

# pH & Cancer

Herman Aihara, in his book entitled "Acid & Alkaline" states that:

"If the condition of our extra cellular fluids, especially the blood, becomes acidic, our physical condition will first manifest tiredness, proneness to catching colds, etc. When these fluids become more acidic, our condition then manifests pains and suffering such as headaches, chest pains, stomach aches, etc. According to Keiichi Morishita in his Hidden Truth of Cancer, If the Blood develops a more acidic condition, then our body inevitably deposits these excess acidic substances in some area of the body such so that the blood will not be able to maintain an alkaline condition which causes these areas such as the cells to become acidic and lowers in oxygen.

As this tendency continues, such areas increase in acidity and some cells die; then these dead cells themselves turn into acids. However, some other cells may adapt in that environment. In other words, instead of dying - as normal cells do in an acid environment - some cells survive by becoming abnormal cells. These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function nor with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer."

One of the least understood concepts of nutrition is understanding what acid and alkaline balance is.

The cells of the human body depend on a balanced acid-alkaline pH. If any body fluids are abnormal, digestive enzymes are rendered inactive, food does not digest properly, and allergic reactions can result. Food-bound microorganisms such as yeast, bacteria, parasites, molds, viruses, etc. are liberated in the body, which puts stress on the immune system.

The body is largely made up of water, a medium which is biologically useful in allowing nutrients, oxygen and bio-chemicals to be transported from place to place. This water-based medium can have either acid or alkaline properties that are measured by a graduated scale called pH (for potential hydrogen), wherein 1.0 to 6.9 is considered acidic, 7.0 is neutral and 7.1 to 14.0 is alkaline. The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity.

Optimally, we want the fluids in our bodies to have a neutral or 7.0-7.2 pH level. Under 5.3 the body can not assimilate vitamins or minerals, it must be above 6.4 for maximum utilization and weight loss.

Urine or saliva pH levels should be tested in A.M. prior to eating, drinking, or exercising.

## **Why should we be concerned about pH levels?**

Since most of the body is water-based (50-60%), the pH level has profound effects on all body chemistry, health and disease. All regulatory mechanisms (including breathing, circulation, digestion, hormonal production) serve the purpose of balancing pH, by removing caustic metabolized acid residues from body tissues without damaging living cells. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxic waste and die. Just as acid rain can destroy a forest and alkaline wastes can pollute a lake, an imbalanced pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like corrosives eating into marble. If left

unchecked, an imbalanced pH will interrupt cellular activities and functions, from the beating of your heart to the neural firing of your brain.

Our bodies contain many toxins, chemicals, parasites, fungus, bacteria and yeast that, if not cleansed from our system, tend to develop into major illnesses. Most people use soaps that contain animal-fat that may cause the pores of the skin to clog, thereby trapping chemicals and toxins in the body.

## Understanding pH Level and Why Many People Develop Cancer and Other Diseases

According to the research of the world famous Dr. Enderlein, **total healing of chronic illness ONLY takes place when and if the blood is restored to a normal, slightly alkaline pH.**

### pH: what does it mean?

pH is the abbreviation for *Potential Hydrogen* or the measurement of hydrogen-ion concentration of any solution. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the reading, the more acidic and oxygen deprived the fluid is. The pH scale is from 0 to 14 with 7.0 being neutral. Anything above 7.0 is alkaline; anything below 7.0 is acid.

To be considered healthy, human blood must maintain a narrow pH range of 7.365. Any slight variation means symptoms and disease. If **blood** pH drops below 6.8 or increases above 7.8, cells stop functioning and the patient dies. Blood pH is difficult to test, however, home test kits are available to test urine and saliva pH. Optimum urine and saliva pH is 7.0 to 7.4. Test your pH each morning before food, drink or exercise.

### If you have health problems, this is a sign that you are acidic.

When the body goes into extreme acidosis, the kidneys start producing ammonia, which may cause the pH to test too alkaline (low pH). This condition is frequently found in elderly people and is the cause of the unpleasant odor in senior citizen homes. Treating for acidosis will help the kidneys to stop producing ammonia.

In 1964, only 1 person in 214 contracted Cancer. Today it is 1 in 3 females and 1 in 2 males. The determining factor between health and disease is pH. It is not uncommon for the average American to test between 4 pH and 5 pH.

- **Oxygen levels in the body are directly related to pH.**
- **Increasing pH from 4 pH to 5 pH increases oxygen to the cells by ten fold.**
- **Increasing pH from 4 to 6 increases oxygen by 100 times and raising pH from 4 pH to 7 pH increases oxygen levels by 1,000 times.**
- **CANCER CELLS HAVE AN EXTREME ACID pH AND ARE OXYGEN DEPLETED while HEALTHY CELLS HAVE A SLIGHTLY ALKALINE pH WITH A HIGH OXYGEN CONTENT**

Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. **So, no matter what type of modality you use to improve your health problem, the modality won't be effective until the pH level comes up.**

Drugs, medications and toxic chemicals have the effect of lowering the pH of the body, that is the reason why there are side effects to drugs and none of them affect a cure.

When body pH drops below 6.4, enzymes are deactivated, digestion does not work properly; vitamins, minerals and food supplements cannot effectively assimilate. Acid decreases energy production in the cells, the ability to repair damaged cells, the ability to detoxify heavy metals and makes the body more susceptible to fatigue and illness. Your body pH affects everything.

Research has proven that disease cannot survive in an alkaline state, and that, viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells thrive in an acidic, low oxygen / low pH environment. An acid pH can result from an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acid by using alkaline minerals, like sodium from the stomach and calcium from the bones. This is the cause of Osteoporosis and a number of other diseases. If there are not enough minerals in the diet to compensate, a build up of acids in the cells will occur, resulting in symptoms like pain, Arthritis, Fibromyalgia, MS, Lupus, etc.

**There are two factors that are ALWAYS present with Cancer no matter what else may be present.**

Those two factors are:

1. Acidic pH, and
2. Lack of Oxygen

**Can we manipulate those two factors that always have to be present for Cancer to develop?**

If we can, will we be able to reverse the Cancer? If so, we need to learn how to manipulate pH and Oxygen.

**Remember, the pH number is an exponent number of 10**; therefore, **a small difference in pH translates to a BIG difference in the number of oxygen or OH-ions**. In other words, **blood with a pH value of 7.45 contains 64.9% more oxygen than blood with a pH value of 7.3**. Cancer needs an acid / low oxygen environment to survive and flourish. The bodies of terminal cancer patients are approximately 1000 times more acidic than they should be. This equates to dangerously low amounts of oxygen at the cellular level.

**Cancer is not compatible in a healthy pH environment full of oxygen**. For example, **CANCER OF THE HEART DOESN'T EXIST**; This is because, blood flowing from the lungs into the heart, are at the highest pH and oxygen levels within the entire body. As the blood travels through the lungs, acidic toxins are thrown out of the system leaving it rich with oxygen and a high blood pH.

In the absence of oxygen, glucose undergoes fermentation to lactic acid. This causes the pH of the cell to drop even lower. Urine and saliva pH of terminal cancer patients almost always runs between 4.0 and 5.5. When the cancer goes into metastases the pH drops even lower.

Our bodies simply cannot effectively fight disease if our body pH is not properly balanced. In other words, it's either alkalize or die. It's that important!