



Graduate as a pHp® - Proactive Health Preventologist

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DOI: 10.31080/ASMS.2024.08.1971

Received: October 15, 2024

Published: November 20, 2024

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Abstract

This article emphasizes the importance of personal responsibility in health and well-being, advocating for a proactive approach to preventing disease through lifestyle choices. It outlines the detrimental effects of relying on medical establishments for disease management and presents the concept of health as a conscious choice. This article introduces the "7 Steps to Thrive on Perfect Health®," which focuses on hydration, nutrition, exercise, emotional well-being, and cleansing. Individuals can enhance their health and vitality by understanding the body's alkaline design and the significance of maintaining an alkaline lifestyle. This article guides those seeking to take control of their health through informed choices and practices.

Keywords: Blood; Interstitial Fluids; Interstitium; pH; Hydration; Alkaline; Acid; Hydration; Nutrition; Exercise; Disease Management

Introduction

Your health and well-being is a very personal responsibility

Giving responsibility to any government or medical establishment to cure disease is giving up personal control. It takes the responsibility and power away from the individual. Moreover, what is the fallout? One in six of us will become diabetic [1]. One in three of us will develop cancer [2]. One in two of us will develop cardiovascular disease [3]. One in six couples will have unexplained infertility [4]. One in seven women in the U.S. will develop breast cancer [5]. One in 495 of us that were vaccinated with the mRNA CoronaVirus Vaccine will die suddenly from a heart failure or turbo cancer [6].

We need to get out of the disease business. If we want to understand health, energy, and vitality, we need to study the people who are healthy and energetic. Over the last 40 years, we

have studied health and how it relates to the blood. Viewing live and dried blood is the pinnacle of understanding health and how to achieve it with alkaline foods, drinks, exercise, breathing, rest, and sleep [7-9].

You are responsible for your health—you alone. A medical practitioner can only help to relieve symptoms. Ultimately, it would help if you took charge. Health is a choice, just as disease is a choice [10].

You are responsible for what goes into your mouth, what comes out, and what you think, feel, and do. Health is all about choices and consequences [11].

The health and energy of the human organism are rooted in the knowledge that our bodies are alkaline by design and acidic by function. The best way to maintain that alkaline design is through an alkaline lifestyle and diet [12].

The pursuit of optimal health and well-being has led many to explore various dietary and lifestyle modifications. Among these, the alkaline lifestyle has garnered attention for its potential to improve overall health by altering the body's pH balance [13].

Proponents of this lifestyle suggest that by consuming foods that are more alkaline and less acidic, individuals can achieve a myriad of health benefits, ranging from increased energy levels to a reduced risk of chronic diseases [14].

To understand the basis of the alkaline lifestyle, it is crucial to consider the body's pH balance — a scale that measures how acidic or alkaline a substance is on a scale of 0 to 14. The human body naturally maintains a slightly alkaline environment, with a blood pH ranging from 7.35 to 7.45 [15].

The hypothesis behind the alkaline lifestyle is that by consuming foods that contribute to maintaining or slightly increasing this alkaline state, one can promote better health outcomes [16].

However, it is essential to approach this lifestyle with a critical lens, acknowledging both its potential benefits and limitations [17].

While anecdotal evidence abounds, with many individuals reporting improved health and well-being, these testimonials must be balanced with rigorous scientific research. This article seeks to provide a comprehensive review of the available scientific literature on the alkaline lifestyle, exploring its effects on health, potential risks, and how it can complement conventional medicine [18].

A growing body of research has started to explore the impacts of an alkaline diet on health. For instance, a study published in the *Journal of Environmental and Public Health* (2012) reviewed the role of dietary acid load in human health. The researchers concluded that a diet low in acid-producing foods and high in alkaline foods could improve bone health, reduce muscle wasting, and decrease the risk of hypertension and strokes. Furthermore, the potential benefits of an alkaline diet on metabolic markers have also been studied [19]. A 2016 article in *Diabetologia* found that an alkaline dietary pattern was associated with lower glycemic load and improved insulin sensitivity, suggesting a potential role in managing diabetes and metabolic syndrome [20].

Discussion

7 Steps to thrive on perfect health®

We discuss natural treatments as we look at the 7 Steps to Thrive On Perfect Health® for enjoying energy, vitality, and fitness, as well as for restoring alkalinity to the Interstitium and removing acids that spoil our bodies:

- Super hydrate with alkaline fluids [21].
- Eat right for your life [22].
- Exercise—sweat your way to health (get out and walk or run until you are sweating) [23].
- Know that your supplements are alkaline and alkaline to the body's fluids [24].
- Understand that your emotions are powerful and create several thousand times more acids than your metabolic wastes. Your thoughts are so powerful and demand so much energy that, as you are in your thoughts, these thoughts create acids that can spoil your body [25].
- Set goals and write them down—one goal should be to purchase some litmus or pH paper and have it in your pocket and bathrooms. Start recording and graphing your pH for both urine and saliva. Test your saliva 5 minutes before and after you eat. Keep score. Anytime your urine, saliva, or sweat is below 7.2, take an alkalizing dose of bi-salts, tri-salts, or quad-salts, depending on what your compounding pharmacist will put together to begin this alkalizing process. It is the best non-toxic chemical therapy. Yes, sodium bicarbonate is a chemical—a compound of sodium and bicarbonate (HCO_3), but it is inexpensive, and it will not hurt or destroy healthy blood or tissues [26].
- Cleanse your body from the inside out. Cleansing should be the first step for those with a severe health challenge or imbalance [27].

Where do i begin?

We begin this program on a baby food or liquid or juice diet. Since everything must be liquefied or pureed in an alkaline state before it leaves the stomach, we may prepare the food in that state so that we are not using much energy, which creates even more

acid to break down the foods we eat. We want to save time and energy on breakdowns. Let juicers, mixers, and blenders do all of that so that we can have predigested food ready to be utilized by the body [28].

As a baby, you start on liquid foods for the first three to nine months; when you are imbalanced, you must return to that state again. It is very healthy. You can do it for an indefinite period. We do not need to eat solid food because it must always be liquefied and alkalized before it leaves the stomach, enters the duodenum, and into the small intestine.

The pH of that food should be at least 8.2 to 8.4—highly alkalized, ready to be transformed into new blood [29,30]. Live and dried blood tests can express what you eat, what you drink, what you breathe, what you think, what you feel, and what you believe. Your blood reflects who you are. The blood is uniquely you. It is the life of your body.

The best way to achieve extraordinary health is as defined in Genesis 1:28-30, which tells us the specific food we should eat, specifically by color—green. All green foods should be for your “meat.” It is like going back to the Garden of Eden. It is returning to the grass, veg etables, spinach, broccoli, and cucumbers—all the alkalizing low-sugar fruits, green fruits, and all the alkalizing vegetables [31]. Increase hydration. Your body uses between 2.5 to 3 liters daily for normal functioning. You lose that much. So, it would be helpful if you replaced lost fluid with at least 3 liters daily.

On top of that, if you have been diagnosed with a cancerous condition, you have to get up into the pH miracle zone, which is a minimum of 4 to 6 liters, (based upon 70kg or 154lbs.) and in severe conditions, you could be up to as many as 8 to 12 liters a day [32]. We have a client, a patient in New Zealand, who was diagnosed with melanoma. Four of his friends were diagnosed at the same time, and they are now dead—he is the only one still living. He drank 8 to 12 liters a day of alkaline fluids to infuse alkalinity into the blood and interstitial fluids and saturate the body cells so he could remove metabolic acids from the interstitial fluids of the Interstitium through the body’s orifices.

We find that for most folks, the more they drink, the thirstier they get, and sometimes, the patient is so sick that we have to involve their doctor to hook them up to an IV of saline solution

of sodium and potassium bicarbonate. That is one of the simple and inexpensive treatments the medical doctor can do—no toxic chemicals, but simply an IV of 1% saline solution at 8½ to 10% sodium and potassium bicarbonate per liter. If you are in any toxemia where the pH drops, which is the case in severe health conditions, you can prevent body wasting by maintaining the alkaline design of the body’s fluids. You cannot let the pH of the urine drop below 7.2. The simplest way to do this is to drink up to 5 to 6 liters of alkalizing fluids every day [33-39].

This is very helpful and very hydrating to the body, and it helps to remove much of the acidity that has been taken up by the acid catchers—the connective and fatty tissues that need to be flushed. It also helps to saturate the tissues in alkalinity in preparation for the body to release acids from the interstitial fluids of the Interstitium through the lymphatic system, through the skin’s pores, through sweat, or back into circulation through urination. Far infrared sauna and lymphatic massages are two inexpensive ways to help move metabolic and dietary acids that cause blood and body cells to break down—what medical doctors call sickness and disease [40-43].

We need to use alkalizing food, alkalizing water, and alkalizing supplements. The outer ecology worsens if the food, water, and supplements we consume do not change. Our intestines and our bowels need to be healed. There is a connection.

Connect the 5 B’s

The 5 B’s include

A base diet, healthy bowels, blood, and Interstitium are healthy, and the brain and body cells are healthy. For example, if your bowels are unhealthy, your brain cannot be healthy. Neither can your blood or interstitial fluids, nor can your body cells. Our intestines must be healed.

They are as polluted as our streams, rivers, lakes, and oceans. From the good earth, we can regenerate good health. Our blood and Interstitium are but agents of this earth, and as the Bible says, “From dust we are and to dust we will return,” because ultimately, we become what we eat, drink, breathe, think, feel, and believe [44]. We have seven powerful nutrients, the super antioxidants, the super antacids— and they need to be taken in combination with a healthy alkalizing diet and hydration:

- Acetyl L-carnitine (A.L.C.), 200 mg, six times daily [45].
- B3, Niacinamide, 25 mg, six times a day [46].
- Conjugated unsaturated fats, conjugated linoleic acids, omega-6s, and omega-3s—take between 2,000 and 3,000 mg six to nine times a day [47,48].
- Coenzyme Q1 and Coenzyme Q10, 800 mg daily [49].
- N-acetyl cysteine, the backbone and precursor to glutathione, 1,500 mg six to nine times a day [50]
- Zeolite Z in colloidal sea plasma, 5 drops under the tongue twice a day and nebulizing 10 ml once a day [51].
- Nano Colloidal L-Glutathione in double-distilled water: 5 drops under the tongue three times a day and 10 ml nebulized once a day [52,53].

G.S.H. or glutathione is a peptide that occurs naturally within the body. It is called a tripeptide because it has three amino acids—glutamate, L-cysteine, and glycine—when the cells have enough cysteine. That is why you take both together. This is when G.S.H. can be formed; without it, it cannot be formed. Without cysteine, the body's cells cannot protect themselves from acidic interstitial fluids [52,53]. Glutathione is the major antioxidant with which the organized blood and tissues protect themselves. Glutathione is one of the significant super antioxidants that help detoxify our bodies of excess acidity, thereby supporting the white blood cells, which serve as the garbage collection service. It is anti-tumor because if the body is less acidic, there is less spoiling of cells. If there is less spoiling of cells, fewer fibrin monomers are conjugated up to cross-link and form a capsulation of these morbid cells. It helps prevent malnutrition and body wasting [52,53].

The body wastes itself to maintain the constant supply of blood, which is life itself. That is why you must watch the red blood cell count on a C.B.C. (comprehensive blood test), which should be at 500 million per cubic millimeter. If it is greater than that, the body is in preservation mode. If it is less than that, the body is in body wasting. The body uses its cells to maintain the right amount of red blood cells. That means we must eat more green foods and get enough green drinks. The folks in this letter had such good-looking blood because they drank and ate greens. That is what you build blood with. It is molecularly identical. The blood of green plants is what builds our blood.

When building healthy blood, we build good healthy tissue because all body cells are a product of blood. Skin is a product of blood. The heart is a product of blood. The liver is a product of blood. Everything is a product of blood. The quality of the blood determines the quality of body tissue. That is why there is a base diet, bowel, blood, and brain-body connection because what goes in the bowel (because this is where blood is made) determines the quality of the blood, and the quality of the blood will determine the quality of the brain.

If you are having cognitive dysfunction or any dysfunction, physically or emotionally, the problem is in the bowels. The problem goes upstream, so you must go back up the intestines to the stomach, esophagus, and mouth. What am I putting in my mouth, or what am I putting in my brain? What am I listening to? What am I thinking? We must go upstream to determine what is going on, and we have to evaluate that, and then we need to be accountable. We must keep score, which is the purpose of keeping a diary [54,55].

Suggestions from nature

Suppose you are doing conventional treatments using legend drugs, chemical therapy, radiation, hormone therapy, and immunotherapy, to name a few. In that case, glutathione will protect your blood, Interstitium, and body cells against the side effects of these toxic protocols [56].

In addition to the recommendations previously mentioned, incorporating MasterPeace Zeolite Z™ with SOLergy Colloidal Sea Mineral Salts™ can significantly enhance your health regimen. This combination works synergistically to promote detoxification and alkalinity in the body. MasterPeace Zeolite Z™ is known for its ability to bind and eliminate toxins, heavy metals, and acidic waste from the body. At the same time, SOLergy Sea Mineral Salts™ provide essential minerals that support cellular function and overall health [51].

Research indicates that combining zeolite and colloidal sea minerals can improve the body's alkalinity, reduce oxidative stress, and enhance detoxification. Integrating these powerful elements into your daily routine can further support your body's natural healing processes and maintain an optimal pH balance [51].

If our best friend is sick, this is what we suggest. What we suggest (we are not prescribing—you need to clear this with your doctor before you do anything) is to take 1,200mg of glutathione six to nine times daily orally and 1,200 mg of glutathione rectally. If your condition is aggressive, we suggest taking 1,200 mg of glutathione per 1 liter of 1% saline solution two times a day by IV [57-59]. We would also suggest taking 10 ml of nano colloidal glutathione and putting it in a nebulizer to breathe it in, as it goes directly into the blood and interstitial fluids of the lungs. If you do not have a nebulizer and do not have a doctor who will prescribe an IV, we suggest taking 1,200 mg six to nine times a day in a capsulated form, orally, and nano colloidal (liquefied form).

Moreover, we suggest taking 500 mg of N-acetyl cysteine orally six to nine times daily. These super antacids and antioxidants will restore your body to an alkaline balance. You can check it by monitoring the pH of your urine and saliva and then looking at the live and dried blood to see how the blood is organizing itself and assessing the context or the environment to see the cleanliness of how it is changing how the blood is coagulating. You can also return to your doctor for baseline blood tests such as a C.B.C., Comprehensive Blood Chemistry, C.E.A., CA125, P.S.A., and urine analysis. It is not that invasive to take a vial of blood and test for some of these acidic and cancer markers in the blood. Alternatively, you can investigate having a non-invasive blood and interstitial fluid test to check the chemistry, including the pH of ALL of your body fluids [48-51].

How can you know if it is the right thing to do for you?

You will notice the cancer markers going down when you do this because you are now doing what is right. You are following a course that brings your body back to a state of alkalinity, and you are starting to understand that the body runs on energy and electricity. It does not run on food. It does not run on calories. It does not run on carbohydrates, fats, or proteins. It runs on electrons. The more electrical energy you can put in your body, the healthier you will be.

The more chlorophyll you can put in the body and good healthy fats, the healthier your blood is going to be, and that is going to equate to a healthy interstitium and the interstitial fluids that bathe every body cell [52-55].

Conclusion

In conclusion, this article advocates for a proactive approach to health by emphasizing the importance of personal responsibility. Individuals must take charge of their health through informed lifestyle choices, focusing on hydration, nutrition, and emotional well-being.

The 7 Steps to Thrive on Perfect Health® provides a practical framework for achieving optimal health and maintaining an alkaline environment in the body. The chapter highlights the critical role of interstitial fluids and the Interstitium as essential components of overall health.

The Interstitium, often considered the largest organ in the body, plays a vital role in maintaining homeostasis and facilitating the exchange of nutrients and waste between blood and cells. By understanding the interconnectedness of bodily systems and the importance of maintaining alkaline conditions, individuals can significantly reduce the risk of chronic diseases and enhance their vitality. Ultimately, this article serves as a comprehensive guide for anyone seeking to reclaim their health and live a life filled with energy and well-being [52-54].

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