

## Basic information for planning a Your Course of Action \*\*

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### The Foundation Electrolytes

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Electrolytes are substances that become ions in solutions and acquire the capacity to conduct electricity. They are present in the body for normal function of our cells and organs. They are Magnesium, sodium, chloride, potassium, calcium, bicarbonate, phosphate, and sulfate.

- **Magnesium** deficiency include's muscle cramps and weakness, tremors, pain, fatigue and insomnia, confusion, heart problems, and stress intolerance. Chronic magnesium depletion has direct consequences for the heart and the blood vessels; Irregular heart rhythms, too rapid heartbeats, stiffening and inflexibility of the blood vessels, spasms in blood vessels constriction of the arteries, high blood pressure, chest pain due to heart disease, heart attack, formation of blood clots within blood vessels, and heart valve disorders. Magnesium status is important for regulation of calcium and these must not be divided from the other.
- **Calcium:** When a persons system has excess of calcium, the magnesium's ability to activate thyrocalciton, in you, shut down. This hormone, under normal circumstances would send calcium to the bones. Too much Calcium shows heart disease, wrinkled skin, kidney stones, cancer, osteoporosis, dental problems, bone spurs, cataracts and many other health problems. Not enough causes bone loss.
- **Sodium chloride (salt):** Processed food diet causes an over abundance. Too little from excess sweating or a complete salt free diet causes low blood pressure and heart attacks. A sprinkling of unprocessed salt on food is a necessity.
- **Potassium** regulates the heartbeat and functions of the muscles. A decrease in potassium can profoundly affect the nervous system and increase the chance

### The Foundation (Potential Hydrogen) pH Balancing

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Normal blood pH must be maintained within a narrow range of 7.35 - 7.45. Many conditions and diseases can interfere with pH control in the body and cause a person's blood pH to fall outside of healthy limits.

**Acidosis** is an increased acidity in the blood, body tissues and fluid (the pH falls below 7.35 ) It can be due to increased acid production within the body, the consumption of substances that are metabolized to acids, decreased acid excretion, or increased excretion of base.

Acidosis will also decrease the body's ability to absorb minerals, vitamins and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

The kidneys and lungs maintain the balance (proper pH level) of chemicals called acids and bases in the body.

**Alkalosis** occurs when blood pH rises above 7.45. It can be due to electrolyte disturbances caused by, for example, prolonged vomiting or severe dehydration, administration or consumption of base, and hyperventilation (with increased excretion of acid in the form of CO<sub>2</sub>). Treatment is aimed at the underlying condition. In certain circumstances, sodium bicarbonate (baking soda) may be given to improve the acidity of the blood.

**Research scientist have proven that disease cannot survive in an alkaline cellular environment, and thrives in an acidic environment.**

- **An acidic pH can occur** from an acid forming diet, emotional stress, toxic overload, or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

Therefore we help the body by ingesting foods high in mineral content.

of an irregular heartbeat.

- **Bicarbonate** is naturally produced by the gastric membrane in the stomach. It is present in all body fluids and organs. In healthy individuals it regulates the body's pH perfectly. Not enough: Chronic diarrhea, Metabolic acidosis, Addison's Diabetes, kidney disease, and aspirin poisoning. Too much causes severe vomiting, Cushing's syndrome, Metabolic alkalosis.
- **Phosphate:** Plays a part in maintenance of tissues, cells, and storage and usage of energy. Also in the make up of genetic materials, gives balance of calcium levels and acts as a buffering agent to control internal acid base equilibrium. When there is not enough it causes anxiety, fragile bones, fatigue, joint stiffness, loss of appetite and fluctuations in weight. Too much may cause kidney disease. Cola drinks contain a lot of phosphate - so much, in fact, that they can cause too much phosphate in the blood.
- **Sulfate:** The body can acquire all the sulfate it needs from protein. People with chronic fatigue, depression, migraine, inflammatory bowel disease, chronic diarrhea, irritable bowel syndrome, fibromyalgia, hyperactivity, motor neuron disease and more are usually short of sulfate.

The body may become electrolyte imbalanced:

- From vigorous long physical activity, dehydration, poor diet, extra hot temperatures, illness, prescriptions, such as diuretics, beta blockers antihistamines, phenothiazines (tranquilizers), tricyclic antidepressants, and vasoconstrictors.

People with electrolyte imbalance may suddenly collapse and sometimes die.

#### Helpful:

- Drinking plenty of water
- Energy testing your individual body to know if anything needs to be balanced in your mineral supplements intake.

Example:

- Nuts, fruits and vegetables will furnish alkaline minerals.
- Meat, fish, eggs, bread, corn and rice—furnish acid minerals.
- Sugar, starch, fats and oils furnish no minerals and are therefore considered neutral foods.

About half of all the acid formed or introduced into the body is neutralized by the ingestion of alkaline foods. The remaining acid is neutralized by three major systems of the body, namely chemical buffers, the respiratory system and the kidneys.

To support the body in the PH maintenance it is **helpful** to:

- Exercise (oxygenation)
- Get rid of parasites, Candida, heavy metals, toxins and zoonotics that produce acidosis.
- Eliminate long periods of stress
- Eating more Alkaline forming foods, foods that are high in mineral content.
- Balancing minerals and vitamins.
- Eliminating toxin producing foods; processed foods which are very low in mineral content.
- Eating fresh vegetables as their minerals have been retained as to compare to foods cooked to mush .
- Eating Green algae as it has a very strong alkalizing effect on the body because of its high mineral content.

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~ Take what you want and leave the rest! ~

**NEXT - [Miscellaneous Body Support](#)**

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All content on this web site is composed by Louise Jenner, Lyme literate Coach. All information is taken from her experiences, her research, and common knowledge. It is written in simplified form for easy knowledge aquirement by the sick so they can free themselves of the infections in least time possible.

My shared information is for making the sick's life easier. It is not to be copied or republished on other websites, blogs, or forums!

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