

Role of pH in maintaining good health

Alkaline pH is greater than 7 and up to 11 to 14. This increases the oxygen carrying capacity. Normal pH = 7. Acidic pH= lesser than 7 to 0. The oxygen is depleted in acidic states. Human body operates a pH of 7.35 to 7.45. Anything greater than 7.45 is **alkalosis** and less than 7.35 is **acidosis**. At normal 7.35 pH of the body, the cell voltage is -350 mV and at this voltage the body has the capacity to produce new cells. Even at pH of 7.1 the cells voltage changes to +350 mV, which may produce harmful cancer cells. 7.45 is the intracellular (in the cell) pH.

Once the pH is decreased the cell is not recharging, due to lack of mitochondria, there is no electric fence around your house. Then anything can enter you house/cell. You have no protection. This causes inflammation in our bodies and any inflammation causes metabolic disorders as metabolism reduces. These disorders are lifestyle oriented. Vegetables have natural bicarbonate and potassium ions which are used by the body to strengthen the alkaline reservoirs. When bicarbonate is depleted so are the alkaline reservoirs.

No vegetables, but full of junk carbohydrates, excess fats in diet ☞ No bicarbonate, it is removed ☞ empty alkaline reservoirs ☞ Body in acidosis. Vitamin C causes balance but it is not produced in our body, but be included in our diet. Hypertension, diabetes, obesity are all lifestyle related disorders. These are what we brought upon ourselves. If you fast now, our body goes into ketosis – A condition where excess Ketone bodies are produced due to the breakdown of fatty acids(fats) during a fast. Even the fast done must be **controlled fasting**.

The acid our stomach produces is only for proteins we consume. Our stomach had not considered carbohydrates and fats before. See, Monkeys do not cook, a gorilla in the wild does not crave junk food, street food. It is the one who knows the taste of these foods that craves for it and our stomachs have to learn and suffer for it. All the fats and the carbs now stimulate the stomach to produce excess acid (hyper acidic) to help in breaking them down producing **gastritis**. There we go producing a disease all by ourselves, though it is not a discovery we must pride ourselves on, people just cannot seem to wait to experience it for themselves. (Hope everyone has the same urge to experience singularity too !!) Remember the yoga kriya where we burp forcefully to

clear the stomach ? yes ?! we start burping here too! But no, it is not pleasant, these are reflux burps due to the excess acid. How do we resolve the acid situation ?? First thoughts ? Antacid ?!! Nooo !! NEUTRALIZATION ! In a ratio of 1:1 of carbs to vegetables and fruits. For every 30 g each of proteins, carbs and fats in our diet, we have to eat 90 g of vegetables and fruits and then pH is balanced. The proteins, carbs and fats provide us with the macronutrients, while the vegetables and fruits provide us with micro nutrients like **Zinc, selenium, cobalt** etc. which are essential for the health of our lungs.

Bicarbonates completely dissolve glycoproteins and inhibits liquid peroxidation of the cell membrane and Corona is a protein molecule which dissolve in bicarbonates. Hydrochloroquine the drug for Corona being used so far, kills the virus and changes the pH to 7.35 to 7.45 again, which was disturbed in the 1st place by the virus separating the iron molecules(the alkalizing part), due to which there is reduced bicarbonate making the body acidic.

There is a lot of talk about Lemon and bicarbonate mixture working. It was used in the Spanish flu in 1918. It did work then. It is all about adjusting the alkali (bicarbonate) with the acid(lemon) to a pH of 7.35 using a litmus paper. It must be taken on an empty stomach. To strengthen the bicarbonate, amino acids helps before yoga, gym, exercise etc. In endurance building workouts, it dissolves glycogen and creatinine phosphate, all oxygen is used up, lack of oxygen and lactic acid threshold is reached.. This blocks the signal to the brain and the body cannot run anymore, you want to reach the goal, but the body refuses to move. The liver is constantly trying to convert this lactic acid to glucose but the liver must be very robust to do that. In high intensity games or exercises, for an hour or so the body is fine, then it gets tired and lactic acid starts to accumulate. Using an example of tennis, in the last set of a 5 set match, the advantages and the deuce, it is all between the conversion of lactic acid to glucose. 1 to 2 hours before food add 1 teaspoon of baking soda in 100 to 200 ml of water or divide it into half a teaspoon and drink it with half an hour breaks.

Honey and lemon is also a good combination. With honey having great peroxidase activity. But the question to be asked while buying honey is the pollen concentration in honey, it must be very high. Wild Himalayan honey contains about 70,000 various pollen genes, which are very useful to produce antibodies in our body. There are barely

any epidemics beyond the dense forests and the peaks because the forest's flora/pollen purifies most of the virus and bacteria. The main problem in the peaks is ultraviolet radiation though, most children have scarred cheeks. Manuka honey is used on wounds and have amazing healing capabilities. This honey as a Manuka Factor-MUF which comes due to the flora in New Zealand and Australia. It is a non peroxidase honey and still an antibacterial honey. Never use processed honey always use old filtered honey. The older the honey, cheese, jaggery etc. the better it is for the health. In the South of India is the honey from the forests of Agumbe, Shimoga in Karnataka.

Always consume it on an empty stomach or with a gap of 4 to 5 hours after a meal, or it will cause severe bloating and the inconvenience of a lifetime. Have it twice a day, which strengthens the bicarbonate reservoir in the body. Always mix it in warm water, never cold. Hot water bypasses the stomach and goes right to the intestine where it gets absorbed, whereas cold water goes to the stomach then the liver and then the intestine and less than half gets absorbed. Many say that honey is not be mixed in hot water, so the proper way to mix it is, 1st add lemon and then add honey. The lemon prevents the oxidation of honey.

Echinacea, Holy basil, these plants pollen protects the forest. These pollen are also eaten by people who have allergies. The moment you start sneezing is proof enough that you have allergy to pollen.

Alkaline water with bicarbonate has an ORP of -250 mV and so does water mixed with L arginine as said in yesterday's live class. There is ionized water and live water with a pH of 8.5 and an ORP -850 mV . Ionized water when electrolized divides into pure cations and anions at the plates made of titanium coated with platinum. Titanium plates are preferred because they are non corrosive and amazing conductivity. The platinum coating plate grade 5,7 and 11 of which 11 is the best. Produced in Germany naturally it is called Holy water. The alkaline water produced by nature has a charge of – 350 mV to – 800 mV.

To decontaminate yourself either drink alkaline water or you can decontaminate your lungs using Naasika churnam (if you have been outside), it expels all the mucous. CAUTION: People with gastritis check before use, and children less than 5 years old

need only half a teaspoon of baking soda and elderly people above 60 to 70 years check with half first and then proceed to one teaspoon if comfortable.

Baking soda is used in most households. A dish made with red gram (small chick peas) is very tasty but is acidic so baking soda is added to the dish almost since the 1980's. Even for bread to rise baking soda is used. The disadvantage is that it absorbs a lot of oil (saturated) so the oil must be removed.

It is always good to soak vegetables in rock salt and baking soda which enriches vegetables, like said before washing vegetables in water with pH of 14.5 is good. Water's colour should not change after adding bicarbonate, it shows the quality of the soda. There are grades of soda : food grade, Lab grade, Tech grade, Pharma grade and bioproduced pharma grade which is the most expensive. In pharma grade there are – USP (US pharmacopia), EP (european), BP (british). USP is expensive but is of very good quality.