



SODIUM BICARBONATE



Also Known as Baking Soda
(Not Baking Powder)

Arm and Hammer or Bob's Red Mill
(Both are Aluminum free)



"The pH level of our internal fluids affects every cell in our body. Chronic over acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions. In other words, over acidity interferes with life itself. It is at the root of cancer." - [Rich Man's Poor Man's Cancer Treatment](#)

"Sodium bicarbonate is the least expensive, safest and perhaps most effective cancer medicine there is. Sodium Bicarbonate is a nothing to lose everything to gain treatment for cancer." - [Rich Man's Poor Man's Cancer Treatment](#)

Table of Contents:	SODIUM BICARBONATE: RICH MAN'S POOR MAN'S CANCER TREATMENT: INTRODUCTION
	SODIUM BICARBONATE: GENERAL INTRO
	SODIUM BICARBONATE AND PH MEDICINE
	BEGINNING SYMPTOMS OF ACID CONDITIONS
	HOW TO USE SODIUM BICARBONATE
	SODIUM BICARBONATE PRODUCTS
	ARM AND HAMMER BAKING SODA COMPANY
	SODIUM BICARBONATE: WARNINGS AND CONTRAINDICATIONS
	BICARBONATE AND RAPID PH SHIFTS
	IN THE KITCHEN AND HOUSE WITH BICARBONATE

See also: [Cancers](#)
[Candida](#)

Arthritis
Depleted Uranium
Radiation and Radioactivity
Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)
Chronic Fatigue Syndrome (CFS)

Books: [*Sodium Bicarbonate: Rich Man's Poor Man's Cancer Treatment* by Dr. Mark Sircus](#)
[*Cancer is a Fungus* by Dr. Tullio Simoncini](#)

Articles:

Websites: **Main Bicarbonate Info from Dr. Sircus**
<http://sodiumbicarbonate.imva.info/>
Administration Methods for Sodium Bicarbonate
<http://sodiumbicarbonate.imva.info/index.php/administration-methods/>

Audio/Video: **Sodium Bicarbonate and Cancer Treatment: Mark Sircus**
<http://www.youtube.com/watch?v=oHgvhcNN7mE>

Publications:

Organizations:

People: **Dr. Mark Sircus**
Dr. Tullio Simoncini

Integral Nutrition: **Sodium Bicarbonate for Acid/Alkaline Balance**
Cancer is a Fungus: Use Bicarbonate

Conventional: **Sodium Bicarbonate *is conventional*... but what we know about it and multiple health challenges... there is some new data**

Terms:

SODIUM BICARBONATE: RICH MAN'S/POOR MAN'S CANCER TREATMENT - INTRODUCTION

Source: [*Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment* by Dr. Mark Sircus](#)

Table of Contents

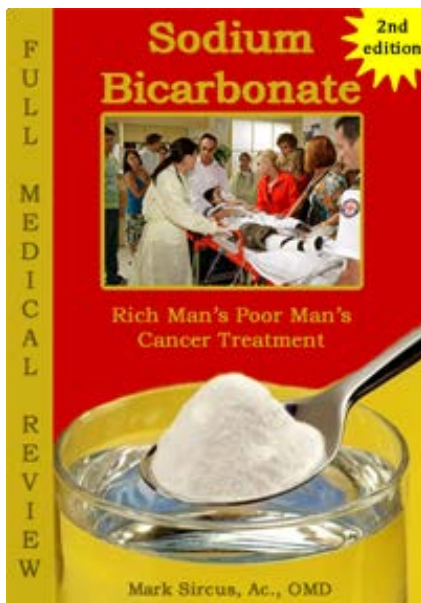
- Preface
- Second Edition
- Wonder Drug
- Baking Soda -Every Cancer Patients Best Friend
- Cancer Intelligence
- A New Paradigm in Medicine
- Pancreas, Bicarbonate and Diabetes
- Diabetes and Cancer
- Cancer, Diabetes and Fungi Infections
- Radiation Medicine and Sodium Bicarbonate
- Reducing Radiation Damages with Bicarbonate
- Sodium Bicarbonate and Cancer
- What Do the Detractors of Bicarbonate Say?
- Oral Vs Intravenous
- Bicarbonate (Baking Soda) Cancer Treatment
- Sparkling Water's Chemistry
- Carbon Dioxide
- Nebulizing Bicarbonate and other Medicinals
- Sodium Bicarbonate - Product Quality and Cost
- Warnings and Contraindications
- Sodium Bicarbonate as an Antiseptic
- Sodium Bicarbonate and pH Medicine
- Using Sodium Bicarbonate
- pH Controls Key Cellular Pathways
- Arm & Hammer Soda Company -Using Bicarbonate Against the Swine Flu
- Still Alive and Well - Confirmed Bicarbonate Cancer Cure
- Kidney Disease
- Sodium Thiosulfate
- Life and Death - Oxygen and Cancer
- Emotions, Oxygen and Acid

Part Two – First Edition

- Rich Man's Poor Man's Cancer Treatment
- Bicarbonate and Rapid pH Shifts
- To Health Practitioners and Physicians
- Sodium Bicarbonate
- Pain Relief from Oral Bicarbonate
- Indications from Unlikely Places
- Foundational Bicarbonate Physiology
- Magnesium Bicarbonate
- Beating Back Late Stage Infections with Sodium Bicarbonate
- Oral Dosages of Bicarbonate
- Bicarbonate Maple Syrup/Black Strap Molasses
- Other Oral Bicarbonate Treatments
- Bicarbonate and Stomach Acid

- The pH Story - Acid Death Vs Alkaline Life
- Oral Cancer, Mercury and Periodontal Disease
- Sodium Bicarbonate Basics
- Why Bicarbonate and Why Not A Pharmaceutical Antifungal
- Systems Biology & Medicine
- Understanding the Condition of Cancer
- The Cancer Microbe
- The Simoncini Treatment of Cancer
- Yeast and Fungi Invaders
- Tough Little Creatures
- Pathogen Differentiation and Infectious Processes
- Cancer and Heavy Metals
- Magnesium the Lamp of Life
- Medical Marijuana and Cancer
- Cannabinoid System
- Bowel Tolerance Dosages
- Natural Supplementation
- Combining Oral with Transdermal
- To Patients about Emotions in Cancer
- In the Kitchen and House with Bicarbonate
- Product Sources

INTRODUCTION TO FIRST EDITION: *RICH MAN'S POOR MAN'S CANCER TREATMENT*



This book is about the application of the least expensive, safest and perhaps most effective cancer medicine there is. Sodium bicarbonate cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells while dramatically reducing the brutal side effects and costs experienced with standard chemotherapy treatments.

The costs, which are a factor for the majority of people with cancer, are basically zilch. That's the only problem with this treatment - it is too cheap. No one is going to make money from it so no one will promote it. Those that do will be persecuted for it. The trouble with doing new studies on bicarbonate is that they are expensive and no drug company is going to fund a study when they can't profit from the treatment.

One pound of sodium bicarbonate from one of the best sources is \$2.61 plus shipping but you can get the same high quality at your supermarket even cheaper. For \$2.61 or less one has a nothing-to-lose-everything-to-gain-cancer-treatment. None of us dreamed that sodium bicarbonate has been part of

orthodox oncology included in many chemotherapy protocols to protect the patient's kidneys, hearts and nervous systems.

On top of everything bicarbonate is a world class anti-fungicide and could be responsible for the few cures allopathic oncology manages to come up with. This book puts oncologists in a very compromising situation. They are using extremely dangerous poisons and bicarbonate at the same time claiming it is the poisons that are helping when this book is more than suggesting it is the bicarbonate that is doing the heavy work. Worse for them, there are no studies separating the effects of bicarbonate from the toxic chemotherapy agents nor will there ever be. Administration of many forms of chemotherapy without bicarbonate would probably kill patients on the spot.

We are also talking about an exceptionally safe medicine when we talk about bicarbonate.

Chemotherapy drugs and corticoids reduce the bone marrow production of cells. In addition, these drugs damage the integrity of the skin tegument, and of the respiratory and gastrointestinal tracts, facilitating the penetration of microorganisms into the host. Bicarbonate does none of this.

Sodium bicarbonate is used prior to, during, and after application of chemotherapy.[1]Some studies actually have already shown how manipulation of tumor pH with sodium bicarbonate enhances chemotherapy[2]pointing to the appropriateness of using bicarbonate as a principle medicinal substance with the potential of curing people of their cancers.

Since the very beginning sodium bicarbonate has been used with the premier chemotherapy agent made from mustard gas. Mechlorethamine also known as chlormethine, mustine, nitrogen mustard and HN2 and sold under the brand name Mustargen was the prototype anticancer chemotherapeutic drug. Use of mechlorethamine gave birth to the field of anticancer chemotherapy. Without baking soda orthodox oncology would never have been able to establish itself for all their patients would probably have died.

You will also be given lots of fluids (as a drip) and a drug called mesna with your cyclophosphamide to help prevent bladder irritation. Sodium bicarbonate will be given to you – usually as a drip – before and during your methotrexate treatment, to help protect your kidneys.[3]

These chemo drugs are an analogue of mustard gas and were derived from chemical warfare research. Instructions for their use include: Dilute well with rapidly running IVF flush solution. After infusion is complete, give brisk bolus approx. 200 cc IVF to flush veins. The basic substances used in IVF flushes are sodium thiosulfate[4]and sodium bicarbonate. Without the bicarbonate and thiosulfate buffers patients would quickly succumb to the chemo poisons. It's a picture right out of hell using mustard gas instead of something vastly safer.

Sodium bicarbonate, potassium chloride, and calcium chloride are used to maintain pH and electrolytes within normal values in intensive care units.

On the other hand cancer treatments, including the most commonly used chemotherapy agents as well as the newest biologic and targeted therapy drugs, can harm a patient's heart - sometimes fatally.

Cardiologists at The University of Texas found in their review of 29 anticancer agents that there is no

class of cancer drug that is free of potential damage to the heart. It is the organ that seems to be most sensitive to toxic effects of anticancer agents. Even the newest targeted therapies, designed to attack only cancer cells, can cause cardiotoxicity.[5]

Bicarbonate ions and water are two of the most natural compounds on Earth.

We do not have to fear bicarbonate intake. And in fact, people who live in areas of the world with high amounts of bicarbonate in their drinking waters have a striking decreased mortality rate and a decreased prevalence of disease. Sodium bicarbonate, though often used as a medicine, is unlike pharmaceutical compounds. It is a natural non-toxic substance that does not require clinical trials for an assessment of toxicity. Spring waters contain bicarbonate ions which are coupled mainly with sodium, potassium, calcium or magnesium ions. A deficiency of bicarbonate ions in the body contributes to a range of diseases and medical conditions.

Sodium bicarbonate acts as a powerful, natural and safe antifungal agent,[6] which when combined with iodine, would probably cover the entire spectrum of microbial organisms. The efficacy of sodium bicarbonate against certain bacteria and fungi[7] has been documented. Its role as a disinfectant against viruses, however, is not generally known. Sodium bicarbonate at concentrations of 5% and above was found to be effective with 99.99% reduction viral titers on food contact surfaces within a contact time of 1 min.[8] Throughout this book we will see reports of doctors using bicarbonate to defeat fungal infections.[9] But it was not until Dr. Simoncini came along though that the concept arose that what these doctors were unknowingly doing was cutting down the fungal fields of cancer.

Not only is it good for diaper rash it can also kick the teeth out of just about any cancer when used appropriately.



This logo of the Arm & Hammer baking soda is not a joke. Sodium Bicarbonate is just as advertised, it comes into any job you use it for just like a muscleman wielding a hardened mallet. It's good that it is strong! This book is telling you to take him into your own home and use him to kick butt on your cancer and you can do that without the help of your local oncologist.

Sodium bicarbonate is the last medicine in the world one needs to be afraid of.

Understand that it is perfectly legal to drink sodium bicarbonate or take a bath with one, two or three

pounds of it in your bath. Just don't tell your doctor you are treating your cancer with it until after your cancer is gone. Better yet, tell him you have carefully studied chemo pharmacology and have decided that the most effective element in most protocols for cancer is the bicarbonate.

Tell him that you have been doing it at home without his permission or authority while exercising your legal right to eat anything and everything sold in the supermarket for oral consumption. But under no circumstance tell your oncologist you are treating your child this way for they in all likelihood will call child protection services and have your child forcefully taken from you to that chemotherapy and radiation treatments can be applied.

Anyone can go to the supermarket and follow, in part, the instructions right on the box for maximum oral doses. Sodium bicarbonate is only classified as a medicine if it is in injectable form. Otherwise it is a legal food item found in every supermarket useful for literally hundreds of applications.

We can be thankful that oncologists have been using bicarbonate all along. They have established it as a consistent part of their cancer treatment protocol. The embarrassment to them is that they did not know about the real significance of bicarbonate in their treatments. They do not appreciate their dependency on it and what it is really doing for their patients. It is like they had a chemical genius chained and enslaved in the basement. Meanwhile upstairs, while sitting at their desks, they pretend bicarbonate is nothing more interesting than a saline solution or water. They end up giving the credit to their toxic treatments hiding as much as possible the terrible life threatening side effects, which they are diminishing as much as possible with baking soda.

The National Cancer Institute recommends that sodium bicarbonate for treatment of Oral mucositis, which is an inflammation of oral mucosa resulting from chemotherapeutic agents or ionizing radiation.[10]

Sodium bicarbonate is as safe as chicken soup (but please read the chapter on counter indications) and probably more effective than any other single element in any cancer protocol and it can be taken simply through oral administration and transdermally in baths making it a treatment for the masses as well as the elite who only want the best.

There are other substances like iodine, magnesium chloride and even THC (medical marijuana in oral form) which run neck and neck with bicarbonate's ability to confront cancerous tissues. And there are many other substances that should be used also to heighten effectiveness of treatment. THC, if legal, would cost little more than bicarbonate because it's a weed you can grow in our own backyard.

One also has to pay attention to the causes of cancer. One major cause is the high levels of mercury that come from dental amalgam and other sources like yearly flu vaccination shots, which mostly have mercury in them. God forbid you live anywhere downwind of a coal fired power station, a crematorium or even a municipal incinerator all of which put massive amounts of mercury into the air and nearby environments. This is a subject of a most important chapter later in this book.

Chelation of mercury is an absolute necessity and it is best to find the most natural ways of doing that. But when all is said and done nothing is easier then to pull down a box of Arm and Hammer off the shelves and start taking it orally to defeat your cancer. Nothing could be simpler and easier to start. There are many life saving cancer-busting substances like bicarbonate that are easily obtainable. One has to be crazy not to take more than several of them at the same time one is using the bicarbonate.

There is no reason to take chances or play Russian Roulette with one's cancer or life. Sodium bicarbonate is not a stand-alone cancer treatment though it has been used successfully that way. It is certain that sodium bicarbonate is a cancer treatment because it is used by oncologists and other personnel associated with the treatment of cancer victims. But, as in anything, there are limits to the bicarbonate's power. It will not, for instance, overcome ones' magnesium, iodine and selenium deficiencies.

A person still needs plenty of clean water and sun (vitamin D3). (See my 900 page book *Winning the War on Cancer* for a discussion of some of the issues including the Rising Tide of Mercury story and natural chelation methods. This work will also be presented in my upcoming book *Natural Allopathic Medicine*).

One of the most important things about magnesium chloride, iodine and bicarbonate is that they are not on Codex's list of controllable items.

Through all these years and multi-billion dollar cancer research projects we find out that it was probably the bicarbonate that has been saving cancer patients' lives. Certainly it saves some of the patients from oncology's madness in choosing deadly poisons. The choice of the word madness here is quite literally for several studies have shown chemotherapy drugs to do damage to the brain. It is going to come as a great embarrassment to oncologists to learn that the most basic substance in their chemo protocol – sodium bicarbonate – is not only the safest but the most effective item in their hands. It certainly will not give the patient "chemo brain," which can include suffering impaired concentration, memory loss, and even vision problems, dementia or seizures.

[1] SODIUM BICARBONATE 50mmol in each Liter of IV hydration fluid and/or SODIUM BICARBONATE 1000mg/m³ PO q6h. Post-Chemotherapy Treatments: Serum Methotrexate levels- 30 minutes after infusion ends; q12h intervals from the start of the infusion x 2; then at 0800H daily for at least one day. For HYDRATION: Continue IV fluid at 100-125mL/hour, to maintain urine output >60mL/hr. Measure strict in and out q1h x 24 hrs. For ALKALINIZATION: Continue pre-chemo alkalization for 24 hours after infusion ends. www.cancercare.on.ca/pdfchemo/hdmtx-osteopdf

[2] Enhancement of chemotherapy by manipulation of tumour pH. Raghunand N, He X, van Sluis R, Mahoney B, Baggett B, Taylor CW, Paine-Murrieta G, Roe D, Bhujwalla ZM, Gillies RJ. Arizona Cancer Center.

[3] www.cancerbackup.org.uk/TreatmentsChemotherapy/Combinationregimen/Hyper-CVAD

[4] This drug is HIGHLY TOXIC and both powder and solution must be handled and administered with care. Inhalation of dust or vapors and contact with skin or mucous membranes, especially those of the eyes, must be avoided. Due to the toxic properties of mechlorethamine (e. g., corrosivity, carcinogenicity, mutagenicity, teratogenicity), special handling procedures should be reviewed prior to handling and followed diligently. Extravasation of the drug into subcutaneous tissues results in a painful inflammation.

The area usually becomes indurated and sloughing may occur. If leakage of drug is obvious, prompt infiltration of the area with sterile isotonic sodium thiosulfate (1/6 molar) and application of an ice compress for 6 to 12 hours may minimize the local reaction. For a 1/6 molar solution of sodium thiosulfate, use 4.14 g of sodium thiosulfate per 100 mL of Sterile Water for Injection or 2.64 g of anhydrous sodium thiosulfate per 100 mL or dilute 4 mL of Sodium Thiosulfate Injection (10%) with 6

mL of Sterile Water for Injection.

[5]The study was funded by the Department of Cardiology at M. D. Anderson Cancer Center. Co-authors include Michael Ewer, M.D., Ann Tong, M.D., Daniel Lenihan, M.D., S. Wamique Yusuf, M.D., Joseph Swafford, M.D., Christopher Champion, M.D., Jean-Bernard Durand, M.D., Harry Gibbs, M.D., and Alireza Zafarmand, M.D. www.news-medical.net/?id=2919

[6]There has been considerable interest in the use of baking soda (sodium bicarbonate, NaHCO₃) and potassium bicarbonate (KHCO₃) to control powdery mildew and other fungal diseases of plants. The use of baking soda as a fungicide is not a new idea. In Alfred C. Hottes' A Little Book of Climbing Plants, published in 1933 by the A.T. De La Mare Co. of New York, mention is made of using one ounce of baking soda per gallon of water to control powdery mildew (PM) on climbing roses. The author credits the idea to a Russian plant pathologist, A. de Yaczenski. In the August, 1985 issue of Organic Gardening magazine, a short article by Warren Shultz entitled "Recipe for Resistance" reports that researchers in Japan obtained effective control of PM on cucumbers, eggplants, and strawberries. They suggested weekly sprays of . ounce baking soda per gallon of water. An article in the June, 1990 issue of Greenhouse Manager magazine summarizes the results of three years of testing baking soda as a fungicide for roses. Cornell University researcher Dr. R. Kenneth Horst observed suppression of PM and blackspot—both major problems for New York rose growers. Roses were sprayed every 3 to 4 days with a water solution of baking soda and insecticidal soap. attra.ncat.org/attra-pub/bakingsoda.html

[7]Sodium Carbonate and Sodium bicarbonate were equal and superior to the other salts for control of green mold on oranges. Commun Agric Appl Biol Sci. 2007;72(4):773-7.

[8]International Journal of Food Microbiology. Volume 109, Issues 1-2, 25 May 2006, Pages 160-163. Virucidal efficacy of sodium bicarbonate on a food contact surface against feline calicivirus, a norovirus surrogate Yashpal S. Malik and Sagar M. Goyal. Department of Veterinary Population Medicine, College of Veterinary Medicine, University of Minnesota. **The virucidal efficacy of sodium bicarbonate was enhanced when it was used in combination with aldehydes or hydrogen peroxide.**

[9]Prof. Bernard Paul said, "I have used the baking soda to stop the spread of the "powdery mildew fungus" on the grapevine at a time when the disease was going out of control! It did not cure the grapevine but did stop the spread of the disease."

[10] www.cancer.gov/cancertopics/pdq/supportivecare/oralcomplications/HealthProfessional/page6

PREFACE

This book is going to come as a shock to the medical establishment, which is built on the foundations of increasingly expensive, dangerous and abusive treatments. The idea will be sorely resisted that something as inexpensive as sodium bicarbonate will outperform the most expensive pharmaceuticals. Across a wide range of disorders, including cancer and diabetes we find conclusive evidence and plenty of theoretical backing to suggest that sodium bicarbonate is a front line universal medicine that should be employed by all practitioners of the healing and medical arts for a broad range of disorders that are afflicting contemporary man.

When it comes to sodium bicarbonate it is an open and shut case. It is already in wide use and has

been for decades, even by oncologists who do not want their patients dropping dead too quickly because of the tremendous toxicity of their treatments. Sodium bicarbonate is used routinely to keep the toxicity of chemotherapy agents and radiation from killing people or from destroying their kidneys.

Millions of people around the world either consume bicarbonate ions in drinking water or have been treated clinically with bicarbonate in hospitals, medical centers, or emergency units for the prevention and treatment of clinical acidosis as well as numerous other conditions. Sodium bicarbonate helps to save countless lives every day.

Dr. Boris Veysman specialist in emergency medicine at the Robert Wood Johnson University Hospital in New Jersey describes one emergency room experience: "The emergency department is always noisy, but today the triage nurse is yelling "not breathing!" as she runs toward us pushing a wheelchair. A pale, thin woman is slumped over and looking gray. Without concrete proof of a "Do Not Resuscitate" order, there's no hesitation. Click, klang, and the patient has a tube down her throat within seconds. I do the chest compressions. On the monitor, she is flat-lining—no heartbeat. I synchronize my words with the compressions and call out for an external pacemaker. Pumping ... thinking: Cardiac standstill ... after walking in ... with cancer ... on chemo. This resuscitation isn't by the book. "Get two amps of bicarbonate," I say to the intern. The jugular line takes seconds, and I flush it with sodium bicarbonate. This probably will correct the blood's extreme acidity, which I suspect is driving up the potassium. The external pacemaker finally arrives. Potent electric shocks at 80 beats per minute begin to stimulate her heart. The vitals stabilize.[1]

Baking soda (sodium bicarbonate) lives up to the image on the Arm & Hammer's box; it is the ultimate heavyweight workhorse medicine that every healthcare professional and parent should be knowledgeable about and using on a routine basis. When combined with other strong but basic natural substances such as magnesium chloride and iodine, one has at one's fingertips a trinity of medical superheroes ready to perform scientific medical miracles in a single bound.

Sodium bicarbonate is a wonder drug and a friend, and it is a substance you want on hand in quantity, especially in today's times of economic and health hardships. It certainly qualifies as a survival medicine and in case of nuclear attack you will want quite a bit of it on hand to protect your family's kidneys and other sensitive tissues. You will want it on hand for more reasons than you can possibly imagine, so go out and buy 25 to 50 pounds of it. Did you know you can buy 50 pounds of it for less than 50 dollars?

Sodium bicarbonate lessens the development of polycystic kidney disease in rats. Chronic administration of 200 mM sodium bicarbonate to rats inhibited cystic enlargement and prevented the subsequent development of interstitial inflammation, chronic fibrosis, and uremia.[2]

We are talking about serious medicine when we talk about sodium bicarbonate. Earlier and more frequent use of sodium bicarbonate is associated with higher early resuscitability rates and with better longterm neurological outcomes in emergency units. Sodium bicarbonate is very beneficial during CPR.[3]

Sodium bicarbonate is a natural compound about which we all need to be well-versed because it is amazingly helpful in so many different areas. Whether practitioner, patient or parent, all should know how to wield the mighty muscle (the famous Arm & Hammer logo is the appropriate image for sodium

bicarbonate) of baking soda, knowing intimately its power and flexibility of application. Like magnesium chloride, administration possibilities are versatile: intravenous, oral, transdermal lotion and baths, via catheter; it can be vaporized directly into the lungs and can be used in enemas and douches.

This book is the first full medical review on the extraordinary properties and clinical uses for which this essential nutritional substance can be used. Speaking about superheroes and miracles might seem a little over the top to the orthodox mind, but the evidence indicates I am well within my rights (and reasonable mind) to use passionate words and images. Water is a wonder drug that we can also talk passionately about for it is guaranteed to give life or restore it when one is dangerously dehydrated. Bicarbonate has a similar commanding power over a central biological axis of life—the pH buffer system and thus the relative alkalinity of the body's tissues.

Bicarbonate is present in all body fluids and organs and plays a major role in the acid-base balances in the human body.

Bicarbonate deficiency is the most unrecognized medical condition on earth even though it is extraordinarily common. Problems from acid pH levels (relative deficiency in bicarbonate ions) take a large toll from human physiology and the more acid a person gets, the larger the problem for cell physiology. Every biochemical reaction is pH sensitive with enzymes being especially sensitive. Our diet plays an important role in maintaining appropriate pH levels in the body.

Most modern diets give rise to unhealthy acidic pH conditions. An imbalanced pH will interrupt cellular activities and functions to extreme levels, especially as pH drops further. Excessive acidic pH leads to cellular deterioration, which eventually brings on serious health problems such as cancer, cardiovascular disease, diabetes, osteoporosis and heartburn. The fact that the biological life functions best in a non-acidic (alkaline) environment speaks volumes about the usefulness of baking soda.

"I have used intravenous sodium bicarbonate therapy mostly as a naturopathic treatment for patients who consistently react to allergens or who have chemical sensitivities. This is a great therapy during the Vancouver allergy seasons of spring and fall. The alkalinizing sodium bicarbonate IV can often immediately stop an allergic reaction or asthmatic attack since such reactions cannot persist in an alkaline environment. Some of my patients also get benefit from taking an alkalinizing drink every night to reduce their chemical sensitivity symptoms," writes Dr. Eric Chan. "All of my Vancouver and Richmond patients have tolerated this therapy markedly well."

"Uniformly, increasing the alkaline buffer of the tissues of an ill patient makes him feel better. As mentioned above, this is particularly true in chemically sensitive patients and can actually be a "cure" in the sense that we are increasing the body's ability to react in a healthy way to noxious stimuli. If I use the intravenous sodium bicarbonate in such patients, it is usually given twice a week for a period of 4-5 weeks.

Sodium bicarbonate is a very effective way to directly improve cellular health by making the tissue more alkaline," concludes Dr. Chan.

Sodium bicarbonate loading and continuous infusion was associated with a lower incidence of acute renal dysfunction in cardiac surgical patients undergoing cardiopulmonary bypass.[4]

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, it 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. Being so helpful and elementary, it's even instrumental in helping sperm swim up and enter the cervical canal.[5]

It is not possible to be a fully educated medical professional without coming up to speed on vital medical information about sodium bicarbonate. This book is full of contributions from universities, hospitals and clinicians who have for decades been researching and using sodium bicarbonate for many medical applications. Baking soda is an essential medicine, and no emergency room or intensive care ward would be caught without it. This book represents a full medical review that combs through all corners of the medical universe to lay bare the full knowledge and scope of sodium bicarbonate's use in medicine.

Everything I know about bicarbonate you should know and when you do, you will know more than anyone else who has neither taken the time nor has had the interest to learn. Just imagine knowing so much more about such a basic vital substance to human physiology than anyone else around you including your doctors and the medical officials behind them. Take the journey and sail through bicarbonate seas. Read and learn and soon you will understand the medical truth about sodium bicarbonate.

This book also gives the keys to understanding the vast fraud and intended rip off of the labeling of carbon dioxide (CO₂) as a poisonous gas. In these pages you will find the truth about CO₂ because it is a great part of the secret about sodium bicarbonate (baking soda), which, when mixed with water, turns into CO₂ in the stomach. As we shall see, sodium bicarbonate, CO₂ and oxygen (O₂) are all tied together. All three are essential for biological existence on planet earth. CO₂ is no more a poison than water.

Sodium bicarbonate (baking soda) is probably one of the most useful substances in the world; no wonder the pharmaceutical companies don't want doctors or anyone else to know much about it. Sodium bicarbonate is an important medicine—of the safest kind—and it is essential when treating cancer, kidney disease and more.

Having problems with your pool? Dump 20 pounds of Arm & Hammer's baking soda into it. Baby has diaper rash? You already have the answer. Nuclear war? Well at least you have on hand the Army's recommended way of protecting the kidneys from radiation damage. Sodium bicarbonate is the best substance to replace toothpaste as it offers the very best in oral care.

I once bought an e-book on bicarbonate and it was a 35-page list of household uses. My wife loved me for buying the book because we had just had a baby. Bicarbonate leads you up to the shore land of foundational physiology, that place where we see CO₂ dancing around with bicarbonate and how the two influence oxygen carrying capacity.

My knowledge about sodium bicarbonate continues to grow and I am only now coming to see how important it is for everyone to have lots of bicarbonate around the house—as much as can be stored. I feel the same about magnesium chloride and after that, iodine, and for sure we would not be caught dead without a supply of good clay, one type for oral use and another for external packs.

[1] Health Affairs, 29, no. 2 (2010): 324-326 doi: 10.1377/hlthaff.2009.0407

[2] Torres VE, Cowley BD, Branden MG, Yoshida I, Gattone VH. Nephrology Research Unit and Division of Nephrology, Mayo Clinic, Rochester, Minn 55905, USA. Exp Nephrol. 2001;9(3):171-80.
torres.vicente@mayo.edu

[3] Resuscitation outcome in emergency medical systems with increased usage of sodium bicarbonate during cardiopulmonary resuscitation. Bar, Joseph G et al; Acta Anaesthesiol Scand. 2005 Jan;49(1):6
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[4] Acute inflammation alters bicarbonate transport in mouse ileum. The Journal of Physiology. March 1,

2010, 588 (5) Hui Zhang, Nadia Ameen, James E. Melvin and Sadasivan Vidyasagar

[5] Okamura et al. 1985, Speroff et al. 1994.

PREFACE TO THE SECOND EDITION

The first 25 chapters or almost 200 pages are my new writings on bicarbonate since publishing the first edition, bringing new insight for cancer patients as well as general information for its use in a broad range of both acute and chronic disorders. Chapters might not be in the order of your principle interest so navigate as you please. I've written another new book entitled *Bicarbonate and Magnesium Medical Baths* that completes this volume, giving full instructions on the application of transdermal bicarbonate therapy for both spas and home bathing experiences.

Doctors and others who warn against sodium bicarbonate are doing the public a great disservice. We have to understand that there are doctors who are against safe and effective medicine. They prefer to deal with poisons like mercury, injecting it into babies while saying it is safe. There are those who warn against drinking too much water, of being too hydrated, when the real problem with patients is usually dehydration. Realize that pediatricians get sued for ignoring hydration issues more than anything else. It really matters who we trust in medicine; it can mean the difference between life and death.

Medicine and medical practice need to stand dead center on a new organizing principle of diagnosis and treatment of disease. That center is **pH Medicine**, and sodium bicarbonate would be the principle medical substance for controlling overall pH of the body. It's so simple that you don't even have to be a doctor to practice **pH Medicine**. Every practitioner of the healing arts needs to educate and teach pH Medicine to their clients as well as practice it on themselves.

Even people who eat raw food diets, which more or less guarantees that the pH in all the body tissues is appropriately alkaline, need to realize they too will benefit from the use of baking soda for everything from using it as a shampoo to brushing their teeth with it to using it as an alternative deodorant. It's essential in oral care and dentists are using it in their newest generation of oral cleaning instruments. Broader uses in homes and hospitals are being found for sodium bicarbonate (baking soda) even though pharmaceutical interests are browbeating this simple substance since there is no money in its use for them or for doctors. But because of its strong pharmaceutical properties, its future is assured no matter how many studies or medical officials get up on their soapboxes to say differently. Baking soda's continued allure results from a combination of its proven effectiveness and its position as an environmentally-friendly substance.

There are many reasons to use baking soda, but one overall reason is that **sodium bicarbonate is a natural substance that will not harm us, our children or the environment because it is not a chemical compound that effects nature negatively in any way.** Baking soda is actually a compound that is found throughout nature—in the ocean, in the soil, in our foods, and in our bodies. Baking soda is a neutralizer of many other compounds, which makes it extremely helpful as a medicine in this age of toxicity that we are all presently passing through.

Sodium bicarbonate gets many rave reviews from gout sufferers as well as many others who have succumbed to chronic diseases like cancer, diabetes, neurological disorders and even heart disease and stroke. It has long been known that sodium bicarbonate can prevent the formation of uric acid kidney stones and can help dissolve existing uric acid stones especially when it is used alongside magnesium chloride.

Sodium bicarbonate easily soothes the itchy skin that can occur from poison ivy, poison oak or prickly heat and can be used in combination with magnesium chloride and iodine to clear up just about any dermal condition.

All you need to do to relieve skin discomfort with baking soda is as follows: Add 1/2 cup to two or three pounds of baking soda to a bath with magnesium chloride or Dead Sea salt.

This most common substance is useful for so many disorders that it will take the full length of this book to explain both the why and the how of it. Few people have studied baking soda as extensively as I have and everything I know is in this book, so after you read it you will be a world-class expert on bicarbonate. This book is the authority on the subject representing as it does the work of many researchers, clinicians and companies like the Arm & Hammer Company, which has over 125 years of experience with people using baking soda.

Wonder Drug

The future of medicine is being changed and it's not the pharmaceutical madmen who will have their days extended for eternity but, instead, Mother Nature who will provide the basic medicinal substances that will provide protection and a return to health. This is the first full medical review of sodium bicarbonate in the history of medicine; it will change the way we think about baking soda, the way we practice medicine and the way we take care of our children.

The information in this book takes a big step toward transforming the field of pediatrics into something safer and more humane. **It also will change the way we treat cancer and other serious diseases.** Both chronic and acute disorders are resolved more easily when this strong-arm medicine is used to treat discomfort and disease.

The current controversy over sodium bicarbonate and its use in oncology might be relatively new but baking soda has a long history of helping people get through the worst medical conditions. *The Eloquent Peasant*, an Egyptian literary work dated around 2000 B.C., refers to a peddler selling natron, a natural blend of sodium bicarbonate, chloride and sodium carbonate used in mummification, just one of hundreds of uses for this compound. Baking soda's first widespread use was probably as a leavening agent for bread and other baked goods. It has been used commercially since 1775, although the now-famous Arm & Hammer brand wasn't introduced until 1867.[1]

Sodium bicarbonate (NaHCO₃) is recognized by most as ordinary baking soda, which is found in deposits around the globe. Its backbone characteristic is to maintain balance of carbon dioxide, bicarbonate and pH. Sodium bicarbonate is available and sold in every supermarket and pharmacy in the world; is widely used in emergency rooms and intensive care wards in injectable forms; it is sold as a common household substance that is used for 500 different things according to one book about its general use. Life-threatening asthma in children is often resistant to treatment with bronchodilators and systemic corticosteroids. Recent research suggests that administering sodium bicarbonate—an ingredient commonly found in kitchens—in intravenous (IV) form can significantly improve pH and PCO₂ in children with lifethreatening asthma.[2] **Sodium bicarbonate can save the day when nothing else can.** The only other substance about which we can say the same is magnesium chloride, which when injected will save a person during cardiac arrest and pull one out of a stroke if given soon enough.

*An inflammation will not manifest in an alkaline milieu.
Dr. Konrad Werthmann*

This is one of the main reasons medicine has got to understand the basic elements of pH Medicine. What doctor Werthmann is saying is crucial, as is understanding inflammation's intimate connection with magnesium levels. In the second edition of my *Transdermal Magnesium Therapy* book I extensively cover the reality of how magnesium deficiencies lead directly to inflammation conditions and why magnesium chloride would be a primary substance to use as an anti-inflammatory. This book has a chapter called **Magnesium Bicarbonate** and it highlights the usefulness of almost always using sodium bicarbonate with magnesium chloride for greatest effect. Together they team up to supercharge everything from the mitochondria to vanquishing inflammation in a way that does no harm to the body. There are no side effects with such medicinals when they are used with prudence. Add iodine and one has the formula for infectious disease control in the 21st century, the age of toxicity and antibiotic-resistant infections.

"I have found that **in the case of an allergy, the simplest and most effective remedy a patient can be prescribed is sodium bicarbonate.** Yet, more often than not, practitioners do not adequately consider bicarbonate's usefulness as an anti-allergic," writes Dr. Konrad Werthmann. Anti-allergic, antiinflammatory, fungicide, anti-acid, and buffering characteristics are just some of sodium bicarbonate's lifeenhancing properties.

An intravenous infusion of a solution of sodium bicarbonate reduces respiratory distress and excessive acidity of body fluids in children with life-threatening asthma flare-ups. Dr. Corinne M. P. Buisse and her colleagues point out in the medical journal *Chest* that high blood acidity, or acidosis, causes the heart to contract less strongly, reduces the effectiveness of beta-agonist bronchodilators used to treat asthma, and may stimulate rapid, shallow breathing. They explain that treatment with sodium bicarbonate has been shown to relieve bronchial spasm and restore the response to bronchodilators.

However, doctors have avoided the use of intravenous sodium bicarbonate for fear of increasing levels of carbon dioxide in the blood, never even thinking they can bypass injections, which can stress out the blood. Instead of injecting sodium bicarbonate, it is much simpler, safer and vastly less expensive to simply place our patients in baths full of bicarbonate or by having them drink it or both. Injections will always be used in emergency situations but when bicarbonate and magnesium chloride are used correctly we can avoid many emergency situations from developing.

“The use of sodium bicarbonate in cancer therapy, according to one protocol by Dr. Tullio Simoncini, uses 500 ml of a 5% sodium bicarbonate solution for patients weighing over 50 kg. A dosage of 500 ml of **5% sodium bicarbonate is on the upper end of dosing for this medicine**; in conventional medicine this dosage is used only in severe cases where the blood is in danger of becoming too acidic,” writes Dr. Eric Chan.

When we employ transdermal and oral routes of administration, we are dealing with the broader issues of tissues and interstitial fluids shifting their pH levels radically into the alkaline while leaving the blood in its normally tightly controlled pH mostly unchanged. With these methods we do not have to worry so much about blood pH, which we do not in fact want to shift too hard in an upward direction. But despite the complications, which may be associated with intravenous sodium bicarbonate infusion, the use of this agent is often a necessity in patients with metabolic acidosis.

[1] Baking soda, used since B.C., is better than effervescent; sodium bicarbonate - good old NaHCO_3 – is moving out of the refrigerator and into an amazing array of commercial products from shampoo to industrial cleansers. www.findarticles.com/p/articles/mi_m1571/is_n17_v11/ai_16862358/

[2] Buysse CMP, de Jongste JC, de Hoog M. Life-threatening asthma in children: treatment with sodium bicarbonate reduces Pco_2 . Chest. 2005;127:866-870.

TO HEALTH PRACTITIONERS AND PHYSICIANS

There are some important issues for healthcare practitioners to face with the materials and ideas presented in this book. The information offered will give the medical world a sense of vertigo because we consistently find that bicarbonate is being used in many instances and given no credit for the results.[1]It is a humbling experience to realize in one shocking illumination that the most humble medicine and food item is in fact one of the best if not the very best cancer treatment. But it is awe-inspiring to behold medical truth when it comes avalanching into our life and practice. We are being given a great tool with which to help our patients and ourselves.

Medical science knows that as we age we lose bicarbonates in the blood. Even with healthy people a noticeable decline begins at the age of 45. By age 90 we lose 18% of the bicarbonates in our blood. Bicarbonates are the alkaline buffers that neutralize acid, which results in the elimination of acidic waste in the body. Loss of bicarbonates hinders the blood from effectively managing the acid the body produces. This loss triggers the onset of acid-induced adult degenerative diseases such as acid reflux, kidney stones, diabetes, hypertension, osteoporosis, heart diseases, cancer, and gout.

Bicarbonate ions create the conditions for increased glucose transport across cell plasma membranes. As we will see later, it also helps magnesium get into the mitochondria. Hence, sodium bicarbonate should be of benefit in the treatment of diabetes, particularly Type 2 diabetes. Bicarbonate ions also create the alkaline conditions for maintaining the enzyme activity of pancreatic secretions in the intestines thus it should be of benefit in the treatment of pancreatitis. Bicarbonate ions neutralize the acid conditions required for chronic inflammatory reactions. Hence, **sodium bicarbonate should be of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases.** Bicarbonate ions modify the acid conditions in osteoclast cells in bone and modify the acid conditions

in Synovial Type A cells in joints thus it should be of benefit in the treatment of osteoporosis, osteoarthritis, and even bone cancer.

Bicarbonate ions neutralize the acid conditions required for acid protease enzyme activity as well as other lysosomal and endosomal enzyme activities. Therefore sodium bicarbonate should be of benefit in the treatment of many neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and many viral diseases such as influenza, HIV and SARS.

For practitioners of the healing arts bicarbonate is as useful and friendly as water. The two together make for powerful medicine. The bicarbonate story is actually fascinating, especially when you dig deeper. For instance we find out that intravenous vitamin C therapy, which is claimed to be an effective cancer treatment, is often given with sodium bicarbonate. "Given the amount of fluid, which is used as a vehicle for the ascorbate, sodium hydroxide/sodium bicarbonate is used to adjust the pH."[2]

Sodium bicarbonate should be used as part of cancer treatment and not be considered a miracle cure since the term "miracle cure" translates into "quack cure" in the medical profession.

Bicarbonate is no more a miracle than water. Though if you believe that life and water are miracles then one can understand miracles do occur in medicine. When we return to the basics of life, which include full hydration for health, we certainly can expect good things to happen. This book could have been called "The Water and Sodium Bicarbonate Cancer Treatment," since it calls for bicarbonate and water. Even when bicarbonate is taken with honey, maple syrup or black strap molasses one still has to mind hydration issues for bicarbonate needs plenty of water to do its work.

In the case of sodium bicarbonate we don't have a miracle cure we have common sense basic biochemistry at work. It cleans up those toxic battle zones most people call cancer. Oncologist Dr. Simoncini had his license removed not for using bicarbonate, a drug that was deemed unsafe, but for treating cancer in an unapproved manner. This book is calling on all health care providers to get on the ball with bicarbonate. Legally we do not have to, nor should we say we are treating or trying to cure cancer. Let the legally authorized oncologists do their dirty work of trying to convince patients to treat their cancer with tests and treatments that cause cancer. That is their bailiwick and they are very happy about it. They have the government, the pharmaceutical companies and even the police on their side. Children and their parents do not have a choice when it comes to treating cancer. The authorities will probably call the police and social services to take the children if you disagree with their treatment plans. This is especially true if it looks like the parents are thinking about safer more productive alternatives.

This book is not saying that sodium bicarbonate is the cure to cancer but it is saying that almost every cancer patient should be taking it.

I am calling on every health care practitioner who reads this book to gather case studies and get that information back to me as quickly as possible. It will be used for publication of future editions of this book. **Sodium bicarbonate is a scientific medicine with known effects.** When a treatment can be looked at in a scientific light it can be more easily accepted. Sodium bicarbonate is such a treatment.

The fact that bicarbonate is extraordinarily inexpensive is meaningful to our practices. We already

know how expensive full treatment programs are and it is sad when people cannot afford them. Now we have bicarbonate with the potential to play center forward on any cancer protocol for practically nothing. Bicarbonate has as its destiny in medicine to return us to a more humane form of medicine that cares about treating the masses, not just the affluent.

When we remember that a 20,000 dollar treatment is not affordable to five billion or more people on this planet we begin to understand that bicarbonate is offering medicine something truly astounding. The price of cancer drugs is rising at a rate of 15 percent per year, in particular as new and expensive biotechnology drugs hit the market. Some of these drugs may cost \$100,000 or more for a course of treatment. Bicarbonate at just around two dollars suggests that pharmaceutical companies are overcharging.

Some people like health activist Mike Adams say that the real purpose of chemotherapy is not to extend life and cure patients from their cancer but, "To extract the life savings of cancer victims before they die." The current contraction in financial markets and in the real economy is going to be a major force in changing modern oncology because all these people's savings are being wiped out.

Let us all free the chained janitor in the basement and give him all the credit he deserves. Bicarbonate is a premier medicine/concentrated food substance that is a heavyweight contender in a line up of basic medicinal substances. No one should be without it.

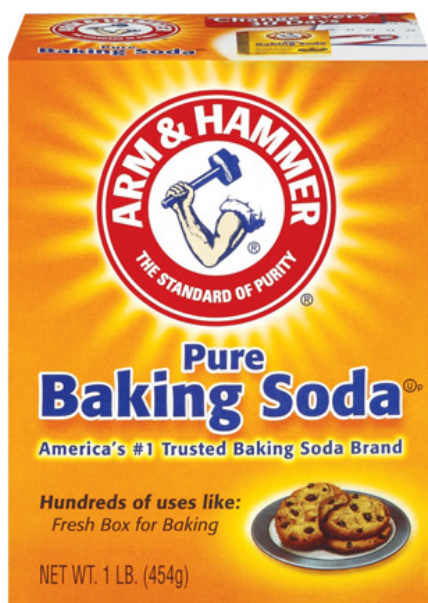
[1] With IV sodium bicarbonate still up and running, IV methotrexate (a chemotherapy agent) runs for four hours.

www.zenvirus.com/diary/chemotherapy-radiotherapy.html

[2] www.doctoryourself.com/riordan1.html

SODIUM BICARBONATE: GENERAL INTRO

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus



Yes, what is in this box can save your life. Sodium bicarbonate is a perfect medicine as is magnesium chloride and iodine. The use of antimicrobial agents (e.g., antibiotics, antiseptics, antifungal) plays an important part in current medical therapy. This is particularly true in the fields of dermatology as well as skin and wound antiseptics. Effective treatments for skin or mucous membranes, which are afflicted with bacterial, fungal, or viral infections or lesions, frequently include the use of topical antimicrobial agents.

Sodium Bicarbonate has successfully proven its antifungal value in agriculture to resolve fungal issues in vegetation, including many destructive diseases such as anthracnose, powdery mildew, black spot in crops and horticultural industries. It has been successfully used to protect crops from fungus during storage.

Dr. H. Takeuchi et al in Japan analyzed 20 cases of urinary fungal infection. *Candida albicans* was the most prevalent of the fungi affecting the urinary tract. *Torulopsis glabrata* and *Candida tropicalis* were also prevalent. Antibiotics, indwelling catheter and obstructive uropathy were the most prevalent predisposing factors of the fungal infection. Of 20 cases of fungal infection, 5 cases were cured only by elimination of the predisposing factors. **15 cases were treated and resolved by administration of**

sodium bicarbonate, 5-fluorocytosine and or irrigation with amphotericin B. But one case of bilateral renal torulopsiosis developed into renal failure, and 4 cases died of the primary disease.[1]

Sodium bicarbonate neutralizes acids present in gases (in particular hydrochloric acid, sulphur dioxide, hydrofluoric acid) to form sodium salts (sodium chloride, sodium sulphate, sodium fluoride, sodium carbonate), which are all known as Residual Sodium Chemicals. Sodium bicarbonate can be made into a paste salve with vinegar, it relieves burning from bug stings (particularly bee stings), poison ivy, nettles, and sunburn. It is used as an antacid to treat acid indigestion and heartburn. Mixed with water in a 10% solution can soften earwax for removal.

Sodium bicarbonate possesses the property of absorbing heavy metals, dioxins and furans. Comparison of cancer tissue with healthy tissue from the same person shows that the cancer tissue has a much higher concentration of toxic chemicals, pesticides, etc.

Because sodium bicarbonate has long been known and is widely used, it has many other names including sodium hydrogen carbonate, sodium bicarb, baking soda, bread soda, cooking soda, bicarb soda, saleratus or bicarbonate of soda. It is soluble in water. This white solid is crystalline but often appears as a fine powder. It has a slight alkaline taste resembling that of sodium carbonate. It is a component of the mineral natron, which is found dissolved in many mineral springs. It is also produced artificially. World wide production is on the scale of 100,000 ton/year. Sodium bicarbonate is primarily used in cooking (baking) where it reacts with other components to release carbon dioxide, which helps dough "rise."

*Sodium bicarbonate administration increases urinary pH.
Urinary pH between 6.5 and 7.0 can keep uric acid ionized and prevent its crystallization in renal tubules.*

Sodium bicarbonate powder mixed with water is a very effective first aid remedy. This can be used as a mouth rinse and can be swallowed. Bicarbonate is a natural buffering compound manufactured daily in large quantities by the body. Canker sores (aphthous ulcers) are tiny ulcerations that occur in the oral cavity on or near the tongue and on the inner mucous membrane of the lip. They can be very painful to the point of interfering with speech and eating. They also tend to heal slowly. The source of the problem is usually an acid condition in the body caused by food or chemical allergies. Sodium bicarbonate is effective for canker sores and ulcers.

It is commonly used to increase the pH and total alkalinity of the water for pools and spas. Sodium bicarbonate can be added as a simple solution for restoring the pH balance of water that has a high level of chlorine. It is sometimes used in septic tanks to **control pH and bacteria**.

Sodium bicarbonate-rich mineral water in conjunction with a low-salt diet may have a beneficial effect on calcium homeostasis.[2]

The native chemical and physical properties of sodium bicarbonate account for its wide range of applications, including cleaning, deodorizing, buffering, and fire extinguishing. Sodium bicarbonate neutralizes odors chemically, rather than masking or absorbing them. Consequently, it is used in bath salts and deodorant body powders. Sodium bicarbonate tends to maintain a pH of 8.1 (7 is neutral)

even when acids, which lower pH, or bases, which raise pH, are added to the solution. Its ability to tabletize makes it a good effervescent ingredient in antacids and denture cleaning products. Sodium bicarbonate is also found in some anti-plaque mouthwash products and toothpaste.

pH of the blood is the most important factor to determine the state of the microorganisms in the blood.

Sodium bicarbonate also is indicated in severe diarrhea which is often accompanied by a significant loss of bicarbonate. Vigorous bicarbonate therapy is required in any form of metabolic acidosis where a rapid increase in plasma total CO₂ content is crucial † e.g. cardiac arrest, circulatory insufficiency due to shock or severe dehydration, and in severe primary lactic acidosis or severe diabetic acidosis.

Research suggests that administering sodium bicarbonate in intravenous (IV) form can significantly improve pH and Pco₂ in children with life-threatening asthma. Respiratory distress and level of consciousness both improved after the administration of sodium bicarbonate [3]

Sodium Bicarbonate Injection: USP is administered by the intravenous route. In cardiac arrest, a rapid intravenous dose of one to two 50 mL vials (44.6 to 100 mEq) may be given initially and continued at a rate of 50 mL (44.6 to 50 mEq) every 5 to 10 minutes if necessary (as indicated by arterial pH and blood gas monitoring) to reverse the acidosis. Caution should be observed in emergencies where very rapid infusion of large quantities of bicarbonate is indicated. Bicarbonate solutions are hypertonic and may produce an undesirable rise in plasma sodium concentration in the process of correcting the metabolic acidosis. In cardiac arrest, however, the risks from acidosis exceed those of hypernatremia.

Two minutes after intubation, premature ventricular contractions, ventricular fibrillation, bradycardia, and finally cardiac arrest were recognized. An increase of serum potassium from 3.19 to 8.64 mmol/L was observed in arterial blood. The patient was immediately resuscitated with chest compressions, intravenous adrenaline, atropine, lidocaine, and sodium bicarbonate.[4]

If the body's cellular metabolism and pH is balanced it is susceptible to little illness or disease.

Most people today cringe at the idea of finding a cancer then find themselves slashing, burning and poisoning it to smithereens. Most would agree that the mainstream cancer approach offers only marginal benefits at best. Providers push screening and aggressive treatment in part because they have nothing else to give and it is also very profitable. Bicarbonate, on the other hand is dirt cheap.

Sodium bicarbonate can be used with other non-prescription drugs for short-term treatment of various conditions to treat anything from fever to moderate pain.

Dr Tullio Simoncini says, "It is useful to consider the extreme sensitivity of fungi to saline and electrolytic solutions. These solutions, because of their extreme capacity for diffusion, are able to reach all the mycelial biological expressions, including the most infinitesimal ones. **Salts and bicarbonates, by making the "terrain" completely inorganic, eliminate the slightest organic fonts that fungi**

could use for nourishment. In this context, sodium bicarbonate, which is currently used in children's oral candidoses, appears to be a simple and handy weapon capable of uprooting, inhibiting, or attenuating any neoplastic formation wherever it is possible to easily apply it."

*Cancer is actually a four-letter word — ACID,
especially lactic acid as a waste product due to the
low oxygen level and waste products of yeast and fungus.*

To assess statistically the efficacy of sodium bicarbonate baths in psoriasis patients, thirty-one with mild-moderate psoriasis were studied. Almost all patients who used NaHCO₃⁻ reported a statistically valuable improvement. NaHCO₃⁻ baths reduced itchiness and irritation; in general, the patients themselves recognized a beneficial impact on their psoriasis, so much so that they have continued to bathe in NaHCO₃⁻ even after the end of the study.[5]patients combine this with transdermal magnesium therapy and one will have a clear resolution of psoriasis.

Vigorous bicarbonate therapy is required in any form of metabolic acidosis where a rapid increase in plasma total CO₂ content is crucial, e.g. cardiac arrest, circulatory insufficiency due to shock or severe dehydration, and in severe primary lactic acidosis or severe diabetic acidosis. Caution should be observed in emergencies where very rapid infusion of large quantities of bicarbonate is indicated. Bicarbonate solutions are hypertonic and may produce an undesirable rise in plasma sodium concentration in the process of correcting the metabolic acidosis. In cardiac arrest, however, the risks from acidosis exceed those of hypernatremia. If you take too much bicarbonate orally one will feel ones body resisting further ingestion.

Sodium bicarbonate injection is also indicated in the treatment of metabolic acidosis which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. Sodium bicarbonate is further indicated in the treatment of drug intoxications, including barbiturates. Sodium carbonate has been found effective in treating poisoning or overdose from many chemicals and pharmaceutical drugs by **negating the cardiotoxic and neurotoxic effects.** [6]

An extremely simple therapy used by physicians who treat autism is to supply a mild antidote that neutralizes the excess acids. The most convenient product is a nonprescription drug called AlkaSeltzer Gold™. Do not use any other kind of AlkaSeltzer™. AlkaSeltzer Gold™ is simply a very safe product (sodium and potassium bicarbonate) that helps to neutralize excess acids of any kind.

Dr. William Shaw

Biological Treatments for Autism and PDD

One mother wrote, "It worked so well for both of my children that the die-off was an uneventful experience, even though they both had very high levels of yeast." The restoring of acid/alkaline balance also relieves many allergies. "These children also had grave disturbances in electrolyte chemistry, and tended to be acidotic (low CO). The data that unfolded was fascinating and clearly earmarked the acidosis and hypoxic state (low serum bicarbonate = low O₂ levels). Potassium bicarbonate, sodium bicarbonate, magnesium carbonate and the like were used. Now we began to understand why so many children responded to Buffered C (potassium bicarbonate, calcium

carbonate, magnesium carbonate), and others needed a more specific buffer (in some children for example niacin was grossly depleted and they required niacin bicarbonate),” wrote Patricia Kane.

The acid/alkaline balance is one of the most overlooked aspects of health, though many have written much about it. In general, the American public is heavily acid, excepting vegetarians.

Viruses and bacteria that cause bronchitis and colds thrive in an acidic environment. To fight a respiratory infection and dampen symptoms such as a runny nose and sore throat, taking an alkalizing mixture of sodium bicarbonate and potassium bicarbonate will certainly help. It could and should be taken during an asthma attack and for severe headache as well as many other common ailments.

Sodium bicarbonate is commonly used as an antacid for short-term relief of stomach upset, to correct acidosis in kidney disorders, to make the urine alkaline during bladder infections and to minimize uric acid crystallization during gout treatment. Prescription sodium bicarbonate products are given by injection to treat metabolic acidosis and some drug intoxications. Sodium bicarbonate is available as a nonprescription medical as well as a general house hold item. It is also used with other non-prescription drugs for short-term treatment of various conditions to treat anything from fever to moderate pain.

Sodium bicarbonate-rich mineral water in conjunction with a low-salt diet may have a beneficial effect on calcium homeostasis.[7]

Distilled water is not safe. It lacks bicarbonates and minerals and yes, it is acid forming to the body. Yet it is an excellent aid in detoxification and chelation for its purity pulls on toxicities in the body. Part of the reason why our body is acid is that it lacks enough bicarbonate necessary to neutralize the acid. Whenever the water lacks the proper bicarbonates to neutralize the water in distilled water your body basically becomes a little more acid. But we can easily treat distilled or reverse osmosis water by adding bicarbonate and magnesium. Perhaps even adding some sodium thiosulfate would be a good idea.

pH of the blood is the most important factor to determine the state of the microorganisms in the blood.

In the current system, if a promising compound can't be patented, it is highly unlikely ever to make it to market — no matter how well it performs in the laboratory or in emergency room situations. The hormone melatonin,[8] sold as an inexpensive food supplement in the United States, has repeatedly been shown to slow the growth of various cancers when used in conjunction with conventional treatments. Dr. Paolo Lissoni, another Italian oncologist has written many articles about this hormone and conducted clinical trials. But he has despaired over the pharmaceutical industry's total lack of interest in his treatment approach.

The great variety of cancers must reflect a fundamental mechanism by which the disease arises, one that has not been so clearly apparent until now.

Though allopathic medicine already uses sodium bicarbonate it will not any day soon turn to its own arsenal of already available safe and inexpensive medications like sodium bicarbonate or magnesium

chloride.

*Sodium bicarbonate is an anti-fungin substance
that is very diffusible and thus very effective.*

For centuries, medicated baths have been one of the first lines of treatment for psoriasis. Even today, with sophisticated immunosuppressive treatments available, Dead Sea salts and spa waters are recognized to be beneficial in the management of psoriatic patients. To assess statistically the efficacy of sodium bicarbonate baths in psoriasis patients, thirty-one patients with mild-moderate psoriasis were studied.

Almost all patients who used NaHCO₃– reported a statistically valuable improvement. NaHCO₃– baths reduced itchiness and irritation; in general, the patients themselves recognized a beneficial impact on their psoriasis, so much so that they have continued to bathe in NaHCO₃– even after the end of the study. [9]

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[1] Takeuchi H, Arai Y, Konami T, Ikeda T, Tomoyoshi T, Tatewaki K. Hinyokika Kyo. 1983 Oct;29 (10):1273-7.

[2] Effect of sodium chloride- and sodium bicarbonate-rich mineral water on blood pressure and metabolic parameters in elderly normotensive individuals: a randomized double-blind crossover trial. J Hypertens. 1996 Jan;14(1):131-5. Department of Internal Medicine, Universitätsklinikum Benjamin Franklin, Free University of Berlin, Germany.

[3] Buysse CMP, de Jongste JC, de Hoog M. Life-threatening asthma in children: treatment with sodium bicarbonate reduces Pco₂. Chest. 2005;127:866-870. www.pulmonaryreviews.com/jun05/sodium.html Corinne M. P. Buysse, MD, and colleagues retrospectively evaluated the use of sodium bicarbonate in 17 children with life-threatening asthma. Sixteen of these children had acidosis, indicating severe respiratory distress. The acidosis was classified as mixed respiratory and metabolic in 13 patients, predominantly respiratory in one patient, and metabolic in two patients. In one patient, the initial blood gas values before administration of sodium bicarbonate in the referring hospital could not be traced. A new protocol was initiated using IV magnesium sulfate and IV sodium bicarbonate as adjunctive therapy when respiratory distress persisted despite standard treatment. According to Dr. Buysse, a pediatric intensivist at the Erasmus MC–Sophia Children’s Hospital in Rotterdam, Netherlands, “Administration of sodium bicarbonate was associated with a significant decrease in Pco₂ in 17 children with life-threatening asthma. Improvement of respiratory distress was observed as well.”

[4] www.pccmjournal.com/pt/re/pccm/abstract.00130478 -200703000-00016.htm;jsessionid=LftNGWdNXk8fRr0qDpdfkh grCQv9J5NGSPxfZnG HNpJ5mTY7sXQ!542054210!181195628!8091!-1

[5] Old fashioned sodium bicarbonate baths for the treatment of psoriasis in the era of futuristic biologics: An old ally to be rescued; Journal of Dermatological Treatment; Volume 16, Number 1/February 2005

[6] These include, Benzotropines (valium) cyclic antidepressants (amitriptyline), organophosphates, methanol (Methyl alcohol is a cheap and potent adulterant of illicit liquors) Diphenhydramine (Benadryl), Beta blockers (propranolol) Barbiturates, and Salicylates (Aspirin).

Poisoning by drugs that block voltagegated sodium channels produces intraventricular conduction defects, myocardial depression, bradycardia, and ventricular arrhythmias. Human and animal reports suggest that hypertonic sodium bicarbonate may be effective therapy for numerous agents possessing sodium channel blocking properties, including cocaine, quinidine, procainamide, flecainide, mexiletine, bupivacaine, and others.

[7] Effect of sodium chloride- and sodium bicarbonate-rich mineral water on blood pressure and metabolic parameters in elderly normotensive individuals: a randomized double-blind crossover trial. J Hypertens. 1996 Jan;14(1):131-5. Department of Internal Medicine, Universitätsklinikum Benjamin Franklin, Free University of Berlin, Germany.

[8] One of the most important supplements for the breast cancer patient is high doses of the hormone melatonin at bedtime. Melatonin blocks estrogen receptors somewhat similarly to the drug tamoxifen without the long-term side effects of tamoxifen. Further, when melatonin and tamoxifen are combined, synergistic benefits occur. Melatonin can be safely taken for an indefinite period of time. The suggested dose of melatonin for breast cancer patients is 3 mg to 50 mg at bedtime. Caution: Although melatonin is strongly recommended for breast cancer patients, interleukin-2 (IL-2), which often is combined with melatonin, should be avoided by breast cancer patients. IL-2 may promote breast cancer cell division. www.lef.org/magazine/mag99/jan99-protocols.html

[9] Old fashioned sodium bicarbonate baths for the treatment of psoriasis in the era of futuristic biologics: An old ally to be rescued; Journal of Dermatological Treatment; Volume 16, Number 1/February 2005

SODIUM BICARBONATE AND PH MEDICINE

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus

The Miracle of Baking Soda

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body.

Naming or diagnosing a disease does not necessarily lead to its cure if you are working under the allopathic paradigm. It does give people more confidence when we tell them specifically what is wrong by naming the disease, but names unfortunately say little to nothing about a disease's cause or cure. Knowing one's disease is tantamount to being informed what ocean or lake one is in, but it does not save one from drowning (dying). So we are swimming in the North Atlantic with cancer or in the Indian Ocean with Diabetes and are trying to avoid the sharks (aggressive medicine) but luckily we brought along the one simple navigational beacon that is going to help us out of our predicament. We brought along our pH strips.

The body must heal itself. That's a novel idea to many doctors and many healthcare professionals fall into the trap of thinking it's their surgery, drug or healing technique that is the cure but the truth is

something else. The most basic principle of pH medicine is that when a person's body chemistry is brought back to the proper biological norm then the body will have enough energy to cure itself. And nothing will help it do that better than helping the body regain its proper pH.

Take the cancer patient. The normal Medical procedure is to cut out the offending parts or bombard them with cancer provoking tests and treatments. Orthodox oncologists actually use tests exposing their patients to high levels of cancer forming radiation, or they use radiation itself and chemotherapy to poison cancer sufferers back to health. Not very difficult to understand why this does not work, why this approach almost never cures the problem.

Tumors can not only spread through the body by sending out tiny cells called seeds, but they can reseed themselves, researchers at the Memorial Sloan-Kettering Cancer Center in New York have found and this may help explain why tumors grow back even after they are removed. Their findings, published in the journal Cell, state "Circulating tumor cells can also colonize their tumors of origin, in a process that we call 'tumor self-seeding'." Sounds like they are talking about the yeasts and fungi, which Dr. Tullio Simoncini says is the actual cancer more than genetically mutated cells.

*The root cause of disease is too
much tissue acid waste in the body.*

There is nothing that will make aggressive metastatic cells even more aggressive than having acid conditions ruling over the body. The right conditions in the body will enable cancer cells to grow faster and more robustly but **nothing will cut the rug from under cancer cells faster than sodium bicarbonate, which very quickly changes the basic terrain that cancers grow in.** Baking soda (sodium bicarbonate) replaces much harsher chemo agents and radiation therapy and even surgery can be avoided when we literally cut the legs out from cancer cells by rapidly changing the pH environment.

Forty percent of the 12 million people diagnosed with cancer worldwide each year could avert the killer disease by protecting themselves against infections and changing their lifestyles, experts said Tuesday. A report by the Geneva-based International Union Against Cancer (UICC) highlighted nine infections that can lead to cancer.

Sodium bicarbonate is widely used in personal care items such as toothpaste, deodorants and as a coating on dental floss. It is also used extensively in the pharmaceutical industry for over-the-counter medications, prescription drugs, hemodialysis products and related applications.

North Americans use a billion pounds of sodium bicarbonate each year, according to Bryan Thomlison, director of public affairs for Church and Dwight, the world's major manufacturer of sodium bicarbonate located in Princeton, N.J. "Usage is up 3 percent per year. That's twice as fast as the population growth." The public is waking up more each year to how useful sodium bicarbonate is. Baking soda is moving out of the refrigerator and into an amazing array of commercial products from shampoo to industrial cleansers, tooth paste and now into cancer and other chronic disease treatments, where there is a desperate need for its chemistry balancing act.

The only thing essential about a swimming pool is that the water is fresh and clean and that depends on its pH. Pool alkalinity is a big part of pool water chemistry; therefore it is very important that one

tests it on regular basis. When you are correcting the total alkalinity level of a pool, it is recommended that we do so in small increments. Reason being, that it is much easier to adjust slightly when it gets a little high or a little low. Pool owners should not wait for their total alkalinity levels to get way off and then try to bring it back under control all at once.

Pool water care requires you to maintain a proper total alkalinity (TA) level at all times. If the TA is too low, Marbelite and plaster walls will become etched, metals corrode, the pool's walls and floor can stain, the water can turn green and ones eyes will burn. Doctors can learn from pool technicians how to diagnosis and treat the basic biochemistry of the body. They can send their patients home with these inexpensive pH strips so they can test the pH of their own fluids.

All of the cells in our body require the proper pH balance to function at an optimal level. If our body is acidic or too alkaline, chemical reactions including enzyme activity, cellular repair, and cellular reproduction are inhibited. Raymond Francis writes, "On the pH scale, 7 is neutral; 0 to 7 is acidic, and 7 to 14 is alkaline. The normal pH inside a cell is 7.4, which is slightly alkaline. Maintaining normal pH in the fluid inside the cell as well as the other body fluids is crucial for keeping the body systems functioning normally."

The blood is different though. While most of the body can still operate outside of the optimum pH zone, blood cannot. Dr. Ian Shillington writes, "Your blood operates between 7.3 and 7.5 on the alkaline side of this pH scale. If it goes out of this range, you're dead!" And that's why they use sodium bicarbonate in emergency rooms and intensive care wards where life is threatened routinely. It will instantaneously bring someone back from the cliff's edge of death as the blood threatens to drop below a pH of 7.3.

Sodium bicarbonate is used as an antacid taken orally to treat acid indigestion and heartburn. It may also be used in an oral form to treat chronic forms of metabolic acidosis such as chronic renal failure and renal tubular acidosis. Sodium bicarbonate may also be useful in urinary alkalization for the treatment of aspirin overdose and uric acid renal stones.

In cases of respiratory acidosis, the infused bicarbonate ion drives the carbonic acid/bicarbonate buffer of plasma to the left and, thus, raises the pH. It is for this reason that sodium bicarbonate is used in medically-supervised cardiopulmonary resuscitation. Infusion of bicarbonate is indicated only when the blood pH is marked (<7.1-7.0) low.

BEGINNING SYMPTOMS OF ACID CONDITIONS

Source: [*Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment*](#) by Dr. Mark Sircus

Beginning Symptoms of Acid Conditions

Acne
Agitation
Muscular pain
Cold hands and feet
Dizziness

Low energy
Joint pains that travel
Food allergies
Chemical sensitivities to odor, gas heat
Hyperactivity
Panic attacks
Pre-menstrual and menstrual cramping
Pre-menstrual anxiety and depression
Lack of sex drive
Bloating
Heartburn
Diarrhea
Constipation
Hot urine
Strong smelling urine
Mild headaches
Rapid panting breath
Rapid heartbeat
Irregular heartbeat
White coated tongue
Hard to get up in morning
Excess head mucous (stiffness)
Metallic taste in mouth

Intermediate Symptoms

Cold sores (Herpes I & II)
Depression
Loss of memory
Loss of concentration
Migraine headaches
Insomnia
Disturbance in smell, taste, vision, hearing
Asthma
Bronchitis
Hay fever
Ear aches
Hives
Swelling
Viral infections (colds, flu)
Bacterial infections (staph, strep)
Fungal infections (Candida albicans, athlete's foot, vaginal)
Impotence
Urethritis
Cystitis
Urinary infection
Gastritis
Colitis

Excessive falling hair
Psoriasis
Endometriosis
Stuttering
Numbness and tingling
Sinusitis

Advanced Symptoms

Crohn's disease
Schizophrenia
Learning disabled
Hodgkin's Disease
Systemic Lupus
Erythematosis
Multiple Sclerosis
Sarcoidosis
Rheumatoid arthritis
Myasthenia gravis
Scleroderma
Leukemia
Tuberculosis
All other forms of cancer

Source: Alkalize or Die, Dr. Theodore A. Baroody, 2001.

The Lemon Bicarbonate Formula

This simple formula will normalize many biological parameters, pH, ORP, phosphates, bicarbonates and antioxidants of vitamin C. It's potential miracle water. One whole lemon freshly squeezed. Keep adding baking soda slowly bit by bit until the fizz stops. Then you will add water to one half glass. This is often taken twice a day. To be taken once in the morning and once before bedtime on an empty stomach. Lime can be substituted. Basically, this lemon/lime juice idea is also good for people who fear some sodium retention issues. Since the lemon is already high in potassium, adding the sodium to neutralize the acid along the way will also create a sodium potassium balance.

[1] Journal of Sports Science and Medicine | March 1, 2009| Zajac, Adam; Cholewa, Jaroslaw; Poprzecki, Stanislaw; Waskiewicz, Zbigniew; Langfort, Jozef

HOW TO USE SODIUM BICARBONATE

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus

One should approach using baking soda with some measure of care and respect for warnings and contraindications, which you will see in another chapter. Did you know, for instance, that taking baking soda as an antacid can rupture your stomach if you take it when over full? **There have only**

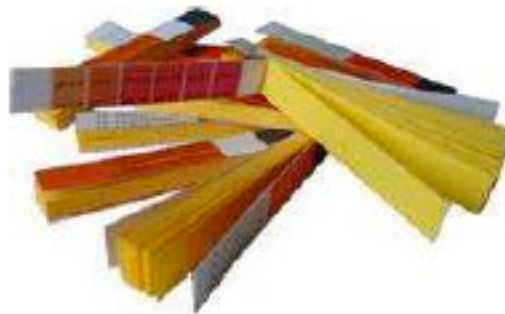
been a handful of cases during the last hundred years, but it does happen. People who have grossly overeaten and have had a severely distended stomach found that taking baking soda as an antacid can indeed generate enough carbon dioxide to rupture the stomach.

It can also be applied topically as a paste, with three parts baking soda to one part water, to relieve insect bites. Bicarbonate also makes an excellent bath salt and can be used in strong concentrations that way. Magnesium chloride or Dead Sea Salt should also be used in bicarbonate baths.

But it would be ridiculous to avoid this most universal of all medicines, which can be eaten right out of the box. One might as well call water toxic because you can drown in a small bucket of it. But special interests in the pharmaceutical world have managed to keep from doctors and patients eyes, the full and true story of sodium bicarbonate with all the wonderful potential it has as a medicine for healing.

A healthy pancreas secretes sodium bicarbonate to neutralize stomach acid and create an optimal pH environment for pancreatic enzymes. Some of these enzymes circulate in the blood to destroy cancers that occur. Too much iron interferes with the ability of the pancreas to generate sodium bicarbonate and can lead to insulin resistance. Diabetes and cancer are linked because an unhealthy pancreas advances both diseases.

For those treating cancer or any other serious disease one should not neglect studying sodium bicarbonate and the best way is by reading my bicarbonate book. I hear about cancer patients who just take bicarbonate blindly thinking they can just get by without knowing what they are really doing. Unfortunately when it comes to pH medicine orthodox physicians have little knowledge or freedom to use sodium bicarbonate to treat cancer or any other significant disorder. So if one is forced to forgo medical consultation then one should really know what one is doing.



By using pH strips, you can determine your pH factor easily in the privacy of your own home.

The first step with regards to pH medicine and using baking soda is to find out for sure if your body is acidic or not. If your body is acidic then follow the guidelines for restoring as near to 7.4 PH as you can. An acidic body can be implicated in much chronic ill health, including feeling tired. This is common in people who work and exercise too hard. An acid body is recognized as a factor in osteoarthritis and rheumatism.

While the focus has traditionally been on acid foods, the problem is more due to the body being under capacity in its ability to buffer acidity. A healthy body should have no trouble tolerating acidic foods such as citrus and tomato.

A healthy person's pH level of their body fluids should be between 7.1 and 7.5

The cells of the body in health are alkaline. In disease the cell pH is below 7.0. The more acid the cells become, the sicker we are and feel. We can remain in health by consuming a diet that is 70-80% alkaline and 20-30% acid. Most raw-foods diets are predominantly alkaline forming foods. When healthy, the blood pH is 7.365, the pH of spinal fluid is 7.4, and the saliva pH is 7.4. This ideal blood pH measurement means it is more alkaline than acid. To test the saliva, wait at least 2 hours after eating. Fill your mouth with saliva and then swallow it a couple of times before you put some saliva onto pH paper. The pH paper should turn blue, slightly alkaline at a healthy pH of 7.4. If it is not blue, compare the color with the chart that comes with the pH paper. If your saliva is acid (below pH of 7.0) wait two hours and repeat the test. The pH of a healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) is weakly acidic to 4.5 (light yellow) is strongly acidic. Most children are dark blue, a pH of 7.5.

If you are going to test urine: When urinary pH is continuously between 6.5 in the morning and 7.5 by evening, you are functioning in the healthy range. The blood plasma pH, under normal circumstances is slightly alkaline between 7.3 and 7.4. The urine tends to be a little lower with a healthy range of 6.8 to 7.0.

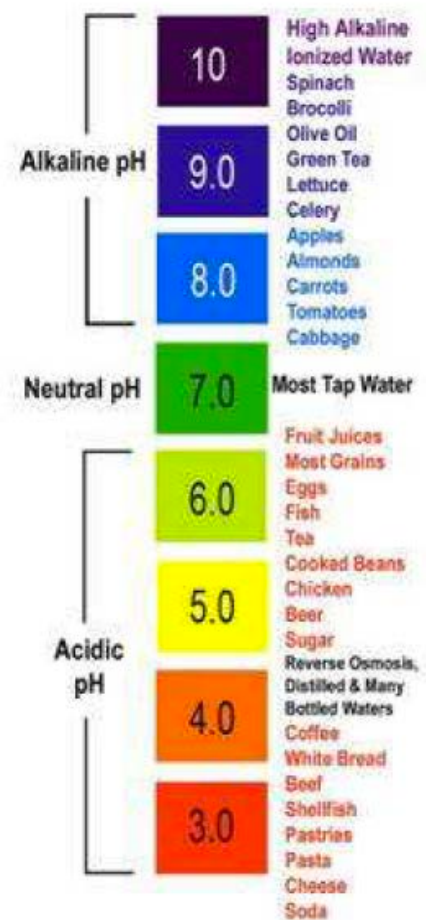
Some believe the increased acidity of urine is reflective of the kidneys doing their job of excreting the excess acids in our body.

“What we do, what we eat or drink, even your thoughts can make the body over acidic.” - Dr. Robert Young

A highly acidic body can still be neutralized through the elimination of excessive acid and wastes from the body. This can be achieved by changing to a healthier diet. An alkaline-rich diet is the perfect diet program because an alkaline body can help reduce toxins and strengthen the immune system. In order to be completely healthy, we need to keep the chemical balance not only in our stomach but in our entire body system as well. Cleansing from the inside must be done to restore a healthy pH balance through the alkaline diet system for best long-term results. We can assist and speed up this process with sodium bicarbonate though in the long run bicarbonate is not a substitute for a good alkaline diet.

Oral dosing of sodium bicarbonate is used to jump start the return of the body to a more healthy alkaline condition, followed by proper dietary intake of alkalinizing foods for maintenance. Sodium Bicarbonate provides the body what it has been lacking in the Standard American Diet (SAD).

The recommendation is up to 1/8 teaspoon per 8 oz. glass with a quarter slice of lemon (to balance the sodium with potassium) and no more than 1 1/2 to 2 teaspoon per 24 hour period.



ORAL DOSAGES OF SODIUM BICARBONATE WITH BLACKSTRAP MOLASSES (and a Prostate Cancer Healing Story)

The best guidance for dosages for sodium bicarbonate is provided by one's own urinary and salivary pH, which one takes in the morning or several times during the day when doing a heavy course of dosages for cancer or other serious diseases. One needs to buy inexpensive pH paper strips for this. Because **Natural Allopathic Medicine** is designed for self administration I include as much information in my books as possible so people can find their way without having to depend on physicians but again it is always helpful to have good support when treating serious conditions. **There is no question that plasma bicarbonate concentrations are shown to increase after oral ingestion. The most important effect of bicarbonate ingestion is the change in acid-base balance as well as blood pH and bicarbonate concentration in biological fluids.**[1]The ingestion of sodium bicarbonate as a buffering agent has been studied in various experimental designs (repeated short bout exercises or long lasting efforts) and with large dose ranges (100 to 500 mg per kg body weight, ingested or injected). In Europe, spa-goers drink bicarbonate-rich water to heal ulcers, colitis and other gastric disorders. Ingesting bicarbonate by way of bathing stimulates circulation, possibly benefiting those with high blood pressure and moderate atherosclerosis.

While the body does have a homeostatic mechanism which maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. Some believe the pH of urine remains at the acidic end of the scale because it is a reflection of the body eliminating unwanted acids, and therefore is not an accurate measure of the body's pH. The pH of saliva offers us a window through which we can see the overall pH balance in our bodies.

Intravenous sodium bicarbonate therapy increases plasma bicarbonate, buffers excess hydrogen ion concentration, raises blood pH and reverses the clinical manifestations of acidosis. Sodium bicarbonate in water dissociates to provide sodium (Na^+) and bicarbonate (HCO_3^-) ions. Sodium (Na^+) is the principal cation of the extracellular fluid and plays a large part in the therapy of fluid and electrolyte disturbances. Bicarbonate (HCO_3^-) is a normal constituent of body fluids and the normal plasma level ranges from 24 to 31 mEq/liter.

Plasma concentration is regulated by the kidney through acidification of the urine when there is a deficit or by alkalinization of the urine when there is an excess. Bicarbonate anion is considered "labile" since at a proper concentration of hydrogen ion (H^+) **it may be converted to carbonic acid (H_2CO_3) and thence to its volatile form, carbon dioxide (CO_2) excreted by the lung.** Normally a ratio of 1:20 (carbonic acid; bicarbonate) is present in the extracellular fluid. In a healthy adult with normal kidney function, practically all the glomerular filtered bicarbonate ion is reabsorbed; less than 1% is excreted in the urine.

Oral intake offers many advantages over IV use. Bicarbonate, like magnesium chloride, though administered with IVs in emergency rooms can be used in many other ways as well. In Europe, spa-goers drink bicarbonate-rich water to heal ulcers, colitis and other gastric disorders. Ingesting bicarbonate by way of bathing stimulates circulation, possibly benefiting those with high blood pressure and moderate atherosclerosis.

To get a clear vision of how we should do oral bicarbonate treatments it is pertinent to read what Dr. Tullio Simoncini says about his IV bicarbonate cancer treatment. "Sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible. A therapy with bicarbonate for cancer should be set up with **strong dosage, continuously, and with pauseless cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days.** In general a mass of 2-3-4 centimeters will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth," says Dr Simoncini.

Sodium bicarbonate can be used orally in doses of 1/2 tsp in 4 oz of water every two hours for pain relief as well as gastrointestinal upset, not to exceed 7 doses per day. That's basically the receipt on every box of Arm and Hammers sold in every supermarket in the country.

Here are the exact instructions for oral use from the Arm and Hammer baking soda package.

Directions:

Add 1/2 teaspoon to 1/2 glass (4 fl. oz.) of water every 2 hours, or as directed by physician.
Dissolve completely in water. Accurately measure 1/2 teaspoon.

Do not take more than the following amounts in 24 hours:

--Seven 1/2 teaspoons.

--Three 1/2 teaspoons if you are over 60 years.

Do not use the maximum dosage for more than 2 weeks.

Other Information:

Each 1/2 teaspoon contains 616 mg sodium.

There are many clinical applications for bicarbonate. "After suffering from a 4 hour long blinding headache for which nothing I took brought any relief, I tried the sodium bicarbonate, 1 tsp mixed in a glass of water. Within a few short minutes I could feel the headache abating and within the hour it was completely relieved! I tried this again when another headache occurred, and it worked just as miraculously." "This is the best pain reliever of all the ones I have been trying. I am amazed that something so simple would be so potent! I haven't exceeded 7 a day; but wish I could. It takes the pain away for about 2 hours. Nothing seems to work more then 2 hours at a time."

Dr. Parhatsathid Nabadalung, otherwise known as Ted on the Internet, knows more than just about anyone how to use sodium bicarbonate. "The best time to take it is whenever your pH is most acidic, which is during the night. It is best used when pH is around 5.6-5.9 (urinary). However if the pH is below that then somewhat stronger alkalinity is needed. In which case, I turn to potassium carbonate, potassium bicarbonate and sodium bicarbonate mixture. So if you take these, then both your salivary and urinary pH optimum should aligned close to each other. The usual dosage for me is 1/2 teaspoon (of potassium bicarbonate), 1/2- 1 teaspoon of sodium bicarbonate, now if my pH is very acid, I add 1/8 teaspoon of potassium carbonate)."

Dr. Napatalung began using baking soda as far back as 1969 to relieve colds and various ailments including cancer. Dr. Reams began using lemon formula with bicarbonate to treat in the 70s

thousands of cancer patients using changes in the basic biological terrain. As to the alkalization formula Dr. Napatalung has used citrates, carbonates, bicarbonates, potassium, sodium, and magnesium.

Interesting that just at the end of 2008 the FDA has advised that children under 4 should not be given over-the-counter cough and cold remedies, in a concession to pediatricians who doubt the drugs work in kids and worry about their safety. The voluntary changes came after federal health officials said they saw little evidence that the drugs work, but feared that parents would give kids adult medicines if the products were taken off store shelves. Sodium bicarbonate with iodine make excellent safe children's medicines that easily substitute for over the counter remedies without the resultant dangers.

Oral Bicarbonate Options

The great question when considering oral intake of bicarbonate is whether or not to take it with maple syrup, molasses, honey, just water or even with lemon.

Bill Henderson, author of *Cancer-Free, Your Guide to Gentle, Non-toxic Healing* mixes 3 parts Grade B maple syrup with one part baking soda and heats the mixture for a couple of minutes on the stove at low temperature. As soon as the baking soda foams up, he takes it off. He keeps it in the fridge and twice a day stirs it up (it settles) and eat one teaspoon. Result: normal and easy bowel movements. Twice a day -- sometimes three.

There is a man that cured a reoccurring bladder infection. He has spent literally thousands of dollars on doctors, who have tested him during this year and have not been able to find out what is wrong with him. He has had CT scans, MRI's, and other tests, in addition to being on antibiotics month after month with little or no result. Then he also went to a very expensive Naturopath and again got no results. Then he met a woman who had another serious condition and had cured it with several weeks of very careful planned dosages of Baking Soda. Dosage needs to be strictly adhered too because too much baking soda can cause alkalosis, a blood ph that is too high. The dosage he took was 1 teaspoon in a glassful of water and he followed that glass of water with another glass of water. He did this 3 times a day the first week, 2 times a day the second week and once a day the third week. He now is doing it once or twice a month to maintain the benefits. It has been two months since his last bladder infection.

For Bone Cancer

My first PSA test registered 22.3 and my doctors made appointments for a biopsy. The biopsy report indicated that I did indeed have prostate cancer. This called for the next step - a bone scan. The report from this scan as well as a Pelvic Cat Scan is where the doctors decided I was afflicted with aggressive prostate cancer. Dated March 17, 2008: "Reviewed CT and bone scan. Bone scan showed metastatic disease at R sacrum and L illiac wing". So they patted me on the back and told me I had aggressive prostate cancer that has spread to the bone.

A second opinion from another oncologist gave me this report: "Ancillary Studies: These are largely mentioned in the history of present illness. The pathology confirms the presence of prostate carcinoma of high grade. The T stage would appear to be stage III but without obvious invasion into the seminal vesicles on CT scan. The radionuclide bone scan and plain films confirm the presence of

skeletal metastasis in the sacrum and the left ilium. In addition, on my review of the CT scan of the pelvis, a number of other small sclerotic lesions are noted within the pelvis. Pre-treatment PSA was 22 but has decreased to 5.88 after institution of Finasteride and Casodex. TNM classification, T#NXM1. AJCC stage IV."

He went on to discuss possible and improbable treatments. What he basically said is that there are none. In fact, he mentioned that he even found a few more spots that the first team of doctors missed. I was becoming used to the fact that I was a walking dead man. I was anxious to try cesium chloride treatments but my order got lost in the mail. That is when I decided to do Baking Soda Therapy except that I decided to add Black Strap Molasses as the carrier. I started 2 June 2008 and quit 12 June 2008. I quit because I was scheduled for another bone scan on 13 June 2008.

On the way to this test I was hoping for hope. I don't know why I was hoping, because all my research indicated that once cancer got into the bones you are toast. Anyway, I got bone scanned and waited for the report. The report arrived in the mail a few days later. I was nervous and did not want to open it. As a matter of fact I am crying right now just thinking about it. I finally opened it to these words:

"NO CONVINCING EVIDENCE OF AN OSSEOUS METASTATIC PROCESS"

I bawled like a baby.

Two days later I got another report in the mail about my blood tests: PSA is now 0.1.... That is zero point one!

My son, by turning me onto adjusting the body's pH from acidic to alkaline as a possible way to create some hope, was a good hit. Arm and Hammer to the rescue! I later found out that Arm and Hammer is shunned by some baking soda users because of the idea that it has aluminum in it. Well, at the time, I could have cared less. As I later found out from research and a visit to a natural food store, aluminum is not in baking soda, it is in baking powder. The employee specializing in the vitamin and mineral department said that Bob's Red Mill Baking Powder is aluminum free and so is, as far as she knew, are all baking soda brands.

I am sure many people are interested to know what proportions of baking soda I used with the molasses. I started out with 1 teaspoon of baking soda with 1 teaspoon of Black Strap molasses and one cup of water. Not warmed or heated water. Just room temperature. Next day – same thing. Third day – same thing. Fourth day – same thing. I am feeling fine and decide to up the dose.

On the fifth day I started taking the solution twice a day. I also started taking better notes and finally got some pH paper and sticks so I could measure my pH. My goal was to get to 8.0 to 8.5 pH and hold it for 4 to five days. I read that cancer cells become dormant at pH 7.0 and 7.5 and kills them dead at 8.0 and 8.5. That was my goal. To kill them dead and hoping that bone cancer was a willing victim.

My pH measured 7.0 on the fourth day when I did a saliva pH test, and 7.5 when I did a urine pH test.

Day six – still 2 teaspoons of baking soda with 2 teaspoons of molasses and 1 cup of water twice a day.

The pH measured 7.25. Am I getting symptoms? Yes. I am feeling a little nauseous. Not much, but a little queasy. My stool had a yellowish tinge.

Now on this day six I really started tracking. I am checking pH with Stix and Paper. I discovered that all pH papers or stix are not alike. I test saliva and the urine, but did not track which one at the time. Here are the times and dosages.

0645 - Stix pH 7.25 & 7.75; Paper 7.5 Pee. Stix 7.5 & 6.75 Saliva
1400 - BSMBS2
1600 - (Stix pH 7.125 Saliva) (Stix pH 7.75 Pee)
2030 - BSMBS2
2345 - (Stix pH 8.0) - Felt a little Nausea

BSMBS2 means Black Strap Molasses and Baking Soda 2 teaspoons each. Add water.

Day seven - 06/08 1200 - (Stix pH 7.375 Paper pH 7.5+) Getting excited now. My lips tingle a bit and I feel the beginning of Oxygen Euphoria. I was worried a little about the lips, but then recall that some people report this as being part of the cesium therapy. Now the Oxygenation feeling that is really something else. It felt like I was hooked up to a pure oxygen machine and my nostrils were as big as wheel barrows.

On day seven I got aggressive and increased the baking soda dosage to 3 teaspoons. This brought on a slight headachy feeling. I backed off to 2 teaspoons baking soda because I was getting a little nervous. Also, my headache was getting stronger. I vacillated between continuing with the higher dose or not. I really wanted to kill it. But I went with my feeling and reduced it.

1205 - BSM1BS3 Increased BS dosage to 3 teaspoons for this session
1800 - (Stix pH 7.75) BSMBS2 got a little nervous about 3 teaspoons so I backed off to 2

Day eight – I moved to doing the double dose three times a day. I want that pH to get up there.

06/09 0600 - (Stix pH 7.7)
1000 - BSMBS2
1900 - (Stix pH 8.25)
1905 - BSMBS2
2345 - BSMBS2

Day nine – A little diarrhea but not much. I am feeling a little weak, but again, not much. Later as I thought back, it would have been a good idea to up my potassium intake.

06/10 0800 - pH 7.75
0900 - pH 8.25
0905 - BSMBS2
1400 - pH 8.5 A note: a little diarrhea, but not much
1600 - BSMBS2
1730 - pH 8.75
2200 - pH 8.5
2345 - BSMBS2 A note: Felt oxygenation euphoria throughout the day. Like my body was breathing pure oxygen. Nostrils are at least a mile wide.

Day ten – My headache is more persistent and I am having body sweats at night. Again, the sweats duplicating cesium symptoms. I cut back this day to a solution twice a day; not three times.

06/11 0800 - pH 8.5

0830 - BSMBS2

1230 - pH 8.5

1830 - pH 8.5 Headache

2330 - 8.375

2331 - BSMBS2 Note: Headache most of the day and part of yesterday. Sweaty late at night. Cut back to BSMBS2 only twice today.

Day eleven – my last day before I am scheduled for the big test. The body scan, that is, to check on the condition of my bones to see what is going on with the cancer.

06/12 0800 - (pH 8.0 and 7.5) Going down to 2 times a day

0910 - pH 7.25

0920 - BSMBS1.5 Note: dropped to 1.5 teaspoons to see if it would help control headache. Loose stool and slight headache. Sweaty last night.

1020 - More diarrhea with slight yellow tinge. Note: cutting back because I felt like it. I felt like I was getting overloaded. I probably would not have dropped back if I was not going to have Body

Scan at hospital tomorrow.

1300 - pH 8.35

Bicarbonate Enemas

"I was re-reading some of your info and it got me thinking that maybe it is time to experiment with more of your protocol. I am not feeling good at all I have a staph-like infection with boils popping out in numerous places; any cuts and wounds are not healing and puss filled. There is lots of pain associated with these spots. Also on the left side of my large intestine I feel a blockage a few inches to the left of my belly button. This is my longest term chronic symptom for years and it seems exacerbated right now. I can barely have a bowl movement. Even an enema just cleans out the lower few inches of the bowel and can't seem to get water past the constriction."

"I started using baking soda in my enemas and it was miraculous - the amounts and ease with which I released was profound. I use several tablespoons up to a cup of bicarbonate per quart to get the best results for me. When I added the baking soda with warm water things really started moving what a relief that was."

More on Oral Dosages

One of the great questions for cancer patients when considering oral intake of bicarbonate is whether or not to take it with maple syrup, molasses, honey, just water or even with lemon. This question is important for patients with cancer for often their cells are starving for glucose and perhaps because the sugar acts as a kind of Trojan horse getting the cancer cells to open their mouths wide. Then the increased O2 enters more easily. This topic is presented in depth in my book.

Though I have published about the folk formula using maple syrup I do not recommend that. I

recommend either black strap molasses (because you don't have to cook it and because of its rich mineral status) or just with mineral or distilled water. Bicarbonate with molasses fulfills the role of the glucose, which Dr. Simoncini always used when giving bicarbonate intravenously. Distilled water is excellent for treating disease "if" one adds bicarbonate and some pure magnesium chloride to it to enrich and harden it. One could even add a bit of sodium thiosulfate. When our water becomes a medicine benefits flow that are retarded when ones air and water supplies are tainted.

Many ask what a maintenance dosage would be or a cancer prevention dosage. Again this would vary widely but one teaspoon split into two dosages could be a standard but one still has to measure ones pH for guidance. Sodium bicarbonate is not a substitute for an alkaline diet nor is it a substitute for exercise and proper breathing which both increase a persons CO2 levels and thus O2 levels.

One practices strong medicine if one is in tune with ones own pH levels and use that as a guiding light in terms of dosages. Such a simple method can compete with so many tests that allopaths are obligated to do at great expense to the patient or society that pays for them. And still all these official tests ignore something so basic to human health.

My recommendation is to always use bicarbonate in one way or another because our world is acidic, our food, air and water and even emotions tend to be acidic. I brush my teeth and load up my water pick with bicarbonate and use it as a deodorant as well as take perhaps a half teaspoon a day when I am paying attention to my health. Whenever there is a health problem I always include it in my protocols for one can hardly go wrong with it. That said it is important to realize that there can be side effects and that one has to monitor with applied sensitivity their feelings and reactions to whatever one takes.

A major point I make in the book is that bicarbonate is best taken in conjunction with other medical and healing substances. The primary substance we need to think about, when taking bicarbonate, is magnesium chloride. The two together offer tremendous returns for they cooperate together right down to the mitochondrial level meaning they make the perfect mitochondrial cocktail.

Important Notes and pH Controversy:

What ph level should we get the urine or saliva up to? Your ph can go too high, which also invites certain illnesses and imbalances in the body, and this is the purpose of the monitoring with the pH paper - to keep ph in a proper, healthy range. For our purposes with my protocol we will measure urine and saliva pH and depending on how closely you want to monitor, this can be more than several times a day.

When you take your saliva pH, take it at least one hour before or 2 hours after you eat. Take measurements 2-3 times a day so you can get a feel for what your average is.

pH levels in your saliva can be affected by bacteria in your mouth as well as food you recently ate. In a perfect world with all other health parameters in place, the "averaged" pH of both urine and saliva will be right around what? That's a good question and is best answered perhaps not by a pH strip but by ones optimum feelings and state of being. Some people think that a pH as low as 6.4 is a good urinary target but there are some large assumptions that can put us into doubt about this. Getting this one

right is important because Oxygen levels in the body are directly related to pH. Increasing pH from 4 pH to 5 pH increases oxygen to the cells by ten fold. From a 4 to a 6 increases oxygen by 100 times and raising pH from 4 pH to 7 pH increases oxygen levels by 1,000 times.

When body pH drops below 6.4, enzymes are deactivated, digestion does not work properly; vitamins, minerals and food supplements cannot effectively assimilate.

Understand that pH can move all over the place.[2] This is so because most individuals "total alkalinity" is not very strong and that is exactly what bicarbonate therapy as well as exercise, dietary sanity and good breathing promote, total alkalinity. So for instance two hours after a meal you may find the urine going acid as it is a reflection of the meals acid components pushing the pH. Now really, with life threatening situations especially, we don't want to be eating meals with large acid components so our urinary drift into the acidic with meals can be very mild if one is eating and even fasting correctly.

The food we consume stores the flame of the sun. The more perfect our body's biological terrain, the more capacity we have to extract that flame to give us vibrant health and energy. Likewise we can eat close to the sun. Spirulina, for instance, from an esoteric energetic perspective can be viewed as practically crystallized sunlight that is most easy for the body to extract from. It's one of the reasons it makes a perfect survival food but as a mono fasting food it practically becomes the perfect medicine. When we eat this way or raw food our intake is highly alkaline so the acids being cleared in the urine would be more from the detoxification of the tissues than from the food.

Sustained high urine pH is not what we are looking for though we do want to maintain "total alkalinity." One does not want to go over the deep edge with an alkaline urinary obsession. Some practitioners say you do not want to see urine above 6.5 for long periods of time and we should expect urinary changes up and down strongly depending on one's diet. We should not be surprised or disturbed when we see urinary pH getting down into the 5 range sometimes as this is a reflection of kidney capacity and it shows metabolic acids can and are being removed from the system. You want your urine able to move acid, and to essentially be acid when appropriate. If you are keeping urine above 6.5 and day to day are into neutral pH (7) or above numbers, this is actually not normal unless one is eating very purely. But for cancer treatment we want to break past this and establish a pH of around 8 for two weeks and then take a break letting urinary pH fall. The chapter on pH in the bicarbonate book deals in depth with this very important indicator of health.

Correct easily absorbable magnesium is needed: highly absorbable magnesium (magnesium oil) helps to help build necessary buffers. Magnesium is often lost in urine as a consequence of too much acid in the body. If your urine is 5.8-7.2 this indicates you are losing magnesium. One way to do this is to soak in a tub of warm water with one cup or more of Magnesium (oil or flakes) and one cup of baking soda. Use warm, not hot water especially for diabetic patients, as the soak will cause vasodilation of all of the surface blood vessels and they might faint when they stand up. This soak will pull the acidic toxins out of the body and put magnesium into the body (thus putting buffering alkaline magnesium into the body's circulation) through the process of osmosis.

[1] www.mgwater.com/bicarb.shtml

[2] The average of the five days of saliva pH will give you an idea whether your physiology is being dominated by emotions. If emotional overload is a factor, this also needs to be addressed

to prevent the patient from being disillusioned after trying to raise his/her urine pH and not getting anywhere. A simple key is when the pH readings vary greatly on arising each morning, it is almost certain that anxiety is influencing the individual's physiology.

BICARBONATE, HONEY, MAPLE SYRUP, and BLACKSTRAP MOLASSES

(Including Information on Insulin Potentiation Therapy or IPT)

These forms of bicarbonate treatments are theoretically similar in principle to Insulin Potentiation Therapy (IPT). IPT treatment consists of giving doses of insulin to a fasting patient sufficient to lower blood sugar into the 50 mg/dl. In a normal person, when you take in sugar the insulin levels go up to meet the need of getting that sugar into the cells. In IPT they are artificially injecting insulin to deplete the blood of all sugar then injecting the lower doses of toxic chemo drugs when the blood sugar is driven down to the lowest possible value. During the low peak, it is said that the receptors are more sensitive and take on medications more rapidly and in higher amounts.

The bicarbonate maple syrup treatment works in reverse to IPT. Dr. Tullio Simoncini acknowledges that cancer cells gobble up sugar so when you encourage the intake of sugar it's like sending in a Trojan horse. The sugar is not going to end up encouraging the further growth of the cancer colonies because the baking soda is going to kill the cells before they have a chance to grow. Instead of artificially manipulating insulin and thus forcefully driving down blood sugar levels to then inject toxic chemo agents we combine the sugar with the bicarbonate and present it to the cancer cells, which at first are going to love the present.

But not for long!

This treatment is a combination of pure, 100% maple syrup and baking soda (Black Strap Molasses or Honey) and was first reported on the Cancer Tutor site. When mixed and heated 'gently' together, the maple syrup and baking soda mix but don't tightly bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell. The actual formula is to mix one part baking soda with three parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor but one could probably do this several times a day. With the Black Strap Molasses and honey heating is not necessary.

This of course is nice theory but not quite exactly right. First bicarbonate is actively transported and yes perhaps as the cells open up to the sugar cell wall permeability might change. And it is not quite the bicarbonate itself that acts as a poison to these dangerous cells but the shift in pH and changes in Oxygen and CO2 levels that are creating the changes. But whatever the theory it is hard to deny the testimonials that this simple combination works.

“There is not a tumor on God's green earth that cannot be licked with a little baking soda and maple syrup.” That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he was a miracle worker. “Dr. Jim cured me of lung cancer,” said

farmer Ian Roadhouse. "Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays."

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that nearly half enjoyed a complete remission of their disease.

It is very important not to use baking soda which has had aluminum added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminum but the company insists that is not true. One can buy a product which specifically states it does not include aluminum or other chemicals. (e.g. Bob's Red Mill, Aluminum-Free, Baking Soda).

IPT makes cell membranes more permeable, and increases uptake of drugs into cells. The essence of IPT is that it allows cancer drugs to be given in a smaller dose, far less toxic to normal cells, while building up lethally toxic concentrations in cancer cells. Both IPT and bicarbonate maple syrup treatments theoretically use the rabid growth mechanisms of the cancer cell against them.

Dr. Jim did not have contact with Dr. Simoncini and did not know that he is the only oncologist in the world who would sustain the combining of sugar with bicarbonate. Dr. Simoncini always directs his patients to dramatically increase sugar intake with his treatments.

Blackstrap molasses

Blackstrap molasses is a sweetener that is actually good for you. It is not like refined white sugar and corn syrup, which are stripped of virtually all nutrients except simple carbohydrates. Nor is it like artificial sweeteners like saccharine or aspartame, which not only provide no useful nutrients but have been shown to cause health problems in sensitive individuals. Blackstrap molasses is a healthful sweetener that contains significant amounts of a variety of minerals that promote your health.

On the Earth Clinic site we read, "Thanks to the wonderful feedback we have received over the past eight years, blackstrap molasses appears to be making headlines as one of the best home remedies around! We have emails from our readers about blackstrap molasses curing cancerous tumors, fibroid tumors, anxiety, constipation, edema, heart palpitations, anemia, arthritic pain, joint pain, and acne, just to name a few."

Chinese medicine tells us that blackstrap molasses tonifies deficiency, strengthens the spleen, lubricates lungs, stops cough and effectively treats stomach and abdominal pain as well as general chi deficiency. Most westerners cannot make much sense of Chinese diagnostics but what is being said here is that blackstrap molasses strengthens people. And when we look at its nutritional profile we can see why.

www.whfoods.com/genpage.php?tname=foodspice&dbid=118

Excellent Site Information on Blackstrap Molasses

Blackstrap molasses is a very good source of calcium. Calcium, one of the most important minerals in the body, is involved in a variety of physiological activities essential to life. The activities include the ability of the heart and other muscles to contract, blood clotting, the conduction of nerve impulses to and from the brain, regulation of enzyme activity, and cell membrane function. Molasses is also an excellent source of copper and manganese and a very good source of potassium and even magnesium.

In addition to providing quickly assimilated carbohydrates, blackstrap molasses can increase your energy by helping to **replenish iron stores**. Even pregnant moms will find this a lifesaver because it can give them the iron they need without the constipation that comes from taking iron supplements. One can put it in their oatmeal in the morning or sweeten their juices. In comparison to red meat, a well known source of iron, blackstrap molasses provides more iron for fewer calories and is **totally fat-free**. Iron is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism. Growing children and adolescents also have increased needs for iron. Just 2 teaspoons of blackstrap molasses will sweetly provide you with 13.3% of the daily recommended value for iron.

For those who want to use Blackstrap Molasses instead of the maple syrup, honey or water for the sodium bicarbonate cancer treatment this is more than fine and there is no reason to cook it together. I believe actually that one does not really need to do that with the maple syrup either but one has to find their own way in choosing and administering these simple treatments. There are some exceptional honeys in the world also that can be used or one can simply take their bicarbonate with water. In the chapter on oral usage you will see a detailed case of a prostrate patient who had his cancer spread to his bones who cleared his bone cancer with Blackstrap Molasses and Baking Soda, and very little else.

In the second edition of this book we will include many more case studies. So please, all those who use the bicarbonate treatment, write us and send us your testimonials.

OTHER ORAL BICARBONATE TREATMENTS

Dr. Parhatsathid Nabadalung
www.earthclinic.com/Remedies/alkalizing_formulas.html

There are several formulations that you can consider if you want to alkalize. Each will have advantages and disadvantages.

1. The Lemon Bicarbonate Formula

This simple formula will normalized many biological parameters, pH, ORP, phosphates, bicarbonates and antioxidants of vitamin C. Potential miracle water. One whole lemon freshly squeezed. Keep adding baking soda slowly bit by bit until the fizz stops. Then you will add water to one half glass. This is often taken twice a day. To be taken once in the morning and once before bedtime on an empty stomach.

Lemons are one of the gentlest ways to restore pH balance and alkalinity. Although lemon juice is itself acidic, the ash of lemon juice is alkaline. When you consume lemon, it neutralizes acid and makes the body more alkaline.

Lemons are known to promote cleansing and rid the body of chemical and dietary toxins, boosting the immune system and supporting good health. They are central to the Master Cleanse, which is often called the Lemon Cleanse.

Lemons are hardly a magic bullet, but they are a subtle, gradual way to improve pH balance.

Recommendation: Take the juice of half a lemon in a glass of warm or chilled water first thing in the morning (at least ten minutes before any food) to restore pH balance and improve digestion. Replace the white, wine, or other vinegar in home-made salad dressings with fresh-squeezed lemon juice. Most vinegars are acid ash foods, with the exception of apple cider vinegar.

2. The Lime Bicarbonate Formula

Same as above, but I use lime instead. The lime formula is the one I actually used in Bangkok and all measurements that normalized many biological parameters were based on lime formula. The reason is simple: lemon is non-existent in Bangkok. We use only lime. One whole lime freshly squeezed. Keep adding baking soda slowly bit by bit until the fizz stops. Then you will add water to one half glass. This is often taken either twice a day on an empty stomach, once in the morning and once before bedtime.

Note: Basically, lemon/lime juice idea is also good for people who fear some sodium retention issues. Since the lemon is already high on potassium, adding the sodium to neutralize the acid along the way will also create a sodium potassium balance.

3. For People with Sodium Issues and Want to Alkalize

1/8 teaspoon of baking soda 1/16 teaspoon of potassium bicarbonate 1/4 teaspoon of citric acid. Add water to 1/2 glass of water. Take this twice a day once in the morning and once in the evening on an empty stomach. This is done to avoid diarrhea problems, if taken along with food.

4. For People with Sodium Issues and Want to Alkalize and Normalize Many Biological Parameters: One whole freshly squeezed lemon (or lime) and keep adding the bicarbonate until the fizz stops. The bicarbonate is made of 50/50, sodium bicarbonate and potassium bicarbonate. Sorry, sodium must always be there to achieve somewhat of a sodium/potassium balance. Take this twice a day once in the morning and once in the evening on an empty stomach. This is done to avoid diarrhea problems, if taken along with food.

4. Apple Cider Vinegar and Thieves

Apple cider vinegar is an exception: unlike almost every other vinegar, it has an alkaline ash and improves pH by making the body less acidic.

For that reason alone, it is recommended to replace any vinegar in salad dressings and other recipes with apple cider vinegar, if lemon juice (as above) doesn't provide enough bite.

As a tonic, apple cider vinegar may be taken first thing in the morning, on an empty stomach, by combining in a small glass:

1/2 to 1 ounce of apple cider vinegar (or 1-2 tbsp)

1 or more ounces pure water

2 drops Thieves essential oil blend (optional)

Apple cider vinegar is more potent than lemon juice, but still a gradual way to reestablish healthy pH in the body. The Thieves essential oil blend (containing clove, cinnamon, lemon, eucalyptus, rosemary) give the vinegar an extra immune-boosting kick. It also improves the flavor. Some people find that if they take the apple cider vinegar and wait too long before eating food, they feel nauseous. It is recommended, but not absolutely necessary, to wait ten minutes before eating.

General Information

The pH of the formula is not the most important factor here, nor is taste. What is important is the resultant pH of the urine, not the solution. You need to obtain a urinary pH of 7. So by measuring your urine you will determine the exact dose. Scientists have agreed to the urinary pH as the ultimate measure of whether the target achieved, not what you drink. However, if a pH reading is used for a particular remedy, the ideal pH would be between 7.0 - 7.5.

Most scientists have also agreed that the pH outcome of whatever you eat should be judge as a basis of whether it's acid forming or alkaline forming. In general, most sour foods in the long run will cause acid urine, and most bitter foods (less popular) will cause urine to alkaline pH. Hence, our tongues prefer sour to bitter and it's one of the many reasons why we are suffering from acidosis. Sugar is acid forming too.

The lemon or lime remedy requires 2 tablespoon of juice plus 1/2 teaspoon, not 1/4 teaspoon. Teaspoon sizes may vary unless you are using a cook's set of measurement spoons. However I used a regular teaspoon where the size is larger than a quarter coin. One whole lime plus 1/2 teaspoon baking soda is 7.5 pH.

A newly purchased pH meter needs to be calibrated. A pH meter must be recalibrated with each use if that is used not often, with a buffer 7 solution. They tend to go off.

Apple cider vinegar plus baking soda (2 tablespoons of ACV plus 1/4 teaspoon of baking soda) pH is exactly 7.0 after 2-3 minutes. It goes higher as you wait and settles down at about 7.3-7.5. Of course the solutions of pH may vary depending on the brand.

What you are missing on is most people take plain ACV for acid reflux, which is a worse option than taking baking soda added by some to neutralize pH. The remedy assumes you are using apple cider vinegar, not distilled vinegar."

Neurological Considerations

Sodium bicarbonate is a therapeutic drug for vertigo.[1]

The neurological end on sodium bicarbonate is an interesting one. For example, if I accidentally take any aspartame products, now commonly found hidden in many gums and even children's supplements (such as Flintstones vitamins), the urinary pH will go immediately acid to urinary pH of 5.5 or below.

The reason why this occurs is an interesting one; the aspartame in presences of the body's enzymes breaks down into methanol and then formaldehyde which destroys the neurological system. The neurological system controls the body's pH, much like a thermometer. When this happens, the body becomes acid quite quickly and then the neurological system burns itself up, and hence the immune system and the homeostatic mechanism which helps maintain the body's system.

Once the control center is in disarray, then you have all kinds of neurological problems. As a simple antidote one can take baking soda to protect oneself from neurological damage. In fact the brain's pH is relatively acid due to most of the oxygen of the body, on a per weight basis, is consumed by the brain and hence it is relatively sensitive to damage.

The brain is the organ that the sodium bicarbonate cannot easily reach, so I had to turn my attention to sodium carbonate mixtures with baking soda in equal amounts when I wanted to reach into the brain. When sodium carbonate encounters carbon dioxide, the sodium carbonate becomes sodium bicarbonate, having one additional layer buffer needed to reach and alkalize the brain.

As a proof, I had a person from Romanian with a 10 year old astenia, a condition of chronic fatigue combined with inability to sleep. He only sleeps about 2-3 hours a day so it can be mentally taxing. The man's about 30 years old and a college professor. Baking soda was tried, and on some days it works on other days it didn't work in helping in sleep. The reason why sodium carbonate was not added was it was difficult to obtain it. Later when he was able to obtain it, he slept for the first time in about 10 years and it worked consistently.

What happens is really simple. The older you get the worse the circulation in the brain. As a result the brain becomes acid. If the brain becomes acid, you are restless cannot sleep and pretty soon you just burn yourself up, or it may even lead to Parkinson's or Alzheimer disease.

The dose was simple: 1/4 teaspoon of baking soda plus 1/4 teaspoon of sodium carbonate in 1 glass of water taken twice a day, but most importantly taken 2 or 3 hours before sleep. It worked so well, and consistently and what is interestingly is that he didn't need sleeping pills. Of course he tried sleeping pills. It didn't work.

For most people its effect on "cooling down" of the brain and cause sleepiness will take only 30 minutes to notice this effect. In case any people doubt that this does work, they actually tested on causing dogs into a stroke and used the "carbicarb" - an equimolar mixture of baking soda and sodium carbonate to cause the brain to be in alkaline state, which protected against brain damage.

Apparently when you have a stroke, the carbon dioxide accumulates, the brain becomes a carbonic acid, and the brain is damaged. Only the carbicarb can it effectively neutralized it as it has sodium carbonate which is a stronger buffer, strong enough to reach this area to cause the brain to be in an alkaline state. Hence alkalinity is more difficult to achieve at the extremities, bone marrow and the brain primarily because sodium bicarbonate simply can't reach it as effectively as a sodium carbonate.

When sodium carbonate encounters carbon dioxide it becomes sodium bicarbonate, so it reaches very inaccessible area enough to alkalize and neutralize cancer tumors.

One of the reasons this book makes the point against one shot cancer treatment or cure is that each type of treatment has its strengths and weaknesses, which is why it's best to approach cancer from many points on the compass simultaneously. One weakness of sodium bicarbonate therapy is that baking soda is generally depleted when it goes into the legs, feet, bone marrow and the brain all for different reasons. For example the leg and foot are low oxygen areas and baking soda is neutralized before it goes there and no longer has any buffering capacity - having been completely converted to just CO₂ and H₂O.

So we can extend the throw weight of bicarbonate by including potassium, cesium, and rubidium into our protocol because these minerals will get directly inside the cells and alkalize them. Cesium, rubidium, and potassium are all located to the far left side of the periodic table, which are often called alkali metals. They are working along the same paradigm lines as bicarbonate therapy but their action is different. Cesium and rubidium therapies are more delicate than bicarbonate suggesting that it should be done under the care of an experienced health care provider.

Though the Trojan horse theory behind maple syrup bicarbonate intake is nice but the real reason is probably simpler. The increased bicarbonate levels surround the cancer cells in an increasingly alkaline solution near the cells during the uptake of sugar. A much more Trojan effect is to add cesium, rubidium, potassium, or magnesium chloride into a mixture with the maple syrup. The point is that potassium citrate, rubidium, cesium and any other alkaline elements, will add additional throw weight into the bicarbonate extending its reach into more inaccessible area such as the bone, while a carbicarb with potassium will be more than enough to reach the brain area because its metabolism is so high, a baking soda can never reach, not like a carbicarb because it's buffering capacity is quite high.

In practice I prefer to just use potassium, and other intracellular minerals rather than sugar. The cellular uptake for these intracellular fluids is good anyway and without running the risk of actually feeding the cancer with sugar, especially with people who are diabetics.

Though I have written a lot on magnesium and cancer its usefulness in the bicarbonate protocol is unlimited. Because magnesium is intracellular it will go into the cells to alkalize and revive them. This is why it works so well in reducing cancer pain and reduces lactic acid neutralization, along with the usual alkalization remedy.

Iodine

As to why iodine works, Dr. Napatalung has observed that cancer always flare up after a shower with chlorine. "Chlorine displaces the body's iodine and you go into an immune suppression state. The thymus, responsible for your immune system, the thyroid, responsible for metabolism, and energy goes into suppression state because of the chlorine. This is why sodium thiosulfate works so well- it neutralizes oxidative chemical such as chlorine and then some! The iodine displaces the chlorine so the immune system picks up."

[1] <http://sciencelinks.jp/j-east/article/200421/000020042104A0734385.php>

SODIUM BICARBONATE PRODUCTS

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus



**Also Known as Baking Soda
(Not Baking Powder)**

**Arm and Hammer or Bob's Red Mill
(Both are Aluminum free)**



Though I have been using Bob's Red Mill sodium bicarbonate I have recently received two boxes of Arm and Hammers and I sat for quite a while admiring their boxes and all the information on them.

I have been in touch directly with the company and have been reassured of its absolute purity meaning there is no aluminum in it. Arm and Hammers is as aluminum free as Bob's Red Mill, which advertizes itself specifically to be aluminum free, and in the process has convinced most people I know that Arm and Hammers has aluminum when it does not.

The proper mixing of bicarbonate concentrate is an issue and certainly this is a major safety concern at every dialysis facility in the world, which use sodium bicarbonate every day. Oral sodium bicarbonate is used to treat metabolic acidosis in patients with renal tubular acidosis. Since infants and young children are unable to swallow tablets, those affected must ingest sodium bicarbonate in a powder or liquid form. Pharmacy-weighted sodium bicarbonate is expensive and inconvenient to obtain; some pharmacists are reluctant to provide it.

We determined that the sodium bicarbonate contained in 8-oz boxes of Arm and Hammer Baking Soda® was sufficiently constant in weight that dissolved in water to a given volume, it yielded a quantitatively acceptable therapeutic solution of sodium bicarbonate at a cost of approximately 3 percent of that of pharmacy- weighed sodium bicarbonate. Grocery store baking soda can be a safe, economical, and convenient source of sodium bicarbonate for the treatment of chronic metabolic acidosis in infants and young children.[1]

The Church & Dwight name may not be familiar to many people, but their ARM & HAMMER® brand is recognized and respected by just about everyone. That's because Church & Dwight has been producing ARM & HAMMER brand products for almost 160 years, ever since Austin Church, a physician, and John Dwight, his brother-in-law, began selling their high-quality sodium bicarbonate to grocers in New York City. The most demanding applications are in the area of healthcare, with

hemodialysis in particular requiring exceptional purity and consistency. A leading force in modern bicarbonate hemodialysis Church & Dwight's contribution to modern dialysis dates back to the early 1980s, when medical literature about the benefits of bicarbonate-buffered dialysate over acetate began to appear.

Anecdotal reports, and then clinical studies, showed an improved response when patients were dialyzed with bicarbonate instead of acetate. Beginning in 1982, Church & Dwight applied their technological expertise to the task of establishing exacting standards for hemodialysis grade sodium bicarbonate. Within two years, they were meeting those standards in full-scale production. When USP specifications for sodium bicarbonate used in hemodialysis were published in 1987 and formally issued in 1988, Church & Dwight hemodialysis grade sodium bicarbonate not only met the specifications, it exceeded them.

Bob's Red Mill costs \$2.61 a pound and Arm and Hammers costs less making it the least expensive medicine in the world. Personally I could not tell a difference between the consistencies in the two, both are equally fine. Sodium bicarbonate is widely available in most supermarkets and discount chains across the country at a cost of just over \$2 per pound. Many different sizes are available depending on your needs ranging from 1 lb packages up to 14 lb packages. (normally used by people with pools to adjust pool water pH).

Do not confuse baking soda with baking powder which does or may contain aluminum. These are two very different products with baking powder having a mix of baking soda with various acidic ingredients.

Make sure you are purchasing pure 100% baking soda or sodium bicarbonate.

Special Note: For perfect therapeutic bath add one pound or more of sodium bicarbonate with one pound or more of magnesium bath flakes.

[1] Clinical Pediatrics, Vol. 23, No. 2, 94-96 (1984) DOI: 10.1177/000992288402300205

ARM AND HAMMER BAKING SODA COMPANY

Source: [*Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment*](#) by Dr. Mark Sircus



Over 150 years ago Dr. Austin Church formed a business to produce and distribute Baking Soda. ARM & HAMMER® Baking Soda is derived from a natural occurring mineral called trona. It is 100% pure, safe, and natural. Baking Soda (also known as sodium bicarbonate) is a substance that is found naturally in all living things. Its purpose is to maintain pH balance in the bloodstream, which is necessary to sustain life. Due to its chemical and physical properties, sodium bicarbonate has unique medicinal capabilities that every healthcare practitioner, doctor and patient needs to know about.

The only problem is that Arm & Hammer Baking Soda can replace many more expensive medicines and this does not make the medical industrial complex happy.

In today's modern world of medicine the FDA just will not let companies that sell products make medical claims about them unless they have been tested at great expense and approved as a drug. But this was not always the case and as we can see in the information in this chapter, which is from a 1924 booklet, [1]published by the Arm & Hammer Soda Company. On page 12 the company starts off saying, "The proven value of Arm & Hammer Bicarbonate of Soda as a therapeutic agent is further evinced by the following evidence of a prominent physician named Dr. Volney S. Cheney, in a letter to the Church & Dwight Company:

"In 1918 and 1919 while fighting the 'Flu' with the U. S. Public Health Service it was brought to my attention that rarely **any one who had been thoroughly alkalinized with bicarbonate of soda contracted the disease, and those who did contract it, if alkalinized early, would invariably have mild attacks.** I have since that time treated all cases of 'Cold,' Influenza and LaGripe by first giving generous doses of Bicarbonate of Soda, and in many, many instances within 36 hours the symptoms would have entirely abated. Further, within my own household, before Woman's Clubs and Parent-Teachers' Associations, I have advocated the use of Bicarbonate of Soda as a preventive for "Colds," with the result that now many reports are coming in stating **that those who took "Soda" were not affected, while nearly every one around them had the "Flu."**

Recommended dosages from the Arm and Hammer Company for colds and influenza back in 1925 were:

During the first day take six doses of half teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of cool water, at about two hour intervals.

During the second day take four doses of half teaspoonful of Arm and Hammer Bicarbonate of Soda in glass of cool water, at the same intervals.

During the third day take two doses of half teaspoonful of Arm and Hammer Bicarbonate of Soda in glass of cool water morning and evening, and thereafter half teaspoonful in glass of cool water each morning until cold is cured.

*"Well the sodium bicarbonate cure for colds and sore throats.
A friend called as I was reading about it, I told her to try it.
She is rapt! Relief in a few hours, and she went to work the
following day! And she was miserable and could hardly talk,[2]
had just woken with it full on, and was planning on missing work."*

In order to secure the best results with Arm & Hammer Pure Bicarbonate of Soda (Baking Soda) when taken internally, certain simple rules must be observed. Materia Medica, pharmacology and Therapeutics (Bastedo, Page 88) clearly outlines these rules to follows:

"The effect of an alkali in the stomach will vary according to the nature of the stomach contents at the time of administration. In the resting period (after food is digested) sodium bicarbonate merely dissolves mucus and is absorbed as bicarbonate into the blood, to increase its alkalinity directly.

"In the digestive period it reduces the secretion of gastric juice, neutralizes a portion of the hydrochloric acid, liberates the carminative carbon dioxide gas, and is absorbed as sodium chloride.

"In cases of fermentation or 'sour stomach' it may neutralize the organic acids and so result in the opening of a spasmodically closed pylorus (the opening between the stomach and the small intestine); while at the same time it acts to overcome flatulency (accumulation of gas in the stomach and bowels).

"The time of administration must, therefore, be chosen with a definite purpose. Usually for hyperchlorhydria (excess of acid) one hour or two hours after meals will be the period of harmful excess of acid.

"In continuous hyperacidity and in fermentative conditions a dose an hour before meals will tend to prepare the stomach for the next meal; or sometimes a dose will be necessary immediately after eating, because of abnormal acid or base having been present at the commencement of the meal. (For the average person one-half hour after meals is recommended).

"A dose at bedtime tends to check the early morning acidity, or a dose on arising cleans the stomach of acid and mucus before breakfast."

Whenever taking a bicarbonate solution internally the soda should be dissolved on cold water.

This is all very valuable information coming from the horse's own mouth, the Arm and Hammer Baking Soda Company, which sells aluminum free baking soda. Clearly they knew what they had in their hands one hundred years ago; and its long use in medicine sustains the companies published medical views:

"Besides doing good in respiratory affections, bicarbonate of soda is of inestimable value in the treatment of Alimentary Intoxication, Pyelitis (inflammation of the pelvis of the kidney), Hyper- Acidity of Urine, Uric Acid disturbances, Rheumatism and Burns. An occasional three-day course of Bicarbonate of Soda increases the alkalinity of the blood, assists elimination and increases the resisting power of the body to all Infectious Diseases."

SODIUM BICARBONATE: WARNINGS AND CONTRAINDICATIONS

Source: [*Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment*](#) by Dr. Mark Sircus

Everything needs to be taken in balance.

Sodium bicarbonate (baking soda) is generally well tolerated. However, high doses may cause headache, nausea or irritability. If any of these effects continue or become bothersome, inform your doctor.

Notify your doctor if you develop: muscle weakness, slow reflexes and confusion, swelling of the feet or ankles, black tar-like stools, coffee-ground vomit. If you notice other effects not listed above, contact your doctor or pharmacist.

Do not use if you are on a sodium restricted diet unless directed by a doctor. Ask a doctor or a pharmacist before use if you are taking a prescription drug. Antacids may interact with certain prescription drugs. Do not administer to children under age 5 without careful consideration. To avoid injury do not take sodium bicarbonate until the powder is completely dissolved and it is very important not to take baking soda when overly full from food or drink. Consult a doctor if severe stomach pain occurs after taking this product.

"I nearly died after taking this stuff," said William Graves, who suffered a rupture through the wall of his stomach in 1979 after taking baking soda mixed in water for indigestion after a big meal. The 64-year-old resident of Bethesda, Md., who is editor of National Geographic Magazine, said that only emergency surgery saved his life and that six more operations were needed to repair the damage.

Though there are only a few documented cases users need to know of the dangers.

The aim of all bicarbonate therapy is to produce a substantial correction of the low total CO₂ content and blood pH, but the risks of over dosage and alkalosis should be avoided. In general, dose selection for pregnant women, young infants and elderly patients should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, or cardiac function and of concomitant disease or other drug therapy.

ADVERSE REACTIONS

Overly aggressive therapy with Sodium Bicarbonate Injection, USP can result in metabolic alkalosis (associated with muscular twitchings, irritability, and tetany) and hypernatremia. Caution should also be maintained when pushing oral dosages up to the maximum levels suggested for oral administration as well.

OVERDOSAGE

Should alkalosis result, the bicarbonate should be stopped and the patient managed according to the degree of alkalosis present. 0.9% sodium chloride injection intravenous may be given; potassium chloride also may be indicated if there is hypokalemia. Severe alkalosis may be accompanied by hyperirritability or tetany and these symptoms may be controlled by calcium gluconate.

For people with the rare illnesses of Bartter syndrome or Gitelman syndrome, bicarbonate may be

contraindicated. These rare sufferers may add a few drops of Real-Lemon juice concentrate to any bicarbonate-containing beverage to neutralize it.

Serious precautions should be taken by individuals who suffer from chronic pulmonary problems. If a person has significant lung disease, their brain shifts to breathing in response to a lowered O₂ level so it won't respond to the accumulating CO₂. With the added CO₂ and the lungs not removing it, the equation shifts left, meaning the added CO₂ becomes H₂CO₃ (carbonic acid) and then you end up with an acidic patient.

Sodium Bicarbonate Injection, USP is contraindicated in patients who are losing chloride by vomiting or from continuous gastrointestinal suction, and in patients receiving diuretics known to produce a hypochloremic alkalosis.

Solutions containing sodium ions should be used with great care, if at all, in patients with congestive heart failure, severe renal insufficiency and in clinical states in which there exists edema with sodium retention. In patients with diminished renal function, administration of solutions containing sodium ions may result in sodium retention. The intravenous administration of these solutions can cause fluid and/or solute overloading resulting in dilution of serum electrolyte concentrations, overhydration, congested states or pulmonary edema.

Extra caution needs to be taken with cancer patients with severe heart, renal, and hepatic problems. Dr. Simoncini says, "In any case, however, it is best to try to reach the maximum tolerable quantity, as a dosage that is too low or too thinly distributed over time cannot be effective in depth. In some patients, although not afflicted by other pathological conditions other than a tumor, if there are many masses or the masses have large dimensions we have sometimes observed a remarkable increase in the temperature up to 39 degrees centigrade in the first days of therapy with bicarbonate. This is the effect of the brutal lysis of the colonies, which in some cases is even responsible for the high amylaceous contents and for transitory renal insufficiency sometimes associated with a bladder urinary block which can be solved through catheterization. Hypertension or hypotension events as well as episodes of relapsing cephalaea complete the picture of side effects which, it is wise to emphasize, are rare and brief. That is without negative after effects."

Simoncini continues, "The therapy that is most indicated to counter all the instances described above is the fast intravenous infusion (about one hour) of glucose phlebos at 5% or 10 % solution with the addition of potassium chloride, and physiological solutions that are capable of complete resolution generally without the utilization of any symptomatic drug by helping the drains to bring the circulating catabolites back to the standard value."

Dr. Simoncini routinely administers glucose with his IV treatments and this is the best indication for the use of either honey, maple syrup or black strap molasses especially for late stage cancer patients whose cells are starving.

Adverse reactions to the administration of sodium bicarbonate can include metabolic alkalosis, edema due to sodium overload, congestive heart failure, hyperosmolar syndrome, hypervolemic hyponatremia, and hypertension due to increased sodium. In patients who consume a high calcium or dairy-rich diet, calcium supplements, or calcium-containing antacids such as calcium carbonate (e.g., Tums), the use of sodium bicarbonate can cause milk-alkali syndrome, which can result in metastatic calcification, kidney stones, and kidney failure.

In rare cases, metabolic alkalosis develops in a person who has ingested too much base from substances such as baking soda (bicarbonate of soda). Severe metabolic alkalosis (ie, blood pH >7.55) is a serious medical problem. Mortality rates have been reported as 45% in patients with an arterial blood pH of 7.55 and 80% when the pH was greater than 7.65.

Administration of sodium bicarbonate in amounts that exceed the capacity of the kidneys to excrete this excess bicarbonate may cause metabolic alkalosis. This capacity is reduced when a reduction in filtered bicarbonate occurs, as observed in renal failure, or when enhanced tubular reabsorption of bicarbonate occurs, as observed in volume depletion.[1]

Metabolic alkalosis is the most common acid-base disturbance observed in hospitalized patients, accounting for approximately 50% of all acid-base disorders.

- Severe alkalosis causes diffuse arteriolar constriction with reduction in tissue perfusion. By decreasing cerebral blood flow, alkalosis may lead to tetany, seizures, and decreased mental status.
- Metabolic alkalosis also decreases coronary blood flow and predisposes persons to refractory arrhythmias.
- Metabolic alkalosis causes hypoventilation, which may cause hypoxemia, especially in patients with poor respiratory reserve, and it may impair weaning from mechanical ventilation.
- Alkalosis decreases the serum concentration of ionized calcium by increasing calcium ion binding to albumin. In addition, metabolic alkalosis is almost always associated with hypokalemia (low potassium levels), which can cause neuromuscular weakness and arrhythmias, and, by increasing ammonia production, it can precipitate hepatic encephalopathy in susceptible individuals

The physical signs of metabolic alkalosis are not specific and depend on the severity of the alkalosis. Because metabolic alkalosis decreases ionized calcium concentration, signs of hypocalcemia (eg, tetany, Chvostek sign, Trousseau sign), change in mental status, or seizures may be present.

Symptoms of Alkalosis

- Confusion(can progress to stupor or coma)
- Hand tremor
- Light-headedness
- Muscle twitching
- Nausea, vomiting
- Numbness or tingling in the face or extremities
- Prolonged muscle spasms (tetany)

Tell your doctor if you have: pre-existing heart disease, kidney disease, liver disease, high blood pressure, or any allergies. Because this medication contains a large amount of sodium, remind your doctor if you are on a low sodium diet. This medication should be used only if clearly needed during pregnancy.

Small amounts of sodium bicarbonate have been found to be present in breast milk. Discuss the risks and benefits with your doctor even though he or she probably will not be fully aware of the benefits since they have never tried using it as a systemic medicine for chronic diseases like cancer and diabetes.

Tell your doctor of any over-the-counter or prescription medication you may take and ask him about dangers and side effects that are common with such drugs. This medication has the potential to interact with many medications. Do not take any other medication within 1 to 2 hours of taking an antacid. If overdose is suspected, contact your local poison control center or emergency room immediately. US residents can call the US national poison hotline at 1-800-222-1222. Canadian residents should call their local poison control center directly. Symptoms of overdose may include irritability, muscle rigidity, and seizures.

Before taking sodium bicarbonate, tell your doctor if you are taking:

- mecamylamine (Inversine)
- methenamine (Mandelamine)
- ketoconazole (Nizoral)
- antacids
- a tetracycline antibiotic such as tetracycline (Sumycin, Achromycin V, and others), demeclocycline
- (Declomycin), doxycycline (Vibramycin, Monodox, Doxy, and others), minocycline (Minocin, Dynacin, and others), or oxytetracycline (Terramycin, and others)

You may not be able to take sodium bicarbonate, or you may require a dosage adjustment or special monitoring during treatment if you are taking any of the medicines listed above.

If you miss a dose, take it as soon as remembered; do not take it if it is near the time for the next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not "double-up" the dose to catch up. Store at room temperature between 59 and 86 degrees F (between 15 and 30 degrees C) away from heat, light and moisture.

Make sure you only take a small amount of baking soda solution at any given time, since alkaline substances can neutralize most if not all acids in the stomach, causing the stomach to create more acid. This can, in turn, lead to more heartburn, which will cause you to ingest more baking soda solution and start a dangerous cycle.

Folic acid is needed by the body to utilize Vitamin B-12.[2] Antacids, including sodium bicarbonate, inhibit folic acid absorption.¹ People taking antacids are advised to supplement with folic acid.

[1] <http://emedicine.medscape.com/article/243160-overview>

[2] Russell RM, Golner BB, Krasinski SD, et al. Effect of antacid and H₂ receptor antagonists on the intestinal absorption of folic acid. J Lab Clin Med 1988;112:458-63.

BICARBONATE AND RAPID pH SHIFTS

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus

Most of us were amazed to find out that there is an oncologist in Rome, Italy destroying cancer tumors with sodium bicarbonate.[1] Sodium bicarbonate is safe, extremely inexpensive and effective when it comes to cancer tissues. It is irresistible cyanide to cancer cells. **It hits the cancer cells with a shock wave of alkalinity**, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Sodium bicarbonate is, for all intent and purposes, a quick killer of tumors. Full treatment takes only a few weeks. Follow up treatments are highly recommended.

One of the first patients I treated was an 11-year-old child, a case which immediately indicated that I was on the right track. The child arrived in a coma at the paediatric haematology ward around 11:30 in the morning, with a clinical history of leukaemia. Because of the child's disease he had been taken from a small town in Sicily to Rome, through the universities of Palermo and Naples, where he underwent several chemotherapy sessions. His desperate mother told me that she had been unable to speak with the child for 15 days; that is, since the child had been on his journey through the various hospitals. She said she would have given the world to hear her son's voice once again before he died. As I was of the opinion that the child was comatose both because of the proliferation of fungal colonies in the brain and because of the toxicity of the therapies that had been performed on him, I concluded that if I could destroy the colonies with sodium bicarbonate salts and at the same time nourish and detoxify the brain with glucose administered intravenously, I could hope for a regression of the symptoms.

And so it was. After a continuous intravenous infusion of bicarbonate and glucose solutions, at around 7pm, when I returned to the university, I found the child speaking with his mother, who was in tears. [2]

Dr. Tullio Simoncini

The bicarbonate transport system is a simple yet central part of our body's normal functioning.

So it should come as no surprise that disruption of bicarbonate transport underlies many diseases.[3] HCO_3^- is impermeable to biological membranes. Specialized plasma membrane bicarbonate transport proteins (bicarbonate transporter) are therefore required to facilitate HCO_3^- movement into and out of cells. Because HCO_3^- is a base, bicarbonate transporter-mediated influx induces cellular alkalinization, while efflux causes acidification.

Physiologically the bicarbonate transport system serves to:

1. regulate cellular pH,
2. regulate whole body pH,
3. regulate cell volume and fluid secretion,
4. dispose of the body's major metabolic waste product ($\text{CO}_2/\text{HCO}_3^-$).

Though we have known that oral intake of sodium bicarbonate will have the 'Simoncini' effect on oral, esophagus and stomach cancer no one has focused on the systemic effect of bicarbonate taken orally.

Every cancer patient and every health care practitioner should know that oral intake of **sodium bicarbonate offers a strong shift of body pH into the alkaline**. So strong is the effect that athletes can notice the difference in their breathing as more oxygen (and thus CO₂) is carried throughout the system as more acids are neutralized.[4]The difference can be stunning for those whose respiration is labored under intense exercise loading.[5]This tells us to take very seriously the oral use of bicarbonate for cancer treatment **no matter what other treatment is used**.

There are so many things to know about bicarbonate. A primary characteristic of it is its high pH. Bicarbonate has two roles in intestinal function: neutralization of stomach acid entering the intestine and water reabsorption. Neutralization of acid by bicarbonate is primarily accomplished by the high bicarbonate concentration (125 mM) present in pancreatic fluid secreted into the intestine. In another chapter we will penetrate the pH story and establish it as a main barometer in health and medical treatment. One can push ones body pH up dramatically with bicarbonate.

Raising pH increases the immune system's ability to kill bacteria. This was the conclusion of a study conducted at The Royal Free Hospital and School of Medicine in London. This is a tip-off to an entirely new way allopathic medicine can look at disease and its treatment. By paying attention to basic physiology (pH) and effecting shifts from acid to alkaline we go a long way in reversing cancer and other chronic diseases.

All cancer sufferers, and in fact every chronic disease patient, should hold clearly in mind that **pH is the regulatory authority that controls most cellular processes**. The pH balance of the human bloodstream is recognized by medical physiology texts as one of the most important biochemical balances. Our body pH is very important because **pH controls the speed of our body's biochemical reactions**. It does this by controlling the speed of enzyme activity as well as the speed that electricity moves through our body - the higher (more alkaline) the pH of a substance or solution, the more electrical resistance that substance or solution holds.

Body pH level changes are intense in the profundity of their biological effects. Even genes directly experience external pH. Important changes in pH may not only affect the shape of an enzyme but it may also change the shape or charge properties of the substrate.[6] When pH is too acidic either the substrate cannot bind to the active site or it cannot undergo catalysis. Increased oxidative stress, which correlates almost exponentially with **pH changes into the acidic, is especially dangerous to the mitochondria**, which suffer the greatest under oxidative duress. Epigenetics, which may now have begun eclipsing traditional genetics, commonly describes how factors such as diet and smoking, rather than inheritance influence how genes behave.

Each enzyme works within quite a small pH range. There is a pH at which its activity is greatest (the optimal pH). This is because changes in pH can make and break intra- and intermolecular bonds, changing the shape of the enzyme and, therefore, its effectiveness.

Sodium bicarbonate injection is indicated in the treatment of metabolic acidosis, which may occur in severe renal disease, uncontrolled diabetes, and circulatory insufficiency due to shock or severe dehydration, extracorporeal circulation of blood, cardiac arrest and severe primary lactic acidosis. Sodium bicarbonate is further indicated in the treatment of drug intoxications, including barbiturates. **Sodium bicarbonate is effective in treating poisonings or overdoses from many chemicals and pharmaceutical drugs by negating the cardiotoxic and neurotoxic effects.** [7]

Substituting a sodium bicarbonate solution for saline infusion prior to administration of radiocontrast material seems to reduce the incidence of nephropathy.[8]

Dr. Thomas P. Kennedy
American Medical Association

It was over a year and a half ago that I was introduced to the work of Dr. Tullio Simoncini and I have concluded he deserves the thanks of humanity for bringing the power of sodium bicarbonate to the cancer world. I was introduced to him by Emma Holister, who runs the International Candida Foundation. It was not until a few weeks after being exposed to Dr. Simoncini's ideas that I saw Dr. Kennedy's statement and information from the U.S Army that forced my attention into high alert. Both the Army and Dr. Kennedy were saying that bicarbonate was effective in protecting the kidneys from radiation contamination.

Dr. Simoncini is a most noble person who was crucified[9]and had his license taken away. The reason why Dr. Simoncini was kicked out is because as an oncologist he refused to use conventional cancer treatment methods. He chose instead to administer sodium bicarbonate (baking soda), which is harmless as opposed to the often lethal use of chemotherapy.[10]

"The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumors," says Dr. Tullio Simoncini, whose treatments with sodium bicarbonate are directed as specifically as possible to the organs involved. For example, vaginally as well as abdominally into the peritoneal space for cervical cancer, through the hepatic artery for liver cancer in order to get the solution as close to the affected area as possible.

Many have called me during this past year asking me how to reach Dr. Simoncini or others who are doing his intravenous and catheter treatments that often require interventionist radiologists. Communications have been very difficult with the good doctor who has been traveling much to spread the news that cancer is a fungus most easily treated by sodium bicarbonate. Please take a few moments to see the interview with him by Doug Kaufman.[11]

One does not have to spend 20,000 dollars to go to Rome though. Nor does one have to wait and worry in frustration looking desperately for a local doctor who will treat using the Simoncini's intravenous methods. Simoncini says that sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results only in some tumors. According to him, cancers such as the serious ones of the brain or the bones remain unaffected by his treatment. You will find in this book some new ideas about how to extend treatment into these hard to get to areas.

Dr. Simoncini still recommends radiation treatment for those with bone cancer. Imagine my surprise when I got a letter from an elated person who got a report back from his oncologist, after self administering sodium bicarbonate orally, that he had cured his bone cancer. The very day before, I had received a report from another doctor, who confirmed remission from stage two lung cancer, also after taking oral bicarbonate. For decades there have been reports of cancer remissions from bicarbonate taken orally but it is only now that we are receiving confirmed before and after tests from oncologists indicating its effectiveness.

Even Dr. Simoncini prescribes some oral bicarbonate when he gives his infusions. It is not a great leap to conclude that we do not in fact need orthodox doctors or dangerous hospitals flooded with drug resistant infections to take our bicarbonate. **Nor do we need to take our bicarbonate and mix it with extreme poisons to enjoy its anti-cancer benefits.** It does not say on the box mix with poisons and drink.

Dr. Simoncini's logic on the fungus argument is exceptionally tight and the fact that he has been able to readily reduce cancer sized by 1/2 or completely in a matter of days is something we need to pay attention to. However to use direct injection we run the risk of septicemia especially if it is I.V. People die in kidney dialysis not from kidney problem, but mostly from septicemia. Hence Dr. Simoncini's protocols that use catheters and intravenous methods are not practical for universal application like oral administration can be. Deaths and terrible bouts with infection are normal consequences of injection treatments; often this is just a mirror of hospital unsanitary behavior.

During these days I have been working with a man in Hawaii who has an out of control Candida infection in his intestines, something easily diagnosed as intestinal cancer. He is putting a cup of bicarbonate into a quart of water and using the mixture in his daily enemas. There are many ways to use bicarbonate. I had already published an essay on using bicarbonate with maple syrup and through these past months have received feedback from several people indicating positive results. Some had mixed the bicarbonate with black strap molasses or honey.

When I signed onto bicarbonate it was before I started my research into Simoncini's assertion that CANCER IS A FUNGUS. I did not need to buy into his conviction to understand that bicarbonate is a basic substance required for life and health and that it has many protective effects especially where the kidneys, vascular and nervous systems are concerned. In the end though, this book and author is totally in agreement with Dr. Simoncini though my definition of the condition of cancer extends quite a bit beyond.

The title of the good doctors book **CANCER IS A FUNGUS** describes the central reality of cancer; its hard to imagine a cancer without an attached fungus.

Bicarbonate is an excellent antifungal. "Even patients who had been committed to mental hospitals have been helped by anti-fungal therapy. Other puzzling immunologic diseases, including multiple sclerosis, rheumatoid arthritis and lupus erythematosus, have responded better when attention was given to reduction of yeast and immune stress. **A wide spectrum of allergic disorders, from classical hay fever to chronic, delayed-onset type of food allergy and petrochemical sensitivity, have improved following anti-yeast therapy,"** says Dr. Elmer M. Cranton.[12]Sodium bicarbonate has its place in a wide spectrum of clinical disorders and it certainly has its place in oncology where dealing with what they call late stage fungal infections is important.

No one is perfect or carries the ultimate flag of medical truth up the summit alone. Dr. Simoncini is not to be faulted in assuming that oral usage cannot compete or even supersede intravenous and catheter administration methods. He made a similar mistake when he successfully applied topical iodine to stomp on skin cancer - but failed to realize iodine can be taken at high concentration levels internally through oral administration to do the same job on the inside that was already being accomplished on

the outside on the skin.

“Methods allow the positioning of a small catheter directly in the artery that nourishes the neoplastic mass, allowing the administration of high dosages of sodium bicarbonate into the deepest recesses of the body. With this method, it is possible to reach almost all organs; they can be treated and can benefit from a therapy with bicarbonate salts.” says Dr. Simoncini.

The conclusion of this author, however, is that this is not usually necessary. This is extremely good news for the world because it's almost impossible to find Simoncini influenced treatment centers. Besides, it is extremely expensive when one calculates in travel expenses to Rome or other far points in the world. The majority of humanity is still on the level of poverty that cannot afford expensive medical treatments and with world conditions set to get much worse this becomes even more of an issue.

My official position as director of the International Medical Veritas Association is that one should simply play the bicarbonate card with oral means and back it up with a full naturopathic protocol instead of a toxic one. Instead of surrounding bicarbonate with deadly pharmaceutical poisons, which most chemo agents are, we are going to surround it with other basic concentrated nutritional medicines like magnesium chloride, iodine, selenium and a full protocol of other known anti-cancer substances like vitamin C (not ascorbic acid). This is not to say I disavow the importance and need for intravenous application or the use of catheters to target tumors more directly and radically. It's another effect when you target tumors with concentrations of sodium bicarbonate. But if starting a protocol with bicarbonate at the center tomorrow resolves the problem quickly one does not have to progress to more radical and expensive treatments.

Be aware, however, when treating something as serious as cancer it is advantageous to have some kind of medical supervision from one of a number of different types of health care practitioners. There is indeed that much one needs to know and do. One would be making a serious mistake if they just gambled their life on bicarbonate. Though, if one was going to gamble, this is probably your best bet in the short term. In the long term nothing can substitute permanently for corrective changes in diet. You have a book in your hand though designed to convince you of just one thing: expose yourself to bicarbonate on a consistent basis.

Personally I keep in touch with bicarbonate by using it to brush my teeth everyday, as a deodorant, and for skin healing applications. I know people who shampoo with it and clean their houses with it. It probably can be used in many conditions that have not been directly explored but we know it's widely used for vaginal infections. You know that the dentists are hip to bicarbonate as it has finally found its way into their sonic cleaning devices. Lately I have been showing some signs of aging and am increasing my intake of bicarbonate to combat the probably acidic conditions from an over consumption of meat and dairy, both of which tend to create acidic conditions in the long run.

Doctors cannot legally use bicarbonate to treat cancer unless they add the chemo poisons to it. But regular doctors who do not subscribe to this insanity can use it to treat the acid conditions that are everyday parts of the condition we call cancer. It is almost impossible to find doctors who know or would be willing to administer bicarbonate IV treatments to cancer patients. So they will be relieved to be able to just send people home to take their oral dosages. Legally and medically it's not much different then telling people to taking some form of aspirin when suffering from a fever or headache. The big difference though is that sodium bicarbonate has a

much better safety record than aspirin.

So instead of wrangling with frustration, give yourself a full course of bicarbonate remembering always that you are not going to rest the entire weight of your life on bicarbonate alone. One has to work with solid but basic medical principles. If one does not follow even the most basic common sense things what can one expect when it comes to winning ones personal war against cancer?

The most effective measure to treat RT-induced mucositis in patients with head and neck cancer is frequent oral rinsing with a sodium bicarbonate rinse, to reduce the amount of oral microbial flora.[13]

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[3] Bicarbonate Transport in Cell Physiology and Disease. Emmanuelle Cordat and Joseph R. Casey. Membrane Protein Research Group, Department of Physiology¹ and Department of Biochemistry² University of Alberta, Edmonton Canada T6G 2H7

[4] The breakdown of glucose or glycogen produces lactate and hydrogen ions - for each lactate molecule, one hydrogen ion is formed. The presence of hydrogen ions, not lactate, makes the muscle acidic that will eventually halt muscle function. As hydrogen ion concentrations increase the blood and muscle become acidic. This acidic environment will slow down enzyme activity and ultimately the breakdown of glucose itself. Acidic muscles will aggravate associated nerve endings causing pain and increase irritation of the central nervous system. The athlete may become disorientated and feel nauseous.

[5] By buffering acidity in the blood, bicarbonate draws more of the acid produced within the muscle cells out into the blood and thus reduce the level of acidity within the muscle cells themselves.

[6] Enzymes are protein catalysts that influence the rate of a reaction. The reactant substances upon which an enzyme acts are termed the substrates. The substances produced as a result of the reaction are the products. Enzyme-controlled reactions are mostly reversible and involve the formation of an intermediate enzyme-substrate complex.

[7] These include, Benzotropines (valium) cyclic antidepressants (amitriptyline), organophosphates, methanol (Methyl alcohol is a cheap and potent adulterant of illicit liquors) Diphenhydramine (Benadryl), Beta blockers (propranolol) Barbiturates, and Salicylates (Aspirin). Poisoning by drugs that block voltage-gated sodium channels produces intraventricular conduction defects, myocardial depression, bradycardia, and ventricular arrhythmias. Human and animal reports suggest that hypertonic sodium bicarbonate may be effective therapy for numerous agents possessing sodium channel blocking properties, including cocaine, quinidine, procainamide, flecainide, mexiletine, bupivacaine, and others.

[8] JAMA 2004;291:2328-2334,2376-2377.
www.urotoday.com/56/browse_categories/renal_transplantation_vascular_disease/sodium_bicarbonate_may_prevent_radiocontrastinduced_renal_injury.html

[9] "I am reliably informed that Mr. Simoncini has been erased from the Medical Register in his native country and is no longer permitted to practice medicine."

Yes I am well aware of this and what does this have to do with the price of beans? Medical truth

and medical science happens to be independent of medical politics or medical law. For many doctors that I know this above fact would position Dr. Simoncini in a strong not weak position and you insult him further by calling him Mr. They can take away his license to practice medicine but they cannot undo his education and the respect due him and the fact that he is a doctor and has been and will be until he dies.

"I am also not aware of any evidence whatever that cancer is caused by a fungus, which is the fundamental tenet underpinning Simoncini's assertions."

I think you got it slightly wrong, he indicates cancer is a fungus not that it is caused by it. What causes cancer is diverse, many things have been scientifically shown to cause cancer or cause the conditions in which late state infections (cancer) invite yeast and fungi to form colonies that attach to sickly human cells...which are themselves one of the causes of cancer...as are heavy metals, pesticides, fluoride and on and on....then of course we have the nutritional deficiencies that set the entire stage. Don't you know anything about cancer? We even have people who define people as multidimensional human beings meaning that sometimes or even often emotional trauma and shock or never ending stress and conflict disrupt the immune system severely weakening its ability to clear cancers from the system.

"While bicarbonate is undoubtedly a useful and legitimate instrument of therapeutic good in certain specific situations, it is not and never has been shown to be an effective approach to cancer, Simoncini's assertions notwithstanding."

Interesting that it is a standard part of chemotherapy, which can hardly be done without it.

[10] aromatherapy4u.wordpress.com/2008/08/05/974/

[11] ibid

[12] CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME (CFIDS) Also Referred to as: YEAST SYNDROME or YEAST RELATED ILLNESS By Elmer M. Cranton, M.D.; Copyright © 2007 Elmer M. Cranton, M.D.

[13] Oncol Nurs Forum. 2002 Aug;29(7):1063-80. A research review of the current treatments for radiation induced oral mucositis in patients with head and neck cancer. Shih A, Miaskowski C, Dodd MJ, Stotts NA, MacPhail

IN THE KITCHEN AND HOUSE WITH BICARBONATE

Source: [Sodium Bicarbonate: Rich Man's/Poor Man's Cancer Treatment](#) by Dr. Mark Sircus

To get your laundry sparkling clean, add 1/2 cup baking soda to your washing machine load.

Sodium bicarbonate is found in almost every kitchen and makes an excellent replacement for toothpaste for it is excellent in stabilizing and curing problems in the oral cavity. There is really no end to the uses this extremely helpful concentrated food/medicine can be put to. Everyone knows its use as an antacid in Alka-Seltzer. Just remember it, like everything else in this life needs to be used with prudence. There is nothing that exists that does not have some danger implied, after all we can drown in water and get hit by a car walking down a quiet street. But after reading this book you will be a world class expert on sodium bicarbonate and laugh in the face of professionals who would warn you to try something more dangerous, less effective and certainly dramatically more expensive.

Many households are looking for natural alternatives for chemical-laden cleansers. While there is no denying the effectiveness of many chemical cleansers, in many cases natural cleaning products that are just as efficient and far kinder to people and the environment.

Sodium Bicarbonate is a great cleaner, a deodorizer, a mild abrasive, a stain remover and has hundreds of other uses. More and more of us are becoming aware of the hazards of using toxic chemicals around the house, especially when small children and pets are around. Even though Baking Soda is mild it is highly effective and makes even tough cleaning jobs easy. It is a naturally occurring mineral that has been on the market since the middle 18 hundreds. Comparing the cost of any commercial cleaning product to baking soda, which is just a fraction of the price, it's a wonder that not everyone has switched over already.

One can buy Baking Soda in large cartons from a restaurant wholesaler. To 4 1/2 lbs/ 2kgs of soda one can add a 1/4 cup of orrisroot powder and a few drops of my favorite scent; lavender in spring and summer, cinnamon in the fall and pine in the winter. To use as Carpet Freshener sprinkle Baking Soda mix on carpet or couch and let it sit for 1/2-1 hour. It eliminates pet and other odors quite effectively. Remember to add some to the vacuum bag too.

You can't be too careful when it comes to food handling and preparation. Wash fruits and vegetables in a pot of cold water with 2-3 table-spoons baking soda; the baking soda will remove some of the impurities tap water leaves behind. Or put a small amount of baking soda on a wet sponge or vegetable brush and scrub your produce. Give everything a thorough rinsing before serving.

If you or someone in your family is sensitive to the high-acid content of tomato-based sauces or coffee, you can lower the overall acidity by sprinkling in a pinch of baking soda while cooking (or, in the case of coffee, before brewing).

Need a stand-in for yeast when making dough? If you have some powdered vitamin C (or citric acid) and baking soda on hand, you can use a mixture of the two instead. Just mix in equal parts to equal the quantity of yeast required. What's more, the dough you add it to won't have to rise before baking.

Keep your wooden or plastic cutting board clean by occasionally scrubbing it with a paste made from 1 tablespoon each baking soda, salt, and water. Rinse thoroughly with hot water. Most kitchen drains can be unclogged by pouring in 1 cup baking soda followed by 1 cup hot vinegar (simply heat it up in the microwave for 1 minute). Give it several minutes to work, then add 1 quart (1 liter) boiling water. Repeat if necessary. If you know your drain is clogged with grease, use 1/2 cup each of baking soda and salt followed by 1 cup boiling water. Let the mixture work overnight; then rinse with hot tap water in the morning.

Looking for a more powerful dishwashing liquid? Try adding 2 tablespoons baking soda to the usual amount of liquid you use, and watch it cut through grease like a hot knife! Here you really see the power of bicarbonate in action.

Swimming pool applications gives us another idea about what we are doing inside the liquid pools of our bodies when we take bicarbonate orally. People normally add about 1 1/2 pounds (680 grams) baking soda for every 10,000 gallons (38,000 liters) of water in your swimming pool to raise the total alkalinity by 10 ppm (parts per million). Most pools require alkalinity in the 80-150 ppm range.

Maintaining the proper pool alkalinity level is vital for minimizing changes in pH if acidic or basic pool chemicals or contaminants are introduced to the water.

One can go on and on with bicarbonate and its uses. If one wants to get into every aspect and possibility with common baking soda just Google 'baking soda house hold uses.'

This concludes this first comprehensive presentation of sodium bicarbonate's use in medicine. This first edition will rapidly expand as patients and practitioners alike follow some of the instructions in this book and send in their results and testimonies. Bicarbonate is the Trojan horse sitting inside the inner plaza of the pharmaceutical companies.