

ACID-BASE BALANCE (ALKALIZING) PROTOCOL

The purpose of alkalizing is to decreasing acidosis in the body tissue. This is achieved by pulling acids out of the body through the reloading of the bicarbonate buffer system and supporting the digestive function through the pancreas and liver.

Alkalizing (use one of the following three remedies)

ALKALIN

indicated for correction of Acid-Base Balance. This strong alkaliizer should not to be used long term.

Dosage: ½ to 1 tsp in warm water away from food twice daily at 10:00am and 4:00pm.*

BASIC POWDER

indicated for correction of Acid-Base Balance. An alkaliizer that can be used longer term.

Dosage: ½ to 1 tsp in warm water away from food twice daily at 10:00am and 4:00pm.*

BASICTAB

indicated for correction of Acid-Base Balance. This alkaliizer in capsule form can be used longer term and is suitable in overcoming situations of patient non-compliance with taking an alkaliizer in powder form.

Dosage: 2 to 3 tablets with warm water away from food twice daily at 10:00am and 4:00pm.*

* may also be taken in the evening before bedtime.

Duration: Initially, test first morning urine pH levels with pH papers (the normal urine pH range is 6.8 - 7.4). In the case of a reading below pH level 6.8, alkalinize at recommended dosage for one month. After one month, have patient stop alkalizing for 2-3 days and retest the first morning urine pH level. If patient pH level is below 6.8 continue to alkalinize until consistent readings in the normal range achieved. This process can take weeks to months before pH equilibrium in the ideal range is achieved.

To achieve and maintain a healthy Acid-Base Balanced terrain, in addition to initially alkalizing, individuals should be encouraged to adopt a diet that emphasizes alkaline foods and reduce their intake of acidic foods (e.g. coffee, red meats, alcohol, white processed foods, and refined sugars). A healthy lifestyle, which includes regular exercise, minimal stress and, ideally, the avoidance of prescription medication are further steps that will allow one to maintain a balanced biological terrain.