

Achieve acid-base balance in the human body through alkalization with vital minerals - one formula, two formats (powder and tablets)

An acid-base balance in the body refers to a state where acids and bases are maintained in a certain relationship to one another with the bases being slightly predominant. This is achieved at a pH of 7.0 or slightly higher. Only then can the body's metabolic functions perform optimally. The gallbladder, spleen, duodenum and small and large intestines all function best in a basic milieu. An acidic terrain can lead to functional disorders such as fatigue, global pain, reduced oxygen carrying capacity, hepatic overload, indigestion, accelerated aging and other conditions.

The main factors that lead to an acidic condition developing in the body are: an unhealthy diet (e.g. consuming too much protein and not enough fruits and vegetables), lifestyle factors (stress, smoking, emotional condition - e.g. being unhappy) and taking synthetic chemicals (drugs).

The minerals that are the bases in the body include calcium, magnesium, sodium and potassium as well as numerous trace minerals. The only way an individual can restore minerals depleted from the body is through the consumption of fruits and vegetables. Alkalinizing powders, such as Sanum's Alkala or Basic Powder™ or Basictab™, will only to a limited extent, replace minerals lost from the body. Instead, their primary role is to bind with and flush out the toxic acids that have accumulated in the body. An alkalinizing agent such as Basic Powder™ or Basictab™ supports the body in compensating for an unbalanced (too acidic) terrain condition. It is estimated that 1 level teaspoon of powder is equivalent to the alkalinizing effect of 500 g of spinach or 1.2 kg of carrots.*

* = Contact Biomed to request a chart showing the relative acid-alkaline rating of different foods. Also pH papers are included with Alkala or they can be purchased separately. (For sample Acid-Base foods - see bottom of page 2)



Ingredients:	Basic Powder™	Basictabs™
	Each g contains:	Each tablet contains:
Calcium (calcium carbonate)	155 mg	.103 mg
Magnesium (magnesium carbonate)	70 mg	.45 mg
Potassium (potassium bicarbonate)	70 mg	.10 mg
Sodium (sodium bicarbonate)	85 mg	.57 mg

Side Effects: none
 Contraindications: none
 Warning: none

ADULT DOSAGE:

Basic Powder™ : take 1/2 to 1 teaspoon of powder in liquid, away from food, up to three times a day or as directed by a practitioner.

Basictab™ : take 2 to 4 tablets, away from food, up to three times a day or as directed by a practitioner.

BASIC POWDER™ / BASICTABS™

With the exception of the few people who eat a raw food diet of predominantly fruits and vegetables and have largely remained free of stressful conditions in their lives, most members of our society have bodies that are too acidic. Furthermore, being that it has taken a long time for one's body to become acidic, it will take some time for the body to de-acidify. Depending on an individual's state of health and age, in some cases it can take up to two years to remove these stored toxic acids from the connective tissues and cells. In other words, we are not talking about an "instantaneous miracle cure", but a process that will take some time. However, helping a person to overcome an acidic condition and creating a balanced terrain in the body is one of the greatest health benefits a health practitioner can bestow on his/her patients.

Basic Powder™ is an excellent choice for long-term alkalization treatment. The recommended dosage is 1/2 to 1 teaspoon of powder in water or juice between meals and before bed, i.e. three times a day. For reasons of convenience or for persons who do not like taking powder, 2 or 4 tablets (Basictab™) can be taken at each interval instead. An individual's acid-base balance can be monitored using Alkala Urine Test Papers.

Combination Protocol for pH Balancing

For immediate rapid alkalization, a protocol of Sanum's Alkala should be taken for 10-14 days (one level measuring spoon per day, in warm water divided into three equal portions, before each meal). For longer-term maintenance therapy, follow-up treatment with Basic Powder™ or Basictab™ is recommended.

After a period of treatment with Alkala™ or Basic Powder™, a patient's pH readings will return to normal levels. This means a

balanced terrain has been created, at which point the individual should have noticed their symptoms improving. Following this re-mineralization process, the patient will now have better results with other subsequent treatment protocols as well.

Over the Counter Antacid Drugs

Over the counter antacid drugs (e.g. Pepcid®, Zantac®, Tagamet®) block the production of acid in the stomach. As such they only provide symptomatic relief. These H2-blockers work by arresting the production of hydrochloric acid by the stomach and thereby providing temporary relief from "acid indigestion". However, the use of antacids in the long run aggravates the problem (an acidic terrain) as they simply cause the acidity to back up further in the system. In other words, while they may provide symptomatic relief (as most allopathic remedies do) their use is simply a way of postponing resolution of the acid build-up problem until a later date.

Summary

Over acidification is probably the greatest single cause of poor health in our society. Only by living a healthy lifestyle which includes eating good quantities of fruits and vegetables (ideally organic), reducing the consumption of protein and processed foods, taking steps to minimize stress in one's life and being judicious about the use of prescriptive drugs can one hope to maintain a balanced biological terrain. In a state where acid and base are in balance (pH 7.0) the body has an opportunity to achieve optimal health. In order to reach that optimal state of balance, a good alkalizing agent such as Alkala™, Basic Powder™ or Basictab™ should be used to assist in flushing the accumulated build-up of toxic acids from the body.

SAMPLE ACID AND BASE PRODUCING FOODS

PRAL (Potential Renal Acid Load per 100 grams) - Negative numbers indicate base or alkaline-producing foods and positive numbers are acid-producing foods

Fish

Cod fillets	7.1
Trout, brown steamed	10.8

Fruits and Fruit Juices

Apples, 15 varieties flesh & skin, average	2.2
Bananas	5.5
Raisins	21.0
Strawberries	2.2

Grain Products

Bread, wheat flour mixed	3.8
Spaghetti, whole meal	7.3
Rice, brown	12.5

Meat and Meat Products

Beef, lean only	7.8
Chicken, meat only	8.7
Luncheon meat, canned	10.2

Milk, Dairy Products, Eggs

Eggs, chicken, whole	8.2
Whole milk, pasteurized	0.7
Parmesan cheese	34.2
Broccoli, green	- 1.2

Vegetables

Carrots, young	- 4.9
Spinach	-14.0
Tomatoes	- 3.1

Source: Remer T, Manz F. Potential renal acid load of foods and its influence on urine pH. J Am Diet Assoc 1995;95:791-797.