
How does our Body Maintain Health?

By Sang Whang

It is said that there are 75 **trillion** cells in the human body. These cells live on the average of only 4 weeks. At the end of its lifespan, the core of the cell, the gene, splits into 2 halves and each half seeks proteins and enzymes to duplicate the matching half; thus, one cell becomes two identical cells.

If every cell were to duplicate, there would be 150 trillion cells in 4 weeks; however, what remain are about 75 trillion cells. This means that only half of the cells regenerate and the other half degenerate. The degenerating cells break up into smaller pieces and supply the necessary elements for the surviving regenerating cells.

The question is: 'Which cells regenerate and which degenerate?' The law of nature is such that strong and healthy cells regenerate. Weak, injured, polluted, infected, damaged or dead cells degenerate. This is how health is maintained in this world, full of pollution, radiation, RF interference, etc., etc.

Since half of the 75 trillion cells degenerate in 4 weeks, by dividing that into 4 weeks, 7 days, 24 hours, 60 minutes, and 60 seconds, the number of cells that degenerate every second equal 10 million plus. In other words, we can afford to lose 10 million plus cells per second damaged by pollutants, radiation, etc. When these external interferences damage the cells, they die and become acidic waste. If there is a sufficient number of OH⁻ ions (alkaline radicals) in the body to neutralize these dead cells and dump them safely through urine, health can be maintained.

In a 10 oz. glass of water with a pH value of 10, there are one billion times one trillion OH⁻ ions, i.e., 1 with 21 zeros after it (1×10^{21}). There is no other source of OH⁻ ions that can give such a high quantity so readily and easily. No alkaline food can give that amount of OH⁻ ions. Drinking five 10 oz. glasses of water with a pH value of 10 will give the body five times that many of OH⁻ ions. Two drops of AlkaLife[®] are designed to have 1×10^{21} number of OH⁻ ions. Drinking 10 drops of AlkaLife[®] a day in water, tea, coffee or juice will input 5×10^{21} number of OH⁻ ions into the body to neutralize an equal number of H⁺ ions, the acid radicals.

Other sources of damaging health are viruses and bacteria. When these foreign entities invade the human body, it declares war against them by creating white blood cells to fight the invaders. The casualties of this war are dead cells from both sides, and they all terminate as acidic waste. If there were plenty of OH⁻ ions in the body, one could neutralize his waste and recover quickly. If not, the effects of acids would make it worse and one would suffer longer.

For this reason, (as a remedy) doctors recommend the eating of bananas and oranges when suffering a bout of the flu. The alkaline minerals that are lost during a

long battle with the flu must be replenished. Alkaline minerals generate OH^- ions such as K^+OH^- , Na^+OH^- , $\text{Ca}^{++}(\text{OH}^-)_2$. The crucial elements are the OH^- ions; the alkaline minerals are mere carriers of OH^- ions.

Drinking alkaline water guarantees the input of OH^- ions. Taking alkaline minerals or eating alkaline food does not guarantee the input of OH^- ions; for example, table salt, NaCl , contains the alkaline mineral Na, sodium, but it is not mated with OH^- ions, rather with the acid mineral Cl, chlorine. The input of OH^- ions depends on what the alkaline minerals are mated with.

Senior citizens are at a higher risk of becoming casualties of the flu. Why? Because they have more acid than alkaline minerals in their systems. In other words, they do not have enough OH^- ions. They may be able to fight the flu in its earlier stages, but because of the increased acid condition caused by dead cells, they eventually lose the battle.

Our immune system against foreign invaders is built up gradually from birth. The more exposure one has to different bacteria or viruses, his immune system strengthens against many invaders. A vaccine against a particular strain of flu helps the body develop his immune system against that particular strain; but it is not as effective against other kinds of flu.

Children have not lived long enough to build up their immune systems' capabilities for general diseases; this is why they are also at higher risk against the flu. Children are more alkaline than adults, but their immune systems are not as well developed yet; that's why infants need many vaccines after birth. Adults are in an optimal situation; they are more capable of fighting against viruses or bacteria, and depending upon how many OH^- ions are in their bodies, they can recover soon or later.

A vaccine is good if the right strain is administrated. It is a hit and miss. What is not a hit and miss is an alkaline body. Having plenty of OH^- ions in the body does not guarantee that one will not catch the flu, but whatever strand of flu he may get, he can recover quickly by eliminating the acidic dead cells immediately.

Thus, if there are plenty of OH^- ions (alkaline reserve) in the body, there is no need to worry about pollutants, insecticides, radiation, viruses, bacteria, etc. Drinking alkaline water is the best way to maintain good health in any case.

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