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## Physician in the fridge

Our acid and alkaline state as measured by the pH varies throughout the day, depending on when and what we ate. An inexpensive pH paper strip to test our value is available at hardware and health food stores to check our acid and alkaline balance. There is a normal diurnal variation with the highest pH occurring in the latter part of the day, particularly after eating a high fruit diet and the lowest, the first thing in the morning. Although salivary pH can be checked (first thing in the morning before drinking water or brushing the teeth), it is easier to check a urinary pH. A few drops of urine are placed on a pH test strip and referred to a color chart where the pH can be easily read. If the pH is lower than 6.5 in the morning, a change in diet is recommended. If that remedy doesn't fix it, consider baking soda. I have been experimenting with sodium bicarbonate, ordinary baking soda sold in supermarkets, used not only in baking but to keep the obnoxious odors at a minimum in closed spaces such as refrigerators.

Baking soda is best used to maintain the morning urine pH greater than 6.5. I recommend taking one-half to one teaspoon baking soda in a glass of water twice a day, once in the morning and once before bedtime. I personally also add a few drops of concentrated lemon juice in warm water twice a day. Even more healthful, but much more expensive is the mixture of

Dr.

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Block



sodium, potassium and magnesium bicarbonate. Check the pH periodically to make sure it is not higher than eight and watch the blood pressure so that the sodium bicarbonate does not raise it. If the blood pressure is noted to be high, decreasing the amount of bicarbonate would be my recommendation rather than stopping it. Most people will feel better within 24 hours. Folks notice a decrease in stiffness and fatigue almost immediately and as the years go on, a decrease of infection, cancer and other degenerating diseases.

I have been experimenting with bicarbonate for the last six months and find this useful and a healthful way to combat the ravages of modern society, where we have drastically strayed from the previously healthful paleolithic diet of our ancestors, have much more toxicity in our environment and a continual time crunch. There are many expensive products that will help raise the pH that include herbs, but the doctor in the refrigerator is more efficient and much more economical.