



Acid-A-Cal

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Information For Nutritional Alkalosis And Calcium Dysfunction

For the body to function properly, a particular acid-alkaline balance must be maintained. If the system becomes chronically over-alkaline, a condition called alkalosis occurs. Alkalosis can cause sore and aching muscles, creaking joints, bursitis, bone spurs, edema (especially swollen hands), allergies, menstrual problems, hyperventilation and vomiting.

Mild symptoms which can be precursory are restlessness, excitability, numbness. and prickling sensations, Persistently strong alkaline urine should cause concern.

Biochemically a high pH (high alkalinity) tends to throw calcium out of solution in the body fluids. The resulting low calcium bicarbonate, blood calcium, appears to be responsible for the alkalosis symptoms.

Alkalosis starts in the gastrointestinal tract when foods are not properly digested. In the colon an alkaline medium encourages the growth of strap bacteria and kills the beneficial bacilli in the mucus of the colon walls. This protective mucus is sloughed off allowing toxins accumulating in the colon to pass through its walls into the bloodstream. One of these colon-released toxins is guanadine, a fatigue and tissue poison which is the most potent alkaline substance known.

The toxins back up in the blood vessels, the liver becomes congested and in order to continue its functions, it throws the toxins into the circulatory system. When the red blood cells, which operate as oxygen carriers, move up to the lungs, they are so toxic that they are unable to pick up

the necessary oxygen which is needed to recycle lactic acid produced in the muscle cells. This leads to the sore and aching muscles and eventually the other symptoms listed in the first paragraph of this report. Toxic blood also irritates the nervous system, causing neuritis and headaches.

Eating too many foods which have an alkaline metabolic reaction, excessive use of antacids, chronic constipation, a lack of hydrochloric acid in the stomach and a deficiency of chloride ions (which can be caused by prolonged salt restriction in the diet) all contribute to alkalosis.

The obvious answer to alkalo-



sis is to restore proper acidity to the body. Now there is a formula which can do exactly that.

A possible formulation of nutrients that could be employed successfully is listed below:

- Calcium Chloride*1.5 gr
- Raw Kidney Tissue*.....30 mg
- Betaine Hydrochloride*..1.5 gr
- Calcium Phosphate*1.4 gr
- Ammonium Chloride* 1.5 gr
- Vitamin C/Rose Hips*...50 mg
- Citrus Bioflavonoids* ...30 mg
- B6*.....25 mg
- Magnesium*

Glycerophosphate.....5 gr

Clinical studies have shown this combination to be practically 100% effective in cases of alkalosis. The formula works together to provide the chloride ions, hydrochloric acid and minerals which the body needs to heal itself.

Ammonium chloride is

found naturally in the gastric juice. Ammonium chloride has been found useful in bronchial affections, liver congestion, pelvic cellulitis, rheumatism, gout, sciatica, and chronic glandular enlargement. It is effective with alkalosis because it decomposes into ammonia and hydrochloric acid in the blood. The ammonia becomes urea and the acid is available to lower alkalinity.

Calcium chloride seems to be synergistic with ammonium chloride. It is a form of calcium found in arrowroot starch and sea water. It has been found effective with hay fever, asthma, albuminuria, nephritis, arthritis, and eczema. These effects can be contributed to the acidifying potential of the calcium chloride.

Hydrochloric acid deficiency is very often not recognized as such and is treated as over-acidity which creates further alkalinity. As we grow older, our hydrochloric acid production decreases. In fact at age 65, we have only 15% of the hydrochloric acid we produced in our youth.

Since there are many people whose diets consist chiefly of refined and processed foods, this acid deficiency has become very common. Without hydrochloric acid, we are unable to digest protein. This results in protein starvation and toxic illness from the inevitable protein putrefaction.

If the hydrochloric acid deficiency is recognized for what it is and not treated as over-

acidity, then the digestive problems will cease.

Calcium phosphate and magnesium glycerophosphate are calcium and magnesium as acids. The body needs both of these minerals but cannot tolerate them in their usual alkaline form. Calcium cannot be assimilated in an alkaline gastro-intestinal tract.

Although the adult human has only twelve quarts of blood, because of circulation, the kidney filters over 4,000 quarts daily! This remarkable organ has three functions: 1) to prevent dehydration, 2) to throw off wastes, and 3) TO KEEP THE BODY FROM BECOMING ACID OR ALKALINE.

The kidneys regulate the pH of the blood just as the pancreas regulates blood sugar levels with insulin. For this reason it is of great importance that any remedy for irregular pH balance provide for normal kidney function. "Raw" kidney tissue is very potent to enrich the nutrient environment of the kidney and to enhance its function.

Calcium is also important to normal kidney function and if it is not supplied, it is drawn from the body structure itself and so used causes the kidney tissues to become calcified. Vitamin B₆ is necessary for calcium metabolism. If both B₆ and magnesium are inadequate, the kidneys are further damaged with as much as 3/4 of the kidney being replaced with scar tissue.

Over-stressed kidneys can

lead to a vitamin C deficiency and huge amounts of vitamin C and bioflavonoids have been given to persons with severe kidney damage. Dr. Alan Nittler reports favorable results with bursitis as well as calcium management with vitamin C and bioflavonoids.

The importance of this combination of substances cannot be overemphasized. The desired results will not be obtained by using any of the substances separately

Nitrazine paper can be used at home as an indication of the acid-alkaline base of urine.

Often times the acids formed by foods which are not digesting correctly, called fermentation acids, or foods which are seemingly acid but actually metabolize alkaline ash residues (citrus fruits and tomatoes are in this category) give us heartburn and cause us to think that we have an acid stomach condition. Commonly, we will take milk of magnesia or sodium bicarbonate both alkaline substances, which will give us immediate relief. Unfortunately, this relief is only temporary. These preparations ultimately neutralize what little hydrochloric acid may be present and aggravate the alkaline condition by making the system even more alkaline.