

## **Acidosis**

### **Definition**

Acidosis is the reduction of the alkali reserve, due to an excess of acid-forming foods which are incompletely oxidized or poorly eliminated. This leads to the cause of stomach disorders. As Otto Mausert, N.D., states in his book *Herbs* (Elaine M. Mhur, Eugene, Oregon 97402), the body needs sodium, potassium, calcium, and magnesium. Acidosis is the depletion of these alkali reserves.

### **Symptoms**

Loss of appetite, headaches, sleeplessness, acid urine, acid or strong perspiration, acid mouth, sour stomach, lassitude and vomiting.

### **Cause**

*As Otto Mausert states:*

"Stomach disorders--There are different diseases caused by acidosis coming under this heading, but the direct cause is the same for almost all of them. Eating fast, improper chewing, overloading, and eating the wrong kinds of food, are generally responsible for the troubles. The bad habits must be abandoned in order to affect a cure, as there is no medicine that can chew the food properly, or stop anybody from overloading, or prevent one from eating things that are hard to digest.

Food that is not properly masticated is retained longer in the stomach than it should be. As a result, it turns sour and ferments, creating an excessive amount of acid and gas. This in turn causes a great deal of irritation and inflammation on the mucous lining of the whole digestive system or tract. A catarrhal condition gradually sets in, and the lining becomes coated with a thick slimy mucus that interferes with the assimilation of the food.

Decomposition and decay result.

Poisonous matter therefrom is absorbed, which leads to severe disturbances of the stomach and bowels and gradually the whole system. The result of this is far reaching, as it finally leads to many other diseases to which the human race is heir. It is only too true, that most people dig their own graves with their teeth.

Let me therefore repeat, what we might call the Golden Rule of Health: eat slowly, chew food well, and don't overload. Eat only plain food, plenty of fresh vegetable matter, salads, ripe fruits.

The richer foods, however, such as meat, eggs, starches, sweets, etc., should be taken more moderately and only in proportion to the amount of work one does. In that way the food can be balanced properly and digested more completely. Failure to live up to these simple natural rules will gradually lead to the operating table--but the operation will not remove the underlying cause, and consequently will not bring the desired relief."

We have another author who is a wise old doctor of the past, who gives his view as follows--(Jethro Kloss in *Back to Eden*)

"Acidosis Causes--Meats, fish, fowl, tea, coffee, tobacco, alcohol, pepper (cooked), mustard, spices, vinegar, excessive uses of salt, baking powder, soda, jellies, sweet desserts (not the natural sweets), candy, preserves, pancakes, hot breads, pastries, fried foods, irregular eating, eating late at night, excess starch, improperly cooked foods, starchy and poorly baked bread, foods too hot or too cold, and foods cooked in aluminum utensils."

### **Herbal Aids**

Aids to help soothe and speed up the healing are slippery elm gruel, marshmallow root tea, okra, carrot and spinach juice. Peppermint tea is an excellent beverage for this condition. To

assist it in its stimulating effect, add six to ten drops of tincture of lobelia, or antispasmodic tincture to each cup of tea. The use of potassium broth is a great aid; spinach juice, mixed with carrot juice, is also excellent.

### **Avoid Constipation.**

The food should be eaten as dry as possible, mixing thoroughly with saliva to a liquid form, not drinking liquids with the meals. The drier the food is eaten, the sooner the acid condition can be overcome. Chew! Chew! Chew! so that your food is liquified before swallowing. Sodium and magnesium foods such as oranges (whole, not the juice), beets, carrots, celery, cucumbers, okra, radishes, apples, cherries, strawberries, coconuts, figs, prunes, string beans, spinach, should be eaten in abundance.

Parsley: This is good for acidosis.

**Juices** used for acidosis: Spinach, celery & spinach, celery & beet, carrot, tomato.

Green Bell-Shaped Pepper: It is especially good for liver disorders, obesity, constipation, high blood pressure and acidosis.

### **Three days Cleanse**

First thing in the morning upon arising, drink 2 glasses or more of prune juice (unsweetened, if possible) or 2 glasses of warmed pineapple juice. Or tamarind juice.

This juice is not primarily to empty the bowels, which it will do, but rather to draw into the intestines from every part of the body such toxic matter or body waste as may be there, and eliminate it through the bowels.

After beginning with the two glasses of prune juice, tamarind or pineapple juice, within one half hour take an eight ounce glass of undiluted apple juice. Swish each mouthful thoroughly (called chewing). Then, 30 minutes later drink a glass of plain water (preferably distilled), followed 30 minutes later with more apple juice. The general procedure is: 16 oz. of prune juice first thing in the morning, then, 8 oz. of apple juice 30 minutes later, and 8 oz. of distilled water after that; repeating the juice and distilled water each 30 minutes throughout the day. One gallon of apple juice is consumed each day for an average size adult, or one ounce per pound of body weight. (This of course is an approximate and suggested dosage, as age, ability to hold liquids, etc., determine the capacity for each specific case.)

You can do colon cleanse. The following are included for the colon cleanse:

-1 teaspoon psyllium husk + 1tsp activated charcoal + 1tsp Bentonite clay + 1 tsp senna powder + 1 tsp apple pectin + 1tsp ginger root powder + 1tsp garlic powder.

This will purify and rebuild the colon and the Gastrointestinal Tract. It should be taken three times a day. Two hours before every meal.

Repeat this detoxification for 3 consecutive days. Thus, approximately three gallons of mucus and catarrh will have been eliminated and will have been replaced by three gallons of juice. This has resulted in speeding up the re-alkalinizing of the system. During the three-day cleanse, take one or two tablespoons of olive oil three times a day, to aid in lubricating bile and liver ducts, etc

We have experienced one way of removing the mucus from the gut by following a simple program of taking a glass of peppermint tea then after ten minutes take ten drops of lobelia tincture. Wait for ten minutes, then take a glass of peppermint tea followed by ten drops of lobelia tincture. Repeat the procedure the third time. After these rounds, the person will begin to puke out the mucus furiously. You can even collect up to 20 liters of mucus. Serious!!!

On the fourth and subsequent days, we begin taking vegetable and fruit juices, along with raw fruits and vegetables. Then follow the mucusless diet as close as possible. Do not be

concerned if you feel weak during or after this detoxification. Our bodies are using the energies for internal house cleaning, soon an increase of energy will occur as a result of a cleaner healthier body.

For the first two days, massage the patient with castor oil, using a clockwise circular motion from the top of the head to the bottom of the feet, always working towards the heart. The next two days use olive oil, and the last two days of the week massage with wheat germ oil. By using the skin as a filtering agent, the castor oil cleans and flushes the skin. It also goes into the blood stream, aiding in the removal of mucous and toxins from the inner body. The olive oil is a complete food itself and will penetrate into the body to feed and rebuild muscles, flesh, and the entire system. Wheat germ oil is a healing oil, high in vitamin E, valuable in rejuvenating the body. On the seventh day, rest the patient, using no foods, herbs, or juice, only drinking steam-distilled water, as much as is desired.

And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. 1 Thessalonians 5:23. this should be our Goal as we restore the body temple.

*Adapted from Dr.Christopher Files*