

ALKALINIZING AGENTS

Sodium bicarbonate

Are you too acidic?

If you have great physical endurance, need only a few hours of sleep each night, lots of energy, no allergies, have good strong bones, and feel bright and energized after a steak dinner, you are probably a good alkalinizer.

On the other hand, if you can't tolerate vinegar and lemon juice, feel exhausted after vigorous exercise or physical work, often experience muscle stiffness/soreness, are over 50yo, catch colds frequently and have allergies, you may be overly acidic.

To test whether you're overly acidic, try a low dose of sodium bicarbonate - 1/8 teaspoon or less in a glass of water -- and see how you feel. If you're overly acidic, you'll feel good after taking it, even if you might not have noticed feeling poorly before. In this case, you should notice even better results if you increase the dose gradually up to the level that works best for you (usually 1/4 to 1/2 teaspoon, twice/day or as needed during an "acidic crisis").

If you're one of those rare "good alkalinizers," taking baking soda may make you feel jittery, fatigued, or even nauseous. In this case, don't continue with this therapy. You can counteract the effects of alkalinizing with just one cup of coffee.

Source: Baking Soda

Standard Dose: 1/4 - 1/2 teaspoon, 3 or 4 times daily, a half hour *before* or two hours *after* eating.

Comments: The majority of Americans gradually lose their ability to maintain their normal, slightly alkaline body pH as they age. This is because our built-in buffering system becomes overwhelmed from a lifetime of neutralizing excess acid, which is a consequence of the highly acidic diet and highly stressful lifestyles of our culture.

Maintaining your body in its intended, slightly alkaline state, helps prevent inflammation, whereas excess acid in your body tends to promote the onset of painful and disabling inflammatory conditions; from colds and sinusitis, to arthritis and back problems, to bladder infections.

Maintaining your healthy state of alkalinity is particularly important if you're taking any corticosteroid medication, such as prednisone or hydrocortisone.

Daily Mineral Supplements to Alkalinize

To do an even more complete job of keeping your body in its best slightly alkaline state, consider taking the other alkalinizing minerals listed below:

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| Calcium | 800-1,500 mg | Iron | 10-18 mg (Note: postmenopausal women need to limit their iron intake) |
| Magnesium | 400-800 mg | Selenium | 50-200 mcg |
| Potassium | 100-300 mg | Copper | 1-2 mg |
| Zinc | 15-25 mg | Iodine | 150-225 mcg |
| Manganese | 10-18 mg | Boron | 3 mg |
| Chromium | 300-500 mcg | | |