

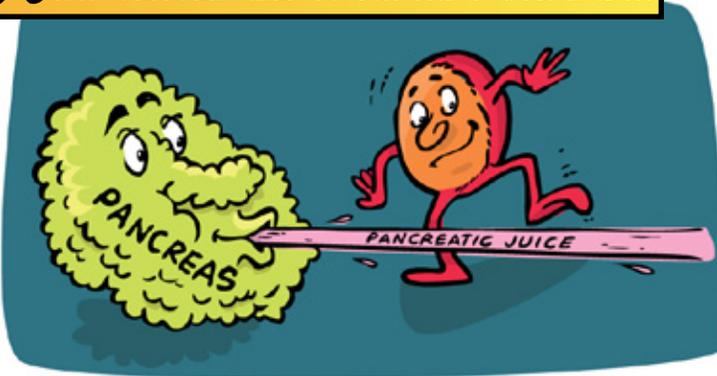


THE SMALL INTESTINE

We're ready to enter the series of switchbacks—like a road that zig-zags down a steep mountain. It's a gentle slide into the small intestine.

Ooops! Sorry, I forgot to warn you to keep a firm footing. As we enter the small intestine, the pancreas blasts us with juice—like standing in front of a fire hose. Here, let me help you up. All that chewing and vigorous stomach action signaled the pancreas to be prepared.

WITH A LITTLE HELP FROM THE PANCREAS...



This partially-digested food mixture entering the small intestine is highly acidic. It's the job of the pancreas cells to quickly neutralize this acid. For digestion to continue in the small intestine, we need only a slightly acidic environment. The pancreas meets the challenge—a strong acid mix from the stomach stimulates the pancreas to brew a highly alkaline mix. That blast took the bite out of the acid.

This juice is rich in enzymes too.

Feel those enzymes go to work—food particles need to be broken down even smaller yet. In order for the body to absorb the nutrients, food must be well digested into tiny particles. With the right acid/alkaline balance those enzymes set to work, as busy as beavers. Let's look at how crucial this acid/alkaline balance is to your health.

Everything in the world is made of atoms. Atoms have varying numbers of electrons circling the nucleus. The atoms you consume—animal, plant and mineral—are always either giving up or receiving electrons as part of the digestion process, and also for the process of circulating the nutrients to support muscles, organs ... everything that Human's body needs to live a full life. This process leaves atoms with either a positive or a negative charge. These charges are called ions. One of the electrical systems that keep us healthy is based on the exchange of ions. That means in this fluid, when an atom donates hydrogen which has a positive

charge, an acid is created. When a hydrogen ion is removed, the resulting process produces a bicarbonate, which has a negative charge making it alkaline.

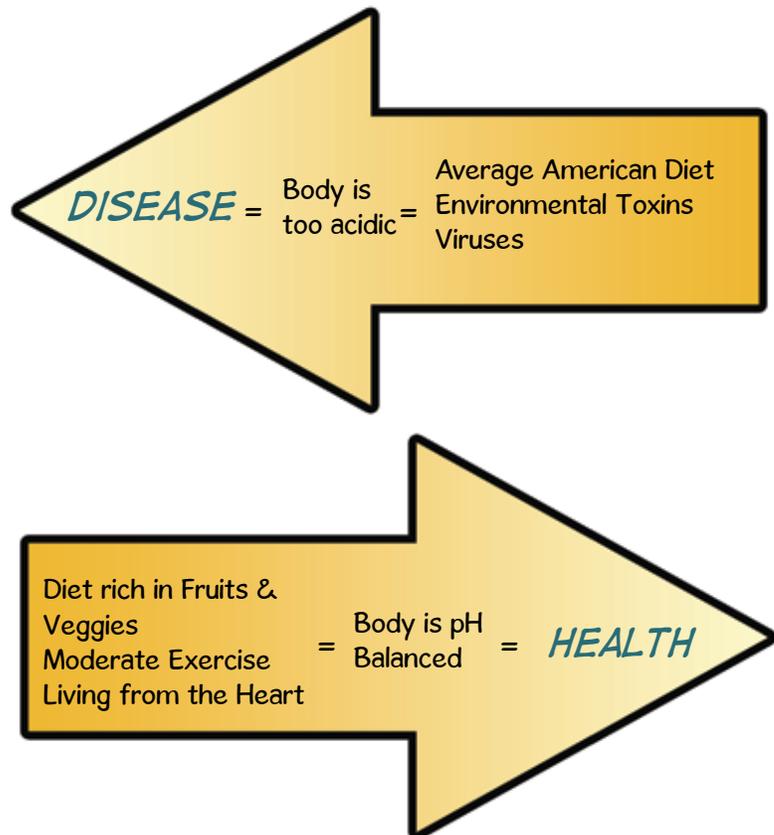
To keep us cells healthy, we need a slightly more positive charge inside us cells than the fluid that bathes and nourishes us on the outside. The fluid that we bathe in should have a higher degree of alkalinity or higher negative charge. Our ability to keep our membranes strong to allow nutrients to flow freely in and wastes to flow freely out depends on electricity—a flow of ions.

Here's the situation. A strong acid mixture is needed in the stomach to properly digest foods. There's no problem as long as we are able to neutralize those acids as soon as the food bolus leaves the stomach.

To neutralize acids, we must have enough minerals. Minerals are crucial to the process of keeping our electrical system operating efficiently. It's tough to get the minerals that keep us alkaline when soils are too acidic from artificial fertilizers, when air is often acidic from exhaust and other pollutants, when water is often acidic from stagnation, pollutants and added chemicals and ... when you get too stressed, that creates acids too! Eating fresh fruit and veggies helps us keep the balance we need.

Remember, only the stomach can tolerate a high level of acidity. We don't want too high an acid level anywhere else in the body. When acid levels are too high, it makes it extremely difficult for us cells to function. We replace ourselves with ever-weaker cells. This means the disease or aging process speeds up. Get the picture? We need the alkalizing minerals from fruits and vegetables especially. We don't get alkalizing minerals from muffins, donuts, candy, soda pop ... wow, all that is highly acidic. I think you get the picture. We cells can't get enough oxygen either if we get too acidic.

WHICH DIRECTION ARE YOU HEADING?



Minerals come from rock so how does Human get minerals? The two most effective ways to provide us with the minerals are: 1) Drinking water that has rushed and gurgled down a mountain or seeped through rock and soil, absorbing the minerals and bringing them to us as ions or 2) Eat foods that have been nourished by soils rich in micro-organisms or beneficial bacteria. These bacteria eat rock to form the soil. Then bacteria predigest the minerals in the soil to make them readily available to plants. When the soil is rich in minerals, it resists pests. Pests just aren't able to thrive. It's the same with us—infectious bacteria and other enemies can't invade our membranes when we get the minerals we need. This is true for animals too. Animals that graze on plants that grow in mineral-rich soil will be healthier. We love those minerals that plants have prepared for us. When craving sugar, Human eats berries and fruit! And eating more fruit every day means Human doesn't crave sugar like before ... and fruit provides minerals too.

The cells of a chicken heart stopped functioning only when French surgeon, Alexis Carrel, stopped changing the liquid surrounding the tissue every day. Kept in a jar, each day the acidic wastes were replaced with a fresh alkaline nutrient mix. Some 28 or more years later, the acidic waste was allowed to accumulate and the heart cells stopped functioning.

<https://embryo.asu.edu/pages/alexis-carrels-immortal-chick-heart-tissue-cultures-1912-1946>

BODY ALKALINE OR ACID

Acidity and alkalinity have become a popular concept in health. It's based on a sound concept: when the body is acidic, it contributes to illness by feeding pathogens.

Medical Medium Life-Changing Foods,
Anthony William, 2016

We had to be patient as it took months to change from being overly acidic to a healthy balance. To keep you alive, it is absolutely crucial that we keep blood constant—slightly alkaline. To do that, when Human was so acidic, we had to rob minerals from the teeth, liver, joints, muscles—including the heart—and eventually from the bones. Thankfully Human was patient and stayed with the program. It feels wonderful to be bathed with alkaline fluids again. Now we do what we love to do—transform nutrients efficiently, toss wastes out easily and replace ourselves with healthy offspring!

Back to the enzymes. Watch them go to work in this slightly alkaline mix—see the amylase enzymes breaking down the last bits of carbohydrates—the veggies and grains—to give us energy ... and the protease enzymes finishing the job so Human can use the amino acids in protein—to allow us to build and repair. And, see how that glob of fat floating by is being captured. This injection of juices from the pancreas also contains bile from the gallbladder.

This churning action from the intestinal wall mixes that bile with the fat. The bile emulsifies or reduces the fats to small droplets allowing the lipases or fat-digesting enzymes to work efficiently. Human doesn't have to worry about fatty build-up in the liver or arteries.

So far, we've seen how important it is when food enters the mouth, to chew foods really well ... like thoroughly—to release the enzymes in the food and allow the enzymes in saliva to digest the carbohydrates. We've seen how the digestion that happens in the early stage in your stomach depends on having enzymes in the food and how well you chew. We've also seen how a strong acidic brew in the lower stomach is crucial to break down food even more to release the minerals from your food. Now, we've just seen how the alkalinity of this pancreatic and bile juice balances the acid mix from the stomach creating a rich flow of nutrients. This silky mix is moving on. Get ready to see one of the Wonders of the World as we move along the switchbacks of the small intestine.

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