

# The Wolfe Clinic News



## The Acid Alkaline Balance

### The key to vibrant health

Every year, millions of North Americans make New Year's resolutions to live better and healthier lives. Many of them, because they are lacking the basic information and support to achieve their goals, ultimately surrender and give up. About 80% of people do not keep their annual commitments to themselves and the majority of those do not even make it to the end of January before tossing their resolutions for the year.

So, here it is the end of January; how are your resolutions going? Most likely not very well if we are to believe those statistics. Yes, it is difficult to break the harmful cycle of an unhealthy lifestyle, but you can succeed by understanding that optimal health goals are much more than a resolution; they are a way of life.

A fit body and sound mind are your most important assets and a healthy lifestyle is the only way to attain and sustain that goal. You have to make the changes that will result in longer, happier and healthier lives. And to do that you need to educate yourself and follow some easy strategies for

lasting health. In other words, give your body what it needs; healthy water, clean air, good food, proper supplementation, moderate exercise and sufficient rest. The main benefit of following those simple rules is a normal Acid/Alkaline balance within your body. When this equilibrium is maintained, most diseases cannot exist.

The human body requires specific chemical processes to work efficiently and properly in order to stay healthy and ward off disease. These reactions will only operate within a limited pH (potential of hydrogen) range. pH is a scale or balance system that measures the alkalinity or acidity of a solution. It is measured on a scale of 0 to 14; the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7.0 which is neutral.

The body has an acid/alkaline (or acid/base) balance between positively charged ions (acid forming) and negatively charged ions (alkaline forming) and continually strives to balance pH. When this balance is compromised, many negative health issues occur. It is important to understand that we are not talking about the pH of stomach acid, urine or saliva. We are talking about the pH of the body's tissues and the vital fluids they bathe in, which is an entirely different matter. The body attempts to maintain a pH of 7.4 in critical body fluids, and as such it must be mildly alkaline. If it is not mildly alkaline, it cannot use oxygen efficiently and if it is unable to use the oxygen effectively, among other



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*The Wolfe Clinic*

"FEAR IS THE GREATEST DISEASE"

problems, it produces free oxygen radicals.

How critical is this balance in the blood? The pH of the blood must remain between 7.35 and 7.45 for the body to remain healthy. At a blood pH of 7.2 and below a person will soon become extremely sick and die. That is pretty critical.

The alkaline side of the pH scale is called aerobic metabolism, where oxygen burns glucose to create energy. Without getting technical, oxygen and sugar combine to produce energy. This process is called oxidative respiration. It is important to remember that oxygen does not make the environment alkaline; oxygen is the currency, the substance that is used in an alkaline environment to keep you alive. But there are substances that keep you alkaline called buffers. There are two types of buffers:

- Extra-cellular fluids which are found outside of the cell and are made up of gases and water.
- Intra-cellular fluids found inside of the cell which contain minerals such as calcium, magnesium, potassium, sodium, chloride and phosphate. These are the buffers that the body uses primarily to maintain alkalinity.

We have all heard of these minerals, but the body does not produce them so you must first bring them into your system. The ease with which the body can ionize minerals is an important factor in alkalizing. We are simply not able to eat minerals in their natural state, thus, if you try to eat rocks or bones, you impose a tremendous burden on the body's

ability to ionize and use them. Therefore, we need to use organic forms of minerals; basically minerals from plants and animals that are already processed and easily ionized so that the body can use them.

On the other side of the pH scale is the anaerobic metabolism (without oxygen). These chemical reactions use a sort of secondary fail-safe system commonly known as fermentation. This process is not very efficient because the cells have to use much more fuel to make energy. To produce an equal amount of energy, the body needs a minimum of 18 times more fuel. (sugar) This explains an increased craving for sugar when there is high acidity of



bodily fluids, if you were more alkaline you would not have that need for sugar. Lack of efficiency and oxygen brings decay and death while oxygen brings life. Too much acid, known as acidosis, is considered by many professionals in the healthcare industry to be the root cause of most illnesses.

The byproducts of fermentation, one of which is lactic acid, damages cell membranes, causes pain and helps to stimulate inflammatory disorders. As such, the body tries to get rid of them. It should be noted that anaerobes including cancer cells, yeast, fungi, mold, bacteria, worms and other parasites thrive in an acidic environments lacking oxygen. And since anaerobes flourish in people with acidic systems, it is fair to conclude that many chronic illnesses are the result of this condition. In fact, yeast, fungi, mold, bacteria, worms and other parasites are the leading causes of most chronic ailments. So taking care of your inner terrain and

keeping your body healthy is the best way to avoid them since these vermin cannot survive in an alkaline environment.

Fungal overgrowth in the body begins with an anaerobic metabolism and this serious condition is known to be associated with Chronic Fatigue, Diabetes, Heart disease, Cancer, Fibromyalgia and many more persistent diseases. The fungal overgrowth also eats up the body's fuel supply through fermentation causing general fatigue associated with all of these diseases, as well as throwing the body's acid/alkaline balance even further out of whack.

Cancer is also an anaerobe, in fact, Nobel Prize winner Dr Worborg demonstrated that if you put cancer cells in an alkaline solution they die within a short period of time because alkaline solutions contain oxygen and oxygen is toxic to cancer cells. Unfortunately, just killing cancer cells is rather like swatting mosquitoes in order to get rid of a stagnant pond. It simply isn't going to help; you have



to clean up the pond up to finally get rid of the mosquitoes. So to cure disease, we have to correct the acidic environment of the body; not go after the parasites that are associated with an acidic pH.

Every vital system in the body that undertakes regulatory processes, such as hormone production, breathing, circulation and digestion; work to ensure that the body maintains the correct pH balance. If there is undo strain on the organs trying to preserve this equilibrium it will show up as different chronic diseases. On the other hand, healthy tissues are always alkaline and oxygenated. By increasing your body's alkalinity, you also increase the oxygen levels in all your organs and tissues. If you keep a healthy pH balance you will stop the beginning or growth of diseased cells by starving them to death since their only source of energy is from fermentation.

### Acid/Alkaline Imbalance

When the body is too acidic, it needs to borrow minerals such as calcium, sodium, potassium, and magnesium from the vital organs and bones in order to neutralize the acid and safely remove it from the body. So if you are deficient in the minerals required to maintain a proper Acid/Alkaline balance some very bad things start to happen to your body:

- Minerals are robbed from your saliva because saliva is a non-critical body fluid and as such a change in the pH of your saliva will not cause your body to die.
- It robs minerals from the muscles which is why you get muscle cramps, twitches, Charlie-horses, leg shakes, night shakes, eye twitching and many other physical disorders associated with electrolyte or mineral deficiency.
- It robs minerals such as



calcium phosphate and calcium carbonate from the bone, teeth and other organs. The body needs these minerals for pH regulation. So where does it send these minerals in order to ionize them? To the kidney, since the kidney is where acidic and alkaline levels of the body are maintained (using carbon dioxide and bicarbonate), hoping that the acidity of the compounds will ionize the minerals so that they can be used for the important role of maintaining pH. Calcium is the most abundant mineral in the body and has the most rapid turnover in pH maintenance.

Besides many serious health problems, individuals who are mineral deficient are at risk of developing kidney stones, gall stones, bone spurs, calcium deposits, tendon and ligament tears, muscle strains and sprains and muscle scar tissue. The sequence of problems begins to escalate, but usually starts with low back pain and large muscle cramping. For example, finger twitching can occur when writing because the arm is resting on a nerve and there are electrolyte deficiencies in the body. So, you need to consume healthy forms of supplements such as ionic or organically bound minerals in your diet.

Mineral absorption in the stomach needs an acid environment for digestion and in their elemental (rock) state, minerals are normally only 8% to 40% biologically available to humans. In people 35 or older the availability of minerals drops to 3% to 5%. People over 60 years old produce only 25% of the stomach acid they produced when they were 20 years old. The digestive system in older people does not produce enough digestive acid to put calcium, magnesium and potassium into ionic suspension.

So, when you take a pill that has minerals in it; one that is proposed to contain 1000 mg of calcium, it comes from substances such as bones, rocks and shells. That form of mineral does not provide the best source of nutrition and places an extra burden on your system. But if you eat a piece of steak or chicken that contains 1000 mg of calcium, you will be getting your calcium, magnesium and potassium in your food. The same is true for supplements that contain organic mineral forms or water that has coral calcium in it that is naturally ionized and readily absorbable by the body.



For example, some coral calcium contains readily ionized minerals such as calcium, magnesium, and potassium and is absorbed and used immediately by the body.

If you are craving carbohydrates and having muscle aches, muscle cramps, twitches, low back pains and headaches, you are probably acidic. This inevitably leads to yeast

problems as well as infestations of worms and other parasites which are also indicative of acidosis.

All animal life thrives in a healthy alkaline pH, where oxygen can be efficiently utilized to burn sugar and make energy. If oxygen can not be utilized (low pH) the body produces a lot of free oxygen radicals. To stay healthy you have to be slightly alkaline. Does that mean eating alkaline foods? No, it means eating foods that once digested will supply the minerals necessary to preserve a healthy pH balance. (Look at our food combining and acid/alkaline food charts.) You need to have the proper minerals in your food, water and supplementation, because they help to provide the resources needed to maintain a healthy alkaline pH.

## pH and Coral Calcium

16th-century Spanish explorer Ponce de Leon had it all wrong. The fountain of youth isn't in Florida, where he went searching for it. The nearest thing to a real-life refuge from the ravages of old age and death is the Japanese island of Okinawa in the East China Sea.

The Japanese live longer than anyone else on the planet and those who live in Okinawa live longer than anyone else in Japan. There are close to 500 Okinawans who are at least 100 years old. That is 35 centenarians for every 100,000 islanders; the highest ratio in the world. North America has about 10 centenarians for every 100,000 people. Life expectancy is 86 years on Okinawa, also the highest in the world.

The Guinness Book of Records lists Shigechiyo Isumi of Okinawa as the oldest, documented, man who ever lived. He lived to nearly 121 years and worked till the age of 105 with remarkably good health and vitality. Probing further, the investigating journalist discovered



Mr. Isumi was not the exception. Most of the island's inhabitants were physically fit, had low incidence of serious illness and enjoyed long life spans. All the islanders had one thing in common. They ate healthy (At least till McDonalds showed up.) and the water they drank was different from water found anywhere else in the world.

These particular islands are built up from the coral reefs like so many other islands. But there is a difference. The reefs are coral, composed of calcium, magnesium, sodium, potassium, essential trace minerals and many other microscopic elements essential to human life. The composition of the coral is unique in its similarity to human bone and it is actually used for bone grafts. Orthopedic surgeons use this coral for bone grafts because the body can readily accept it as part of its own natural structure. Which, when you think about it, is amazing.

Coral minerals maintain a high bioavailability because they are in the smallest form possible. Ionized minerals are 1000 times smaller than colloidal minerals. While the calcium content of coral is important, the trace minerals are just as significant. Coral minerals are capable of replenishing the body with proper amounts of naturally occurring trace minerals to fulfill specific mineral deficiencies. When the overall mineral content of the body is raised, the body is able to easily return to a natural

alkaline pH state. Most minerals are difficult for the body to absorb. That is not the case with naturally-occurring coral minerals since they are organically formed, having been pre-digested by animals. These minerals become ionic in water and are promptly absorbable to the cells.

If the body becomes too acidic, it will take calcium from wherever it can in order to retain a slightly alkaline blood pH. In order to supply enough calcium for this buffering, we need sufficient calcium in the diet; otherwise the body will simply take it from the bones, teeth and vital organs. Be aware, though, that not all forms of supplemental calcium are the same. Most of the calcium we consume in tablet form is feeding the sewer systems of North America and not adequately satisfying our body's critical need for calcium.



## pH and Water

It should be obvious why we at The Wolfe Clinic stress the importance of consuming chemical free, clean, restructured and alkalizing water. When your body is properly hydrated, all health programs become more powerful, more efficient and work faster. And, for those who simply want to maintain their good health, drinking clean restructured water is just as essential to maintaining strength, weight, fitness and vital wellbeing. Water is critical to any health program and the right water is even more critical. For instance, distilled (dead) water leaches minerals from the body. This can become a serious pH health issue for anyone who is already mineral deficient.

So, no matter what your specific health, weight or fitness goal is, you cannot achieve the maximum benefit without drinking the right kind of water in the proper amount. Your body is 70% water, so it follows that the most important compound you put into your body is water. All experts agree, that next to the air we breathe, water is the most essential thing we will ever put in our bodies and is fundamental to maintaining vital health.

The hydration rate of water is the amount of water that is absorbed by individual cells. Higher rates of hydration mean much superior and faster metabolic processes are occurring within the cell, making it better able to flush toxins and move nutrients and essential minerals to where they are needed. The structure of the water molecule is significant in this process. Therefore, it is imperative to know the hydration rates of different types of water.

Distilled and reverse osmosis water is lifeless and worthless with a hydration rate of only 10%, the Wellness Filter has a hydration rate of over 60% and the Water Vitalizer Plus has an exceptionally rapid hydration rate of over 80%. When the Wellness filter is used together with the Water Vitalizer the overall hydration rate is an astounding 95%. This makes it far quicker and easier for the body to maintain a natural alkaline balance.

## Diet, Food Combining and pH

The reason for proper food combining is to simply make digestion easier and more efficient! If your food does not break down through the enzymes provided by the fresh and raw food in your body, then putrefaction (rotting and decay) will take place. The result? Your body absorbs its own toxic wastes before they can be eliminated and it doesn't receive the vital nutrients it requires to keep a healthy pH level.



When you try to do two things at once the tasks are usually rushed and incomplete. This also applies to your digestive process. If you combine the wrong foods together in a single meal, your body is required to process incompatible food substances at the same time. This results in "incomplete digestion", discomfort and putrefaction. Eating your meals as if they were a smorgasbord leads only to poor health and chronic illness.

Food breaks down in the body with the aid of enzymes or bacteria. Enzyme and Probiotic breakdown is the natural course. Bad bacterial breakdown creates toxic gases which manifest in the body as bloating, burping, flatulence, Candida, fatigue, headaches, constipation, diarrhea, low back pain and so on. If you are going to eat more than one food during a meal: you can greatly improve digestion (and avoid indigestion) by eating foods that are compatible. This is what food combining is all about.

Improper food combining leads to many health problems that can upset the body's pH balance. If your diet consists of typical North American foods that are high in starch, fat and sugar, your pH will be tend to





be way on the acidic side. German researchers put otherwise healthy adults on a typical fast-food diet. They found, not to anyone's great surprise, that there were increases in calcium and magnesium loss in the urine. What was really amazing was that they found significant increases in the stress hormone, cortisol. Elevated levels of cortisol are associated with inflammation, oxidative stress, increased propensity to develop abdominal fat, cardiovascular disease and mood alterations such as depression.

So what happens to our health when we eat this crap? In order to neutralize the acid that's being formed in the bloodstream, the body sets off an alarm saying, "I need buffers or I will die." Bicarbonate, potassium, magnesium and calcium act as buffers and the largest reservoir of these buffering agents is our bones. So the body takes what is in storage there to help neutralize the blood so it can survive the day.

The food combining classification does not necessarily indicate how a particular food will affect the body's acid/alkaline balance. It is central, though, in learning how to avoid

the health problems caused by incomplete digestion. Total and efficient digestion is very important.

There are other criteria that determine whether or not a food is going to be acid or alkaline once digested. One of those criterion is how much potassium it contains. For example, you would think that citrus in orange juice would make it very acidic, but it's actually not so once in the body. It acts as an alkaline helping food because it has a fair amount of potassium in it. The other thing that dictates whether or not something is acid or alkaline is how much bicarbonate it has. Dark green leafy vegetables have plenty of bicarbonates, and those are very alkaline for the body. As well, you also have to think about how much protein you eat; proteins promote acidity in the body. Three factors, potassium, bicarbonate and protein determine whether a food will be acid or alkaline.

Please refer to our other articles and Food Combining Chart as well as our Acid Alkaline Food Chart for more information on this subject. It is possible to change the body's pH through a healthy diet but your mom was right. You have to eat your veggies.

### pH and Detoxification

Cleansing the body is an essential and necessary part of each and every health program. Therefore, detoxification is a

key aspect for you to remain healthy. The body needs to have the complete arsenal of resources, especially the most abundant ones in our environment. Calcium is an extremely plentiful mineral and is probably the most abundant mineral in the body. It's required for the body to support itself on an ongoing basis and to detoxify its cells. As well, oxygen is needed in an alkaline environment to support energy production.

When your body is overwhelmed by toxins, some of the poisons disturb the natural use of oxygen. This is another factor that promotes acidosis. The hindering of oxygen usage forces the body to slide into an unhealthy acidic state. To stop this process, you need to supply the body with the minerals it needs such as coral calcium to support the detoxification programs. You also need to be using an enhanced hydrating water, fiber, vitamins and other minerals.

### pH and Far Infrared Heat

One of the best ways to help your body to maintain a healthy acid/alkaline balance is through the use of a Far Infrared Sauna. As stated above, toxins hinder oxygen usage and force the body into an unhealthy acidic



state. Unfortunately the human body has no previous experience with these toxins and there are few natural mechanisms within our bodies except for perspiration to break down and eliminate them. Perspiration effectively eliminates most toxins naturally through the skin by sweating. Far Infrared Heat (FIR) helps this natural process by stimulating the sweat glands. As well, increased blood circulation caused by the FIR heat further stimulates those glands thereby releasing more built-up toxins and waste.

Some chemicals readily dissolve in water, while others dissolve only in oil bases. Oil soluble toxins therefore have a tendency to accumulate in body fatty tissue or lipids, which are also insoluble in water. Perspiring requires a large amount of energy and one consequence of this powerful force is that fat becomes water soluble and the body excretes it along with the toxins that were trapped as sweat.

Daily sweating helps detoxify the body as it rids itself of an accumulation of potentially carcinogenic heavy metals as well as alcohol, nicotine, sodium, sulfuric acid, cholesterol and other chemical contaminations. FIR heat such as in



an Aesta Sauna Dome is a central tool in the effort to naturally preserve a healthy acid/alkaline Ph equilibrium. FIR heat also helps to relax you and relieve daily stresses which can negatively affect your pH level.

### Testing Your Body's Acidity or Alkalinity:

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. Acids leave the body through the urine, so it should be slightly acidic. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

This will give you a good indication of your overall health but it must be clearly understood that when you test urine or saliva pH, it is not telling you what the pH of the body is. What it is telling you, though, is the overall burden that the body is imposing on non-critical fluids for buffers to keep blood at a healthy pH of 7.4

Once again, a fit body and sound mind are

your most important assets and a healthy lifestyle is the only way to attain and sustain that goal. You have to make the changes necessary to live a longer, happier and healthier life. Those changes are not hard; simply educate yourself and follow some easy strategies for lasting health. In other words, give your body what it needs; healthy water, clean air, good food, proper supplementation, moderate exercise and sufficient rest. When a normal acid/alkaline Ph equilibrium is maintained, most diseases cannot exist. Be proactive and focus on maintaining your good health.

If you need assistance, the Wolfe Clinic's Natural Health Practitioners and knowledgeable product specialists are there to help you make the right choices. Your questions or concerns are promptly answered via email or phone.

The Wolfe Clinic has over 28 years of successful practice and experience in creating successful health programs.

Make sure to visit our web sites at:

[www.TheWolfeClinic.com](http://www.TheWolfeClinic.com) or  
[www.ShopTheWolfeClinic.com](http://www.ShopTheWolfeClinic.com)

As well, be sure to read the "Spoiled Rotten" and the "Reclaim Your Inner Terrain" booklets and look at the Food Combining and Acid Alkaline Charts.

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