

KALAYA PRODUCTS RESEARCH & DEVELOPMENT CONSORTIUM

KALAYA; THE ACID / ALKALINE PROTOCOL

“GET YOUR BODY ALKALINE AND BECOME HEALTHY”

No: 2

THE “ACID / ALKALINE” PROTOCOL

The effects of the different foods we eat today have a serious effect on our internal environment. Our bodies respond to just about every stimulus that we throw at it. **The total aim of our body is to survive.** Sometimes this survival response is termed ‘disease’ at other times this response is called ‘health’.

‘Disease’ goes against our ideal of what ‘health’ should be. Both are not what our bodies really care about. Remember, all your body is concerned with is surviving and disease and health are only techniques that the body has evolved to make survival possible. Our complex body is not designed to keep us healthy or to keep us diseased. They are only conditions that occur when things we put into our body are incompatible and offensive or compatible and good for our survival.

To achieve “ideal health” our body performs at its best when it dwells in a slightly alkaline state. This is how we evolved and we must expect some violent reactions if do not maintain this general alkaline condition. Should we become too acid for too long, our body responds dramatically. The end result is that we become diseased as the body desperately strives to protect its ability to make us survive. Disease is a serious signal that causes us to sit up and take notice, and unless we do something, such as getting our body alkaline once again, our brain will send a variety of signals that will either make us change our ways or increase the intensity of the diseases that have begun to ravage our body. If we continue to ignore these signals from the brain it will cause us pain, make us feel sick, reduce our activity and it will eventually cripple us, making us bed-ridden. If we continue to keep ourselves acid because of what we are eating or not eating we will eventually lose our fight to survive and we will die.

**The human body likes to dwell in a slightly alkaline state and the pH 7.4 is the target.
The pH of our BLOOD must ALWAYS be between pH7.35 and 7.45,
or else our life will end abruptly within a matter of hours.**

Saliva and Urine pH are not critical, but blood pH most definitely is critical. When we acidify our internal environment with certain types of food, our body is **forced** to neutralize or buffer this acid. It uses a number of ingenious systems, mostly comprising **alkalizing minerals, such as sodium, calcium, potassium, manganese and iron.**

The food we eat and digest leaves an ‘ash’ in our system. This ash residue can either be a liquid or a solid and it can either be acid or alkaline (or occasionally pH neutral). **Proteins, either from animal or other sources, are the main acid generators.** The high amounts of

protein we currently consume can almost certainly be related to the amount of advertising by the food companies that we are constantly being bombarded with. We have been talked into eating far too much protein in our diets and they are the main culprits that cause many of our diseases because of the acid environment they create.

There is nothing wrong with protein and the body needs it. But the human body does not need anywhere near the amount most of us have been conned into consuming. The main 'acid-ash-producing-foods' are all backed by tremendously powerful and wealthy food companies with huge advertising budgets — meat, sugar, grains, (breakfast cereals), dairy products ... and even sugar enriched fruit juices and coffee. **There are far too many advertising dollars going into persuading the public to become acidic. Where is the advertising budget for alkaline foods such as fresh fruit and vegetables?**

The excessive levels of protein most of us consume daily can quite literally kill us. **We only need around 20 – 30 grams of protein a day. Some of us are consuming 10 times the body's requirements** in our effort to eat a whole cow or as we drink a tanker full of milk with our grain 'cereals' that are laced with refined sugar every morning. Then we go on a wolfing down burgers, chicken, pasta, cheese, sea-foods and more grains, all accompanied by the inevitable acid-producing coffee, tea, soft drinks, (Coke) soda and finally alcohol.

At this stage we are really messed up and full of the 'disease-stimulating-acid-ash'. **Our brain has to mobilise mineral buffers to raise the acidic pH of our internal environment towards neutrality in an effort to counteract the acidity from the protein-derived foods.** The mineral buffers use alkalizing minerals and water to combine with the acid generated by these food ashes to raise the pH level before excreting them out of the body via the kidneys. It should be noticed that during these processes, the **body loses these alkalizing minerals and the extra water** that has been used up, when they necessary to neutralize the acid. We now have to replace these minerals and water that was extracted from our cells, fluid surrounding the cells and our blood, **to prevent the harmful effects of dehydration and mineral deficiency.**

Often the mineral buffers that are available are not sufficiently strong enough to restore the internal environment to healthy alkalinity. This under-controlled acidity can cause hurting or even damage to the kidneys. Fortunately the body has several back-up systems it will use in these emergency situations. The Kidneys can produce **Ammonia**, which has a pH of around 9.25, which is very alkaline. Some people can smell this ammonia in their urine and urinating can hurt and even burn due to this caustic solution being squirted out. The pH of urine can be up to 8.5 because of the addition of the ammonia buffer. This strong smell of ammonia in the urine can indicate that the body's reserves of the other alkalizing minerals are severely depleted. **However the body in its mission to allow us to survive can still extract alkalizing materials like calcium, sodium and manganese, but you won't be happy with where it has to rake them from. It comes from the bones and teeth. This is what causes the loss of bone density and osteoporosis and teeth-enamel weakness.**

THE HIP JOINT BONES



HEALTHY BONES

ACID DAMAGED BONES

After several years of a chronic acidic environment it will cause severe depletion of the body's minerals. The result is usually damage to the kidneys. This is caused by exhaustion from having to produce too much ammonia and many cells suffering from acid damage. The result of acidity could end up as, osteoporosis, rampant parasitic infestation, mineral deficiency diseases. Then there are the 'auto-immune' problems brought on because of trapped blood-sugars, fungal infections and excess acid trapped in the joints and cartilage, such as arthritis, and a host of other complaints, such as kidney failure.

Kidney dialysis is used when the kidneys can no longer filter out the waste products from the body on their own. The continuous acidity has destroyed the "glomulus" that filter the blood and produce urine to remove the waste products. Without enough glomulus in the kidneys the blood just remains toxic. Without dialysis for damaged kidneys the body would become overwhelmed with poisons and will soon die.

MORTER SUMS UP THE BODY'S ATTITUDE VERY SUCCINCTLY:

"Your body doesn't care if you are sick or healthy. It doesn't plan the future. Your body doesn't think and it doesn't judge. It doesn't care if you are hurting or you are happy, all it does is respond to survive. Your body makes thousands of perfect survival responses every instant of your life. You may like the results of these responses and call it 'health': or you may not like the results and call it 'ill-health'. Your body doesn't care if you like the response or not. Survival at this instant is your body's only goal. Not survival later today, next week or next year. Survival now. Your body was designed to survive. It wasn't designed to be sick or well. What it will be is the accumulation of the many different kinds of stresses that have been imposed upon it."

Osteoporosis, heart disease, cancer, arthritis, diabetes and many other ailments can all be traced back to the body's attempt to survive. They can all be traced to the inherent deficiency in the raw material required, including the alkalizing minerals, which are needed to ensure survival. When you eat, drink, breathe, exercise, rest, and think, you elicit a response from your body. So 'health' and 'disease' can be viewed as effects of your bodies' responses.

Diarrhoea, vomiting, colds, 'flu, arthritis, osteoporosis, and diabetes may not be anyone's idea of a good time. These dramatic conditions are the result of the body's response to a stimulus, be it negative or positive.

As Morter says:-- **“If you don't like the body's response change the stimulus.”**

If we are eating extremely acidic (processed), low nutrient-density diets, after being brain-washed by the TV advertising campaigns and slogans, our body's aim will be to buffer the resultant acid “overload” and excrete it as quickly as possible. Some of the symptoms that become evident as the action of the rapid excretion process happens: heartburn (acid reflux) indigestion, diarrhoea, mineral loss resulting in **calcium, magnesium, iodine and bicarbonate** deficiency diseases, and many other problems.

Because we don't drink enough clean unpolluted water almost everybody suffers from dehydration and this causes many water deficiency ailments: constipation, heartburn, asthma, migraines, colitis, and many others. Cells without enough water don't function properly. When they are bathed in acid, or acid has invaded the cells internally they are in trouble. With the pH balance becoming too acid, the response is to buffer the acid with potassium to raise the pH balance. As the cells break down and die (as part of the life cycle going on in your body) their death adds more acid debris to that accumulating sludge from the wrong diet and fast-food overload. Your brain orders the kidney to produce more ammonia to alkalize the excreta in an attempt to stop the acid burning the delicate tissues of the kidneys, urethra, and other delicate parts that the acidic urine comes in contact with.

Otto Warburg (1931) Nobel Prize Laureate noted that **alkaline bodies absorb up to 20 times more oxygen than acidic bodies.** He found that diseased bodies that are acidic repel oxygen and attract the over-growth of unwanted pathogens. This lack of oxygen allowed up to 50 species of animals (pathogens which he studied) to develop. This will induce cancer in animal tissue simply by acidifying the body and driving out the oxygen. Warburg also found that alkaline bodies are healthy bodies with a high absorption of life-preserving oxygen. When Otto Warburg explained his exciting acid/alkaline conclusions to his medical peers over 60 years ago they actually threatened to revoke his medical license.

The answer. Diets that are low in meat and milk products, but rich (80-85%) in unrefined (raw) plant food (juice) along with a full trace of mineral supplements (including Calcium/Magnesium/Iodine /Sodium Bicarbonate and Vitamin D), are diets that are rich in mineral saturated high water content **alkalizing** foods. These foods start combating unnecessary dietary acid foods and start raising your body's pH values towards health and longevity — **it's as simple as that.**

Gerald Hancock. (2011)

DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of Acid/Alkalinity

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