

Baking Soda (Sodium Bicarbonate)

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Sodium bicarbonate is a natural occurring mineral salt with alkalizing properties. Not only is baking soda good as a baking agent, deodorizing and cleaning substance, it also has potent medicinal properties. Taken internally, it helps maintain the pH balance in the digestive system and the bloodstream. Maintaining the proper pH balance strengthens the immune system, assisting the body in staving off organisms that can result in ill health.

Sodium bicarbonate is well known to assist in the treatment of colds and flu. What is lesser known is its ability to neutralize the pH of individual cells. What this means is that cancer cells, which cannot survive in an alkaline environment, can be eliminated in a very short time! See the amazing results of two pioneering doctors who have been using sodium bicarbonate and other natural minerals to cure a variety of ailments.

Marc Sircus, Ac., OMD

Director of International Medical Veritas Association <http://imva.info>

In his book *Winning the War on Cancer*, Dr. Sircus writes: "Sodium bicarbonate is the time honored method to 'speed up' the return of the body's bicarbonate levels to normal. Bicarbonate is inorganic, very alkaline and like other mineral type substances, supports an extensive list of biological functions. Sodium bicarbonate happens to be one of our most useful medicines because bicarbonate physiology is fundamental to life and health."

Most people who take chemotherapy die as a result of the ingestion of the toxins. Dr. Sircus believes it is possible that any improvements from chemotherapy may be a result of the sodium bicarbonate in the formulation.

Dr. Simoncini, oncologist (cancer specialist), www.cancerfungus.com

Dr. Simoncini was ousted from the medical community when he refused to use conventional cancer treatment methods and elected instead to administer sodium bicarbonate. This despite the fact that he's been able to show that 99 percent of breast and bladder cancer can heal in just six days, without the use of surgery, chemotherapy or radiation.

Balance your pH with Baking Soda

"Baking soda is helpful for alleviating allergies, anxiety, colds, fatigue, infections, memory loss, osteoporosis, weight gain, and much more," writes Susan Lark, M.D., in *The Doctor's Treasury of New Healing Choices*.

Baking soda helps balance bodies that are over-acidic. Toxins in foods, the environment, stress, emotional upset, and eating a high ratio of acidic foods all contribute to an imbalanced pH. Good health comes as a result of maintaining a proper pH balance. Food consumption in a ratio of 80% alkaline forming foods such as most fresh fruits and veggies and 20% acid forming foods such as meats and grains will help your body maintain a proper pH balance.

When you've binged on junk food or are already suffering from physical ailments, you can use baking soda to help get you back on track. Dr. Lark suggests mixing ¼ - ½ teaspoon of baking soda in a glass of pure mineral or spring water twice a day, either in the morning or in the evening at bedtime (notice which dose makes you feel best). Lark maintains that you will ward off colds, flu and allergies because these illnesses grow in acidic conditions in the body, but not in alkaline pH bodies!

Also, your bones will become stronger because over-acidic conditions pull alkaline minerals such as calcium from your bones. You will have increased energy, more stamina, better digestion, sharper thinking and better sleep and reduce your risk of other diseases such as cancer simply by balancing your body pH.* I recommend using aluminum free baking soda, such as Bob's Red Mill.