
URINALYSIS, ALKALINITY AND WELL-
BEING

Walking Alongside Cancer



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“Let Thy Food be Thy Medicine and Medicine be Thy
Food”

Hippocrates – Father of Medicine

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The Effects of Shamanic Healing and Other Healing Practices
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True Ghost Stories

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The results of the urinalysis samples were an imperative part of my mini study. They offered a clear indication that not only are people often eating large quantities of acid forming foods without any awareness of it, but also, they reflected that we truly are all different and our bodies really do react or respond differently to food. The results from this study encouraged several people to change their diet which is, within itself a terrific result.

I would also like to thank Naomi for proof reading the book ready for publishing, your work is invaluable to me. On that note:

~ Let Thy Food be Thy Medicine ~

Kenzo Amariyo

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Urinalysis, Alkalinity and Well-Being

Walking Alongside Cancer

*“Let Thy Food be Thy Medicine and
Medicine be Thy Food”*

Hippocrates – Father of Medicine

Introduction

Chapter one

Urinalysis, Alkalinity and Well-Being is written as part of my journey alongside cancer. I say alongside cancer because I have over the years been able to side-step cancer through healthy living and surgery prior to it becoming malignant.

I come from a family that has had various cancers over the years and based on that, the type of cancers and my limited knowledge of genetics, coupled with my personal past experience, I believe it places me at a predisposition to cancer manifesting within my body. I seem to be one of the small percentage of people that is genetically predisposed to the disease; and if I am, then I need to live my life consciously, knowing that I must take a preventative approach to life in order to try and keep cancer or any other illness for that matter at bay. On top of this, my age is now also a contributing factor to the raised possibility of having other cancers develop, cancers that are not necessarily linked to genetics.

According to (Is Cancer a Genetic Disease?, 2016) *Cancer is the most common human genetic disease. The transition from a normal cell to a malignant cancer is driven by changes to a cell's DNA, also known as mutations.....Mutations can accumulate over many years before a cell becomes cancerous. This is why most types of cancer are more common in older people.....Uncontrolled cell growth is the hallmark of cancer.....Some individuals inherit a predisposition to certain cancers.....As a result, patients are often diagnosed with cancer at a younger age compared to those who are not predisposed and the cancer will tend to 'run' in the family.....Predisposing mutations often affect genes involved in DNA repair and the*

regulation of cell division and growth. Individuals predisposed to cancer often develop multiple tumours. In general, fewer new mutations are required for the cancer to develop than in individuals that are not predisposed. - A more detailed explanation can be found in the *Supplement* section.

There are possibly five cancer types in my family that come as inherited genes so I am always on the lookout for subtle changes in my body. Many would see this as a curse, I choose to see this as an opportunity for me to look deeper into my being and learn and hopefully continue to find a way through in order to help myself and others.

Although we can't always change our environment, there are some things we can change, some things which are said to affect the development of cancer such as smoking, alcohol and our diet. Throughout my life I have always been diet conscious and always ensured that I ate what was considered to be a healthy diet. Yet, despite an active and healthy lifestyle, in 1997 aged only 35 years and after years of difficult menses, I was told I was pre-cancerous for cervical AND uterine cancer. The only thing that seemed fine were my ovaries; so I took the advice of my specialist and underwent a hysterectomy in order to remove a precancerous cervix and uterus, my uterus was riddled with precancerous polyps.

But this book isn't specifically about cancer, it is about my journey, it is about our dietary habits and about eating more alkalizing foods in order to raise our pH levels in urine in order to hopefully, (and I say hopefully because despite all the hype and good sales talk, there is not enough clinical evidence to be able to state it as a fact), so hopefully, assist the body to live as much as

possible without sickness and disease. In essence the purpose of this book is to help us all find and maintain well-being.

In a former book: ***The Effects of Shamanic Healing and Other Healing Practises on General Well-Being***¹ *Bibliography* I talk extensively about our body, mind and spirit. I talk much about sickness and the relation it sometimes has with the way we live, speak, think and even the food that we eat. The book also explores the relationship between spirit and matter in relation to shamanic healing and other alternative medicine, which helps us to understand its effects on general well-being. It reflects that it is important that we look deeper into our own being, and nurture our spiritual wellness as well as our physical, psychological and emotional wellness. It discusses collective consciousness, unlimited Divine potential and our connectedness to the universe. One thing we can take from it, is that how we live our lives is imperative to our health, how we live and learn throughout our lives is imperative to our success as a healer or in this case a self-healer. It underpins who and what we are, it reminds us that we are more than just our physical body. It reminds us that as spiritual beings we must start to take a spiritual approach to life which often requires a long hard look within. Much literature speaks about how we can look to nature to see and understand our own being with it often being said, that the world itself is a mirror to help us to understand who and what we truly are. ***The Effects of Shamanic Healing*** is a great foundation for *Urinalysis, Alkalinity and Well-Being*.

In relation to this book – we once again compare our physical body with the physical world and when we do, we can see that just like us, much of the earth is water.

Williams (2014) states: *In simplest terms, water makes up about 71% of the Earth's surface, while the other 29% consists of continents and islands. To break the numbers down, 96.5% of all the Earth's water is contained within the oceans as salt water, while the remaining 3.5% is freshwater lakes and frozen water locked up in glaciers and the polar ice caps.*

Depending on our age and body fat, **Health Care On-Line (2018)** states: *the average adult woman is **50 – 70%** water and the average adult male is **55 – 70%** water.*

So just like the earth, we are primarily water. Other sources vary slightly but are pretty much standard across the board. Is this a coincidence? Probably not. If we narrow the lens down further and focus for a moment on the ocean, we see something that may or may not be an intrinsic fact to us as spiritual beings living a physical experience; and that is the pH level of the ocean.

It has been said that during pre-industrial times the ocean was said to measure a pH level of approximately 8.2 and over the years it is said to have slowly become a little less alkaline being more around 8.1 due to the uptake of carbon dioxide. This is however a small drop in alkaline level, but overtime, it could be enough of a decline to affect all living creatures in the ocean.

Ocean acidification is the ongoing decrease in the pH of the Earth's oceans, caused by the uptake of carbon dioxide from the atmosphere. Seawater is slightly basic, (in this instance, basic means alkaline) and ocean acidification involves a shift towards pH-neutral conditions rather than a transition to acidic conditions. An estimated 30–40% of the carbon dioxide from human activity released into the atmosphere dissolves into oceans, rivers and lakes. To achieve chemical equilibrium, some of it reacts with the water to form carbonic acid. Some of the resulting carbonic acid molecules dissociate

into a bicarbonate ion and a hydrogen ion, thus increasing ocean acidity. Between 1751 and 1996, surface ocean pH is estimated to have decreased from approximately 8.25 to 8.14, representing an increase of almost 35% in H⁺ ion concentration in the world's oceans. Earth System Models project that, within the last decade, ocean acidity exceeded historical analogues and, in combination with other ocean biogeochemical changes, could undermine the functioning of marine ecosystems and disrupt the provision of many goods and services associated with the ocean beginning as early as 2100 - Wikipedia

The less alkaline the ocean becomes the more problematic it may be for life forms to survive and if this is true for the ocean, is it also true for us? Does it not stand to reason that just as life in the ocean may struggle and decline in numbers if the environment becomes too acidic, that we will also struggle to live, to survive and so decline in numbers if we continue to live in an acidic environment? When I say an acidic environment I am referring to the state of our physical body; our personal earth, (our body) may well be affected by the acidity of our own waters – which will be reflected in our urinalysis? If the ocean requires a pH level of 8.1 or 8.2 is there any reason why we as humans, with approximately the same percentage of water, do not require the same level of alkalinity? We have become oblivious to what we eat and to the devastating affect that our food has upon our body, mind and spirit. We no longer permit food to be our medicine, instead it has become for many, nothing more than sheer pleasure and comfort.

Welch et al (2008) states: *Evidence exists that a more acidic diet is detrimental to bone health. Although more precise methods exist for measurement of acid–base balance, urine pH reflects acid–base balance and is readily measurable but has not been related to habitual dietary intake in general populations. The present study investigated the relationship between*

urine pH and dietary acid–base load (potential renal acid load; PRAL) and its contributory food groups (fruit and vegetables, meats, cereal and dairy foods). There were 22 034 men and women aged 39–78 years living in Norfolk (UK) with casual urine samples and dietary intakes from the European Prospective Investigation into Cancer and Nutrition (EPIC)-Norfolk FFQ. A sub-study (n 363) compared pH in casual samples and 24 h urine and intakes from a 7 d diary and the FFQ. A more alkaline diet (low PRAL), high fruit and vegetable intake and lower consumption of meat was significantly associated with a more alkaline urine pH before and after adjustment for age, BMI, physical activity and smoking habit and also after excluding for urinary protein, glucose, ketones, diagnosed high blood pressure and diuretic medication. In the sub-study the strongest relationship was found between the 24 h urine and the 7 d diary. In conclusion, a more alkaline diet, higher fruit and vegetable and lower meat intake were related to more alkaline urine with a magnitude similar to intervention studies. As urine pH relates to dietary acid–base load its use to monitor change in consumption of fruit and vegetables, in individuals, warrants further investigation.

The pH of a substance is the measure of molar concentration of Hydrogen ions in the substance, it is a measure of the acidity or alkalinity (basicity) of the substance. The *p* represents power and the *H* represents Hydrogen, hence the measure of **pH** or measure of **p** power of **H**ydrogen ions in a substance. The normal range of pH values is between 0 and 14, 0 being for concentrated Hydrochloric Acid, 7 being for pure water and is considered a neutral pH and 14 being for concentrated Sodium Hydroxide, this level being the most alkaline.

The pH scale is a logarithmic scale so the difference of a single integer is tenfold in its acidity or alkalinity. In other words, a pH

of 2 is ten times more acidic than that of a pH 3 and 100 times more acidic than that of a pH 4.

In regards to daily life, and to give you a better idea, and it is only an idea as much of the information available is contradictory, we can look at the following pH estimates, but remember, these are estimates for the value of acid or alkaline foods, but some acidic foods such as lemon juice is said to have an alkalizing affect upon the body.

The pH level of the substance does not equate to what your pH level of urine will be if you eat that specific food, we eat a variety of foods each day and that, along with other variants such as what we drink, the medication or herbal medicines we take could all have an impact upon our urinalysis.

Below is a simple chart to give you an idea of pH levels:

The pH Levels of Certain Substances

| pH Level Range | Substance |
|----------------|---|
| 0 | Battery Acid |
| 1 | Gastric Juice |
| 2 | Lime & Lemon Juice / Vinegar |
| 3 | Orange Juice / Wine / Soy Sauce / Meat / Pickles Pastries / Pasta / Cheese |
| 4 | White Bread / Poultry / Fish / Nuts |
| 5 | Coffee / Beer / Sugar |
| 6 | Eggs |
| 7 | Pure Water / Blood (7.34+) |
| 8 | Sea Water / Broccoli / Asparagus / Many Fruits |
| 9 | Green Tea / Lettuce / Zucchini / Baking Soda |

| | |
|----|---|
| 10 | Milk of Magnesia / Raw Spinach / Raw Broccoli Ionized Water/ Cucumber / Raw Kale |
| 11 | Ammonia |
| 12 | |
| 13 | Oven Cleaner |
| 14 | Drain Cleaner |

Let us also remember that cancer doesn't appear overnight, it has been said that cancer can take years to manifest in the body, some say 10 years before it will be evidenced in the body, others say 20 years; but if you are predisposed to cancer it is said to require less cells to mutate. So despite a healthy lifestyle, cancer was still trying to manifest in my body. This doesn't mean (as far as I am concerned) that a healthy lifestyle and keeping fit makes no difference because I am sure it does. What I look at is how much worse things could have been had I not kept fit and healthy; for all I know, I may have died years ago had I not kept to a healthy lifestyle!

What I take from all of this is that you can't put together a healthy lifestyle and say that this will be the answer for everyone, we can't all be put in a box. My healthy diet may have been perfect for someone else, but it clearly still wasn't quite perfect for me, it still needed changing; or perhaps this is as perfect as it gets for me, and perhaps no matter how pure my diet is, perhaps cancer will still rear its head from time to time – who knows?

The average *healthy* diet did not seem to be cutting it for me, for my body and in retrospect, I can understand that now because I am not the average person and neither are you, we are all unique. Just because we are all human, all spiritual beings with a physical body, it doesn't mean we all require the same thing to keep us in optimal health.

In 2012 I was directed to eat a High Vibrational Diet (HVD) which is about eating raw food in its highest state of vibration, but we aren't talking about *The Raw Diet* which is slightly different again. So what is the High Vibrational Diet (HVD)? Or; what is High Vibrational Eating (HVE)? Let us take a look.

High Vibrational Eating

Chapter Two

HVE is a natural method of eating, one that our ancestors may have followed and certainly one that I believe is reflected in the book of Genesis in the Bible where God was said to give us herbs and fruits to eat. HVE is said to activate the body's natural ability to heal itself through (preferably) organic, vegan foods that are consumed in their raw state if they are safe to consume in their raw state. HVE avoids added sugars, salt, animal proteins, artificial additives, colourings, flavourings and processed foods. I say organic simply because they lack (hopefully) the chemical sprays that non-organic foods have been sprayed with. However, organic foods are more expensive, so if you cannot afford them, simply wash your foods thoroughly, perhaps peel what you can to remove the contaminated parts; and although this may not be perfect, it is far better than not following the HVE method at all if that is what your body requires.

HVE takes a holistic approach to our body, working on a physical, mental, emotional AND spiritual level whilst activating our body's immune system and cleansing toxic wastes naturally. You will find that whilst on HV foods, your body will naturally cleanse itself without strain and without any need for laxatives or colon cleansers.

HVE is NOT about curing ailments, (but that is sometimes a side-effect); it does not proclaim to *cure* or *heal*, its focus is about bringing a natural balance in body, mind and spirit where all parts of our being returns to a natural state, a balanced state, that in itself can bring health and wholeness.

HVE may assist many degenerative diseases as many degenerative diseases are said to be due to toxicity and nutritional deficiency.

HVE is designed to offer a simple approach to food and eating, offering a much higher amount of enzymes, minerals and other nutrients which not only feed and stimulate the body which can then break down disease more easily, but also feed the mind and raise our rate of vibration which is important for our spiritual walk.

The cleaner our body becomes, the easier it will be for our body to resist infection and deal with disease. Daily we subject our body to pollutants, some of which are carcinogens; the HVE method is naturally an intensive detoxification regime, eliminating toxins naturally so that the body can start to repair itself.

HVE is not an overnight cure! We have spent many years creating a toxic body and although the detoxification process will start straight away, it may take many months to fully detox and have a fully regenerated body, but this does not mean that you will not see some instant results, most people do. Some of the results that some people have found are:

- An increase in energy
- An increased alertness and clarity of thoughts
- Weight loss
- An increase in fitness and muscular strength
- Loss of fluid retention
- Regular bowel movements leading to decreased constipation
- The need for less sleep and improved sleep

- Loss of flatulence and other digestive upsets including reflux and bloating
- Less headaches including decreased severity of migraines
- Less mucus production
- More balanced moods
- Improved skin tone
- Reduced pain associated with Arthritis and/or Rheumatism
- Easier menses
- Less irritation and frustration
- Cleansing of toxins giving your body a deep purge
- Less acidic and more alkaline urine
- A raising of vibration based on their increased inner connectedness – with more intuitive thoughts and feelings
- Increased confidence and a deep sense of achievement

These are just some of the results you may experience, we are all different and our bodies will respond differently in different time scales. If you want to try this way of eating, the thing to remember is to allow your body to respond to the changes without placing un-realistic expectations on it. For me, one of the major changes (other than weight loss) was found in my knee. I had had a knee condition for over 30 years which was more prominent during wet weather, during my first month, the problem disappeared, I cannot even tell you when the problem went; it just vanished and never returned. HVE regenerates the body, restoring it back to optimal health by feeding it the nutrients that it needs, not the foods we necessarily desire! There is quite often a huge difference between what we *want* and what we *need*. Our wants encourage us to live to eat, our needs encourage us to eat to live.

If you are led to go on the HVD, you will not be eating cooked or processed foods, it is a sacrifice and especially in today's world of food where gluttony, over-sized portions and foods saturated with either fats or sugars are the *norm*. But I would say, the norm for a guaranteed dysfunctional body!

When we eat for pleasure, we require so much more self-discipline to change our eating habits. So if you don't eat to live, you may need to look at your relationship with food and what purpose it serves for you other than to keep you healthy. For many, food is a comfort, it gives us what we think we are lacking in other areas of our lives.

The HVD is made up of salads, vegetables, fruits, nuts, seeds, all of which are fresh and raw; you can juice them or eat them. You are not limited to how much you eat, but you do need to ensure you are not sticking with one type of food i.e. nuts or fruit; we do need balance. It is from eating a variety of HV foods that you will take in the necessary enzymes, minerals that you need to maintain a healthy body.

So in a nutshell: HVE consists of eating raw salads, vegetables, fruit, nuts and seeds – if you can't eat it raw, don't eat it whilst on this diet. HVE means:

- Nothing cooked or steamed
- Nothing processed so no oils, butters, cheese, spreads, meat products, fish products etc.
- Organic if you can
- Raw nuts and seeds, which means no salted or honey coated nuts; nuts straight from the shells are even better.

- Fresh lemon juice for dressing, no salad cream, mayonnaise, dressings, oils, vinegar etc.
- Fruit – Fresh fruit. No dried fruit (unless it has been sun-dried without oil or other additives).

Beverages:

- Black Coffee – no milk or sugar or substitutes, if you can go without the coffee, great and no more than 3 cups per day
- Herbal Tea/Black Tea – The same as for coffee, nothing added, not even honey and no more than 3 cups per day. Green Tea is much better.
- Other Drinks: Water – Where possible drink spring water or at least filtered water, ideally spring water from the source is good if it is naturally clean.
- Alcohol – NONE!

So What CAN We Eat?

High Vibrational Foods (This is not an exhaustive list)

| Raw Salads and Vegetables | Fresh Fruit | Raw Nuts and Seeds + Other Things |
|----------------------------------|--------------------|--|
| Lettuce | Lemons | Almonds |
| Spinach | Apples | Cashews |
| Rocket | Bananas | Macadamia |
| Watercress | Oranges | Walnuts |

| | | |
|--------------------------------|------------------------------|---|
| Seaweed (Naturally Dried Kelp) | Grapes | Hazelnuts |
| Cucumber | Avocados | Pine Nuts |
| Radishes | Blueberries | Peanuts |
| Beetroot | Blackberries | Brazil |
| Tomatoes | Raspberries | Chestnut |
| Onion | Red Currants | Pecans |
| Sweet Peppers | Black Currants | Pistachio |
| Cauliflower | Mangoes | Flax Seeds |
| Courgettes | Pineapples | Chia Seeds |
| Broccoli | Melons | Hemp Seeds |
| Asparagus | Star Fruit | Sunflower Seeds |
| Celery | Fresh Dates | Pumpkin Seeds |
| Garlic | Strawberries | Sesame Seeds |
| Carrots | Peaches | Fresh Coconut & Coconut Water |
| Cabbage | Nectarines | Naturally Dried Coconut |
| Kale | Mandarins | Naturally Obtained Coconut Cream |
| Bok Choy | Papaya | Honey - Naturally Obtained from Hive |
| Sweetcorn | Pear | Freshly Made Peanut Butter |
| Peas | Kiwi | |
| Sprouted Gains | Passion fruit & Dragon fruit | Herbs/Spices - Those that do not need cooking |

Basically, if it is edible and safe in its raw state, it belongs on this list.

A selection of the above washed, chopped and mixed gives you an appetizing meal. Simply squeeze some lemon juice over it sprinkle a few nuts or seeds to garnish and you will be surprised how nice it looks and tastes.

Medium Vibrational Foods (This is not an exhaustive list)

| Salad/Veg & Fruit | Drinks | Nuts and Seeds |
|--|--|---------------------------------|
| Badly Bruised: Fruit, Salad & Vegetables | Bottled (Flat) Spring Water in Glass (Because it isn't straight from the source) | Nuts with Oil or other coatings |
| Old Fruit, Salad & Vegetables | Bottled Pure Juice in Glass (Because it isn't freshly squeezed) | Old soft nuts |
| Herbs & Spices (That require cooking) | Unbleached Herbal or Green Teabags made with boiled tap water | |

This is a somewhat ambiguous group, but it allows you to see where things are going. It simply reflects that the foods are not quite in the high group but not in the low group either.

Low Vibrational Foods (Best avoided on this way of eating)

| | | |
|--|--|--------------|
| Cooked or Dried Fruit | Boiled Spring Water (The heat has lowered the vibration) | Cooked Nuts |
| Dried Fruit with Additives & Preservatives | Tap Water (Treated with chemicals) | Roasted Nuts |

| | | |
|---|---|--|
| Cooked Vegetables | Bottled Sparkling Water in Plastic | Salted Nuts |
| Vegetables in Brine or Oil | Pure Juice with Additives and Preservatives | Honey Coated Nuts |
| Cooked Salad Foods: Tomatoes/Onions/Lettuce /Celery etc. | Pasteurized Milk | Nuts with Additives or Preservatives |
| Salad Foods in Brine or Oil | Dried Milk Other Dried Foods | Processed Nuts (Commercial peanut butter) |
| Green or Herbal Tea Bags with Additives, Preservatives, Flavouring, Colouring | Long Life Milk | Cooked Coconut |
| Green or Herbal Tea made with Boiled Water (Tea should be brewed naturally in a glass jar in the sun) | Milk with Additives and Preservatives | Commercial Processed Coconut including Water and Cream |
| Black Tea (Unless for medicinal use) | Soya Milk | Commercially Dried Coconut |
| Black Coffee (Unless for medicinal use) | Cream | Coconut with Additives or Preservatives |
| Cooked Rice / Pasta | Butter | Oils |
| Pulses / Grains | Cheese | Stock |
| Flour | Sugar | Salt |
| Bread | Processed Honey | Commercial Sauces |
| Deserts | Artificial Sweeteners | Fizzy Drinks |
| Biscuits / Cakes | Ice-Cream | Drinks with Additives |
| Prawns | Mouse | Alcohol |
| Fish | Jellies | Pasties / Sausage Rolls |
| Chicken / Turkey | Cornets | Pies |
| Pork/ Pork Scratching's | Wafers | Salad Creams |

| | | |
|----------------------------|--------------------------|------------|
| Beef | Sweets | Mayonnaise |
| Duck | Chocolate | |
| Snails | Crisps | |
| Eggs | Popcorn | |
| All Meat and Meat Products | Sweet or Savoury Spreads | |

Basically, all processed and cooked foods are considered low to non-vibrational and therefore, whilst on the HVD are best avoided. However, we do require a level of common sense here too. In Arizona I could brew my herbal tea in the sun, so I didn't need to boil the water, here in the UK there isn't that amount of sun so we do have to boil the water if we want a hot cuppa and it's as simple as that.

We have to remember that this is ideally the best way, but we don't all live in an ideal world so sometimes we do have to adapt things. Also we need to remember that this book is also about the alkalinity of foods and not all foods on the HV list are necessarily alkalising; and the best way to increase your alkalinity is by eating fresh fruits, vegetables and salads. You may not be interested in the HV way of living or you may want to incorporate some of the HV foods into your daily diet or you may just want to increase your alkalinity readings whilst on your usual diet. This is not a rule book, just a snippet of my personal journey, reflecting what has worked for me.

This way of eating is NOT suited to everyone. It is very strict and very limiting and was suggested to me primarily for spiritual reasons and as part of my journey alongside cancer. However, I have found it to be very good for me personally, but you are not

me! So don't just jump on the bandwagon, meditate/pray about it and adjust what you feel you should adjust. Some people use it with the 80/20 rule meaning 80% of their dietary intake is HV and the other 20% is MV; others go for 50/50 with 50 being everyday foods from the LV group. The thing to remember is that small incremental changes are often longer lasting and small changes are always better than no changes.

Always discuss changing your diet with your doctor or health care professional and ask them to monitor you.

So what has all this to do with alkalinity? Let us now move along on my journey alongside cancer.

Bridging the Gap

Chapter Three

At the beginning of 2018 I was shown to adjust the High Vibrational Diet (HVD), not because it was wrong, or incorrect, but because I was being shown to tweak the diet to optimize what my body required, not your body, but mine. Although the HVD was predominantly high in alkalizing foods, there are foods that although are HV, they are not alkalizing, or at least for me, they were more acid forming and I was being shown by intuition, or the Divine Source that for me personally, such foods were not the best, foods such as nuts.

I love nuts, but they are more acid forming on my body. Although I was not being told I can never eat a nut again, what I was being shown was that my pH level in urine, although an average of 7.5 as long as I was being very self-disciplined, was being affected by acid forming foods such as nuts. Nuts were lowering my pH level too much for me and ironically, nuts were one of the foods I needed to be careful of due to me developing *Oral Allergy Syndrome (OAS)* or *Pollen Food Syndrome (PFS)* - I have included OAS/PFS information in the *supplement* area at the back of the book.

This isn't a coincidence, as far as I am concerned this is me being shown to give up the regular eating of something that just happens to be lowering my alkaline levels. It may have been a *Divine* coincidence but it was certainly not just a normal average coincidence. I was clearly being shown that nuts were not the best choice for my body. I was being shown to adjust my diet further.

It felt as if my diet was becoming excessively restricted in way of food choices in general, however, I am never sick. 2011 was the last year I had a cold and I used to catch colds yearly from those whom I lived with, the HV way of eating has kept me well and has been a real blessing and a testimony to my way of living.

With my additional knowledge in regards to alkalizing foods, I was led to look further into the affects that acid and alkalizing foods had on the pH levels of urine. Although it sounds like an extremely restrictive way of eating, it actually isn't, it is only restrictive when compared to the average meat and processed carbohydrate consuming diet. It does take a lot of self-discipline and I do have to continuously remind myself that I am doing this to help prevent cancer from manifesting in my body and at the end of the day, you can't put a price on health and well-being. I can't risk not following the advice in hope of avoiding cancer in the future, but I do have *treats* sometimes, but the longer I am off such foods the more I realize that my taste has changed and the so called *treats*, really don't taste like treats anymore.

I didn't have to make the changes, but I felt deep within that if I didn't, it was highly likely that cancer would develop somewhere else within my body in the future, the question was, was that a risk I was willing to take? Was the need to eat like everyone else more important than my own health and well-being, my own life?

The biggest challenge I find is when eating out and especially when eating with others as I am often faced with looking at and smelling foods that I remember enjoying and sometimes faced with people pressuring me to eat the foods that I know are not good for me just because they want me to. When other people don't understand why you are being so restrictive, or don't think

you should be so restrictive, they can be relentless with their pressure and it is hard not to give in, one because on one level you may want to eat it and two because on another level, you know it will get them off your back and shut them up.

By reducing the acid forming foods and focusing on the Alkalizing High Vibrational (AHV) foods, I found that I have the best combination for ME and I emphasise me. I am sure it will also be good for you, but that is for you to find out for yourself; that is not something I can guarantee. Alkalizing High Vibrational foods are my first and foremost foods and my priority and not just because of trying to avoid cancer, but also because the HV aspect supports my spiritual life. However, for the purpose of this book I have also used cooked foods and foods that I don't normally eat, foods that are far from HV as I am aware that not many people would want to eat the HV way but they may at least focus on increasing their alkaline levels. Incidentally, I do sometimes have lightly cooked vegetables for a change, predominantly in the colder months but I still ensure I have at least a raw kale, banana and mandarin smoothie in the morning and/or perhaps something else that is raw later on in the day, cooked veg is not usually a daily occurrence. I also keep one meal a week where I will eat whatever I want; but this is not for binging, this permits me to be able to organize meeting people for lunch if I want to and not have the hassle of trying to figure out what on earth I am going to eat other than a plate of salad which may or may not have been washed properly!

So in order to bring these two concepts together, I was going to have to do some research and I knew I would require a somewhat quantitative research method in order to be able to show the effects of acid forming foods on pH levels so I decided to

keep a food diary of everything that I ate and drank each day for 21 days. As my mini research went on, I realized that there was going to be two stages to this research. The first stage involved recording my urinalysis results every morning and adjusting the diet accordingly, dropping the foods that I knew had been too acid forming whilst keeping some for a treat. My 21 day food diary formed stage 1; and it is this stage that I would expect many of you to stick with. This is where the two ways of eating separate, as my focus was not on HVE but on alkalinity levels even though some of the foods were HV. Some may be drawn to the HV way of eating, others may be drawn to the Alkalinity way of eating, I need both, but there again, I am, and have been walking alongside cancer for over 20yrs.

The second stage was much more in-depth, this stage was about taking urinalysis samples throughout the day, before and after eating in order to see, in a much more controlled manner, just how acid or alkaline forming the food was on my body but more immediately as opposed to the next morning. Because I am focused on trying to avoid cancer, this second stage was and still is important to me. It permits me to see which foods keep my body in an acid environment the longest so I can then avoid them. For example: chocolate lowers the pH level significantly and although after eating anything the pH levels in urine will be acidic, simply because your digestive tract is using acid to breakdown food, usually after two hours, the pH level has started to rise again to a more alkaline level. Chocolate kept my pH level much lower than a packet of plain crisps, or even oven chips; it kept my body in a more acidic environment for much longer than the two hours; so chocolate is not a good treat. So for me, if I want something different, something that feels more like a treat, I would be better off eating plain crisps or oven chips than I would

eating chocolate, for one, chips are only potatoes (vegetables) and a small amount of oil, as opposed to a bar of chocolate with all its ingredients and the amount of processing it has been through. Yet, a small slice of cake or a couple of biscuits were not as acid forming for as long as the chocolate, so if I really wanted something sweet as a treat, I would be better off having that than the chocolate; but it may be different for you.

I kept my diet simple throughout to make it easier to analyse and I kept a base diet of a raw kale, banana and mandarin smoothie as I knew this was alkalizing and so would make a good control food. I added other foods on different days or at different times and ensured I recorded the rise and fall of acid-alkaline readings each morning in stage one and throughout the day in stage two. By doing this, it helped me to pinpoint which foods were too acid forming, or at least too acid forming for me. I tested my urine with a urinalysis test strip during stage one. Testing took place around 7am or 8am, prior to food and drink and I ensured it wasn't the first or second passing of water since bedtime due to its density. I wanted a sample of urine that was early morning but not overly concentrated. I was very strict on the urine sample time as I wanted to reduce any discrepancies.

The available acid-alkaline charts on-line were often contradictory and I was unsure of what evidence there was to support the claims. I wanted to offer something that was supported by evidence, even if it was just my own personal evidence. The *Low in Acid* food list that is included in the *List of Tables* section is part of stage one and comprises of the foods that did not lower my **daily** pH level more than .5 however, you will notice that they are not HV foods, but they are nevertheless foods that others may want to try as a treat. Once I had completed a

few days and could roughly guess the expected outcome of certain foods, I tried to ensure that I remained at pH level 7.5 or higher in the morning. Once my morning pH level dropped, I would ensure that on that day I would eat only foods which I knew would raise my pH level back up. Pure water is said to have a pH level of 7 and is said to be neutral but if we are to learn from the earth and the ocean, then a pH level of 7 is not alkaline enough to keep us at optimal health (this is my opinion and not based on scientific evidence).

But all this wasn't going to be enough, I wanted to also show just how likely it was that the average individual was, often unknowingly, living on an acid forming diet; and by the use of urinalysis I hoped to reflect such prevalence within a small handful of individuals. The individuals who partook in this study were not informed of why I was testing their urine sample as I didn't want them to subtly change their diet; they were only aware that I would be testing them. They were asked to collect their specimen at the same time; between 7am – 8am, with it preferably being the 3rd passing of water since after going to bed in order to narrow down any variables.

A urine pH level test is a test that analyses the acidity or alkalinity of a urine sample. It's a simple and painless test. Many diseases, your diet and the medicines you take can affect how acidic or alkaline your urine is, it could also reflect acidosis or alkalosis, both of which we discuss in a later chapter. If your urine is at an extreme on either end of the pH levels, it is said that you can adjust your diet to reduce the likelihood of such conditions.

There are many books available on acid-alkaline foods or diets, many of which I have never read and whether they offer any

evidence as to their efficacy I do not know; and my aim here is not to write just another book on acid-alkaline diets, nor to write a book about going against medical advice, it is not about supporting conspiracy theories, nor is it here to make any claims to healing from any condition; it is also NOT here to criticise Orthodox Medicine or science. My aim for this book is simply to share my journey alongside cancer, to step out of the box (which could be at my own peril) and try to maintain a pH urinalysis level of 7.5 – 8.2 in the mornings and to aim to not lower my post-meal pH levels below 7; that way I would remain at least neutral whilst my body was processing the foods eaten.

There are many people out there, many of which are, or claim to be qualified in Alternative Medicine, Natural Medicine, call it what you may; and many are speaking out against Orthodox / Allopathic Medicine, and also directing people away from using such medicine, whilst making health claims about the acid-alkaline diet amongst other things that I believe are unsupported by evidence. In my opinion, this is not ok, this is what gives some of us the title *Quack*. And whilst the term could also be relevant to orthodox doctors, it is not a term I wish to be labelled with. If your body is already in a diseased state, it needs a cure not necessarily just a prevention. You have to bring it back into harmony in order to maintain it with preventative medicine which is what Alternative Medicine is mainly about. Yes, there are many things out there that can and do help with disease, but we need to look at things from a balanced perspective. Whether you like it or not, orthodox medicine does have its place in health care. So please always consult your physician prior to changing your diet or exercise program because we are all different and what is good for one may not be good for another.

Whilst sieving through much information on the Acid-Alkaline Diet, you will also read about changing your blood pH level. The aim here is not to change the pH level of your blood as your body works hard to maintain it at a certain level. If you think back to what was said about the earth's water, we will remember that some of the water is fresh water and some is salt water. The same goes for our body's water, our fluids; it isn't one measure for all. If you manage to change the pH level of your blood, you will more than likely be going into acidosis or alkalosis of which both states are out of balance and can cause great harm to the individual and can lead to death - so be sensible and keep yourself in balance.

A Few Things to Remember:

Although the *treat list* shows food that did not lower the pH level more than .5 we cannot assume it will always be like that. We have to remember that this was lowered by .5 based on an average helping and in combination with the other foods I had eaten. If you have more than one item from this group in a day, or if you eat larger amounts of the food, you may decrease your alkalinity significantly; so keep an eye on it until you know your diet and your body well.

What was found was that if I ate *treat list* foods today, I would need to eat only alkalizing foods tomorrow to bring the pH levels of alkalinity back up to where they were; if I ate *treat list* foods for two consecutive days, even if it was only an average amount, it was noted that two consecutive days of alkalizing foods were required in order to bring the pH level back up again.

It was also noted that it is better if you can test foods more than once so that you get a real feel for how certain foods are affecting your body. For example: In stage 1, when I had some toast on Day 10 my pH level went down by a pH of 1. When I had some toast another day after the trial period, my pH level remained the same as the day before. This doesn't mean that on that occasion the toast didn't affect my pH levels, it definitely would have but I knew that the remainder of the food that day would have definitely raised my pH levels, so on this occasion the toast's negative affect on my pH reading wasn't seen; I counteracted a drop in my early morning pH reading. I managed this by ensuring that I ate my base foods (the foods that I can guarantee will raise my pH levels) in order to counteract the effect of the toast, but of course, let us not forget that that doesn't necessarily mean that it counteracted any negative affect on my body. In stage 2, I recorded my pH levels much more often so I would be able to see exactly what affect the food was having on my body.

If you just want to improve on what you have, you may not want to bother with stage 2, but because I am doing this for a specific reason, i.e.: trying to avoid any manifestation of cancer, it is important that I know my body and know my food and permit my food to be my medicine. Once you know your food and your body, you won't have to keep charting the pH levels every hour or every time you eat, you may choose to chart them just 2 hours after eating something different or something which you know will lower you pH levels.

During this study I have tried to eat a few foods that I would not normally eat so that you can see the effects on the body. I particularly wanted to experiment with two foods over a two day period, I wanted to try a good brand of sausages (they were 79%

meat – I hope you appreciate the sacrifice as I don't eat meat and I don't support the unnecessary sacrifice of animals) and a bar of chocolate.

On the first day my morning urinalysis was 8.2 which is often my norm these days. I ate my normal base foods that I knew would not decrease my next day's reading, and included some sausages that I ate in the late morning. The following morning my urinalysis results were 6.5; reflecting a 1.7 drop in alkaline – that was huge. I fasted from food and drank only my usual green tea until 11am when another reading reflected an increase of .5 so my pH was now 7, so it was slowly starting to come back up. That reflects a significant impact upon the body and not a good one.

The next morning I had already planned to try the chocolate so despite the fact that I knew that acid forming foods for two days in a row would really knock my pH levels, I wanted to get it over with.

Once again, I ate my usual base foods to ensure my pH was at least assisted for the remainder of the day and later that morning I ate chocolate, I had forgotten how this sugary, milky *glug* felt in the mouth, but couldn't forget the fact that it is said there is permitted a certain amount of blood and pus in cow's milk!!!!

I was curious as to what my pH was doing so 6 hours later I tested my pH levels to find they were down to 6, so six hours had passed and my pH levels were still down by 1! So who knows how low they may have been earlier on. I tested again another 4 hours later, so that is now 10 hours after consuming the chocolate and it was barely up to 6.5; phenomenal! Chocolate is so acid forming upon our bodies.

The next morning my urinalysis was back up to 8.2. Although you could say well the chocolate didn't actually affect the morning urinalysis so therefore it is ok to use as a treat, but I think we also have to take into consideration the damage or strain that it could be imposing on the body during those 10 hours that my body was not in an alkaline state.

Our body takes 6 – 8 hours to digest food each day, but that doesn't mean it is alright to leave our body in a constant state of acidity because of the foods that we eat. I did the same type of test the following day, I tested my pH level in the morning and found it to be 8.2, I drank my usual raw kale, banana and mandarin smoothie in the morning then waited 2 hours before re-testing my pH level. The urinalysis result was still 8.2 exactly what it had been in the morning which reflects that my raw smoothie really is alkaline forming on my body and is not creating a huge drop into an acid state.

This study also reflects just how acidic sausages and chocolate really are and I am sure if I was to try other meats, that I would be met with the same acidic results. One lunchtime I ate some curried rice (I don't normally eat rice) which had some mixed vegetables and coconut milk in it, I tested my pH 3 hours later and it was down 1 which was a lot for a 3 hour post-meal reading as that meant had I taken the reading an hour earlier, the reading would probably had been even lower. However, 7.2 wasn't too bad, so I tested it again 3 hours later and it was still 7.2. I like to keep my post-meal pH level to a minimum of 7 so this wasn't too bad, but it was still too acid forming because of the length of the drop in alkalinity. Once you know your food, or at least the affect it is having on you, you can then choose to add the odd treat when you know your pH levels are high enough to manage the

sudden drop in alkaline levels, but you may want to set yourself a goal of a minimum pH level.

Any food that drops my pH down by 1 or more does not get put in the treat list it gets put in the avoid list, but this doesn't necessarily mean they can never be eaten again. You may find that a quarter of a serving when your alkaline levels are really good is enough to satisfy your taste buds but not enough to drop your alkaline levels for too long or too low. When you are testing foods it is helpful to find out which ingredients are causing the drop in alkalinity not just which meal. In the chocolate bar it would be all the ingredients causing the drop in alkaline, or rise in acidity whichever way you want to look at it. You could test the sugar aspect of it by adding sugar to something else that you know is alkalizing so for instance, if I wanted to test the sugar I could add sugar to my green tea for a day to see what the results are.

Don't forget, it may make a difference to the reading if you don't have much of it, so you will need to match the quantity of sugar that is in the chocolate bar if you are trying to compare the individual ingredients for the chocolate bar. This may all sound too much to bother with but it really isn't, if you find sugar drops your alkaline levels down too much you then know to avoid foods with sugar. If you do a double test with it and find a small amount of sugar doesn't cause a problem in regards to your results then you know you can have something sweet as a treat but not too much of it.

I first started out in stage one by just measuring my morning pH levels so that I could create a list of foods to: *Include*, *Avoid*, and use as a *Treat* – and then I felt that I needed to step it up another notch which created stage two; the aim in this stage was to start

testing the pH levels 2 hours after eating. This way we can really weed out the foods that are not keeping our body at optimal levels. If this stage seems too much bother, then leave it out, at least you now know how to get your body into an alkaline state each morning. I know that 8.2 in the morning is really good for me because of the change it makes to my levels of pain. I also know and believe, which may not be the same for you, that if the ocean is said to either be or has been 8.2 then that is what my body needs to be also because the physical world reflects our physical being, but that is my opinion not scientifically proven. However, I am still relatively happy if my reading is 7.5 at the lowest in the morning; anything below that for the morning reading is too low for me because I know that once I have eaten, my pH level may drop below 7, the whole idea of me keeping my morning pH level up is so that throughout the day, even as my pH level drops to digest food, it doesn't drop below 7 – neutral/pure.

There is a lot of misguided information out there in regards to the acid-alkaline diet which misleads many people. We are all similar but we are all different and to say as a fact that certain foods will give you a certain reading is untrue. Medication may play a huge role in urinalysis readings and these are things we cannot ignore if we truly want to make a change in our lives. By building yourself a list of alkaline foods, acid foods and treat foods, you can be sure to have more control over your pH levels. By sticking with safe foods you will eventually be able to test your pH levels less often. I currently still test mine daily, sometimes more as this is important to me because I am not just doing this to be healthier I am doing this in order to walk alongside cancer as opposed to walking with it; and although there is no proof that

a more alkaline diet will help prevent cancer, for me, it is worth taking the extra measure just in case.

I go to extra lengths to try to avoid having cancer manifest in my body. I no longer wear perfume, I wear good quality essential oils instead. Perfumes are generally not from nature and can contain carcinogenic ingredients and although they may only contain a small amount of carcinogenic substances, by time we add up the carcinogens in the make-up, the deodorant, the hair products, the skin regime, as well as some of the additives and preservatives in our food, they become, instead of a minute amount, a much larger amount.

We have to stop somewhere, we have to choose to take control, we can't control what is put in these things, but we can choose whether to purchase them or not. As long as we continue to purchase and use these products, they will continue to be in demand. I only use a small amount of shampoo, I purchase a 120g vegan bar of shampoo which lasts me over 3 months and has less harmful ingredients in it and no known carcinogens. I don't use conditioner as the shampoo bar has coconut oil in it and I don't use any other hair products. I don't usually wash in soap or shower gels, instead I use a fresh lemon cut into several slices for different parts of the body and no, it isn't drying to my skin. I don't usually use regular deodorant I normally use a crystal salt stick, if I feel I need a little more to keep me dry, depending on the weather, I literally give one dab of unperfumed roll on deodorant on top of the crystal salt stick. I don't use commercial moisturizes, if I want a body cream or moisturizer I make my own from scratch with essential oils, they are quick and easy to make and last a long time. The same goes for body sprays, if I want a refreshing mint body spray I make one from purely natural

ingredients. There are many books available that show you how to make your own products and it can be very rewarding and obviously, much cheaper and more importantly, much healthier.

Please remember that we are all different and different foods may affect our bodies differently. If you truly want to watch your pH levels you will need to do your own study with different foods like I have. This is not an exhaustive study, it is designed to simply give some insight into the affect that our food has upon our body and our well-being. We must all take responsibility for what we put into our bodies. We need to see our food as our medicine, (not instead of medicine, but as medicine) and respect ourselves enough to ensure we eat good, wholesome foods that are not leaving us in a state of great acidity.

Also remember that pH levels that are too alkaline are not necessarily any better than those that are too acidic. The key is balance, and finding that balance may not be exactly the same for you and me but I know that an alkaline level of 8 – 8.1 or .2, that being the same as what the ocean was or is, works for me. If my level raises up to 8.5 which doesn't happen often, I use it as an opportunity to eat a treat in order to bring it back down to 8ish.

It was tried and proved that Andrews Salts (or the bicarbonate of soda in it) does neutralize the acid levels in the urine. If you are eating out and cannot find what you need to maintain your pH levels. 2 x teaspoons of Andrews Salts no less than 1 hour after your last meal does appear to neutralize the food acidity of the urine, or at least it did for me and one other person that I tried it on. Don't take it prior to an hour after your meal as you need the stomach acids to break down the food eaten. This is not the best solution but an occasional means to an end; and although it

neutralizes the acidity in the urine, you can't guarantee that the reading is an accurate reflection to the acidic state of your body, I found that although it neutralized the acid forming foods so gave me a good reading, it took two consecutive days for my body to come back to normal from eating the foods and for me to feel I was my normal self.

Try to not have acid forming foods every day, try to leave at least one day in between so that your pH readings are not constantly severely up and down. I aim to keep my pH levels at 8 – 8.2 first thing in the morning and don't usually permit my levels to drop to less than 7.5 in the morning or less than 7 if it is a 2hr post meal reading. If my pH levels drop to 7 in the morning I have a significant increase in pain throughout my spine and hips. Hence the saying:

Let Thy Food be Thy Medicine!

I share in this book what has helped me along the way, what Intuition/God /The Divine/Universal Energy – call it what you may is showing me in order to avoid or at least minimize the chances of having cancer or any other illness for that matter. You don't have to believe what I say, you don't even have to change your diet if you don't want to and nowhere in this book do I make claims that eating certain foods will cure you of anything because that is a promise that no-one can make to you. All you need to do is read my story with an inquiring mind. When you have finished reading it, ponder on what you have read, meditate on it, and work out for yourself whether you need to try this out for you. Ask whatever it is you believe in to speak to your heart; and always talk to a health care professional prior to making changes because different illnesses and/or different medications need to

be taken into consideration.

The only advice I would give anyone reading this book is never, ever just simply believe anything you read in a book, or on the internet no matter who is saying it (me included) just because they said so; take the information, ponder on it and seek the wisdom of your spiritual elders and other people's opinions and thoughts, including your healthcare professionals. When you have gained much knowledge and wisdom then make an informed choice knowing that your decision to change was based on your inner feelings not based on how well someone sold an idea or product to you.

When I look back over my life and over the many years, I can see that I have been subtly guided into a lifestyle that best suits me. When I look back and see how exercise and diet had played a positive role in my life, I thank God for the guidance, knowing without it, I may not be here now. My journey hasn't changed, it has just become another layer deeper and it is this part of my journey which I am sharing with you.

As I became more aware of the alkaline factor of my diet, I felt it was necessary to try different foods out for myself using urinalysis for mapping the results. Although my diet has been, for many years more alkaline than acid, with the average pH level being 7 – 7.5 due to my mainly High Vibrational Diet (HVD) which I began in 2012, I was now aware that certain foods, although good in general, such as nuts, were in fact very acid forming on my body and would have been keeping my pH level down for longer than necessary even though it was always back up the next morning and it is for this reason that I felt I needed to write this book.

When you look at different acid-alkaline charts from different sources, there is often discrepancies and although it may be for valid reasons, that doesn't help those trying to eat what is best for them. With this in mind, I set out to test, not a hundred different foods, but the normal types of food that I would eat, plus some extras. I wanted to find out for ME, not necessarily you, what was going to be alkalizing and hold my pH level at the level I felt it needed to be. I also wanted to find out what I could use for a treat without it having a severe impact on my pH levels.

All I want to achieve from writing this book is to shine a light on the importance of our diet, but shine a different light, a light that can light up the importance of healthy, nourishing, alkalizing foods in light of maintaining a healthy body; but I didn't want it to be just another book on food and nutrition, just another book on dos and don'ts for health. I wanted it to be more than that, I wanted it to be a practical guide, albeit very basic, a practical guide that anyone can understand and put into practice. I wanted it to be a blueprint for you to copy, learn and evolve from should you choose to.

I hope this book turns out to be a real blessing to you or someone close to you and that it helps you to make positive changes in your life.

My Journey

Chapter Four

Other than the odd back pain and the hysterectomy in 1997 all had been going well health-wise. I had eaten healthily and kept fit since I was 18 years old; I wasn't vegan or vegetarian back then, but I was food conscious and stuck to what was considered a healthy diet. As an avid Yogi, I wanted my body mind and spirit to be the central focus of my life and it was, so a healthy lifestyle was very important to me; yet despite this I had still become precancerous with an expected prognosis of malignant cancer. Little did I know that being precancerous was going to be a repeated occurrence in my life and on top of that, little did I know that I was going to end up in a wheelchair; life surprises us sometimes!

Time Line of Health

1997 at 35 years old I needed a total hysterectomy in order to avoid cervical and uterine cancer. This was a relatively simple surgery of which I healed very quickly, there were no complications and I was back to normal in no time. Life continued on and I continued to eat healthy and exercise regularly.

In 1999 as part of a private medical screening for a job, I was required to take a routine x-ray which revealed that I had slight scoliosis, but it wasn't an issue at the time. I wasn't surprised as I

had noticed as a child that my right hip was not even with my left hip and the left side of my rib cage was higher than my right side.

In 2000 I had become dairy intolerant.

In 2007 I had become wheat intolerant.

In 2009 I had developed Oral Allergy Syndrome (OAS) also known as Pollen-Food Syndrome (PFS) an explanation of this condition can be found in the *Supplement* section. Regardless of all else, I continued eating a healthy diet and exercising at least 40 minutes a day 5 – 6 days a week.

I visited my doctor in 2009 because I was experiencing occasional numbness and tingling in the left side of my face and head but nothing was done about it, I was told to keep an eye on it. At 48 years old, it was being put down to a possible hormonal imbalance; looking back, I realize it was probably due to compression or impingement on the nerves in the neck.

In 2010 I visited the doctor again because I was now experiencing numbness and tingling in my left leg which was causing me at times, to lose the use of my leg, but nothing was done about that either. Once again I was told to keep an eye on it and looking back, I realize it was probably due to compression or impingement of the nerves in the lower spine.

In 2012 I felt a deep stirring within to change by diet, I was led to change it to High Vibrational Foods (HVF) which I have already talked about. I felt incredible on it but it didn't take away what was happening with my physical body. It helped it a lot, and over

the years I could see that I had less pain when I stuck to the HV way of eating but it wasn't curing it, it was only helping it.

In 2013, because of severe back pain and my back freezing up, an MRI scan was finally done, but according to the doctor the report showed that there was nothing wrong with me, it was just: *normal wear and tear for someone of your age* (I was 52). I knew the doctor was wrong. I left the surgery that day feeling like she considered me to be a hypochondriac; which is pretty bad considering I rarely visited a doctor. At times it was 3 years between visits, so you would think I would have been taken seriously! I mean, come on.....I had kept fit since 18yrs old eaten healthy and you are going to tell me losing my leg and everything else was *normal wear and tear*? If it was normal why weren't other 52 year olds having the same problem?

In 2014 I foolishly went back to the same doctor as I was now having severe pain in my upper back, it felt like a hot needle or poker being stabbed into me. I hadn't been able to carry a bag, or even a purse with change in it for several years; I couldn't even carry a small tray of eggs as it pulled on my neck and created much pain. Needless to say, without even examining me, she told me: *it will just be a pulled muscle, just put a heat pack on it*; once again, I left the doctors surgery feeling so unbelievably unsupported.

By this time, I had stopped going for long hikes as I could not manage them, I had stopped using my Air-Walker due to pins and needles in the feet and toes. I had stopped cycling as it was too much for my neck and back and to add insult to injury, I was forced to give up my Yoga as it was aggravating my back immensely, the very routine I had practiced since I was 18 years old. I was also told by that deep still voice that I was intolerant to

processed carbohydrates and although I didn't eat much of them, I would eat them as a treat. Can it get any worse?

Over the following two years I just managed the pain as best I could, I did what I could do and didn't do the things that I knew would aggravate my *Old Age* condition! Paracetamol and Ibuprofen didn't help so it wasn't worth taking them and I hadn't been offered anything else.

On top of that, in 2015 I had been having issues with my breasts so I was sent for a mammogram. The results showed a small mass in the left breast which was the more problematic side. I was assured that the lump or mass was fine and was nothing to be worried about so I wasn't sent for a biopsy. I wasn't happy with this result, I accepted that the lump was seen as benign, but for me, I wondered what it could be leading too, was there an underlying cause that no one can see right now, was this the beginning of breast cancer or cancer of the nipples or even the glands in that area? Once again, I felt I was heading for a walk alongside cancer and I didn't want to wait to see if it was going to turn into cancer before I did something about it.

As extreme as it may sound, I felt that same voice from deep within telling me that I needed to have a double mastectomy. That same still voice that guided me into my HV way of eating and everything else, was now guiding me to a prophylactic double mastectomy. I actually felt with a very strong conviction that if I didn't have the mastectomy I would die in 2019 from cancer; to have that feeling within from something very deep is quite disconcerting - I did bravely (or stupidly) share this with one of the doctors who, although he didn't quite know what to do with it didn't ridicule me either, or at least not to my face. Dramatic I

know, but I can't change what was. There was no support to have a prophylactic mastectomy through the NHS so my only other avenue was to have it done privately. The cost in the UK for such surgery was far too much for what I could afford and there was no guarantee that a surgeon would agree to one as it wasn't seen as necessary.

In 2016 in Central America I went to see a private Oncologist Breast Surgeon, he was said to be the best one in the country and many people who I knew, had been to him for various problems and spoke very highly of him. He didn't speak a word of English and I didn't speak a word of Spanish but I wasn't at all concerned because I felt a higher source was with me and I did have an interpreter. The oncologist was very supportive and agreed to the surgery.

One month after seeing him I went into a private hospital for a double mastectomy. I went into hospital in the morning and was out by lunch time the following day. Once I had left the hospital I was not on any pain relief as I was aware how easily I am affected by medication and I wasn't in much pain so I took only the antibiotics. I felt great and was extremely relieved that both breasts were gone, I wasn't interested in reconstruction as I didn't want the extra hospital trips. I was very fortunate because I didn't have any of the shoulder pain, discomfort or pain syndrome that many women suffer from after having a mastectomy.

My surgeon was in his 70s at the time, and I would recommend him still, he was renowned for being the best in the field and I certainly have no complaints and don't doubt that claim at all. The surgery was straight forward, but he did also remove a lymph gland that he didn't like the look of, a gland that he felt to be pre-

cancerous, ironically, this was also in the left side which was the worse side and the side that the lump was in. I have no doubt that had I waited, this would have turned to cancer and would have been the very thing that caused my death 2 ½ - 3 years later in 2019.

Whilst in Central America I also went to see a top private Orthopaedic Consultant Surgeon and although I was not looking for surgery, I knew I would get an up-to-date diagnosis. I was examined for scoliosis for the first time in 17 years and was told, prior to the x-ray what the problem was likely to be. The x-ray showed a correct diagnosis of a condition which could have been caused at birth or in-vitro or from an accident or could have even been work related. I was diagnosed with Degenerative Idiopathic Thoracolumbar Scoliosis which means that the scoliosis affects two parts of the spine but this was secondary to the main issue which was Chronic Radiculopathy causing severe compression, damage and impingement of nerves throughout the spine and if that wasn't enough, there was a small amount of arthritis in the lower spine which in turn, with all else, was affecting the rest of my body, it was affecting my neck, back, hip, knees, legs and arms.

I was so relieved to finally be taken seriously and pleased to have an up-to-date diagnosis and prognosis as well as being prescribed appropriate pain relief. It wasn't great that my condition was degenerative, but at least I now had an explanation for the severity of my pain and my lack of mobility.

2015 and 2016 had seen a rapid decline in my spine and ability to walk or even move around, by time I had seen the Orthopaedic specialist I wasn't even able to walk normally for even five minutes without being in excessive pain or dragging my leg or

having joints cease up. 2016 was when I accepted that I had no choice but to use a powered wheelchair; I was unable to use a self-propelled chair due to the pain it caused in my neck.

I knew from blood results that my diet was not affecting me in a negative way and was probably slowing down the decline in my mobility. The Doctors were amazed at my blood results and the Heart specialist told me that my ECG, (which I needed to have prior to my breast surgery) reflected the heart of someone 20yrs younger than what I was, he was speechless. It was just the radiculopathy, which I believe to be both work related and injury related along with the scoliosis which were problematic. As a teenager, I had been hit in the lower spine by an out of control motor bike which carried me through the air for about 20 feet, this happened in the school grounds; I walked away, all-be-it in shock, but I did walk away.

In November 2016 and back in the UK after my surgery, I needed to attend a new patient appointment; and as requested by the information sheet given, I took along a list of medications that I had been prescribed for my pain and I also took along my x-ray. The doctor who saw me obviously didn't believe that I needed to be in a wheelchair as he said, in a very sarcastic tone: *well maybe we need to send you to a spine specialist!* To his surprise, I actually jumped at the idea, and said *yes, please send me*. I wanted to see a specialist here in the UK because then I could finally have my diagnosis written down in my notes instead of being treated like some stupid, middle-aged fake. In December that year, I hadn't heard anything in regards to seeing a specialist so I wrote to the doctor reminding him that he had suggested that I saw a spine specialist, and asked him once again to organize it – he didn't.

In 2017 having heard nothing from the doctor in regards to a referral to the spine specialist, I changed surgeries. The first question I was asked by my new doctor was: *who have you been to see?* (no-one) then: *haven't you been to see a spine specialist?* (No) *so who have you seen?* (No-one). I have to say she looked quite dismayed that absolutely nothing at all had been done for me in all that time. I told her about the Tramadol I had been prescribed in the December and that the doctor had said it wasn't addictive when I knew it was, but despite the risk of dependency I continued to take Tramadol daily because other medications were giving me much more side-effects than the Tramadol; but sure enough, even though I was on a low dose my body became addicted to it very quickly. I ended up choosing to go *cold-turkey* for a week to get off it whilst awaiting a Pain Management Clinic appointment.

In 2017 even though I continued on with mostly HV foods I was shown from that deep voice within that the wheat and dairy intolerance that I knew I had was more about the intolerance to the processed carbohydrates in those very foods, my body could manage non-processed carbohydrates much better. I checked out the wheat and dairy intolerance symptoms and measured them against carbohydrate intolerance symptoms, and the light went on, I had one more important symptom that reflected I really was intolerant to processed carbohydrates which incorporates all wheat and dairy products as both groups of foods are processed and contain carbohydrates, both simple and complex.

With this in mind I decided to try a carbohydrate enzyme to see if it helped. It did. I was quite surprised to find that after all these years of excessive pain and suffering during or after eating wheat and dairy/processed carbohydrates I could now eat them as long as I took the carbohydrate enzyme first. The enzymes really did

work, I needed to take two instead of one prior to eating anything that contained processed carbohydrates which was brilliant for going out somewhere when I was not sure what food would be served. I could have chosen to keep taking the enzymes and include the processed carbohydrates in my diet but as processed carbohydrates don't support my HV way of eating I chose to keep them for the odd occasion or treat; but it didn't stop there the learning continued.

2017 seemed to be a never ending cycle of assessments and other appointments. I saw the spine specialist in October 2017; that was another memorable moment. I had had an x-ray prior to going to the appointment, I went into his room in a wheelchair and he took one look at me and smirked, and said: *So what? This little bit of scoliosis is what puts you in a wheelchair?* I felt like walking or wheeling straight out, (or over him) but I put up with it; he had completely disregarded the chronic radiculopathy. Eventually, he told me that he would send me for an MRI but, in his words: *I can guarantee nothing will show up on it, it will be like the last MRI.* He also went on to tell me matter of fact that I probably had Osteoporosis because of being in the wheelchair, he said; *I expect to see x-rays like this in a 70 – 80yr old. You have as much bone in your body as you do in your lungs!* I knew this was not correct; nonetheless, how rude was that? And where was the empathy, the compassion, the respect?

November 2017 I had the MRI which I will come back to, and December I had a DEXA to measure how dense my bones were. The DEXA came back fine, yes there was some thinning of the bones in my left hip, but no more than what is often seen in someone at my age, 55 years old, and considering I was in a wheelchair, I was told my DEXA results were pretty good, better

than many people who are not in a wheelchair. I have to be re-checked again in 5 years and require no medication or supplements for it.

Getting back to the MRI, contrary to what the specialist had said, he apparently did find something unbeknownst to me, he found something in the Thoracic area of my spine which he was significantly concerned enough about to organize a Radioactive Full Body Bone Scan (RaFBBS) for December which I cancelled as I didn't want to have it just for the sake of it and he hadn't told me that he had found something, I mean why would he? I am only the patient!

In January 2018 I was shown that the intolerance to carbohydrates wasn't just about them being processed, but was actually also to do with the acidic forming results that they were causing. This is when I began to look deeper into an acid-alkaline diet; so as with all things, the layers were being peeled back and I was been shown the way forward one step at a time.

I visited my doctor that same month and it was then that I was told that the spine specialist had found something on my spine which may or may not be cancer and that is why he wanted me to have the Radioactive Full Body Bone Scan (RaFBBS). He had discussed the results with the radiographer and they were both extremely concerned that I had cancer in or on the spine. (This is why specialists shouldn't treat their patients as if they are stupid! Had he talked to me like an intelligent being, I may have gone to the original appointment). This also concerned my doctor and suddenly life seemed like a maze of appointments, and tests. The doctor requested a full blood count (FBC) which came back with one or more of the results being yet another *pointer* to cancer. I

had a repeat blood test a week later which still showed some raised levels so she requested an abdominal scan to check for other cancers, this didn't happen until March 2018, one month after the RaFBBS (Bone Scan) which I really didn't want but I had to see if this really was going to be yet another *walk alongside cancer*.

One week prior to my first blood test I had stopped taking all medication and supplements including my Chinese medicine, I had been taking calcium supplements because of the spine specialist saying I was probably osteoporotic, I was taking Vitamin D to help with the absorption of the calcium and a good multi-vitamin because I had been feeling so tired and exhausted from trying to force my body to do things that it no longer wanted to do. I stopped taking them all because I didn't want to risk the supplements, herbs or medication giving inaccurate readings in my blood. By this time I had already bought Urinalysis test strips and was already getting into the habit of testing my urine every morning.

On the day of my first blood test my pH level was 6 which is actually considered an acceptable average in Allopathic Medicine for an adult. Although this would seem fine, it wasn't for me; my High Vibrational way of eating had normally kept my pH levels higher than that, they were normally 7.5 so why weren't they reading that now? I put it down to medications and/or supplements and the odd acid forming foods which I had recently become aware of, and as I hadn't been using urinalysis at that time, this is something I will never know.

Some of the results of the first blood test were significantly higher than what they should have been, so on the second blood test a

week later, I ensured I had continued to not take any supplements or pain relief of any kind. I had started recording each day the foods that I had eaten and the pH levels of my urine.

I purposefully ensured my pH level would be raised so that I could see if the blood results were different, they were, the day of the second blood test, my pH level was 8 which was an increase of 2 which took me right out of the acidic spectrum and right into the alkaline spectrum with 7 being considered neutral – the level of pure water.

On the sixth day of keeping my food and urinalysis diary which was after the first blood test I had been in excruciating pain all morning throughout my entire spine, now this happens to be the day prior to my second blood test and prior to my Radioactive Bone Scan (RaFBBS); suddenly, after lunch, on getting up out of an arm chair, something happened, something moved in my spine, it wasn't a vertebra moving, nor was it a muscular movement, all I can say, with full conviction is that something dislodged itself. I suddenly had virtually no pain in the Thoracic area of my spine and felt a lot better. Keep in mind that this day's food resulted in my urinalysis the next morning reading 8 – alkaline.

This was no coincidence; this was the first time since testing my pH levels that I had been as high as 8. I was amazed and I also knew that the second blood test which was due the following morning would be different from the first and I also knew that the bone scan which was due three days later would not show up anything because I knew that whatever it was, the suspected cancer was gone. I didn't know where it had gone, but I knew without a shadow of a doubt that it was gone and I just trusted

that my body would know how to dispose of it safely. Was this cancer? We will never know but there was enough things pointing to it including all the concerns from the medical profession. Do I think it was? I think it was either pre-cancerous or cancerous especially as I am predisposed to cancer despite eating healthily. For me, this was yet another *walk alongside cancer*. From that very day when I felt something dislodge itself I can honestly say that my pain levels were distinctly reduced and coupled with the Psoas stretches I had been shown to do by that same deep inner voice, I was feeling a whole lot better. I didn't have any more mobility, but I felt much better. I had less brain fog, was less forgetful and felt more like me.

The blood tests came back with significant improvement on the Liver Function Test (LFT) which was what the issue was on the first test. On the first blood test the LFT's were so high they were through the roof which sent the Dr's into a panic. They were still very high, but not as high as they were. I still had to have the abdominal ultrasound as they wanted to check out my liver and other abdominal areas for cancer as they were still concerned that the blood results may still be reflecting cancer somewhere.

The RaFBBS (Bone Scan) results came back as I thought they would - clear, there was nothing to worry about, they were no longer concerned about me having spinal cancer which was good, I guess the *thing* had gone, no-one said anything, it all went very quiet. I am convinced that it was the raising of my alkaline levels in line with what the ocean used to be and may still be which dislodged whatever it was on my spine.

During the abdominal ultrasound I was told that my liver looked beautiful and that it was clearly evident that I had a really good

diet because of how healthy the organs looked; but I was also informed that there were 3 polyps on my gallbladder which I know can turn cancerous. So I was facing yet another episode of *walking alongside cancer*. Two of the polyps were not a concern as they were very small, the other one was a concern as it was already 8mm – less than 1cm but close to the size which is considered by many to be precancerous. With this in mind, I felt I needed to tighten up on my diet, with all that had been going on, I had found myself at times being quite slack (for me) and having more treats than normal. On top of this, I had been taking pain relief for most of 2017, the question of whether the medication affected my alkaline levels will never be answered? I needed to drop the regular taking of it and watch what I ate.

Six months later – September 2018 I had to have another abdominal ultrasound to see if the polyps were growing. The two smaller polyps hadn't grown, but the 8mm polyp was now 10mm/1cm so it was now what many considered to be at precancerous size. Studies from the US have shown that once a gallbladder polyp grows to 15mm/1.5cm it is pretty guaranteed to be cancerous. When I wrote this, three months had passed and I was still awaiting my appointment to see a surgeon, some hospitals had a six month waiting list, others had a three month waiting list. If the precancerous polyp was continuing to grow at a rate of 2mm per six months, and there was a good chance it was, as I was told it had (unfortunately) a really healthy food (blood) supply, it meant that it would already probably be 11mm/1.1cm, only 4mm away from being cancerous. So once again, here we go, *walking alongside cancer*.

By this time, I was feeling weary, I felt like I was always looking over my shoulder, not being paranoid but having to be aware, it

was like walking along a train track, with someone who you don't feel too good about walking along with you on an adjacent track. Sometimes you see them, sometimes you don't but you know they are probably there, lurking, awaiting their time. It was tiring! It still is. It's very, very tiring. It would be quite easy to say – *sod it, I'm going to eat whatever I want and make the most of it whilst I can and if I die, I die*; but I can't do that, I do believe that there is a chance that my healthy eating, my HV/Alkaline foods are what is saving me, keeping cancer at bay, extending my life. I have no proof, no clinical evidence, but is it worth the risk? Not at the moment.

December 2018 I requested another abdominal ultrasound. I still hadn't heard from the surgeon so my doctor was going to chase it up. I saw the surgeon about ten days later.

I am pleased to report that the polyp had ceased growing, so was this because I had stopped taking regular medication? Was it because I was super strict with my alkalizing foods? Was it because of both factors? or, just coincidence? Once again, these are answers we will never have.

The surgeon was a very pleasant man, he wasn't too concerned about the polyps because I wasn't having any real problems with them. However, he did suggest that I had the gallbladder removed, but prior to that, he wanted me to have an abdominal CT scan to check for any hidden tumours in the abdomen because of my raised Liver Function Test. The CT scan came back clear and I was told it would be a couple of months until my surgery.

As I write this, it is now June 2019 and I am still awaiting a surgery appointment, I can understand not being made urgent because I

don't have severe abdominal pain, which I put down to my diet as I don't eat the foods that cause the pain, and the polyp isn't yet cancerous (we hope), but from this side of the fence – just take it out – and take it out now. When you draw a 4mm line on a piece of paper, it really reflects how close I am (according to some) to cancer and that is assuming that the polyp still isn't growing. I have already had my pre-operative assessment, which is said to be valid for 12 weeks, so I really am just waiting, but at this rate, the assessment may run out!

So the beginning of 2018 was looking for cancer and the end was finding a possible precancerous size polyp! And here I am half way through 2019 and the possibility is still on the table.

What Have I Learnt From All This?

I feel that I will always need to remain super vigilant of my diet, of my pH levels in case they really are synonymous to cancer. I have no real evidence that they are, but as I am predisposed to cancer, I feel that I have no choice but to stick with the foods that I think or believe are helping me.

Looking back at my history there is enough proof for me personally and enough inner conviction to make the correlation between the foods I eat and managing the walk alongside cancer as opposed to walking with it. But this is for me, it may not be like it for you, and I could be very wrong and if I am wrong, it just means I kept to a much stricter diet than what I would have otherwise. Other people can eat whatever they want and it doesn't

seem to have an impact on them, it doesn't seem to be that way for me.

I have no qualms about stating as a fact that on the 4th November 2017 when I felt something dislodge from my spine that this was the *thing* they were concerned about, this was the thing that the specialist and the radiographer were convinced was cancer; and I have no qualms in saying that it is no coincidence that on that particular day my pH level was up to 8.

We truly do need to: *Let Our Food Be Our Medicine!*

The Basics of Acidosis and Alkalosis

Chapter Five

What is Acidosis?

Acidosis is a term used to describe the excessive acid state of our bodily fluid, namely our blood. It occurs when our kidneys and lungs are not able to keep the pH level in balance. It has been said that damaged or poor functioning kidneys and lungs can also lead to acidosis due to the inability of these organs to function adequately.

The acid-alkaline level of our blood is determined by measuring its pH level. If the blood pH level is lower than 7.34 it is considered acidic; others state 7.35 or lower as a state of acidosis. In some cases, acidosis can be life-threatening and can lead to significant health issues in others.

Our blood pH level is NOT the same as our urinalysis pH level. The pH level of our blood is fairly stable where-as the pH level of our urine can change significantly depending on what we have eaten and there are other factors that can influence our urinalysis pH level.

Some gall stones and kidney stones are the result of an acidic body, the stones being calcium deposits drawn from the bones in order to rebalance or re-alkalize the blood in order to avoid acidosis.

Signs, Symptoms & Causes of Acidosis

| Signs & Symptoms of Acidosis | Causes and Contributors of Acidosis |
|-----------------------------------|-------------------------------------|
| Coughing | Ketosis |
| Coma | Diabetic Acidosis |
| Irregular Heart Beat | Hyperglycaemia |
| Increased Heart Rate | Junk Food |
| Nausea | Diet High in Sugar |
| Muscle Weakness | Diet High in Fat |
| Feeling Wired | Diet Low in Vegetables |
| Frequent Sighing (lack of oxygen) | Diet Low in Fruit |
| Anxiety | Hyperchloremic Acidosis |
| Unable to hold breath for 20 sec. | Lactic Acidosis |
| Fatigue or Drowsiness | Renal Tubular Acidosis |
| Easily Tired | Obesity |
| Confusion | Kidney Failure |
| Shortness of Breath | Dehydration |
| Sleepiness | |
| Shallow Breathing | |
| Lack of Appetite | |
| Headaches | |
| Jaundice | |

There are Two Main Types of Acidosis:

- Respiratory Acidosis and
- Metabolic Acidosis

Respiratory Acidosis - is caused when too much CO² builds up in the body and although the lungs remove the CO² whilst breathing, sometimes the body is not able to remove enough of it. This could be due to asthma, muscle weakness, deformity or injury to or in the chest, other breathing difficulties, misuse of

alcohol or sedative drugs or even problems with the nervous system.

Metabolic Acidosis - starts in the kidneys and occurs when they can't eliminate enough acid or when they get rid of too much base (alkaline).

Complications - Without prompt treatment, acidosis may lead to kidney stones, chronic kidney problems or even kidney failure, untreated it can lead to bone disease or delayed growth. Some people fully recover from acidosis whereas other people have problems with organs, respiratory failure and kidney failure and in severe cases they can go into shock, which can lead to death.

What is Alkalosis?

Our blood is made up of acids and bases (alkalines), some of which are called alkali, the amount of acids and bases in the blood can be measured on a pH scale as discussed earlier. We already know that it is important to maintain the correct balance between acids and bases as even a slight change in the blood pH can cause health problems.

As the scale of acid to alkaline ranges from 0 – 14 with 14 being the most alkaline, and 7 being considered neutral, we can see that our blood pH at 7.34 – 7.45 puts our blood at slightly alkaline. In other words, our blood normally has a slightly higher amount of bases than acids.

Alkalosis occurs when the blood has too many bases or alkali, in other words when it is too alkaline. Alkalosis can occur due to

decreased blood levels of carbon dioxide, which is an acid but it can also occur due to increased blood levels of bicarbonate, which is a base or alkali.

There are also several other conditions which can cause alkalosis, conditions which may be related to other underlying health issues such as low potassium, or hypokalaemia.

Signs, Symptoms & Causes of Alkalosis

| Signs & Symptoms of Alkalosis | Causes & Contributors of Alkalosis |
|--|---|
| Twitching of the LEFT Eyelid | Vomiting |
| Hyperventilation | Diarrhoea |
| Bone Spurs | Stress |
| Low Thyroid Function | Dehydration |
| Arthritis | Significant Loss of Chloride |
| Allergies | Low Stomach Acid |
| Calcium Deposits – Kidney or Gall Stones | Antacids |
| High Fever | Respiratory Alkalosis |
| Salicylate Poisoning | Metabolic Alkalosis |
| High Altitudes | Adrenal Disease |
| Sudden Loss of Potassium or Sodium | Liver Disease |
| Antacids | Lung Disease |
| Excessive Vomiting or Nausea | Hypochloremic Alkalosis |
| Overuse of Diuretics or Laxatives | Hypokalemic Alkalosis |
| Ingesting Bicarbonate found in Baking Soda | |
| Confusion or Shock | |
| Alcohol Abuse | |
| Difficulty Breathing | |
| Numbness or Muscle Spasms | |
| Muscle Twitching or Hand Tremors | |
| Dizziness | |

There are Four Main Types of Alkalosis:

- Respiratory Alkalosis
- Metabolic Alkalosis
- Hypochloremic Alkalosis
- Hypokalemic Alkalosis

Respiratory Alkalosis - occurs when there isn't enough carbon dioxide in our bloodstream.

Metabolic Alkalosis - develops when our body loses too much acid or gains too much base.

Hypochloremic Alkalosis - occurs when there's a significant decrease of chloride, this can be due to prolonged vomiting or sweating. Chloride is an important chemical needed to maintain balance in bodily fluids, and it is an essential part of our body's digestive fluids.

Hypokalemic Alkalosis - occurs when our body lacks the normal amount of potassium which we normally get from our food; however, not eating enough potassium rich foods is rarely the cause of a potassium deficiency. Kidney disease, excessive sweating, and diarrhoea are some common ways we can lose too much potassium.

The regulation of the blood pH is what gives our body balance, when the blood pH levels are not balanced the body will pull what it requires from other places in an effort to balance the blood pH levels. There are people who state that the whole idea of eating more alkalizing food is to raise the pH level of the blood. With

my very limited understanding, and from what I have read from Orthodox Medicine, this is dangerous and should be avoided. This book is about raising the pH level of urine only. But as previously stated, never change your diet without first consulting your G.P. or other Health Practitioner; I am not an Orthodox Doctor and cannot tell you what you must do to optimize your health, how could I? I don't even know you. I am simply sharing my own journey as I continue to discover what is best for my health and as we are all different, we may all need a slightly different approach to life, health and well-being.

The Role of Alternative Medicine

Chapter Six

History and Origin of Alternative Medicine

Alternative Medicine was never meant to be a *literal* alternative to Orthodox Medicine, but that doesn't mean it can't be. It was and remains to be a somewhat misunderstood term for a medicine that can happily abide alongside Orthodox medicine.

Every time we take a hot bath because of aching muscles, we are using Alternative Medicine. Every time we drink medicinal herbal tea or take herbal supplements, we are using Alternative Medicine. That heat pack, that cold pack, that rubbing of the dock leaf on the nettle sting, the vinegar on the insect bite, the ice pack on the swollen foot, the Tiger Balm on those aching muscles, essential oils whether in creams, sprays or ointments, the warm water with lemon to aid with cleansing, choosing to eat the HV way or the Alkalizing way, these are all forms of Alternative Medicine yet we so often don't stop to think about what form of medicine we are using.

The truth is Alternative Medicine has been around for as long as one can remember in one form or another. It was here before Orthodox Medicine, and that is a fact and no-one can dispute that. Alternative and Orthodox Medicine need to be treated as equal, they need to move together, they need to synchronize and be in harmony with each other in order to offer the best health care possible.

One major difference between the two medicinal ways is that Alternative Medicine becomes a part of your life. It becomes a daily medicine whether through food, supplements, yoga, or even Pranic breathing. It becomes a way of life in order to help your body to remain fit and healthy; its main aim is that of preventative rather than cure. However, it is accepted that there are times when prevention hasn't worked and a cure is necessary.

Alternative Medicine is an approach to life, an approach where '*Let thy food be thy medicine*' comes into its own. It is a way of living and remembering that prevention will always be better than cure, and although the alternative way is often considered the best way by many, it must be remembered that it is not the only way, but it is a way where we can choose to live an ALTER-NATIVE medicinal life. In other words where we can change or *alter* the *native*, the natural, the indigenous characteristics or aspects of our being, which also refers to our spiritual being not just our physical or even cultural being.

If we look a little further to the deeper meaning of the word *alternative*, we will see:

Alter – Meaning a change in character or composition, typically in a comparatively small but significant way.

Synonyms: change, make changes to, make different, make alterations to, adjust, make adjustments, to adapt, amend, improve – THE NATIVE

Native – Referring to or in relation to:

Synonyms: innate, inherent, inborn, intrinsic, instinctive, instinctual, intuitive, natural-born, deep-rooted, deep-seated, hereditary, inherited, in the blood, in the family, natal, congenital, bred in the bone, ingrained, built-in, connate, connatural.

So what we can see from this is that *Alternative Medicine* is about taking the opportunity to alter-(the)-native through medicine, in this case natural medicine in one form or another. So once again, Alternative Medicine is where we can change or *alter the native*, the *natural*, the indigenous characteristics or aspects of our being, good or bad. This also refers to our spiritual being not just our physical or even cultural being, and we can do so via medicine, Natural Medicine; also known as Traditional Medicine, Indigenous Medicine, Complementary Medicine, Holistic Medicine and of course, Alternative Medicine.

The term *Alternative Medicine* was never a misplaced unfortunate name; it is an awakening medicine. Alternative Medicine has a spiritual nature, where we can look after our whole being, body, mind and spirit. We could ask why then, if Alternative Medicine is so great, does it appear to not work in many situations? My answer would simply be because we often wait until we are already sick, or too sick, already in a diseased state before we decide to make changes. Remember, it is here to be adopted as a way of life, a way of being, not to be applied as a Band-Aid, although many times it still works well as a Band-Aid.

Alternative Medicine can't replace those parts of you that are permanently damaged or removed. It can only assist in the healing of what is left. Even if you believe in miracles, even miracles have to follow a spiritual lineage of cause and effect. It is said that Jesus

created miracles and I do not doubt it at all, but he didn't do it by some magical trick. He did it by working with the universal laws of nature, the universal laws of cause and effect, Divine laws and we also should adopt an attitude of natural law.

We must be brave and step out of our preconceived ideas of being merely a physical being and step into reality, into the reality of alternative medicine where one starts to realize, to comprehend and internalize the concept of wholeness. The world is one, our world is one and together we make the one. $1 + 1$ does not make two; that is mathematics on a physical level; on a spiritual level, $1 + 1 = 1$, a greater sum of its parts, every one drop of the ocean when separated, becomes individual drops of the same ocean, when added together those same individual drops make just one ocean – not many oceans.

We are multi-facet beings and we must look to heal our whole being not just one or two aspects. We need to heal the whole in order to be whole and it is as simple as that.

Holistic Philosophy of Alternative Medicine

The philosophy of Alternative Medicine is and always has been about taking a holistic approach, not only to the individual but also to life in general. Holistic Medicine is a concept that involves preventative and therapeutic medicine that emphasizes the importance of the whole person, the whole being. Yet, as I say that, in regards to Orthodox Medicine and even some Alternative Medicine practitioners, the holistic approach often only includes the body, mind, emotions and environment. Sadly, the spiritual

aspect is often neglected. From an Alternative Medicine perspective, holistic medicine should look after the entire being, including the spiritual. It should look at the person as a whole as opposed to looking at individual functions or organs.

Holistic Medicine encourages the empowerment of the individual towards self-care, self-healing and self-respect. It harnesses the power of natural substances such as plants and oils, as well as many other therapeutic practices which include those practices that are based in the spiritual realm of life.

All around the world we will find many different natural therapies, some of which we may never have heard of, others that are popular to that specific time or place and many others that are known worldwide. The field of Alternative Medicine is growing and will continue to grow.

Alternative Medicine Around the World

Alternative Medicine has been around for approximately six thousand years, having started in Asian countries such as China and also in India, although in India Alternative Medicine was and still is known today as Vedic medicine or Ayurveda Medicine.

Much of what is now categorized as Alternative Medicine was originally developed as independent systems of medicine such as Traditional Chinese Medicine and the Ayurvedic Medicine of India. These independent systems of medicine were developed in relatively remote areas of the world, with no contact with pre-scientific Western medicine. Other Alternative Medicine such as

homeopathy was developed in Western Europe and often in opposition to Western medicine, whereas chiropractic and osteopathic medicine developed in the USA.

Today, Alternative Medicine is much more accepted but has a long way to go in order to be fully accepted by not only the general public but also by the Orthodox Medicine system. With more and more practitioners and, as with all things, unethical practitioners, regulation is already having to be introduced in order to look after the general public; but it is unfair to dismiss such a powerful way of healing just because of a few rogue practitioners - we get those even in Orthodox Medicine.

However, I do personally believe that Alternative Medicine is the best possible treatment for wellness compared to any other medical system, when it focuses on the whole person, body, mind, spirit, emotions and environment; but this isn't to put aside Orthodox Medicine, as we must remember that this also often plays a significant part in well-being and sometimes the only role.

Alternative Medicine, as mentioned earlier, focuses on prevention rather than just cure, but we aren't all in a healthy state by time we discover Alternative Medicine, in which case Orthodox Medicine may still be needed and the better option to help bring the individual back into harmony.

My goal here is not to separate the two modes of medicine but rather to reiterate the importance of inclusiveness and the power of the individual to make their own choice. These two modes of medicine are simply two sides of the same coin.

Alternative Medicine in General Well-Being

Alternative Medicine offers treatments and therapies that are relatively free of negative side-effects, and primarily focuses on prevention rather than cure. There are Alternative Medicine systems available that can work on different levels of being. Counselling and other psychological therapies can assist in looking at and dealing with deep-seated emotional or psychological problems. Traditional Chinese Medicine can help keep the energy flowing freely, help with pain and other illness, and Ayurvedic Medicine can help in connecting body, mind and spirit. There are so many different approaches to take towards general well-being, many of which work on multi-dimensional levels and many of which overlap one another.

The key to health and wholeness, to general well-being, is through creating a body that is balanced and working in harmony with not only itself but also the environment in which it lives. Stress is a major cause of ill health, so general well-being is also about ensuring your mental, emotional and spiritual aspects are well, not just your physical aspect.

Alternative systems of medicine often work on an energetic/spiritual level, which means that often, but not always, the results are not obvious immediately if at all. The results are often subtle and often take longer than Orthodox Medicine to bring about change, but what is important is that it does at least bring change and assist in general well-being. The fastest route isn't always the best route or the most wholesome route.

Alternative Medicine covers a huge spectrum of therapies. The World Health Organization (WHO) lists over 100 recognized therapies, but what works for one may not work for another.

We are at a time where many people have become and continue to become discouraged with Orthodox Medicine, but Orthodox Medicine does have its place in health care as does Alternative Medicine; there is room for both perspectives and as with all things, we need to embrace both perspectives and find a balance within the whole spectrum. The idea here is not to raise one up and belittle the other, but to simply *show the way* in which by encompassing both systems we can actually offer a holistic approach to life.

The main role for Alternative Medicine is that of preventative medicine whereas Orthodox Medicine, although some of it could be seen as preventative, takes more of a curative approach. It may strive to prevent things from becoming worse but it still aims to treat a diseased state whether of body or mind, as opposed treating a healthy body in order to prevent the diseased state from manifesting in the first place; hence why we only visit the doctor when we are sick!

Alternative Medicine strives to offer us different therapies to empower the individual to be their own physician with wisdom and guidance, and although that does **not** replace medical doctors of any field it does encourage the individual to take responsibility for their own general well-being and actions. Things can and do go wrong and this certainly does not mean we have failed, but that we need to look deeper into what our body is telling us and what it requires. For some people, prevention is not part of their

way of life, so their lives revolve around constantly finding or at least looking for a cure and trying to *fix* things. For many others, it is just the opposite. Prevention is primordial, it is inbuilt within them. It is a natural, normal way of life and they make all attempts possible to prevent disease from entering into, or developing within their organism as a whole; their ethos is simply *why wait until it is broken?* I tend to come into this category.

If we continually remember to take a holistic approach to life, to health and well-being and work with ourselves to bring about the desired change we will have a positive impact upon our own small world and those around us.

We can't direct a traveler on a road we haven't traveled, and although that doesn't mean we must suffer all things to help people, what it does mean is that the more we work on ourselves, the more we heal our own broken parts, the easier it will be to help others on their healing path no matter what level we are working on. What separates an average person from a shaman is partly the decision to go within their own darkness and deal with the fears, the self-created demons and come out the other side healed and whole.

We are all made of the same *stuff* as the universe. In the theory of Tao, it talks about the essence of a formless, nameless force that moves all things, or which some call the mother of substance. It runs through each one of us, it runs through the trees, the flowers, the animals, it is a conscious intelligence that operates on the Earth, in the Heavens and through all living creatures including humans. We are all individual microcosms and all part of the big macrocosm, all part of the same substance, all part of the same

universe. We all come from the same ocean of life energy. What is part of me is part of you and what is part of you is part of me. We all hold the same life energy within us, we are all individual drops of the same ocean, the only difference is that some of us are less aware of where or what we have come from.

If we all understood our relationship to the whole, we would perhaps feel better about ourselves, we would perhaps feel more empowered, more able to achieve, more worthy of love and respect. How we view ourselves, or how we view where we came from, has a direct impact on our ability to achieve that which we desire in life. If we truly know and understand the principles in which that same universal energy flows through us all, we would have a better knowledge of the power that is within each one of us. If each person could find their own power, they would perhaps spend less time trying to gain power from outside of themselves.

Nature represents, and is, a reflection of balance. If we take the time to observe nature, we can learn how to obtain balance within our own lives. The observance of nature will assist us all to live in a balanced and appropriate manner, it will assist us into a place where we can and do feel full of life energy. If we permit it into our lives, it will move us to the place we need to be in life in order to grow and evolve.

Disease of our organs can be said to happen when our body is out of sync, out of balance, neglected or malnourished but not always. Disease can be said to be not a cause but a result, a result of an unhealthy body both in and out. When we look to just heal the disease, we fail ourselves, for if the disease really IS caused by

deeper issues such as an out of balance spiritual body, or repetitive negative mind loops, then we need to look to heal the deeper issues otherwise we fool ourselves into a temporary healing. If the disease is because of the dis-eased or stressed spiritual or physical body and we fail to bring healing on a deeper level, then will it not manifest itself once again in the same organ, or even manifest itself as something else or somewhere else?

Healing the whole body is paramount if we want to give the best to ourselves. We have to refrain from seeing the physical aspect of the human body as a separate entity or sole entity and start to treat the whole; and we can only do that when we come to terms with the different aspects that we have as human beings.

So let us look at those different aspects but on a different level. Our physical body is an amazing piece of equipment. It permits us to move in all directions. It provides a home for our mind and has a phenomenal ability to heal itself when in the right environment. The psychological aspect of our body, the mind, is an amazing aspect, a phenomenal part of us, and as I believe that we are all part of the *thing* that created all, part of that same creative force, it stands to reason that I also believe that the same creative energy runs through each one of us. We are all part of the same circle of life, all animated through the same substance, that same essence that created everything, and that it is simply a matter of us recognizing that the divine essence (call it what you may) is within us as well as around us, working through us to the extent of which we can comprehend *It*.

The greater the understanding of our inherent strength and capabilities, the more likely we are to be able to foster those same

strengths, those same capabilities and the greater the chance of us being able to embrace the qualities of that which gives us life, that which animates us. As we start to look past the physical, we start to unravel the inexplicable magnificence of our being, the physical body we can both see and comprehend, but the mind we can't see but we know we have one; and through science and psychology we have begun to grasp the basis of which it lives and acts within us and for us. But as we delve deeper still into our being, we come to the less understood aspects of our being; our soul, our spirit, and although they are not necessarily what this is about, they are however an integral aspect of our being which we need to have a basic understanding of.

As with all forms of therapy, whether from Alternative Medicine or Orthodox Medicine, one aspect which is imperative to the success of the treatment is our ability or even choice to work with the therapist, to take some responsibility for what is happening in the actual healing session no matter what therapy is being used. Not only does this assist the therapist, but it also serves to empower us, the individual, and empowering us means we are better equip to help ourselves after the sessions and through other life crises. A good therapist or doctor will empower you so that when you leave their room you are not dependent upon them but rather empowered to realize your own divine potential.

When we can recognize our own divine potential and recognize the need to keep our whole being in good working order, we have a ticket to freedom. Freedom comes at a price, it requires, commitment, self-discipline and a trust in something greater than self.

Results, Conclusion & Recommendations

Chapter Seven

When I started to write this book I wasn't sure where it was going, I wasn't sure what the outcome or results would be, it was the start of my journey into being more conscious about alkalizing foods even though most of my diet already contained mainly alkalizing foods. All I knew was that I needed to take this journey in order to maximize my health and hopefully avoid having cancer. For twenty one years I have been watching out for cancer, and seemingly avoiding it by, I believe, having a healthy diet and lifestyle; being predisposed to cancer does make life a little harder. Walking alongside cancer is hard work; everyone else around is eating whatever they want and here am I on a very natural but some-what restricted diet in hope that, (and hope being the only string I have to play), that it will be enough to keep cancer at bay.

However, when I think back to the concerns that the surgeon and radiographer had about cancer of the spine, and remember how I felt something dislodge from that same area, it makes it very hard to discredit the effects of an alkalizing diet. It makes it very difficult to write it all off as a coincidence. My diet was extremely good anyway, but it seemed I needed to be even stricter. I wish I could say *it's all a load of nonsense*, because then I could just forget about it all and enjoy eating whatever I want to, I would still eat a healthy diet but it wouldn't be so strict. But I can't say that because I would be lying to myself, I would be being incongruent with myself and with all who read this book. It seems that the pH level in urine does matter. I have no empirical evidence, I have no evidence at all; all I have is my personal journey which is completely irrelevant really to you. This really and truly could all be a load of rubbish but there is that intrinsic part of me that

cannot let go of the hope, or the belief, that part of me that says *what if it is making a huge difference*. If it is, this could be a life and death situation and so what I have to look at, and the question I have to ask myself is simply this: Is that a chance I can throw away or discard, a risk I am willing to take?

My own results reflected the difference the pH levels of urine could make for me, they also reflected that we are all different. Two of the case studies showed just how different we all are with one person eating less healthy than me and having a good pH reading of 7.5 and yet here I was having to be super strict to keep a pH level of 7.5, yet whilst another case study had a fairly healthy diet and had a pH level of 6. Another confirmation that we are all different and our bodies react or respond to foods differently, so to say we all need our urinalysis to be a certain pH level would be wrong, I had to find what was right for me and you will need to do the same.

It was very clear how easily and quickly acid forming foods can impact the pH readings, but it was equally clear how easily and quickly alkalizing foods can impact the pH readings too. Today's food really does affect tomorrow and if today's food affects tomorrow, how many tomorrows will be affected if we continue to eat the food that is not good for our own body? It is just another reminder that in relation to food, we must live for today and by that I don't mean throw caution to the wind, quite the opposite, I mean live and eat for today, knowing that what you consume today will last longer than today, it will have a much longer impact upon the body. Today's food will inform your future. I had been on the High Vibrational (HV) way of eating for six years and it had been and still is a great way to eat for me, as I commenced my seventh year, I was being directed to add an

additional dimension to my food. It wasn't that the HV way wasn't enough or wasn't good enough, it was just an evolutionary step in my walk alongside cancer. It was time to let go of the odd food that was acid forming, food such as raw nuts. Many people state that almond nuts are alkalizing, they are far from alkalizing, or at least for me. Now I am more conscious about my urinalysis alkaline levels, I now eat some cooked vegetables some days especially in the winter, but had I been eating cooked vegetables these last six years, I would have been eating them with other things in them which would have made them more acidic. Our inner self knows us well, we just have to listen to that quiet still voice sometimes and be prepared to do what we don't really want to do; our true self would never bring harm to us, only health and wholeness.

We have to remember that if a pH urine of 6 is considered the average, then for the *genetically disposed to cancer* individual the healthy level may, and I say may, need to lean more towards the alkalinity side of 8 – 8.1 basing this on the alkalinity of the ocean and using that as a reflection of our own body. I have no proof that this is right and this is based purely on my own understanding of my own being. Perhaps if everyone kept their diet to a pH of 7.5 rather than 6 most illness and sickness would disappear, who knows, but it's certainly worth considering. Finding and maintaining the correct balance or pH level for me, could be the difference of cancer manifesting or not, it really could be the difference between life and death.

What amazed me during the month's trial was that during the first 4 days and into the 5th, I had my usual excruciating pain throughout my spine. This was partly because I hadn't taken any pain relief for several days as I was due for a blood test the

following day and I wanted to ensure that nothing affected the results and partly from moving around. But on the afternoon of the 5th day, something extraordinary happened. Something in the Thoracic area of my spine moved, it wasn't the vertebra and it wasn't the muscles. All I can say is something moved, it was as if something dislodged itself in my spine and yes, my pH level that morning was 8....just like the pH level of the ocean – that's no coincidence and that day the excruciating pain lessened. It didn't permit me to do any more in way of moving around, but at least the pain was less. At first I put this down to resting, but by day ten, I could no longer put the change down to resting or coincidence, something truly had happened.

My pH Levels and Significant Pain Reduction

| Day of the Month During the Trial | pH Level |
|---|-----------------|
| Fifth Day – Significant Decrease in Pain | 8 |
| Sixth Day – Same as Yesterday | 7.5 |
| Seventh Day – Same as Yesterday | 7.5 |
| Eighth Day – Significant INCREASE in Pain | 7 |
| Ninth Day – Significant Decrease in Pain | 8.2 |
| Tenth Day – Same as Yesterday | 8.2 |

On the tenth day of the trial month, as well as a continued reduction in pain, I also noticed a change in my breathing, I was able to breathe freely, I felt more alert which could have been due to improved intake of oxygen. I no longer felt as if something was weighing on my chest. Whatever had gone had freed up my Thoracic area of my spine enough to affect my chest, it was as if the *thing* was connected from front to back. After *it* had gone, I felt sore from the spine right through to the sternum which is why I feel the two were connected. My shoulders felt loose, I still

had reduced movement in my neck but was not needing to wear my neck brace. I still had deep aches and stiffness and some pain in my lower back and my hip was still weak, but the thoracic area of the spine had changed and that alone was making a significant difference. If nothing else, this reflected that keeping the pH level between 7.5 and 8.1 or 2 was playing a significant role in well-being or at least in my well-being.

Life looks very different to how it used to be and how I used to live my life, but as with all twists and turns in life we must always look on the bright side and appreciate what we have rather than worry or complain about what we no longer have.

Being disabled can have a severe disabling effect on your mind, body and emotions, but at the end of the day I wake up each morning and I am faced with a decision, I am faced with a choice. That choice is simply this: what attitude will I carry today? will I give in to feelings of being *down* or feelings of *loss*, or will I arise with a positive outlook on life? Will I spend the rest of my life worrying in case I have cancer or will I make the most of what I can?

We all have difficulties in life - that is life!

We are all faced with choices, with decisions to make and sometimes we make the wrong decisions whilst other times we make the right decisions. The trick is to not beat yourself up for the wrong decisions but to accept the mistakes, forgive yourself and move on. We must be prepared to learn from our life, and always find the silver lining in every situation. There are always people so much worse off than ourselves and sometimes it would do us good to remember that.

Urinalysis Results for Two Case Studies in Phase One

A pH Level of 6 in Urine is Considered Average and Acceptable in Allopathic Medicine

| Case No and Full Days Food | Date and Result of 1 st Analysis the Following Morning | Full Days Food | Date and Result of 2 nd Analysis the Following Morning | Comments |
|--|---|--|---|--|
| <p>Case No: <u>1/DR</u></p> <p>Raw Kale, Banana, Mandarin</p> <p>Rice with Onion, Garlic, Coconut Oil, Carrots, Peas, Sweetcorn, Green Beans, Green Olives, Curry Sauce</p> <p>Bread Roll</p> <p>Green Tea</p> | <p>17/02/18</p> <p>pH 6</p> | <p>Raw Kale, Banana, Mandarin</p> <p>Rice with Onion, Garlic, Coconut Oil, Carrots, Peas, Sweetcorn, Green Beans, Green Olives, Curry Sauce</p> <p>Bread Roll, Peanut Butter, Cranberry Sauce</p> <p>Green Tea</p> | <p>18/02/18</p> <p>pH 6.5</p> | <p>You would think that with all the Alkalizing foods that had been eaten that the readings would be at least pH 7.</p> <p>A small amount of acid forming food is enough to keep the pH level down.</p> <p>We often eat so much good food but unwittingly ruin the outcome with acid forming foods.</p> <p>Here, the Rice, Bread Roll and Peanut Butter would have played a role in keeping the pH reading lower than what it may have been.</p> |
| <p>Case No: <u>2/AN</u></p> <p>Garlic Bread, Cake</p> | <p>04/03/18</p> <p>pH 7.5</p> | <p>Garlic Bread</p> <p>Chips and Mushy Peas</p> | <p>05/03/18</p> <p>pH 7.5</p> | <p>This persons' body seems to manage the more acid forming foods really well.</p> |

| | | | | |
|--|--|---|--|---|
| Curried Lamb, Onions, Garlic, Sweet Potato, Rice, White Tea, White Coffee, Hot Chocolate | | Pizza, Chocolate, Cake White Tea, White Coffee | | Despite of a lot of acid forming food, the results show an alkaline reading both times. |
|--|--|---|--|---|

Conclusion and Recommendations

In conclusion I can say that I am convinced that our food really does have a huge impact upon our health. I am convinced that we really do need to make our food are medicine and that we must take responsibility for our own life to the degree that we can without disregarding health professionals.

We really are all different and what may be healthy for one, may not be healthy for another, we are different and we may need a different approach to remain or regain optimal health and we must also work within our genetic frameworks of health. We must not ignore the warning signs from our families, the health histories of our past, we must take them into consideration when we purchase, plan and eat food and in the way we live life.

We are so used to eating to please our senses, but we really must eat for health. I believe that my healthy life style has kept me from materializing cancer, and that my use of natural remedies MAY have assisted this, I have no empirical evidence of this. The

question we must ask ourselves is simply: How much do I value my life? How much am I prepared to sacrifice in order to live alongside cancer as opposed to living with it? or with any other disease for that matter.

When we quieten our minds and connect with our body and spirit, we give ourselves the opportunity for Divine guidance to show us the way. The way may not be the same for you as it is for me, but it is the way. But knowing the way is not enough, we have to be prepared and brave enough to walk it.

Look deep within yourself, deal with all of your unresolved issues so that they do not add to what is already there, seek help, seek healing, and seek God whatever that means for you.

We live our lives as if we are invincible, we live our lives as if we are going to live forever when we should live our lives as enlightened beings. I may live alongside cancer, I may live with cancer, I may die with cancer, I may live to an old age and die simply of old age, who knows? But the truth is, it doesn't matter, what matters is what we do today because today will and does impact our tomorrow, our future.

I don't know what my outcome will be and I am not wasting time worrying about it. What I do know is that by being open and willing to learn, my path has helped me for years and I am sure that my path will or has helped others to make the changes they need to see in their life too. I am sure my journey will be the guiding force that brings healing and liberation to at least one person in the world, it will be the light in the dark, the book they have been waiting for.

It is never too late to change, never too late to impact your own world, your own life, your own being.

If I was going to make any recommendations it would simply be this: Pray/meditate, seek inner guidance and be willing to change your dietary habits for improved health. Be willing to give raw and alkalizing foods a chance to change your life and well-being. If you can't face a strict diet, commit to changing two out of three meals a day, perhaps have one meal as HV and one meal that just focuses on keeping your pH levels up. Small incremental changes can make a huge difference. The mountain is built one stone at a time, just as we conquer our challenges one step at a time.

I hope this book has been of some use to you, I hope it has enlarged you in some way, empowered you to change and live your life fully in the knowledge that we are more than we know.

This book comes with a warning:

Never stop taking your medications or change your diet without consulting with your Health Care Practitioner or Dr as this could have a devastating and life threatening result.

Recipes for You to Try

Chapter Eight

Curried Vegetables

Ingredients:

Onion, Garlic, Curry Powder, Curry Paste, Coconut Oil, Water

Potatoes, Sweet Potatoes, Cauliflower, Carrots, Peas, Sweetcorn,
800ml Coconut Milk

Method:

In a large pot, cook the Onion, Garlic, Curry Powder and Curry Paste for 5 minutes with a little water and 5ml of Coconut Oil.

Place all the prepared vegetables in the pan and half fill with water, simmer until cooked. Add the Coconut Milk and simmer for around 5 minutes and serve.

(Make to your taste, any alkalizing vegetables can be used).

Spicy Pumpkin Soup

Ingredients:

Curry Powder, Curry Paste, Coconut Oil, Water

Pumpkin, Potatoes, 800ml Coconut Milk

Method:

In a large pot, cook the Curry Powder and Curry Paste for 5 minutes with a little water and 5ml of Coconut Oil.

Place the prepared vegetables in the pot, half fill with water and simmer until the vegetables start to break down. Add the Coconut Milk and simmer for around 5 minutes. Allow to cool and then liquidize until smooth. Warm though again and serve.

Homemade Chips

Ingredients:

Coconut Oil, Potatoes

Method:

Place the potatoes, prepared and cut into wedges or thin fries onto an oven tray, brush with Coconut Oil and place into hot oven until cooked and browned.

Kale Smoothie

Ingredients:

Raw Kale, Banana, Mandarins (you can also add Spinach)

Method:

Half fill the nutri-blender, bullet or other blender with prepared raw kale, fill the remainder of the container with the banana and

mandarin. Pour in water to the quarter level fix the lid securely and blend to smooth texture and drink.

(You can make your own variations – add more water for a thinner drink or less water for a thicker drink).

Vegetable Medley

Ingredients:

Carrots, Peas, Sweetcorn, Green Beans, Broccoli, Cauliflower

Method:

Add all the prepared vegetables to a pan, simmer or steam until just cooked and serve.

Curried Zucchini Noodles

Ingredients:

Curry Powder, Curry Paste, Onion, Coconut Oil, Water

Coconut Milk (optional), Chosen Vegetables, Raw Zucchini

Method:

Cook the Curry Powder, Curry Paste, Onion, Coconut Oil and water as in the *Vegetable Curry* recipe. Allow to cool.

Cook the chosen vegetables and allow to cool. Liquidize the curry paste mix and the vegetables together with Coconut Milk, (except

for the Zucchini) if you don't want the Coconut Milk use water. Liquidize to a smooth but thick consistency and re-heat.

With a spiralizer, make the raw Courgettes / Zucchini noodles; this can be done by hand but not as good. Place the raw noodles in a large dish and add the curry sauce, mix through the noodles and serve.

Vegetable Roast

Ingredients:

Prepare a selection of vegetables i.e.: Potatoes, Parsnips, Pumpkin, Sweet Potatoes and Carrots.

Method:

Place the vegetables in a large oven pan, brush with Coconut Oil and cook until roasted then serve.

Vegetable Soup

Ingredients:

Onion, Garlic, Potatoes, Sweet Potatoes, Cauliflower, Broccoli, Carrots, Peas, Sweetcorn, Brussel Sprouts (Use whatever vegetables you want).

Method:

Place all the prepared vegetables in a pan of water and simmer until cooked. Take some of the vegetables and natural stock out and allow to cool. Once cooled, liquidize to a smooth consistency and add back to the pan. This makes a nice thick base. Reheat and serve.

There are endless variations that you can try for yourself once you know what works for you; you just need to commit to taking the time to try different variations. If you aren't enjoying your healthy food, you need to adapt it to suit your body and your taste buds.

Other Ways to Help pH Levels:

- Liquidize vegetables to make a tasty and healthy replacement for mayonnaise, salad cream or other processed sauces and don't forget you can use herbs and spices.
- Use your imagination and try to get into the habit of testing your urine prior to eating and 2 hours after eating if you are following stage 2, to ensure the alkalinity of each meal. If you keep the meals the same i.e.: the same ingredients each time you make zucchini noodles or a vegetable curry, or keep to set variations, you will have more control of your pH levels.
- You can single out ingredients to find out which ones are lowering your alkaline levels too much, you can spend a couple of days on your base foods, the foods that you know will keep your alkaline levels up and try one ingredient at a time.

- Meditate – use meditation to focus your intent, *see* the pH levels rising, visualise yourself looking and feeling better, visualize yourself eating the foods that you know will keep your alkaline levels up.
- Form mantras or positive affirmations that will encourage you and strengthen you to make the changes you need to make.
- Link up with someone else who also wants to make the change, it is always good to have someone else for support and encouragement.

Knowing your body takes time, it also takes time for your body to rebalance itself, be patient, be kind and don't take unnecessary risks. Your health is your life, and your life is the food you eat.

~ *Let Thy Food Be Thy Medicine* ~

Note from the Author - Please check with your Doctor or other Health Care Practitioner (HCP) prior to changing medications or your diet, a change of medication and/or diet can have an impact on certain illnesses, don't discredit what your HCP/Dr has to say; they know you better than I do.

In closing, I wish you all the best and greatest success with *Urinalysis, Alkalinity and Well-Being* and if you are interested in my other books, you can visit my website: www.kenzoamariyo.com

APPENDICIES

Time Line of Health

Keep in mind I am never sick, I just have these problematic issues and had I not kept to what was considered a healthy diet things may have been much worse.

1980 – Started getting lower back ache at only 18 years old. This is when my spinal problems began, it was probably partially due to the undiagnosed scoliosis but more likely to be due to work related hazards and the motorbike accident in my teens.

1997 – After several irregular PAP smears, diagnosed as pre-cancerous of the cervix and uterus.

1999 – First diagnosed from X-Ray with scoliosis even though it had been there as a child.

2000 – Developed a dairy intolerance.

2007 – Developed a wheat intolerance.

2008 – Started to struggle to keep my usual exercise up due to aches and pains in the back and neck.

2009 – Developed Oral Allergy Syndrome / Pollen-Food Syndrome. Also started getting numbness and tingling in the **left** side of head and face which would have been due to either impingement of, or damage to the nerves.

2010 – Started getting numbness and tingling in **left** leg, losing use of it at times; once again this would have been a neurological issue.

2011 – Became a Vegetarian. Noticed a huge difference in how I felt.

2012 – Began eating the High Vibrational way and noticed a 30 year knee condition disappeared.

2013 – Severe back pain with back freezing up. MRI done, was told it was my age (51)!

2014 – Severe stabbing pain in upper **left** shoulder blade area. This year I realized I was intolerant to processed carbohydrates.

2015 – Breast concerns. Mammogram showed a non-cancerous lump in the **left** side which happened to be the worse side for pain and discomfort. Prophylactic double mastectomy requested, doctor wouldn't agree to it. I went private.

2016 – Prophylactic Double Mastectomy overseas; also needed a gland removed from the **left** side which the surgeon felt was precancerous if it wasn't already. Mobility had been deteriorating rapidly since 2009, now required a powered wheelchair. Commenced Tramadol and Pregabalin and was to be referred to a Spine Specialist (which I never was).

2017 – Changed surgeries. Became addicted to Tramadol (a very low dose) after a doctor telling me it wasn't addictive. Took myself through withdrawals. Full spine x-ray which reflected scoliosis in two places; MRI which showed something in the Thoracic area of my spine, thought to be spinal cancer

(unbeknown to me) so a Radioactive Scan was organized which I cancelled. Had a DEXA (to measure bone density) which showed very minimal loss of density which didn't require supplements or medication. This year I also realized my wheat and dairy intolerance was not that per se but was part of the processed carbohydrate intolerance.

2018 – Peeling another layer of the onion back I became aware that I was intolerant to acid forming foods. This was the beginning of this book. Had the Radioactive (Full Body) Bone Scan and 2 x Full Blood Tests by the middle of February. Had an ultrasound of my abdomen to check for different cancers in March which showed three polyps on my gallbladder. Had another ultrasound in September, the largest polyp had grown and was now considered by some as precancerous. On a waiting list for appointments to see a surgeon and neurologist – next year!!

2019 – Another abdominal scan showed the polyp had ceased growing, still waiting for surgery. Saw the neurologist who requested I had a nerve test and muscle test and Cranial CT scan. Had the nerve test and CT scan but declined the muscle test as that meant having needles placed deep in my muscles – don't like needles!

Sick of appointments, assessments and tests and have now said – *that's enough. I'm done.*

Charts

Phase One - My 21 Day Food & Urinalysis Chart

| Day | Food/Drink Consumed | pH Result on Following Day | Impact |
|-------|--|----------------------------|--------|
| Day 1 | Raw Kale, Banana, Mandarin, Pineapple Green Tea | Day 2 pH 7.5 | - |
| Day 2 | Raw Kale, Banana, Mandarin, Pineapple Uncooked Oats Green Tea | Day 3 pH 7 | ↓.5 |
| Day 3 | Raw Kale, Banana, Mandarin Toast/Peanut Butter/Uncooked Oats Green Tea | Day 4 pH 5.5 | ↓1.5 |
| Day 4 | Raw Kale, Banana, Mandarin, Grapefruit Cooked Kale, Sprouts Green Tea | Day 5 pH 6 | ↑.5 |

| | | | |
|---|---|----------------------|------|
| Day 5 Excruciating pain in the morning then something dislodged from my spine. | Raw Kale Banana, Mandarin Cooked Potato, Swede, Carrots, Sweet Potato Green Tea | Day 6 pH 8 | ↑2 |
| Day 6 2 nd Blood Test Taken – pH level 8 | Raw Banana, Mandarin, Kale Walkers Salt & Shake Crisps (no salt) Green Tea | Day 7 pH 7.5 | ↓.5 |
| Day 7 | Raw Banana, Mandarin, Kale Cooked Onion, Garlic, Sprouts, Peas, Sweetcorn, Green Beans, Carrot, Kale Green Tea | Day 8 pH 7.5 | - |
| Day 8 Had a Radioactive Bone Scan Today so <u>Results May be Inaccurate</u> | Raw Banana, Mandarin Walkers Salt & Shake Crisps (no salt), Soya Chocolate Milk, 2xBlack Coffees, Brown Sugar Green Tea | Day 9 pH 7 | ↓.5 |
| Day 9 | Raw Kale, Banana, Mandarin | Day 10 pH 8.5 | ↑1.5 |

| | | | |
|--------|--|-----------------------------|----|
| | <p>Cooked Carrots, Peas, Broccoli, Cauliflower, Sweet Potato, Potato, Courgette</p> <p>Green Tea</p> | | |
| Day 10 | <p>Raw Kale, Banana, Mandarin</p> <p>Toast</p> <p>Cooked Cauliflower, Carrots, Broccoli, Peas, Sweetcorn, Green Beans, Potato, Sweet Potato</p> <p>Green Tea</p> | <p>Day 11</p> <p>pH 7.5</p> | ↓1 |
| Day 11 | <p>Raw Kale, Banana, mandarin</p> <p>Cooked Frozen Chips (with no wheat on them)</p> <p>Green Tea</p> | <p>Day 12</p> <p>pH 8.5</p> | ↑1 |
| Day 12 | <p>Raw Kale, Banana, Mandarin</p> <p>Cooked Potato, Sprouts, Swede, Green Beans, Frozen Chips (with no wheat on them)</p> <p>Soya Chocolate Milk</p> | <p>Day 13</p> <p>pH 7.5</p> | ↓1 |

| | | | |
|--------|---|--|------|
| | Green Tea | | |
| Day 13 | Raw Kale, Banana, Mandarin Cooked Peas, Carrots, Cauliflower, Broccoli, Sweet Potato, Potato 1xBlack Coffee, Brown Sugar Green Tea | Day 14 pH 8 | ↑.5 |
| Day 14 | Raw Kale, Banana, Mandarin Cooked Peas, Carrots, Cauliflower, Broccoli, Sweet Potato, Potato Roasted, Salted Peanuts Green Tea | Day 15 pH 6 The coffee and sugar may have stopped it being higher | ↓2 |
| Day 15 | Raw Kale, Banana, Mandarin Cooked Carrots, Peas, Sweetcorn, Cauliflower, Broccoli, Sweet Potato, | Day 16 pH 7.5 | ↑1.5 |

| | | | |
|--|--|--|-----|
| | Frozen Chips (with no wheat on them) Green Tea | | |
| Day 16 | Raw Kale, Banana, Mandarin, Almonds Green Tea | Day 17 pH 6.5 Gutted – most say Almonds are alkaline forming. | ↓1 |
| Day 17 | Raw Kale, Banana, Mandarin Cooked Potato, Sweet Potato, Swede, Carrots Green Tea | Day 18 pH 7.5 | ↑1 |
| Day 18 | Raw Kale, Banana, Mandarin Cooked Peas, Carrots, Green Beans, Sweet Corn Chocolate Biscuits Green Tea | Day 19 pH 7 | ↓.5 |
| Day 19 Today is an experiment, wanted to eat things I knew would lower my pH levels; then take some San Andrews | Raw Kale, Banana, Mandarin Walkers unsalted crisps as previously noted | Day 20 pH 8 It really does work. There is no way I would have been higher this | ↑1 |

| | | | |
|---|---|--|------------|
| <p>in the evening to see how much it really did alkalize my body.</p> | <p>Cooked Chips & Side Salad (Salad too small to bother listing).</p> <p>Small slice Banana Fruit Cake (Yuk-too sweet), Large Twix, Black Coffee/Sugar</p> <p>Green Tea</p> | <p>morning. Good for the occasional time but I don't want to live my life with San Andrews.</p> | |
| <p>Day 20</p> | <p>Raw Kale, Banana, Avocado</p> <p>Cooked Peas, Carrots, Sweet Corn, Green Beans, Frozen Chips, Curry Sauce</p> <p>Green Tea</p> | <p>Day 21</p> <p>pH 7.5</p> <p>May be stabilizing from San Andrews or down due to the Avocado.</p> | <p>↓.5</p> |
| <p>Day 21</p> | <p>Raw Kale, Banana, Mandarin</p> <p>Cooked Peas, Sweet Corn, Carrots, Green Beans, Potatoes, Sweet Potatoes, Cauliflower, Chips, Curry Sauce,</p> <p>Green Tea</p> | <p>Day 22</p> <p>pH 8</p> | <p>↑.5</p> |

Phase One - My Acid and Alkaline Recording Chart

Based on Daily Urinalysis

Treats – Didn't Drop Results Down More than .5

| Acid Forming | Alkaline Forming for Me |
|--|---|
| Avoid - pH↓++.5 | Raw |
| Bread / Rice / Peanut Butter / Scones | Bananas / Mandarins / Pineapple / Apple |
| Roasted, Salted Peanuts / Almonds | Grapefruit / Strawberries / Melon / Avocado |
| Soya Chocolate Milk / Chocolate | Kale / Spinach / Cauliflower / Peas / Carrots |
| Sausages | Sweetcorn / Cabbage / Broccoli / Courgette |
| | Beansprouts / Yellow Peppers |
| Treat (pH↓.5 or less) | Cooked |
| Walkers Salt & Shake Crisps (Without Salt) | Brussel Sprouts / Red and White Potatoes / |

| | |
|---|--|
| Uncooked Oats (Not Truly Raw Oats) | Sweet Potato / Kale / Peas / Cauliflower / Swede |
| Coffee with Brown Sugar | White Cabbage / Green Beans / Black Olives |
| Chocolate Biscuits / Basic Ginger Sponge Cake | Broccoli / Carrots / Sweetcorn / Courgette |
| Curry Sauce (Rogan Josh in a Jar) | Onion / Garlic / Pumpkin / Parsnips |
| Corn Chips / Sea Salt & Cider Vinegar Crisps | Coconut Milk / Coconut Oil |
| | Frozen Chips- Without wheat flour on them |
| | |
| | Curry Paste / Mild Curry Powder |
| | |
| | Drink |
| | Green Tea / Water |

Phase One – Your 21 Day Food & Urinalysis Chart

Copy and Print for Future Use

| Day | Food/Drink Consumed | pH Result on Following Day | Impact ↓ ↑ - |
|-------|---------------------|----------------------------|-----------------|
| Day 1 | | Day 2 pH | |
| Day 2 | | Day 3 pH | |
| Day 3 | | Day 4 pH | |
| Day 4 | | Day 5 pH | |

| | | | |
|--------|--|--------------|--|
| Day 5 | | Day 6 pH | |
| Day 6 | | Day 7 pH | |
| Day 7 | | Day 8 pH | |
| Day 8 | | Day 9 pH | |
| Day 9 | | Day 10 pH | |
| Day 10 | | Day 11 pH | |

| | | | |
|--------|--|--------------|--|
| Day 11 | | Day 12 pH | |
| Day 12 | | Day 13 pH | |
| Day 13 | | Day 14 pH | |
| Day 14 | | Day 15 pH | |
| Day 15 | | Day 16 pH | |
| Day 16 | | Day 17 pH | |

| | | | |
|--------|--|--------------|--|
| Day 17 | | Day 18 pH | |
| Day 18 | | Day 19 pH | |
| Day 19 | | Day 20 pH | |
| Day 20 | | Day 21 pH | |
| Day 21 | | Day 22 pH | |

Phase One – Acid & Alkaline Recording Chart Based on Daily Urinalysis

Copy and Print if Insufficient Space

| Acid Forming | Alkaline Forming |
|---|--|
| Avoid - pH↓++ .5 | Raw |
| Example: Bread / Rice / Sausages / Nuts | Example: Bananas / Mandarins / Pineapple |
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| Treat (pH ↓ .5 or less) | Cooked |
|--|---|
| Example: Walkers Salt & Shake Crisps (Without Salt) | Example: Sprouts / Red and White Potatoes / Swede |
| | |
| | |
| | |
| | |
| Drinks | Drinks |
| Example: Soya Chocolate Milk | Example: Green Tea / Water |
| | |

Phase Two – My Meal / Snack and Urinalysis Chart

My Readings for Two Days in Phase Two – My Base Line is 7.0

| Day: 1 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: |
|-------------------|---------------------------------|---|
| Meal / Snack 1 | 7.30am - 8.2 → | 8am |
| | 9am – 7.5 | Raw Kale, Banana, Mandarin Smoothie |
| | 10am – 7 | Green Tea |
| | 11am – 7.7 | Measure pH Levels at 9am, 10am & 11am |
| Meal / Snack 2 | 12 Noon – 6 | Green Tea After 11am |
| | 1.15pm – 6 | 12.15pm |
| | 2.15 – 7 | Mixed Vegetables: Peas, Sweetcorn, Green Beans, Carrots, Cauliflower and Potatoes |
| | 3.15pm – 8.2 | Green Tea |
| Meal / Snack 3 | 6pm – 6 | 6pm |
| | 7pm – 6 | Oven Chips (without wheat flour) and Curry Sauce |

| | | |
|--|-----------|--|
| | 8pm – 6 | Green Tea |
| | 9pm – 7.7 | Measure pH Levels at 7pm, 8pm & 9pm This is a treat so needs to be eaten when pH levels are higher. |

| | | |
|--|----------------|---|
| Day 2 Meal / Snack 1 | 7.45am – 8.2 → | 8.30am |
| | 9.30am – 7 | Toast, Dairy Free Spread, Set Honey and Banana |
| | 10.30am – 6 | Green Tea |
| | 11.30am – 6 | Measure pH Levels at 9.30am, 10.30am & 11.30am This needs to be avoided, far too acidic ↓2.2 |
| Meal / Snack 2 5.30 – 6pm Drops | 2.15pm – 6.5 → | 2.30pm - Mixed Vegetables: Peas, Sweetcorn, Green Beans, Carrots, Cauliflower |
| | 3.30pm – 6.5 | Green Tea |
| | 4.30pm – 7.7 | Measure pH Levels at 3.30pm, 4.30pm & 5.30pm |
| | 5.30pm – 6.7 | |
| Meal / Snack 3 | 6.30pm – 6 | 6.30pm |
| | 7.30pm – 6 | Mixed Vegetables: Peas, Sweetcorn, Green Beans, Carrots, Cauliflower, Curry Sauce |
| | 8.30pm – 6 | Green Tea |

| | | |
|--|------------|--|
| | 9.30pm – 6 | Measure pH Levels at 7.30pm, 8.30pm & 9.30pm (Breakfast really seemed to mess up my day) |
|--|------------|--|

The above readings were taken with Urinalysis sticks so in-between readings were estimated.

You can see from these two days that even though my pH levels were 8.2 in the morning it is easy to mess them up and keep them low for the remainder of the day just by eating the wrong foods. I find that bread keeps the pH levels low for most of the day, the body, or rather my body struggles to get the levels back up.

Processed carbohydrates are not good foods it is as simple as that. I know that and can see that here. We must all come to our own conclusion and make the changes necessary.

Day one reflected a pH of 6 several times, in fact 5 times. These readings were out of 12 readings over a 13 ½ hour period and day two was even worse, reflecting a pH of 6 - 6.7 on 9 readings out of 12 readings in a 13 ¾ hour period.

I was shown from *The Divine Source* to try not to eat after sunset and preferably not too early in the morning; so normally, I eat twice a day around 11am and 4pm but it isn't set in stone and for the purpose of this book I have adopted the average 3 meal a day way.

Some alternative health care practitioners say the ideal pH level is between 6 – 7.5 and some orthodox health care practitioners say the ideal pH level is between 4 – 8; the average adult being 6. According to these levels, both of the daily readings above would in that case be seen as good readings or maybe even slightly high in the morning. However, I have been shown that for me the ideal pH level is should be in the range of pH7 – 8.2 with 7.5 being the preferred low.

Below is an average day for me; this is when I am not trying out foods for this study so my body has time to settle down, but when not having just raw. I stick to foods that I know are good for me and YES that takes a lot of self-discipline. I do have the odd day if visiting family where I choose not to be so strict, but you have to remember that I am not doing this just because it looks good or sounds good, I am not even doing it because someone said it is a healthier way to live, I am doing this a part of a healthy eating plan in an attempt to prevent cancer manifesting within my body.

An Average Winter Day

It is said the best time for urinalysis is **2 hours** after eating.

| Time | Urine Result | Food |
|-------------|---------------------|---|
| 7.30am | 8.2 | Then - Green Tea |
| 8.30am | 8.11 | Kale Smoothie: Raw Kale, Banana and Mandarin Green Tea |
| 9.30am | - | Green Tea |
| 10.30am | 8.10 | - |
| 11.30am | - | Banana, Green Tea |
| 12.30pm | 7.78 | Mixed Vegetables: Peas, Sweet Corn, Carrots, Cauliflower, Potato, Sweet Potato, Broccoli, Parsnips Home-made Curry Sauce: Veg as above, Curry Powder, Curry Paste, Coconut Oil, Sultanas, Coconut Milk |
| 1.30pm | 7.71 | Green Tea |
| 2.30pm | 8.06 | Green Tea |
| 3.30pm | 7.96 | Green Tea |
| 4.00pm | - | Mixed Vegetables: Peas, Sweet Corn, Carrots, Cauliflower, Potato, Sweet Potato, Broccoli, Parsnips |
| 5.00pm | 7.78 | Green Tea |
| 6.00pm | 7.87 | Green Tea |
| 7.00pm | 7.78 | - |
| 8.00pm | 7.51 | Mandarins |
| 9.00pm | 7.51 | Bed Time |

This chart was measured by using a pH meter. **

The hourly readings are to show you how the food we eat affects the body. Try a couple of days with hourly readings, it is time consuming as you have to watch the clock all day but it is worth it if you seriously want to take control of your pH levels.

****Although the Urinalysis sticks were good and remarkably accurate, (I measured them against the pH meter), they left some guess work as the readings were at times in between pH levels. Adequate lighting was also required in order to see the colour chart clearly for comparison. The pH meter on the other hand is extremely accurate to 0.01 either way and comes as a digital meter reading removing all the guess work but it is a lot more work as it requires regular calibrating. Personally, I feel the sticks are the way to go.**

Phase Two – Your Meal/Snack and Urinalysis Chart

Copy and Print for Extra Weeks

| Day: 1 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: |
|-------------------|---------------------------------|------------------------------|
| Meal / Snack 1 | | |
| | | |
| | | |
| | | |
| Meal / Snack 2 | | |
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| | | |
| | | |
| Meal / Snack 3 | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 2 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: | | | | |
|-------------------|---|------------------------------|--|--|--|--|
| Meal / Snack 1 | <table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> </table> | | | | | |
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| Meal / Snack 3 | <table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> <tr><td style="height: 25px;"></td></tr> </table> | | | | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 3 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: |
|-------------------|--|-------------------------------------|
| Meal / Snack 1 | | |
| | | |
| | | |
| | | |
| Meal / Snack 2 | | |
| | | |
| | | |
| | | |
| Meal / Snack 3 | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 4 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: | | | | |
|-------------------|---|------------------------------|--|--|--|--|
| Meal / Snack 1 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="height: 20px;"></td></tr> <tr><td style="height: 20px;"></td></tr> <tr><td style="height: 20px;"></td></tr> <tr><td style="height: 20px;"></td></tr> </table> | | | | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 5 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: |
|-------------------|--|-------------------------------------|
| Meal / Snack 1 | | |
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| Meal / Snack 2 | | |
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| | | |
| | | |
| Meal / Snack 3 | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 6 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: |
|-------------------|--|-------------------------------------|
| Meal / Snack 1 | | |
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| | | |
| Meal / Snack 2 | | |
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| Meal / Snack 3 | | |
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Phase Two – Meal / Snack and Urinalysis Chart

| Day: 7 | Time of Urinalysis and Results: | Time of Meal and Food Eaten: | | | | |
|-------------------|---|-------------------------------------|--|--|--|--|
| Meal / Snack 1 | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="height: 20px;"> </td></tr> <tr><td style="height: 20px;"> </td></tr> <tr><td style="height: 20px;"> </td></tr> <tr><td style="height: 20px;"> </td></tr> </table> | | | | | |
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Phase Two – Your Acid and Alkaline Recording Chart for Meals

Copy and Print if Insufficient Space

| Acid Forming Meals | Alkaline Forming Meals |
|---------------------------------|-----------------------------------|
| Avoid - pH↓+++.5 | Raw Meals |
| Example: Chicken Curry and Rice | Example: Kale and Banana Smoothie |
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| Treat (pH ↓ .5 or less) | Cooked Meals |
|--|--|
| Example: Gravy (not tested, just an example) | Example: Roast Dinner without Meat and Gravy |
| | |
| | |
| | |
| | |
| | |
| Drinks | Drinks |
| Example: Soya Chocolate Milk | Example: Green Tea |
| | |

SUPPLEMENT

Is Cancer a Genetic Disease?

Cancer is the most common human genetic disease. The transition from a normal cell to a malignant cancer is driven by changes to a cell's DNA, also known as mutations.

Background

- The cells in the human body work together, dividing and reproducing in a strictly controlled and coordinated fashion.
- DNA replication is an essential part of cell division, whereby the cell makes an identical copy of its genome before it divides.
- Mistakes or ‘mutations?’ can occur during DNA replication, changing the genome of the new cell being made.
- Most of these mistakes are quickly repaired by the cell’s machinery, but sometimes mistakes are missed and the change in the DNA remains.
- If these mutations occur in genes that control growth (proto-oncogenes and tumour suppressor genes) uncontrolled cell growth can occur, which can lead to tumour formation and cancer.

- Proto-oncogenes encourage the cell to multiply. If these genes become mutated they tell the cell to multiply all the time and are then called oncogenes.
- Tumour suppressor genes stop the cell from multiplying. If these genes are mutated and stop working, the cells may carry on multiplying.
- To become cancerous, a cell must acquire mutations in several growth-controlling genes.
- Mutations can accumulate over many years before a cell becomes cancerous. This is why most types of cancer are more common in older people.

The cancer cycle

- Uncontrolled cell growth is the hallmark of cancer.
- The rate and timing of cell division in the body is normally highly regulated.
- However, if the genes that directly regulate the cell cycle are mutated, this regulation is lost and uncontrolled cell division occurs:
 1. Numerous mutations in genes controlling the cell cycle enable cells to multiply out of control.
 2. This leads to a mass of cells that continues to grow and grow, eventually developing into a tumour.

3. Initially the tumour is confined to the tissue in which it is located, for example, the breast tissue. However, as the tumour gets bigger it requires more nutrients, so starts to develop its own blood vessel network. This process is called angiogenesis.
4. The cancer cells then develop the ability to migrate around the body via the bloodstream or lymphatic vessels. This process is called metastasis.

Predisposition

- Some individuals inherit a predisposition to certain cancers, for example individuals with familial adenomatous polyposis or hereditary non-polyposis colorectal cancer have mutated genes that predispose them to colon cancer.
- As a result, patients are often diagnosed with cancer at a younger age compared to those who are not predisposed and the cancer will tend to ‘run’ in the family.
- Predisposing mutations often affect genes involved in DNA repair and the regulation of cell division and growth.
- Individuals predisposed to cancer often develop multiple tumours.

- In general, fewer new mutations are required for the cancer to develop than in individuals that are not predisposed.

Environmental factors

- Cancer is a complex disease, which means it is influenced by environmental and lifestyle factors as well as genetic factors.
- Environmental exposures can include factors such as UV light, chemicals (for example in cigarette smoke) and radiation.
- Lifestyle factors include cigarette smoking, excessive alcohol consumption and diet
- Certain types of exposures are linked to specific cancers. For example, exposure to carcinogens from tobacco is linked to several cancers, including lung, bladder, mouth and throat cancers.
- The links between environmental factors and cancer are complex and vary depending on the individual.

From Genome Research Limited

Oral Allergy Syndrome or Pollen-Food Syndrome

What is Pollen-Food Syndrome?

Oral Allergy Syndrome (OAS), also known as Pollen Food Syndrome (PFS), usually occurs in people who are allergic to pollen from trees, grasses or weeds. It has been shown that pollens from trees, grasses and weeds contain proteins of similar structure to those present in many different fruits, vegetables, nuts and even spices. These proteins, which have essential roles in plant growth and defence against disease, are recognised by the immune system of a hay fever sufferer, and can trigger an allergic reaction in a susceptible person. This condition therefore usually affects people who get spring or summertime hay fever, but can occur in people who do not have hay fever but test positive to pollens. The most common pollen involved in PFS in UK sufferer is birch tree pollen; this is because the main allergen in birch pollen, Bet v 1, is highly cross-reactive to many plant foods.

Fresh fruit, raw vegetables and raw nuts are common causes of PFS. Some people are affected by only one or two foods and others can react to a wide range of foods. The most common foods involved are usually apples, peaches, kiwi, hazelnuts and almonds, but just about any fruit vegetable or nut can be involved. Fortunately, in most cases the allergens are easily inactivated by cooking, processing and digestion. The result is the symptoms tend to be limited to the mouth and throat and only occur with the raw fruit or vegetable, although some people do react to both raw and roasted nuts. Soya milk may cause quite severe reactions in some people who have PFS as it contains very

large amounts of a protein which cross-reacts to birch pollen. Lightly cooked vegetables can also cause reactions, so stir fried vegetables such as bean sprouts, mange tout and carrots may also cause reactions. People who have PFS will usually experience mild itching and/or swelling of all or part of the lips, tongue, mouth or throat, but this can on occasions be severe and also include nausea and vomiting. These symptoms usually start within minutes of eating and settle down within an hour.

In addition to reactions occurring due to pollen-food cross-reactions, a far smaller number of people may be affected by foods which cross-react to one of the proteins in natural rubber latex. Typical latex cross-reacting foods include avocado, chestnuts, banana, mango, melon, papaya, kiwi fruit and tomato. Some people have more serious fruit, vegetable and nut reactions, which are not due to PFS. Reactions to nuts and seeds could be caused by seed storage protein allergens that are not inactivated by heat. There are also heat stable proteins called Lipid transfer proteins, which are present in all plant foods including fruit, vegetables, nuts and cereals. An allergist's opinion and testing will identify the more severe allergies.

What should you do if you think you have PFS?

If you have PFS symptoms, it is important that you go to your GP and if necessary they will refer you to a consultant allergist (physician). This will ensure that you have a correct diagnosis and appropriate treatment.

There are many ‘alternative’ allergists offering food allergy diagnosis by unscientific and unproven testing: these should be avoided. The doctor will take details of your reactions to decide whether there is evidence of more serious allergy and will advise if you should carry adrenaline. This is particularly important for those with nut reactions.

As part of your diagnosis, you might need to have skin prick testing. During this procedure, the skin is pricked after application of prepared allergen extracts. As fruit and vegetable allergens may be inactivated by processing, testing may also involve prick testing to the relevant fresh fruit or vegetable rather than using a prepared extract.

If you are allergic, an itchy bump will come up within minutes of the test. This can be very itchy in the first few minutes, but will settle down over about an hour. A blood test is not usually necessary if skin prick tests are available and may be less than accurate than a fresh food test for easily inactivated allergens.

Avoidance

Avoidance of the foods that cause your reactions is most important. Usually, you will only need to avoid raw foods; as cooking destroys the allergens you need not worry about eating well-cooked foods that cause reactions when raw. Some people find that different varieties of fruits or vegetables can be tolerated, so it is worth checking to see whether you can tolerate one type of apple, even if another type causes symptoms. However, if you have had severe reactions such as breathing difficulties or shock,

you should avoid the foods in any form. Similarly, if you have another type of plant food allergy, such as an allergy to nuts or to lipid transfer proteins, you also need to avoid any form of the food that has provoked symptoms.

If you have a reaction, keep calm, rinse your mouth with some plain water and rest. A hot (but not scalding) drink may help to inactivate residual allergen. The tingling, itching and swelling should settle within 30 minutes to an hour. If the symptoms are very unpleasant you may take a dose of an antihistamine such as Cetirizine or Loratadine. However, mild symptoms will usually settle within 30 minutes, before an antihistamine has had time to start working.

If you have difficulties with breathing, your voice becomes hoarse, your throat is closing up or you feel faint, you may need additional treatment and you should call urgent medical attention stating that you are having an anaphylactic reaction. If you have an adrenaline auto-injector you should administer a dose and call for an ambulance. A dose of antihistamine may be taken if you are able to swallow. Do not rely on antihistamine or an asthma pump if you have a food reaction affecting your breathing or circulation (faintness). You need an injection of adrenaline urgently in such a situation. Fortunately, most people with PFS do not experience severe symptoms.

Preparation of food for your family may cause reactions, such as sneezing attacks, (when peeling or scraping fruit and

vegetables, particles can get in the air), conjunctivitis (if you touch your eye after touching the fruit or vegetable) and weal's on your hands (if there is broken skin, allergens can penetrate). Wearing gloves or a mask can help, but avoid latex (rubber) gloves as these can also cause allergic reactions.

Anaphylaxis Association

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