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# BALANCING YOUR BODY'S BLOOD CHEMISTRY

**W** BY ROBERT H. SORGE, N.D., PHD

What does stiffness, diabetes, high blood pressure, arthritis, chronic fatigue, sleep disorders, heart disease, hepatitis, malabsorption, candida, constipation, obesity, premature aging, loss of libido, inflammation, infectious disease, immune insufficiency, cancer, Alzheimer's, and premature death all have in common?

ACIDITY! The common denomination of every named medical condition is unbalanced blood chemistry.

The body's blood chemistry functions optimally at 7.450 PH. It operates in an extremely narrow PH range between 7.450 PH and 7.400 Ph, and is necessary for the blood chemistry to remain within that range for the human body to express high-level wellness.

The PH scale of basic chemistry has a 7.00 PH as neutral, a 7.01 PH as slightly alkaline, and a 6.99 PH as slightly acid. This means that the body's natural God given design is slightly alkaline.

The human body is in a constant state of homeostasis, and the designer automatically programmed our body to balance itself bio-chemically.

The body is constantly striving for balance. In spite of popular belief, we do not want extreme alkalinity of the blood chemistry. This condition is worse than acidity. It is often the results of the body over responding to a long term uncorrected acid condition. In short: balance is the goal, acidity is bad, alkalinity is worse.

## WHAT IS NATURAL DEATH?

George W. Crile M.D., the great surgeon said, "There is no such thing as natural death. All deaths from so called natural causes are merely the terminal point of progressive acid saturation."

Acidity of the blood chemistry comes before every named medical condition. Long term uncorrected acidity is the environment necessary for Cancer to proliferate. Cancer cannot exist in balanced blood chemistry. A number of Nobel Prize winners in medicine demonstrated this scientifically over the decades.

## CAUSES OF ACIDITY

Modern day drug medicine is the primary cause of acidity. A lifetime of drugs has saturated some people's cells so that it may be impossible for them to get well. As we get older our body's primary and secondary detoxification systems begin to slow down, and we are less able to neutralize and discharge acids, toxins and other unwanted morbidic material.

Enemy number one is our junk food industry. 80% of the food

sold in our supermarkets are nutritionless, toxic, and acid forming. So many of us drink more "Things go better with Coke" than pure water. Water balances blood chemistry. "Things go better with Coke" has a PH of 2.1. What is our ideal blood PH? Remember it is 7.450 PH. It is impossible to maintain a balanced chemistry on an acid diet, drinking acid and eating acid.

We can say the same things about "this Bud's for you" (2.3 PH) six packers and Starbucks (2.2 PH). So you do not think I am picking on any specific commercial interests, what do you think happens to your body's blood chemistry when you wolf down a Nathan's dog, Whoppers, Big Macs, golden fries, Taco Bell, Jack in the Box, Dunkin Donuts, Baskin Robbins, Pizza Hut, McNuggets, Wonder Bread, chocolate goodies, Cheez Wiz, chips, dips, flips and pips, swine flesh, and "finger lickin' good"?

You create a blood chemistry imbalance, a severe acid condition that becomes the bottom line breeding ground for every known disease.

Most Americans are eating 90% acid producing foods. That is why we are sick, obese, tired, prematurely aging, and suffering from more degenerative disease than the rest of the world combined. For example, in Gambia, a 3rd world country (I was there), the people are so poor by our standard that a section eight welfare recipient would be considered wealthy. By their standards, one woman in 500,000 gets breast cancer. Compare that with the number one drug country in the world, the good old USA, where one woman in nine gets breast cancer. At our present rate, we anticipate one woman in six getting breast cancer by 2015.

As amazing as it may seem, most sick people are sub-clinically dehydrated. At the cellular level, they are oxygen deficient. This is the perfect set up for blood chemistry imbalance, metabolic acidosis, and degenerative disease. Acidity depletes the cells of oxygen. Cancer, according to Nobel Prize winner for medicine, Dr. Otto Warburg, is an oxygen deficiency at the cellular level. Cancer cells cannot live in oxygen.

## STOMACH ACIDITY IS DIFFERENT FROM BLOOD ACIDITY

It is surprising when I refer to metabolic acidosis how many patients think I am talking about stomach acid. They are two different PH systems of the body. Both are equally critical and inter-dependent. We spoke about the first PH acid/alkaline balance of blood, which should be slightly alkaline at 7.450 PH. The second is the PH balance of the stomach, which should be maintained at 2.0 to 4.0 PH or very acid.



## URINE/SALIVA PH STRIPS ADD MORE CONFUSION IN THE HEALTH MARKET PLACE

Urine and saliva PH are no indication of blood chemistry PH. The ideal urine and saliva PH is 6.40, slightly acidic. The blood chemistry PH is 7.450. There is no correlation between the two. The same as there is no correlation of stomach acid of 2.00 PH to 4.00 PH to blood chemistry PH. They are all different.

You can check your own urine and saliva PH with a simple PH strip first thing in the morning. There is limited value to this information. To properly diagnose blood chemistry to determine whether your blood chemistry is balanced, acid or severely overreacting to acidity, you need to seek out an alternative medical doctor who uses the latest scientific technology in blood diagnostics for nutrition, metabolic and hormonal assessment purposes.

## IN CONCLUSION

We age in direct proportion to how acid our blood chemistry is. The life is in the blood. Our health gets worse the more we acidify the blood. Harmful pathogens can only survive in an acid environment. Infectious inflammation and disease thrive in an acid body.

Excess acid robs oxygen from the cells and causes thick blood. That sets us up for high blood pressure, cardiovascular disease, crippling strokes and sudden death heart attacks. The blood should be pumping through your arteries like a fine red wine. When it gets like a black bean soup, we are set up for deep trouble. Blood viscosity is an important health matter that your Doctor should test you for twice a year.

The more acid your blood becomes, the darker and/or thicker your blood becomes, the less oxygen you have at cell level.

There is a direct relationship between acidity and oxygen and a direct relationship between oxygen and wellness.

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