

Stress, pH, Life, Death

“He sent them forth to preach the gospel and *heal the sick*” Luke 9:2. **Healing Gospel 6**

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The concentration of hydrogen ions (pH) in body fluids is “one of the most important aspects of homeostasis” per Arthur Guyton M.D. It may be your key to health and happiness. To master your health you must master the smallest and most abundant atom in the universe, hydrogen, that controls enzyme function, body electricity, digestion, energy, and life - no H, no H₂O, no life. ***All body systems work better when pH is balanced.*** This article explains why.

In May you saw urine pH is both an indicator and PRE-indicator of disease (see articles at WCN website and Healing Gospel at phpower.org). The guidelines below are from doctors who spent lifetimes testing and balancing the pH of patients: Harold Hawkins D.D.S. author APPLIED NUTRITION 1947; D.C. Jarvis M.D. of Vermont Folk Medicine; many others. Understanding the following basics of pH can mean the difference between health and years of suffering.

ONE - enzymes in body fluids including blood and digestive juices from amylase in saliva on down depend on a near perfect level of hydrogen ions (pH) to work right as designed by God. In self-testing the important thing to know are normal *pH cycle ranges* in a 24 hour cycle. Urine pH responds to meals, fluids, stress, and health of adrenals and kidneys. Saliva correlates with blood pH of 7.4 and is more stable. A healthy cycle range for urine is 5.0 to 7.5 on the pH scale, for saliva 6.4 to 7.4. Experts may differ on “normal” but your focus should be on getting your pH numbers “in the ballpark” as you correlate test results with diet, supplements, stress, and *your personal unique*

aches, pains, disease, and symptoms to learn what makes you feel good!

TWO - since we are as unique in chemistry and metabolism as in fingerprints and genes what works to balance your pH will also be unique. *The only way to learn this is by testing and correlating as just described.* Nutrition-for-life kits have a “Daily pH Chart” to help keep track. This is how you learn how you are killing yourself, and what works to “heal thyself”. Read this again please.

THREE - Early AM testing tends to be more acid as it reflects an early AM shift from night anabolic rest and recovery mode to daytime action mode.

FOUR - saliva pH is normally above urine as it correlates with a slightly alkaline blood pH of 7.4 plus the carb digesting enzyme amylase works best at saliva in the 7.3 - 7.4 range. Urine reflects acids that need eliminating. A urine pH more alkaline than saliva is a serious caution. It signals low blood oxygen, no rosy cheeks - note the few rosy cheeks in elderly compared to the young. Age is a factor *but not as much a controlling factor as ignorance and laziness.*

FIVE - on the way from healthy to sick urine pH will be the first to deviate from normal with saliva following. On the way from sick to healthy urine is the first to move back to normal as you make changes in diet, supplements, stress etc. While urine pH is an advance signal of potential problems, saliva is actually more important as it correlates directly with blood. In balancing saliva pH as with balancing digestion, patience is important. It took a lifetime to get your body where it is today. It may take time and patience to get pH and other body systems in perfect balance. What’s good health worth? You decide.

SIX - *Balance pH and digestion together for too many reasons to list here. You may do wonders trying to help yourself, but get professional help as needed.*

SEVEN - stress throws a monkey wrench into the works. How many times have

you heard “STRESS KILLS”? How does it kill? THIS IS THE CAPTAIN SPEAKING. Our adrenal glands are the captains of our kidneys. In the initial phase of stress “survival” hormones tell kidneys to dump magnesium followed by potassium (Peshek). As stress continues unrelenting adrenals weaken and make fewer hormones. This leads to exhaustion of more “alkaline reserves” such as calcium from bones with a pH of 14, sodium bicarbonate etc. God made kidneys to recycle sodium that is needed for the sodium bicarbonate buffer system. With unrelenting stress and exhausted adrenals making too few hormones kidneys now dump sodium too. Urine pH may be above 7.0 and saliva below 6.0, an “end stage” profile of patients in a cancer ward and my pH profile in 1978. The need for sodium has been known for millennia. Are you “worth your salt”? Sodium balances with potassium in body chemistry. Blood pressure tells the tale. See a Nutrition-for-life kit for life-saving details.

“End stage” may not mean the end if you trust God’s ways of healing and saving, body and soul. Years ago I read of cancer clinics in Mexico that use natural methods to treat patients “sent home to die”. Some reported that if they can get an alkaline urine to test acid the body enters a “healing mode”. Recommended reading is TERMINAL TURNAROUND report (Nutrition-for-life kit). When urine pH hangs above 7.0 and saliva below 6.0 it’s double trouble. With exhausted adrenals your autonomic nervous system may be too weak to adjust blood pressure when getting up from a couch. The result is short term lack of oxygen to the brain and “blackout” - can’t see anything. That was my experience in 1978 dealing with panic attacks and facing death with no help from doctors. With God’s help I learned about pH and Nutrition-for-life.

The good news about unrelenting stress is that it can help you find peace with the Lord. A key thought is “trust the Lord with all your heart” Psalm 3:5-6. Trust His love, and trust how He made life to work with agriculture, food, the

elements. Practice this *before* the winds and waves are too strong to avoid the extreme stresses that throw body systems and pH off balance. Spiritual salvation is always available with Jesus. Body salvation may require testing and balancing of key systems including pH, digestion, blood sugar, body temperature, and blood pressure. By mastering stress on a spiritual level you may avoid the extreme exhaustion that leads to kidneys dumping sodium.

It's important to understand special nutritional needs with unrelenting stress.. Few of us will face a bear in the woods but most of us sooner or later will face prolonged stress involving relationships, money, sickness, old age etc. Special demands of such stress include protein, B vitamins, C, and zinc for the carbonic anhydrase enzyme, a key to proper levels of stomach hydrochloric acid and blood pH. Adelle Davis sold millions of books on nutrition. She wrote of an "x factor" in green foods to help with stress. Green foods are a primary source of magnesium the first to go with stress, nucleus of chlorophyll, critical to hundreds of metabolic processes. God put magnesium and zinc along with dozens of "co-factors" you never hear about ONLY in the germ and bran of a whole grain of wheat. "The whiter the bread, the sooner you're dead".

Our adrenal glands store the most C (ascorbic acid) of any body part. Stress can use up vast amounts of C. *Quality food sourced C is thus a major key to acidify an alkaline urine.* Thomas Levy M.D. in "Curing the Incurables" makes a strong case for C for hope in hopeless cases. *With Jesus there is always hope.* God said "Honor your father and your mother that your days may be long upon earth". David wrote "The earth is the Lord's and the fullness thereof". That tells us to honor our heavenly Father and earthly mother for a long healthy life. Our part is to learn from Jesus and follow Him. Read again please.

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