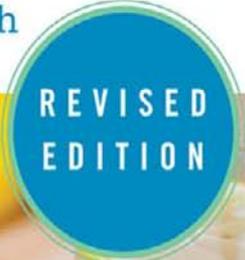


“Kliment’s explanation of what causes acid-alkaline imbalance rings true. And her solution to the problem is ingenious.” —Nathan Somberg, M.D.

The Acid Alkaline Balance Diet

An Innovative Program That Detoxifies
Your Body’s Acidic Waste to Prevent Disease
and Restore Overall Health



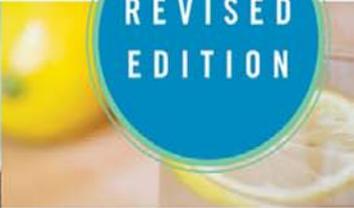
REVISED
EDITION



Find new information
about heavy metals and
alternative treatments



Discover
your unique
metabolic type



Learn which foods
and supplements
reduce acidic waste

Felicia Drury Kliment

The Acid Alkaline Balance Diet

REVISED EDITION

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Your Body's Acidic Waste to Prevent Disease
and Restore Overall Health

Felicia Drury Kliment



New York Chicago San Francisco Lisbon London Madrid Mexico City
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INTRODUCTION

A Personal Odyssey

It took me twenty years of researching, writing, and consulting in the field of alternative health before I found the common denominator in all degenerative disease: acidic waste. These wastes are largely the by-products of the food we eat. Wherever acid waste accumulates, it causes nearby organs to malfunction and degenerate.

Before I ever became aware that acidic wastes could cause serious health problems, I was unknowingly devising simple strategies to reduce the toxic acid levels in my body. After a stressful day at work, I would take a hot bath—unusual for me, as I am a confirmed shower taker—or drink some hot milk. I later learned that hot baths and hot milk reduce excess acidity in the urine, and this has a calming effect on the nerves. A remedy I used for an upset stomach was an ice pack. It gave me relief within seconds. I read later in the medical journal *Lancet* that cold temperatures stimulate the production of antihistamines—as the name implies, they destroy histamines, which are the cause of allergic reactions.

Yet if you had asked me at the time if elevated acid levels were dangerous to health, I would have denied it. Despite being knowledgeable about the physiology of the body, I knew nothing about hyperacidity. After all, my mother had had acid indigestion all her life, and she died at the age of ninety-eight, still able to live by herself. Whenever she had a stomach upset, she used an old folk remedy handed down from her mother: one-eighth teaspoon each of bicarbonate of soda, spirits of

ammonia, and essence of peppermint. The alkalinity of the ammonia, bicarbonate of soda, and peppermint neutralized the acidic residues in her stomach—the by-products of foods not adequately broken down.

While I was successfully (if unknowingly) treating my own symptoms of acidity, those who had come to me for advice on how to alleviate their health problems were not all so lucky. Some felt no better after they had taken my advice than before. An abundance of health foods, herbs, and vitamins had passed through their bodies and had no effect. Something was missing.

A Chinese acupuncturist friend gave me a clue. Aware of the ancient Chinese belief that all living and nonliving things were predominantly yin or yang, I asked her what these opposites actually meant. She answered, “Yin is acid; yang is alkaline.” This was exactly what I had learned in chemistry, namely, that all earthly elements were made up of different combinations of acid particles (positively charged protons) and alkaline particles (negatively charged electrons). It is the magnetic attractions and repulsions between these particles that cause atoms to form molecules, molecular chains, and ionic compounds, the building blocks of the body’s tissues and fluids. It follows that normal body function depends on the correct balance of acid and alkaline particles in the blood, lymph, enzymes, urine, and other body fluids. This was the factor that I had overlooked in the health problems of my patients.

I knew that the Chinese treated illness by using yin and yang herbs and acupuncture needles to bring about a balance in the body between these two opposing principles. I had a hunch that I could get even better results in restoring acid-alkaline balance in the body using diet and alkaline particles to rid the body of acidic wastes.

While acid and alkaline substances are both vital to life, acid favors the decomposition of living things, while alkaline (or base) prevents it. Examples of this are the corpses buried in the fourteenth century under the cathedral of Venzone in Italy. Some corpses have remained intact, while others have become skeletons. The dead bodies interred where the underground water contains a high concentration of alkaline-forming lime have become mummified, whereas the flesh of the bodies buried in places where the water is highly acidic has been eaten away by bacteria.¹

Once I came to understand the destruction that elevated acid waste levels in the body could cause, I made their removal my first priority in restoring health. The client of mine who perhaps benefited most from

my new approach was José, born in Peru and now living in New York with his family. He was sixteen when he began having pains in his abdomen. The doctors couldn't decide whether the pain came from an infected appendix or stones in the gallbladder, so to "play it safe," they had both organs surgically removed. Shortly after, José developed systemic lupus erythematosus (SLE), usually referred to as lupus, an autoimmune disease in which the internal organs are destroyed by the body's own immune system. The disease used to be fatal, usually within three years of onset. Now a combination of prednisone and chemotherapy keeps patients alive for a considerable period of time—unless the immune system is strong enough to overcome the toxicity of the chemotherapy and attacks the kidneys, which was the case with José.

José's immune cells had eaten holes in his kidneys. As a result, his kidneys leaked protein, which pooled in the lower part of the body and in the urine, causing his ankles and feet to swell and turning his urine brown. José had lost fifty pounds. Because it was obvious to his mother that he was losing his battle to stay alive, she asked me for help.

Although José had given up all soft drinks on orders from his doctor, his lupus indicated that he was suffering the aftereffects of having drunk six to eight bottles of cola a day, starting at the age of seven. Soft drinks, particularly colas, are said to be so acidic that José would have had to drink thirty-two glasses of water to neutralize a single glass of Coke! I suggested to José that he drink five glasses daily of an alkaline juice made from bitter and bland-tasting vegetables such as celery, spinach, bitter melon, lettuce, and zucchini squash to clear out the acidic wastes that had to have accumulated in his body from his soft drink addiction.

After only one week on this juice regimen, José began to show slight signs of improvement. Since the Coumadin (a drug also used as a rat poison) that the doctor had prescribed for a large blood clot in his leg had not dissolved the clot, I had José start taking 200 units of vitamin E a day, gradually increasing the dose to 1,600 units.

Three weeks after he started to take vitamin E, José's kidneys stopped leaking, the swelling in his feet and ankles was down, and his blood clot disappeared. José's lupus is now in remission.

José was the first of many individuals I advised who regained their health after the acid waste that was causing their illness was removed from their body. The successful outcome of this treatment in the vast

majority of cases has led me to believe that the removal of acidic wastes should be the first factor in restoring health.

Balancing acid-alkaline pH and preventing degenerative disease is possible under only one condition—when you have enough of the right kind of digestive enzymes to break down the food you eat, so there are no leftover food particles that turn toxic by acidifying.

The solution is to include in your diet only those foods that your digestive enzymes can handle. To find out what these foods are, take the Metabolic-Type Niacin Test (see Chapter 2). The results reveal whether your digestive requirements fit that of a meat eater, which means that you have too much stomach acid; a grain, fish, and fowl eater, a sign of too little stomach acid; or a balanced metabolism (you have normal quantities of acids and other kinds of digestive enzymes and therefore can handle all kinds of protein). As you'll see later on when we look at specific diseases in relation to acidic waste, eating based on your metabolic type is critical to preventing disease and restoring overall health.

The Health Benefits of a Metabolically Appropriate Diet

The most obvious benefit from eating foods that are digested well is a greater supply of food molecules available to the cells for carrying out their intracellular functions. Well-digested food also means fewer leftover food molecules that turn into acid waste. When acid waste in the blood is reduced, elevated stress hormone levels, such as estrogen and cortisol, return to normal and we feel calmer. Lowering acid waste also helps balance organ function. When all the organs are functioning at the same speed, healing is accelerated. Lowered acid waste levels provide other benefits as well. By keeping estrogen levels low—men also have estrogen, only in smaller quantities than women—oxygen is preserved. Disease prevention depends on this because oxygen destroys cancer cells and is essential to the cells' production of energy.

Perhaps most important of all, when acid waste levels have decreased to the point where the only acidic waste in the body is from normal cellular function, organs don't become inflamed and degenerate.

Part I of *The Acid-Alkaline Balance Diet* deals with the dangers of acid waste from undigested food and explains the different ways you can detoxify your body—whether the toxicity consists of acidified food debris, heavy metals, or man-made chemicals. It also reveals how you can prevent autoimmune disease.

In Part II, each chapter is devoted to a particular health problem and contains newly discovered nutritional supplements and foods that have a healing effect. There are also dozens of heartrending stories about individuals, who, by following the advice recounted in these chapters, have escaped a life of chronic illness and, in some cases, death.

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PART I

ACIDIC WASTES:
THE REAL CULPRIT
BEHIND
DEGENERATIVE
DISEASE AND
AUTOIMMUNE
DISORDERS

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HOW ACIDIC WASTES CAUSE DISEASE

Detoxification is even more important to longevity than good nutrition. French physiologist Alexia Carrell kept pieces of chicken heart tissue alive in a solution containing the same mineral levels found in chicken blood plasma for twenty-eight years.¹ The cells in the tissue stopped dividing and died out only when he stopped changing the solution, although he continued to place minerals in the solution in the same amount. The chicken heart cells, despite being provided with the necessary nutrients, could not carry on their metabolic activities because the fluid in which they were placed had become filled with acid wastes.

The environment of the human body cannot be so easily purified as the test-tube environment of Carrell's chicken heart tissue. The body's detoxifying organs—liver, lymph, immune system, kidneys, and lungs—were not designed to neutralize synthetic chemicals and heavy metal contaminants that have found their way into the body in recent years.

The hydrogenation of edible oils leaves behind traces of aluminum and nickel, and food additives contain remnants of such toxic heavy metals as cadmium, lead, mercury, and chromium. Mercury from dental amalgams and in canned tuna fish, the formaldehyde and mercury in vaccines, and the lead from car exhaust are just a few of the multitudes of toxins that have found their way into the body.²

The chemist Ray Peat, Ph.D., writes, "Heavy metals accumulate in the body at a faster rate as the body ages, and have an affinity for the

bones. Lead, in particular, replaces bone calcium. And heavy metals can trigger the onset of bone cancer by replacing the blood-making machinery in the bones. Some materials such as chelators and EDTA (a mild acid used in chelation) move metals from the bones to the brain where they are more destructive.”³

Fortunately there are ways we can help the body reduce its store of heavy metals and synthetic chemicals. A juice made with vegetables high in alkaline minerals such as celery and parsley can neutralize heavy metals in the lungs. Lemon juice in water before breakfast is an effective detoxifier of heavy metals in general. With its heavy concentration of negatively charged ions, the lemon in the water bonds with positively charged metal molecules and neutralizes them. Once neutralized, the body has no problem eliminating them.

Mineral supplements are also helpful in reducing heavy metals. Calcium, iron, and copper lower lead levels; vitamin C, zinc, and selenium remove mercury from the body; and zinc, copper, and iron reduce cadmium levels.

The body has another means of eliminating some of the potent acids that leach out of pesticides, heavy metals, and food debris and settle in the blood. But this system does not eliminate them. It just gets them out of harm’s way. When the body’s slightly alkaline blood pH is threatened by the acidity of these foreign intruders, the body binds them with

ANN LOSES WEIGHT AFTER SHE GIVES UP HORMONE-FED BEEF

Avoiding foods that contain additives can yield health benefits. Ann, a client of mine, was addicted to meat when she lived in the United States, but when she moved to Mexico where the cattle’s only source of food is grass, she lost her craving. Ann had weighed 30 pounds more when she ate meat from hormone-fed, U.S.-raised steer than she does now on a diet of hormone-free beef. Her experience is an example of the accelerating effect of hormones on appetite, and the increase in weight that results from it.

calcium, an alkaline mineral, and deposits them as far away as possible from the circulating blood.⁴

As we age, the wastes in our bodies accumulate in such great quantities that the body is unable to dispose of them, so they calcify. By the time most people reach the age of fifty, they have acquired a few enlarged knuckles, calcium spurs in the heel, and calcified deposits on the vertebrae and in muscle tissue. These calcium deposits can be painful but are not life-threatening.

Acidity and Cardiovascular Disease

Acidic wastes are not always rendered less harmful by being safely entombed in calcium deposits. When the body's acidic load becomes too large, some acid particles remain in the blood. They trigger the onset of cardiovascular disease by making scratches and bumps on the inside walls of arteries. These injuries are "bandaged" over with cholesterol, triglycerides, calcium, and other wastes. Of course, the higher the cholesterol and triglyceride levels, the thicker the "bandage" and the narrower the arteries.

A high cholesterol level is not the underlying cause of hardening of the arteries. Cholesterol and other thick, sticky substances cannot adhere to vessel walls that are smooth. Only after the arterial vessel walls become pitted and scratched by acid particles are fatty plaques able to stick to them.

Narrowed arteries are dangerous for two reasons. Fatty plaques are more likely to become detached from vessel walls and trigger the formation of blood clots, which travel through the bloodstream to the brain and cause strokes. They also raise blood pressure, increasing the likelihood of heart attacks and strokes.

That the injury of arterial walls by acid particles is the major cause of high blood pressure is strongly indicated by the clinical studies of Dr. Kancho Kuninaha, who successfully lowered the blood pressure of many of his patients with alkaline water.⁵ Normalized blood pressure readings indicated that the arteries had opened up, and the alkaline particles in the water had removed the fatty plaques and acidic wastes from the arterial walls.