Yeast, Corn, Eggs, Dairy and Soy!**
- **Cooking Healthy Gluten and Casein-Free Foods for Children Book & Video**
- **Home Test pH Kit**

pH is one of the most common laboratory measurements because many chemical processes are dependent on pH

1. The speed chemical reactions can often be significantly altered by changing the pH of the solution.
2. Solubility of many chemicals in solution is dependent on pH.
3. The physiological chemistry of living organisms usually has very specific pH boundaries.

In our modern lives, virtually everything we use has been tested for pH at one time: from the tap water we brush our teeth with, the paper we write on, the food we eat, to the medicines we take.

"Order breeds habit, chaos breeds life."

–Author Unknown

Overindulgence in protein, fat and sugar leads to most long term diseases including: cancer, heart disease, diabetes, circulatory and liver problems.

Too much protein makes one feel tired, sluggish and is a cause of increased blood pressure. Urine that foams a lot is an indicator of too much protein. Urine that is a dark yellow is an indicator of too much sugar in the diet. Moderation in protein, fat and sugar intake is the answer.

- Meat, chicken, turkey, and fish are better digested if eaten along with a salad.
- Eating a pear or melon 30 minutes before a meal will curb appetite and aid elimination.
- Dilute frozen fruit juices with an extra can of water to help lower sugar levels.
- Steam distilled water is the best water because it is pure, and free of sodium and all other inorganic minerals you do NOT need.
- As a person gets healthier through better diet, he will get periodically sick in order to destroy and expel accumulated toxins.