

ACID pH – CHRONIC DEHYDRATION – THE CAUSE OF MOST PAIN AND DISEASE

Before dehydration hurts you irreversibly, when your plum-like cells become prune-like, your body will show its urgent need for water through different types of pain. **These pains are the newly understood, drastic ways of showing dehydration.**

After much clinical and scientific research, my understanding is that the early indicators of acid burns in the interior of the cells and potential genetic damage that can take place are different forms and intensities of pain. Depending on the degree of dehydration, as well as the extent and the location of acid buildup inside the cells when a greater flow of water should have cleared the acid from that area—the classic pains of the body are produced. They are: **angina pain, bulimia, colitis, dyspeptic pain, fibromyalgia, heartburn, lower back pain, migraine headaches, morning sickness due to pregnancy, rheumatoid joint pain, including ankylosing spondylitis, etc.**

Today there are 110 million Americans who, at certain times, need pain medications to make life bearable. How pain that is not caused by injury or infection can be produced by dehydration is simple to understand. This very simple mechanism of pain production has eluded us in medicine ever since human kind looked for a way to deal with some of the devastating pains of the human body. The drug industry spends billions of dollars researching painkillers, and even more money advertising their particular brand of pain medication. I don't believe the answer is in these medications. Dehydration can be cured by water, for free.

To understand the mechanism of pain production in the body, we first need to learn about the way the acid-alkaline balance in the body works. An acidic environment causes irritation of certain nerve endings in the body. When this irritation occurs, the brain is alerted about the chemical environmental change, which is translated and manifested as pain to the conscious mind, in other words, it is the acidity in the interior of the body that causes pain.

Normally, when blood that contains an ample amount of water circulates around the cells of the body, some of the water goes into the cells and brings out hydrogen molecules. **Water washes the acidity out of the cell and makes the cell interior alkaline—an absolutely essential and normal state.** For optimum health, the body should maintain an alkaline state—pH 7.4 is the desired level.

Why 7.4 and what is pH? The relationship between acid and alkaline is scientifically measured on a scale of 1 to 14. This scale is known as pH.

From 1 to 7 on this scale is the acid range, 1 being more acid than 7. From 7 to 14 on the scale is the alkaline range — 7 is less alkaline than 14. On the pH scale, 7 is neutral, meaning optimum. Thus, pH 7.4 of the interior of the cell denotes it's natural, slightly alkaline state. This state promotes health because it is the state best suits the enzymes that function inside a cell: They achieve optimum efficiency at this pH. Adequate flow of water in and out of the cell keeps the cell interior in its health-maintaining alkaline state.

In our bodies, the kidneys mop up excess hydrogen ions—which cause acidity from the blood and excretes them through the urine that is formed. The more urine that is produced, the more easily the body keeps its interior alkaline. This is why clear urine is an indicator of an efficient, acid clearing mechanism, and dark yellow or orange urine is an ominous sign of impending acid burns in the interior of the body. People who consider having to pass urine more is an indicator of an efficient acid-clearing mechanism, and dark yellow or orange urine that is an ominous sign of impending acid burns in the interior of the body. People who consider having to pass urine more than two or three times a day inconvenient, and do not drink water so they do not have to urinate more than they can help, are ignorant of how they are hurting their bodies.

The brain is better protected against acid buildup by the fact that it gets priority for delivery of water for all its needs. The rest of the body may not be so fortunate when dehydration establishes in the body and settles in one or another part for a long period of time. With persistent dehydration, however, the brain, too, becomes damaged from acidity in the cells — hence conditions such as Alzheimer's disease, multiple sclerosis, and Parkinson's disease. **(From Dr. Batmanghelidj's book, "Water for Health, for Healing, for Life", pages 91-94.)**

Consult your M.D. before making any changes!

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ATTENTION: It is important you do an alkaline diet the correct way.

Eating the correct foods is one part, but there is more to it than just that.

* To discover how to Alkalize rapidly & correctly, please visit this page for more information: **The Alkaline Program**

The Alkaline Foods Chart

Food Category	Food	Rating				
		<-- highly acidic -- highly alkaline -->				
Breads	Corn Tortillas		X			
Breads	Rye bread			X		
Breads	Sourdough bread		X			
Breads	White biscuit			X		
Breads	White bread		X			
Breads	Whole-grain bread			X		
Breads	Whole-meal bread			X		
Condiments	Ketchup		X			
Condiments	Mayonnaise		X			
Condiments	Miso		X			
Condiments	Mustard		X			
Condiments	Soy sauce		X			
Dairy	Buttermilk				X	
Dairy	Cheese (all varieties, from all milks)		X			
Dairy	Cream			X		
Dairy	Egg whites		X			
Dairy	Eggs (whole)		X			
Dairy	Homogenized milk			X		
Dairy	Milk (not pasteurized)			X		
Dairy	Milk (pasteurized)		X			
Dairy	Paneer (cheese)		X			
Dairy	Quark		X			
Dairy	Yoghurt (sweetened)		X			
Dairy	Yoghurt (unsweetened)			X		
Beverages & Drinks	Beer	X				
Beverages & Drinks	Coffee	X				
Beverages & Drinks	Coffee substitue drinks			X		
Beverages & Drinks	Fruit juice (natural)			X		
Beverages & Drinks	Fruit juice (sweetened)	X				
Beverages & Drinks	Liquor	X				
Beverages & Drinks	Soda/Pop		X			
Beverages & Drinks	Tea (black)	X				
Beverages & Drinks	Tea (herbal, green)				X	
Beverages & Drinks	Water (Fiji, Hawaiian, Evian)				X	
Beverages & Drinks	Water (sparkling)		X			
Beverages & Drinks	Water (spring)			X		

		ACIDIC		ALKALINE	
Beverages & Drinks	Wine		x		
Fats & Oils	Borage oil			x	
Fats & Oils	Butter		x		
Fats & Oils	Coconut Oil (raw)			x	
Fats & Oils	Cod liver oil		x		
Fats & Oils	Corn oil		x		
Fats & Oils	Evening Primrose oil			x	
Fats & Oils	Flax seed oil			x	
Fats & Oils	Margarine		x		
Fats & Oils	Marine lipids			x	
Fats & Oils	Olive Oil			x	
Fats & Oils	Sesame oil			x	
Fats & Oils	Sunflower oil		x		
Fruits	Acai Berry		x		
Fruits	Apples		x		
Fruits	Apricot		x		
Fruits	Apricots		x		
Fruits	Apricots (dried)		x		
Fruits	Avocado (protein)				x
Fruits	Banana (ripe)	x			
Fruits	Banana (unripe)			x	
Fruits	Black currant		x		
Fruits	Blackberries		x		
Fruits	Blueberry		x		
Fruits	Cantaloupe		x		
Fruits	Cherry, sour			x	
Fruits	Cherry, sweet		x		
Fruits	Clementines		x		
Fruits	Coconut, fresh			x	
Fruits	Cranberry		x		
Fruits	Currant		x		
Fruits	Dates		x		
Fruits	Dates (dried)		x		
Fruits	Fig juice powder		x		
Fruits	Figs (dried)			x	
Fruits	Figs (raw)			x	
Fruits	Fresh lemon			x	
Fruits	Goji berries		x		
Fruits	Gooseberry, ripe		x		
Fruits	Grapefruit		x		
Fruits	Grapes (ripe)		x		
Fruits	Italian plum		x		
Fruits	Limes			x	
Fruits	Mandarin orange	x			
Fruits	Mango		x		
Fruits	Nectarine		x		
Fruits	Orange		x		
Fruits	Papaya		x		
Fruits	Peach		x		
Fruits	Pear		x		

		ACIDIC		ALKALINE	
Fruits	Pineapple		x		
Fruits	Pomegranate		x		
Fruits	Raspberry		x		
Fruits	Red currant			x	
Fruits	Rose hips		x		
Fruits	Strawberries			x	
Fruits	Strawberry			x	
Fruits	Tangerine			x	
Fruits	Tomato				x
Fruits	Watermelon			x	
Fruits	Yellow plum			x	
Grains & Legumes	Basmati rice			x	
Grains & Legumes	Brown rice		x		
Grains & Legumes	Buckwheat				x
Grains & Legumes	Bulgar wheat			x	
Grains & Legumes	Couscous			x	
Grains & Legumes	Granulated soy (cooked, ground)				x
Grains & Legumes	kamut				x
Grains & Legumes	Lentils				x
Grains & Legumes	Lima beans				x
Grains & Legumes	Oats			x	
Grains & Legumes	Rye bread			x	
Grains & Legumes	Soy flour				x
Grains & Legumes	Soy lecithin, pure				x
Grains & Legumes	Soy nuts (soaked soy beans, then dried)				x
Grains & Legumes	Soybeans, fresh				x
Grains & Legumes	Spelt				x
Grains & Legumes	Tofu				x
Grains & Legumes	Wheat		x		
Grains & Legumes	white (navy) beans				x
Meat, Poultry & Fish	Beef	x			
Meat, Poultry & Fish	Buffalo		x		
Meat, Poultry & Fish	Chicken		x		
Meat, Poultry & Fish	Duck		x		
Meat, Poultry & Fish	Fresh water fish		x		
Meat, Poultry & Fish	Liver			x	
Meat, Poultry & Fish	Ocean fish		x		
Meat, Poultry & Fish	Organ meats			x	
Meat, Poultry & Fish	Oysters			x	
Meat, Poultry & Fish	Pork	x			
Meat, Poultry & Fish	sardines (canned)	x			
Meat, Poultry & Fish	Tuna (canned)	x			
Meat, Poultry & Fish	Veal	x			
Meat, Poultry & Fish	Wild salmon,		x		
Misc	Apple Cider Vinegar			x	
Misc	Baking soda				x
Misc	Bee pollen				x
Misc	Canned foods		x		
Misc	cereals (like Kelloggs etc)		x		
Misc	Hummus			x	

ACIDIC

ALKALINE

Misc	Microwaved foods		x				
Misc	POPCORN			x			
Misc	Rice milk			x			
Misc	Royal Jelly				x		
Misc	Soy Protein Powder			x			
Misc	Tempeh			x			
Misc	Whey protein powder			x			
Nuts	Almond				x		
Nuts	Almond butter (raw)				x		
Nuts	Brazil nuts			x			
Nuts	Cashews			x			
Nuts	Filberts			x			
Nuts	Hazelnut			x			
Nuts	Macadamia nuts (raw)			x			
Nuts	Peanut butter (raw, organic)		x				
Nuts	Peanuts		x				
Nuts	pine nuts (raw)				x		
Nuts	Pistachios		x				
Nuts	Walnuts			x			
Roots	Carrot				x		
Roots	Fresh red beet					x	
Roots	Kohlrabi				x		
Roots	Potatoes				x		
Roots	Red radish					x	
Roots	Rutabaga				x		
Roots	Summer black radish						x
Roots	sweet potatoes			x			
Roots	Turnip				x		
Roots	White radish (spring)				x		
Roots	Yams				x		
Seeds	Barley			x			
Seeds	Caraway seeds				x		
Seeds	Cumin seeds				x		
Seeds	Fennel seeds				x		
Seeds	Flax seeds			x			
Seeds	Pumpkin seeds			x			
Seeds	Sesame seeds				x		
Seeds	Sunflower seeds			x			
Seeds	Wheat Kernel		x				
Sweets & Sweeteners	Agave nectar			x			
Sweets & Sweeteners	Alcohol sugars (xylitol and the other sacharides.		x				
Sweets & Sweeteners	Artificial sweeteners	x					
Sweets & Sweeteners	Barley malt syrup			x			
Sweets & Sweeteners	Beet sugar		x				
Sweets & Sweeteners	Brown rice syrup			x			
Sweets & Sweeteners	Chocolates		x				
Sweets & Sweeteners	Dr. Bronner's barley malt sweetener			x			
Sweets & Sweeteners	Dried sugar cane juice			x			
Sweets & Sweeteners	Fructose			x			

ACIDIC

ALKALINE

Sweets & Sweeteners	Halva [ground sesame seed sweet]		x			
Sweets & Sweeteners	Honey			x		
Sweets & Sweeteners	Maple Syrup			x		
Sweets & Sweeteners	Milk sugar			x		
Sweets & Sweeteners	Molasses		x			
Sweets & Sweeteners	Sugar (white)		x			
Sweets & Sweeteners	Sugarcane		x			
Sweets & Sweeteners	Turbinado sugar			x		
Sweets & Sweeteners	Xylitol		x			
Vegetables	Alfalfa				x	
Vegetables	Alfalfa grass					x
Vegetables	Artichokes			x		
Vegetables	Asparagus			x		
Vegetables	Aubergine/Egg plant			x		
Vegetables	Barley grass					x
Vegetables	Basil			x		
Vegetables	Bell peppers/capsicums (all colors)			x		
Vegetables	Blue-Green Algae			x		
Vegetables	Bok Choy			x		
Vegetables	Brussels sprouts			x		
Vegetables	Cabbage lettuce, fresh				x	
Vegetables	Canned vegetables		x			
Vegetables	Cauliflower			x		
Vegetables	Cayenne pepper				x	
Vegetables	Celery				x	
Vegetables	Chives			x		
Vegetables	Cilantro				x	
Vegetables	Comfrey			x		
Vegetables	Cooked vegetables (all kinds)			x		
Vegetables	Cucumber, fresh					x
Vegetables	Dandelion					x
Vegetables	Dog grass					x
Vegetables	Endive, fresh				x	
Vegetables	French cut (<i>green</i>) beans				x	
Vegetables	Frozen vegetables		x			
Vegetables	Garlic				x	
Vegetables	Ginger				x	
Vegetables	Ginseng			x		
Vegetables	Green cabbage, (<i>December Harvest</i>)			x		
Vegetables	Green cabbage, (<i>March Harvest</i>)			x		
Vegetables	Horse radish			x		
Vegetables	Jicama					x
Vegetables	Kale					x
Vegetables	Kamut grass					x
Vegetables	Lamb's lettuce			x		
Vegetables	Leeks (bulbs)			x		
Vegetables	Lettuce			x		
Vegetables	Mushrooms		x			
Vegetables	Mustard greens			x		
Vegetables	Onion			x		

ACIDIC ALKALINE

Vegetables	Oregano						X	
Vegetables	Parsnips					X		
Vegetables	Peas, fresh					X		
Vegetables	Peas, ripe					X		
Vegetables	Peppers					X		
Vegetables	Pickled vegetables	X						
Vegetables	Pumpkins (raw)					X		
Vegetables	Raw onions					X		
Vegetables	Red cabbage					X		
Vegetables	Rhubarb stalks					X		
Vegetables	Savoy Cabbage					X		
Vegetables	Sea Vegetables					X		
Vegetables	Seaweed (dulse, kelp, laver, etc)					X		
Vegetables	Shave grass							X
Vegetables	Sorrel						X	
Vegetables	Sourkraut		X					
Vegetables	Soy Sprouts							X
Vegetables	Spinach (<i>March harvest</i>)					X		
Vegetables	Spinach (<i>other than March</i>)						X	
Vegetables	Sprouted seeds (all kinds)							X
Vegetables	Squash (all kinds, raw)					X		
Vegetables	Straw grass							X
Vegetables	Thyme					X		
Vegetables	Tomatoes (puree)					X		
Vegetables	Tomatoes (raw)					X		
Vegetables	Tomatoes (sundried)					X		
Vegetables	Watercress					X		
Vegetables	Wheat grass							X
Vegetables	White cabbage					X		
Vegetables	Yeast				X			
Vegetables	Zucchini					X		

Note: There is more to alkalizing than just eating alkaline foods. To learn how to do an alkaline diet effectively & easily, I invite you to check out my home study course.

You can check out my **alkaline diet home study course** [here](#).