

# Cancer & pH Acid/Alkaline Levels

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One of the most stunning concepts in health and disease prevention is being reinforced by Dr. Tullio Simoncini. Dr. Simoncini is a board certified oncologist in Rome, Italy and for years has treated people according to standard medical care. In pursuing causes of cancer he noticed from video imaging that he continually saw white spots on the tumors. He admits that some tumors are also bloody but when the blood is washed away the white color is unmistakable. He claims that every time these white spots were examined post mortem they were found to be fungal in nature.

Dr. Simoncini explains that "biopsies" are really just the covering or outer layer of the tumor. What's inside the tumor is more like a solid abscess. In his book "Cancer is a Fungus," he doesn't say cancer might be a fungus. He says cancer is a fungus. Below you can learn more about Dr. Simoncini's work.



He describes how he uses sodium bicarbonate as a therapy to wash the organ changing the pH from acidic to alkaline and how many tumors shrink dramatically, some within days. He says accessible tumors like breast and bladder can be easily treated without surgery, radiation or chemotherapy. He explains how antifungal drugs are effective for 4 or 5 days but then the fungus learns to adapt. These therapies are not available in the U.S. yet but the ramifications for us as wellness practitioners are dramatic.

What is in the environment that favors the growth of fungal forms? That's right, an acidic chemistry. Without the correct pH, hormones and enzymes cannot function at their maximum capacity. The optimal pH in oxygenated arterial blood is 7.35 -7.45, optimal pH in carbon dioxide laden venous blood is 7.31 to 7.4. Blood pH is very very tightly regulated, so even a drop to 7.25 brings the body to a relative acidic state.

Another factor with relative acidity is the hypoxic condition it breeds. Oxygen satu-

rated hemoglobin molecules can't release oxygen properly to oxygen starved tissue when the pH is too low. Remember the Warburg hypothesis? Years ago Dr. Warburg received a Nobel Prize for his work showing that cancer grows in an acidic, anaerobic environment and thrives where sugar abounds—surprise—surprise, so do fungi. Give them a little sugar, lack of oxygen and an acidic medium and you have a recipe for growth.

Remember that most fungi give off messages that will weaken and/or impede the immune system. If we impede the immune system, we have fertile ground for tumor growth. Acidic chemistries result from diets that are high in processed foods like meat, sugars and grains. These foods produce an increased acid load on the body.

Minerals like sodium, potassium, calcium and magnesium are nature's natural buffers. Fruits but primarily vegetables provide mineral buffers, phytochemicals and fiber which can neutralize an excess of metabolic acids.

One way to determine pH is with first morning urine. First morning urine pH reflects the body's ability to buffer excess acidity or net acid excess. The ideal pH should be 6.5-7.5. This means that a pH below 6.5 indicates that the "buffering functional reserve" of the body is deficient.

The beauty of this test is that it is something that the patient can do for themselves to monitor their own progress. As you can imagine there are many ways to increase the buffering capacity of the body. I have prepared the most current list below. But the most important focus is on drinking pure water and increasing the percentage of fruits and vegetables in your diet.

The problem is that some people have not trained their taste buds to enjoy a plant

based diet. To me this is where green drinks come into play. Biotics Research has put together an organic blend of heirloom plants as both dried juice and sprouts called Nitro-Greens. NitroGreens is loaded with phytonutrients and naturally chelated minerals in a plant based form. NitroGreens increases the body's ability to make nitric oxide naturally. NitroGreens is the only formula that I know of that is from heirloom seeds and is 100% organic.

Another tool recently developed by Dr. Alex Vasquez to reduce relative acidity is Potassium-HP™ (with Magnesium). Below is a webinar link where he discusses pH in great depth. Dr. Vasquez shows how cultures that have higher urine pH have virtually none of the chronic disease we struggle with. Each tsp of Potassium-HP™ (with Magnesium) has 1200 mg of potassium, 120 mg of magnesium and approximately 3 grams of the alkalizing citrate molecule. Each citrate molecule binds 3 hydrogen ions. So we get the positive effects of the alkalizing minerals potassium and magnesium as well as the citrate effects.

Dr. Simoncini uses sodium bicarbonate in a catheter and literally pipettes the bicarbonate solution to the tumor site. Alkalizing the gland and surrounding area creates an environment that the fungus does not thrive. Obviously we can't do that in our practices; however, we can eat an alkaline diet and monitor our pH, making it uncomfortable for any fungi to take over.

Why wait for the bad news from the oncologist? We have the most powerful drugs available, "that which we put on our forks." Eat more plants and eat them in the way God created them.

Thanks for reading this week's edition. I'll see you next Tuesday.