

Acidity and Weight Gain

You can thank an overly acid internal environment for the excess pounds you are carrying around!

The human body can retain 90 lbs. excess fluids – Guyton Medical Textbook of Physiology
5 gallons of excess fluids in abdominal cavity = 40 lbs.

Eating the right food stimulates metabolism: Wholesome Whole Food Carbohydrates...glucose from these yields high energy fuel...these complex carbohydrates are slow release and maintain a healthy blood sugar balance.

You can only burn fat inside lean muscle – focus on inches lost rather than weight loss. Complex Carbs are essential to permanent fat loss. We need complex carbs to burn the fat in the muscles. Complex, whole food carbs are the kindling to burn the fat. Our brain is only fed by carbohydrate; the body uses up within one-day glucose (glycogen) stored in liver to balance blood.

If not enough glycogen is present; the liver releases a hormone to release protein from muscle to make carbohydrate in liver. Water accompanies the protein. In ketosis: you lose water and minerals (electrolytes) – which makes blood acid. You lose muscle when you go on a high protein diet. (Heart and other vital organs are muscles.) This also causes loss of calcium from bones and damage to kidneys.

Most carbohydrates and natural whole foods are alkaline. Animal products, drugs, alcohol, refined sugars, refined salts; processed foods and some grains, nuts and seeds are acid. Unfortunately, waste acids that are not eliminated are reabsorbed from the colon into the liver and put back into general circulation. They then deposit in the tissues. *It is these tissue residues that make us fat and determine sickness or health!*

The stomach and colon want acid; the rest of our body wants alkaline. Our marvelously made body will do anything to maintain the integrity of the blood pH – 7.4. When blood gets acid, it dumps it into the tissue and we start to get fluffy. Acid causes retention of fluids – pop is phosphoric acid. (It takes 30 glasses of water to neutralize the acid in one can of pop.) *A healthy body with the right acid/alkaline intake knows how to convert HCL in stomach to alkaline pH in small intestine.* If the small intestine becomes acid, then healthful bacteria, which keep plant funguses in check, cannot live; and plant funguses, such as Candida, start to grow – they love to feed on brain cells. (This causes mental “fogginess.”)

Weight problems can result from yeast and fungus interfering with the digestion of food. The nutritional deficiencies created can actually trigger your body to pack on extra pounds, in part because you are always hungry. More commonly, blood poisoned by mycotoxins (created by such things as yeast overgrowth) goes to the liver to be detoxified and that added stress distracts the liver from efficiently metabolizing fat and sugar.

The build up of acid wastes comes from excess acid from food choices, by-products caused by improper food combinations, negative emotions and lack of exercise.

Green vegetables neutralize acids in the blood and tissues. Fiber soaks up acids from the body. You can thank an overly acid internal environment for the excess pounds you are carrying around. Finally, in a defensive maneuver, the body creates fat cells to carry acids away from your vital organs to try to protect

them. In one sense, your fat is saving your life! But that's why your body doesn't want to let it go. When you eat to make your body more alkaline, your body won't need to keep that fat around anymore.

Dr. Alex Correll: If acid will destroy stainless steel, what will it do to your tissue? If you were to pour sulfuric acid on your hand, think of the water you would need to pour on it to neutralize it.

To maintain alkalinity of the body, it is not a diet, but a lifestyle. If you really want to change your life, stay out of the red square. J. W. Emerson tells of one person who lost 75 pounds in 7 months staying out of the red square of his brochure (Acid ash foods: White flour, refined sugars, animal products, alcohol, coffee, and pop soda); in the red square 2 days, he gained 12 lbs.

The chaos in an unbalanced body will exhaust the adrenal glands and the resulting low levels of energy contribute to weight gain. Another likely villain is fatigue of the thyroid gland – which controls the rate of metabolism. Cravings for sugar, oversized appetites, and low blood sugar levels all follow an overgrowth of harmful yeast, fungus, and molds in the body.

Yeast and fungus produced within an overly acidic body can feed on your protein and other nutrients, interfering with your absorption of everything you eat by as much as 50 percent. As a person eats more alkalizing foods, especially raw vegetables and greens, great improvement is seen in red blood cells, oxygenation of the blood, and levels of negative microforms. Taken together these patterns all make it easier to gain fat and harder to lose it. To top it off, poor digestion and possibly depression will develop or worsen, too.

Simple Carbohydrates (sugar, dextrose, corn syrup) turn to sugar and make fat.

2005 average sugar consumption:

Ages 11-19: 92 lbs. of sugar a year

Ages 6-11: 21 t. daily

Ages 11-19: 29 t. daily

Adult: 14 t. daily

Packaged sweetened oatmeal, sweetened yogurts, Catsup I T = 1 t. sugar

A poison is a poison because it dilates the blood capillaries (just as shock does) which opens up the tiny pores and lets the blood proteins come into the spaces around the cells faster than the lymphatics can pull them out. Sugar, salt, meat, hydrogenated oils and dairy cause the dilation of the capillaries and the release of more blood protein (plasma).

The Lymphatic System drains poisons from your body -- 2 ¼ million miles to pull garbage out!

Interstitial space is the space between the capillaries and the lymphatic duct. (They run parallel throughout the body.) 1 lb. fat needs 8 miles capillaries; all nutrition has to go through capillary

Calli pulls metabolic wastes – Calli will pull wastes from the interstitial spaces.

Because our cells are constantly producing waste products, internal cleanse, or detoxification is a critical body function. If the cleansing process becomes weakened, impurities accumulate in our bodies. If left unchecked in time, these impurities can cause degenerative diseases.

Dr. Guyton makes the statement that “The lymphatic system represents an accessory route by which fluid can flow from the interstitial spaces into the blood.” And most important, the lymphatics can carry trapped plasma proteins away from the tissue spaces which cannot be eliminated through the capillaries. We were designed so if the blood protein leaked into the interstitial spaces, and could not be carried back into the capillary, that it would be picked up by the lymphatic system. The only way you can pump it out of your

body is by exercise, movement or deep breathing. So it is that water retention in the interstitial space that absolutely plugs up the cells. If you are healthy, your cells are in a “dry” state.

The Chinese have known for thousands of years that herbs work electrically and they know exactly which part of the herb goes to which organ. The formulas are all written in Chinese. In order for the body to come to balance, it has to have the ability to dissipate the blood proteins and turn the generators on at the cell level. As George White, MD, said, “The magnetic electrical research field will come to prove that the human body is an electrical being and our health depends on the energy currents which run through the body.”

Everything must work on the principle of energy. (NuPlus is assimilable, concentrated energy at the cellular level.) Where there is no energy, there is no life!

To replenish and sustain your alkaline reserves, follow the Rule of 80/20 -which means to eat 80% of your foods from the alkaline-forming list and 20% from the acid-forming list.

Research, Clinical Experience, and the knowledge of the “greats” in nutrition have reconfirmed this ideal ratio of 80/20%. In fact competent practitioners from as long ago as Hippocrates have been using this ratio to heal virtually every condition known. When Hippocrates dietary recommendations were calculated according to present biochemical means, the same ratio appeared – 80/20%. To accomplish this, eat 8 out of 10 foods in a day from the alkaline list.

Hippocrates, who said: “Let your medicine be your food and your food your medicine!”

Resources: Alkalize or Die, By Dr. Theodore A. Baroody,
The pH Miracle: Balance Your Diet, Reclaim Your Health by Dr. Robert O. Young
Guyton Medical Textbook of Physiology
The Golden Seven Plus One by Dr. Samuel West
Acid & Alkaline by Herman Aihara
Understanding Acid-Base by Dr. Benjamin Abelow
Healthy Living and Nutritional Seminar with J. W. Emerson