

# Baking Soda For PH - Better Health

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## Edema Data:

Ted from Bangkok, Thailand replies: "Dear Angel: Solving the edema problem is to find what is causing the edema. Then once you know, we walk backwards or do the opposite. It sounds difficult but it is not.

Assuming I want to make myself get

### A TERRIBLE CASE OF EDEMA,

here is what I would do:

1. Eat potato chips three times a day. Follow this with drinking plenty of coke.
2. Eat salted french fries between meals.
3. Eat as much as possible before going to sleep. Make sure I am really stuffed, with hard food, like roast beef, chicken chow mein, caviar, and other rich oily food with plenty of sugar added.
4. If I am a health nut, I will eat oily food supplements or fat soluble and take plenty of vitamin A, E, and D, overdoes of evening primrose, fish oil, and other oily supplements.

Therefore, to solve edema, means avoiding rich oily foods, sweet foods, fat soluble supplements, fried foods, and do not eat high calorie food before sleep.

The other thing is to drink liquids that are diuretics, such as un-sugared unsweetened tea, black coffee.

It is important not to mix sugar and salt together, when you eat food. One clear example is eating potato chips and coke. Salts and sugar can really add water retention and caused a bad case of edema. Last couple of weeks, I was on a bar e.c. potato binge and coke diet. It was part of my experiment to find the cause of edema. As a result, my water retention went up, my blood pressure went up and I increased two kilograms more weight within only 3 days. So the cause was clearly sugar and salt.

Recently I had one woman who had the opposite problem. She claimed that she had very low blood pressure. Instantly I asked her that she probably do not like to eat salty and sweet foods, which was true, since salts and sugar raises blood pressure. However I have also long known that vinegar and pickled foods tends to dissolve fats. Apparently the woman with low blood pressure eats pickled foods everyday! It easy to figure out. A common homemade recipe for cleaning oven is vinegar. It cuts through grease and thus reduces the congestion.

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Therefore, taking apple cider vinegar should help reduce edema. But at the same time, avoid all oily foods, fried foods, foods high in salts and sugar. So never eat salt and sugar together.

Eating food with granulated powdered lecithin about 2 tablespoon taken along with food will reduce the fat buildup which will also reduce edema. Lecithin is well known fat emulsifier so taking this is like giving your gall bladder a holiday.

Most people think that to reduce blood pressure is to take diuretics. However removing water from the body can be done by both kidneys and the intestines. So diuretics is removing water via the kidney, but removing water via the intestines can be done by taking a tablespoon full of milk of magnesia (magnesium hydroxide) for example, or even just 1 teaspoon of sea salt + 1 teaspoon of baking soda. But this is an extreme example where I need to reduce blood pressures due to dire emergencies.

In nature, there is a sensitive balance of sea salt and bicarbonates that must be present (assuming you are not eating sweets). If the sea salt ratios is much higher than the bicarbonates, as in baking soda, the body retains too much water. On the other hand, if the bicarbonates level is higher to the level of sea salt, the body cannot retain water.

In our present society, sodium bicarbonates and potassium bicarbonates are not stressed at all. There is a certain ratio that must be maintained so that the body does not retain too much water. This is why table salt causes high blood pressure. It has zero bicarbonates, while sea salt has a much higher amount of bicarbonates along with trace minerals. Therefore, avoiding processed foods that uses salt, and avoid home use of any common table salts. Sea salt is o.k.

The other way while I was intrigued with mammalian Ringer's solution", which is basically salts that are needed to keep the living tissues alive in a petri dishes for example. It needs a very specific ratio of salts to bicarbonates. My own rough estimate is 9 parts of sea salt to 1 part of baking soda. Then add this mix 1/4 teaspoon of it to your drinking water of one liter. This water should not cause water retention. The other issue to alkalize. In cases of constipation, high blood pressure is common, and therefore water retention is high. Since constipation is caused by the body absorbing way too much fluids into the body causing this high blood pressure, we must reduce the body's absorption by doing the opposite. Which means alkalizing.

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Taking sodium bicarbonate with some potassium bicarbonate for example, usually a safe mix without any ill effect is 80% sodium bicarbonate to 20% potassium bicarbonate. Even if you CAN'T find the potassium bicarbonate, than just simple baking soda will do. An ordinary body will use up a minimum of 1/2 teaspoon of baking soda per day.

However, most people I have seen metabolise more closer to 1 teaspoon. So we just start with the minimum, taking 1/4 teaspoon of baking soda, taken once before bedtime and once in the morning should not only reduce the constipation, but the blood pressure too as more fluids will now fill the intestines, thus retaining less water, and therefore lowered edema."

Ted from Bangkok, Thailand replies: (ACV = Apple Cider Vinegar; Must Be Organic, Raw, Unfiltered, with the 'Mother')

"Most of the problems I encountered is the acidity content of the ACV (when taking long term) may lead to some swelling. Therefore, in event of a real problem, the common remedy is to either take baking soda solo, which is 1/4 teaspoon of baking soda twice a day since the body practically used up available bicarbonates as it is. For the other people, who don't have problems, ACV and baking soda can be used as 2 tablespoon of ACV plus 1/4 teaspoon of baking soda in 1/2 glass of water, since the pH is relatively neutral at about 7.0, initially anyway.

If I have problems with ACV use, I will likely take the baking soda alone. The baking soda should help with the swelling and acid reflux better. If not maybe 1/16 teaspoon of milk of magnesia (to kill of the bugs in 1/2 glass of water), but I think those are generally not necessary except for ulcerative colitis."

Ted from Bangkok, Thailand replies: "Dear Jeff:

In the case of mouth sores, this possibly came from a simple sea salt as certain microbes are killed, releasing toxins, and the body has been able to detoxify or rid off. The best way is to reduce the toxins. I suspect certain microbes were responsible for the swollen legs through its actions blocking normal organ functions.

Often the organs is usually the kidney. However other organs can release the toxins, such as the liver. When stored long enough, it releases the toxins. Sometimes as the legs reduce their swollen issue, the toxins in the leg area needs to be further detoxified as the body empties the liquid.

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In this case, it is best to detoxify the body and temporarily discontinue the antibiotic effect of the sea salt and instead take the baking soda and apple cider vinegar remedy.

Apple Vinegar have a detoxifying effect. Hydrogen peroxide drops such as 3% hydrogen peroxide 3-12 drops in a glass of water should be able to neutralize the toxins also, often taken 3 times a day. Sodium ascorbate vitamin C and vitamin E also have detoxifying effect whenever the body is low on antioxidants. I have found whenever hot weather happens; the magnesium citrate, potassium bicarbonate, vitamin C, and vitamin B are also low too. The reason why they are low is quite simple: they are often water soluble and and it is lost through the sweat glands. A reasonable dose of vitamin C sodium ascorbate is 500 mg/day twice a day."

Ted from Bangkok, Thailand replies: "I have been reading up on edema and its causes, without long explanations, acetates and chlorides seems to assist in edemas. One example is a woman who had so much edema her stomach bloated like a pregnant woman, in which case 2 tablespoons of apple cider vinegar and 1/4 teaspoon of baking soda in 1/2 glass of water taken 2 times a day at least will help the edema. I suspect adding a small amount of sea salt helps too. Tartrates, tartaric acid, tend to cause edema by creating a chloride retention, as oppose to sodium retention per se. Try to avoid fruit juices high in citrates whenever edema is present."

<http://www.bragg.com/>

<http://www.earthclinic.com/remedies.html>

[http://www.earthclinic.com/CURES/edema\\_questions.html](http://www.earthclinic.com/CURES/edema_questions.html)

This site has many Cures and Remedies for good health, check it out.

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