

# Acid Alkaline Balance and Its Effect on Health and Disease

by Dr. Ron Cherubino, DC, AMD, DACFE and Linda Cherubino, CMT, BA



The importance of acid-alkaline balance to the health of the human body is profound. If you are currently suffering from chronic or recurrent symptoms, are taking medication to manage your symptoms or are one of the fortunate people who are currently medication and symptom-free, this brief report is for you.

During the last hundred years, the human physiology has been assaulted with drugs, foods that are not life sustaining, non-foods that we ingest as though they were food, and literally thousands of chemicals that are toxic to us. The 4 or 5 generations of people in this and the last centuries have had to physiologically endure what none of the thousands of generations before us has.

Health has begun to elude us to the point where it is hardly recognizable. The “health industry” has conveniently obliterated the idea of what health is in favor of a “product” that can be packaged and sold. Health does not come in a bottle or a syringe; rather, it is (or was) the normal condition of an unencumbered human organism. Improving our nutrition plays a vital part in regaining true health. Eating in ways that support a healthy acid-alkaline balance is the most important, and thankfully, most workable aspect of nutrition.

## The Human Body (An acid producing, alkaline dependent organism)

### Trillions of Cells

Healthy cells make a healthy body. We live or die by the ability of our cells to carry out their intended functions. Our 50-75 trillion cells are individual living organisms which are designed to perform specialized functions. From the production of digestive enzymes to the formation of hormones, from the transfer of information among nerves and brain cells, to the synchronized beating of a heart, cells perform millions of individual tasks.

**Copyright Information** - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

Healthy cells require a healthy environment. Part of the chemical composition of cells' environments is the pH balance of their internal and external fluid. The relative acidity or alkalinity (the pH or *potential hydrogen*) of the inner and outer cellular environment determines the health and functionality of the cells. Since we live or die by the ability of our cells to carry out their intended functions, it is crucial that the cellular environment sustain the life and functionality of the cell. Many of you are acquainted with the fact that fish in an aquarium languish, deteriorate and die without proper regulation of the pH of their environment. The same is true for our cells.

Residents of the island of Okinawa are noted for their health and longevity. There, it is not uncommon for people in their 90s and one hundreds to be seen dancing, farming and fishing.

Interestingly, in addition to their close-knit families and low stress culture, their diets provide a great deal of alkaline minerals. In fact, their diets consist of approximately 75% alkaline foods. It is the alkalinity of the foods that we eat that determines the health and functionality of our cells—our cells require an *alkaline* environment. The importance of maintaining a properly balanced internal environment cannot be overstated.

---

## The pH Scale

Acid and alkaline are measured on a scale that ranges from 0 to 14. For those of you who remember your high school chemistry, litmus paper, which changes color from pink to blue and vice versa, is a simple way of measuring acidity and alkalinity.

0 is extremely acid and 14 is extremely alkaline or "basic".

Acid 0-----<-----7----->----- 14 Alkaline

## A pH Balanced Body

The human body is designed to operate optimally with a slightly alkaline pH of a little over 7. That alkaline pH is so important to maintain that there are three separate, inner chemical systems whose job it is to continually neutralize acids. These are known as buffer systems. Although there are several dietary factors that are critical—such as keeping the body hydrated and avoiding poisonous “junk” foods such as trans fats and refined sugars, eating foods that are alkaline is the most important nutritional principal. Simply put, alkaline foods are fruits and vegetables. Grandmother was right – it is important to eat fruits and vegetables every day. Now we understand why.

***There are three sources of acid but only one source of alkaline that effect the body's internal fluid environment.***

## THREE SOURCES OF ACID

### 1. Internal Acids:

Normal metabolism creates acid. Metabolism refers to the chemical processes of living. Breathing, eating, walking, digesting, thinking—all life processes produce acid. Also, increased metabolism such as that created by emotional and physical stresses creates a higher than normal output of acid into the body.

**Hence, the body is acid producing.**

### 2. External Acids:

These constitute the major source of acids for most people. Acids come from acid ash foods, (foods whose end products after digestion provide acid rather than alkaline material to the cells—generally foods that are not fruits or vegetables), and are also found in air pollutants, water pollutants, and environmental poisons. In the average person, acid ash foods are the major source of externally obtained acids.

### 3. Stored Acids:

Homeostasis (a state of balance) is vital to the survival of the body and is maintained by the constant elimination or neutralizing (buffering) of acids. When acid levels become so high that the body cannot keep up with their timely elimination, a buildup will occur. An accumulation of acids is harmful and can be life-threatening, therefore it becomes a priority to store acids that cannot be neutralized or eliminated. This "temporary" storage can and will become permanent if acid levels remain too high and/or usable alkaline levels remain too low. The storage of acids for even short periods of time is potentially dangerous and is considered a pathology. Many diseases are associated with acid storage and will be discussed later in this report.

---

## ONLY ONE SOURCE OF ALKALINE

Alkaline ash foods are the only source of alkaline in the human body. **Hence, the human body is alkaline dependent.** Although there are thousands of acid and alkaline materials that are involved in millions of physiological processes, in regard to the maintaining of the slightly alkaline pH of bodily fluid, it is critical that the alkaline minerals such as calcium, potassium, magnesium, iron, and sodium are abundant and in readily usable forms for the constant buffering of acids.



Fruits and vegetables supply perfectly usable forms of these minerals. Unfortunately, the sodium in sodium chloride (table salt) is not very usable – large quantities of water are necessary to separate the sodium from the chloride which is why swelling is a result of overconsumption of salt. The sodium from sodium chloride is a low yielding, inefficient form of sodium while

3  
Copyright Information - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

the sodium found in, for example, carrots is available for the thousands of tasks for which it is required, including buffering acids. Similarly, the calcium found in antacids such as Tums is calcium carbonate, an inefficient form of calcium, which is critically needed in a usable form by the muscles, in the tissues, and in bones. (By the way, although the calcium carbonate in Tums does neutralize stomach acid, something to think about is this: stomach acid is necessary for digestion of food. If a person constantly neutralizes this acid to relieve heartburn, he is also creating chronic indigestion, which exacerbates the problem!)

Not all forms of alkaline are usable for the task of neutralizing and eliminating harmful acids. While these products do contain abundant amounts of alkaline minerals their chemical bonding structure is of the wrong kind and cannot be utilized at the cellular level. I would refer you to recorded and written information that is available at [www.AskDrRon.com](http://www.AskDrRon.com), in particular "Why Clinical Quality Supplements", "Not All Supplements Are Created Equal" and "The Four Whites"

Usable alkaline sources consist of covalently bound minerals, which can be found in raw fruits and vegetables, unheated and uncooked fruit and vegetable juices and a number of other sources, which are listed in the suggested diet section of this report.

How can all fruits and vegetables be alkaline? From a biochemical standpoint, it is the "ash" content of a food that matters to the body. The end product of food after it is digested is referred to as "ash". Even an orange that contains acid, provides a potassium, calcium and iron rich ash which supplies acid buffering alkalinity to the body.

*(The next two sections are slightly more technical for those who have an interest)*

## **Compensation is the First Stage of Disease (The Physiology of Sacrifice)**

The human body is made up of approximately 80% fluid. This fluid makes up the internal environment in which we live. All of our cells function best when the internal fluid environment is slightly alkaline, slightly over 7. If the pH drops below this level toward the acid side most cells are somewhat resilient and will continue to function for a time, albeit poorly, in that acid environment. However, that is not true of the blood.

People often say, "I've eaten an acidic diet my entire life and I haven't dropped dead yet". The fact that the person is not dead is because the body sacrifices its long term self to keep its short term self alive.

The body is designed to preserve the alkaline environment of the blood at all costs. The pH of blood must be maintained at 7.4 because a variation below this range even for a few minutes is life threatening. That alkaline pH will be maintained whether a person eats enough alkaline fruits and vegetables or not—the body will beg, borrow or steal the alkaline material needed to maintain this pH even if it takes sodium from the liver, potassium from the muscles or calcium from the bones. Survival is

a matter of priority and long term health will literally be sacrificed in order to maintain the 7.4 pH of the blood. It's all about survival, which is a matter of priority.

Important cellular functions are routinely sacrificed as critical alkaline components such as sodium, magnesium, manganese, potassium, zinc and calcium, are used to buffer excess acids. Signs that a person is dangerously acidic, such as, muscle cramping, painful joints, slowed healing, demineralized bones (osteoporosis) and/or chronic inflammation are examples of compensatory acid buffering.

How sad is it when calcium, which is meant to provide our bones with the phenomenal strength that is necessary to support our physical bodies, is taken away as a necessary sacrifice to keep us alive on a moment-to-moment basis. We have all heard of athletes who die of a heart attack while exercising, especially while running. Although these athletes have stamina and strength, it takes only a few minutes of unbuffered acid to overwhelm the circulatory system and cause a heart attack. That is a short term, critical example of the body's reliance on alkaline minerals. Longer term, the cells that make up the other tissues can compensate for a gradually acidified environment for a long time. However, that compensation is the first stage of disease.

Ironically, many people erroneously think or are told that if the blood pH is alkaline, then the body as a whole is alkaline. Since we just learned that the body will maintain blood pH at any cost you can now understand that a person can have a proper blood pH but be very acidic overall.

## **Excess Acids -- a Root Cause of Disease**

Currently, it is widely accepted that many conditions can be and are associated with excess acidity. Some researchers believe that acid alkaline imbalance is at the root of all disease. With very few exceptions, all foods other than fruits and vegetables provide an acid end product, or ash, to the body.

Since the body is an acid-producing organism that requires an alkaline environment in which to function, physiological buffering processes are built into the system. There are three chemical pathways that are used. They are the bicarbonate, the phosphate and the protein buffer systems. Each has differing buffering capabilities. In a healthy body these systems are ready, willing and able to neutralize any excess acid that would potentially threaten the serenity of a body's properly balanced internal fluid environment. However, it is possible with improper diet (not enough fruits and vegetables and too many stored acids because of other dietary mismanagement) to overwhelm the buffering capability of these mechanisms.

Think of a trip to the grocery store and envision entering the store at the entrance near the produce section. Once past this section, (and hopefully your cart will be quite full of fruits and vegetables before leaving), nearly everything else you encounter on the perimeter and amongst the store aisles affords the body acidity rather than alkalinity. That means that the meats and prepared foods, the cereals and breads, the popcorn and the Tuna Helper, the frozen pizza and the soda are foods that routinely tax the body's ability to buffer the acids that they provide. If the Okinawa diet were a supermarket, the perimeter and all

the aisles would be devoted to fruits and vegetables with a small section, about the size of the deli, devoted to everything else.

To make matters worse, some so-called foods are so encumbering to the body—so mucous forming and obstructive—that they hinder the body’s ability to eliminate acids. White flour products (“so-called food” because white flour is no longer food (though still useful to humans—as paste for paper mache!) hinder elimination of acids as do pasteurized dairy products which are mucous forming. Sugar (which has a more drug-like effect on the body rather than nutritive) and trans fats are not recognized as food but rather as a substances that tax the buffering and elimination capability of the body.



## Symptoms of Acid Alkaline Imbalance

Many experts consider pH imbalance to be epidemic among large segments of the world's population. Until recently acid alkaline imbalance had been a "silent" condition in so much as the symptoms that are now associated with it were most often attributed to other causes.

*Some of the symptoms that are commonly associated with pH imbalance are:*

- fatigue
- muscle and joint aches and pains
- muscle cramps
- lapses in memory
- brain fog
- chronic pain
- digestive problems
- colitis
- osteoporosis
- irritable bowel syndrome
- adrenal exhaustion
- slowed healing
- fibromyalgia syndrome
- chronic fatigue syndrome
- inflammatory conditions
- chronic headaches
- liver disease
- NID

Copyright Information - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

## Determining Your Level of Acidity

There are various tests available to help determine the severity of the person's pH in balance. At the Cherubino Health Center we have used blood, saliva and urine tests together with various energy-based evaluation techniques for this purpose. A far more important factor on your road to recovery has to do with your body's ability to handle the process of detoxification, repair and restoration. The strength or weakness of your individual organs, coupled with the ability of your central and peripheral nervous system to control and regulate the process, is the paramount concern.

Therefore, determining the extent of nerve impulse deficiency (NID) that is present in your body is a most important starting point. The severity and duration of the symptoms that a person experiences during the detoxification process together with the length of time required for a person to become functional and symptom-free is the best measurement of past pH imbalance. In other words, hindsight is the best teacher.



### The Acid Alkaline Solution -- Regaining Your Health

Now that we understand the importance of maintaining a proper acid alkaline balance it is time to put this information to work in regaining your health. Here are some basic steps to get you started on the road to rebalancing your internal environment.

Since most people have been acidic for many years or even decades it is important to remember that there is no quick fix. Rather, a systematic approach to rebalancing the body chemistry and repairing the damage to the body's cells, tissues and organs is vital.

I do not recommend that people undertake this task without professional guidance. I assume that everyone reading this report will consult with an appropriately trained alternative doctor and/or other practitioner before implementing the following guidelines.

I find that it is helpful to remember that even if nutrition alone has been responsible for the long-standing acid alkaline imbalance in your body, nutrition alone is not enough to safely resolve the problem. The longer a person is acidic the more damage their nervous system and organs have incurred. Good nutrition is vital. But it takes a healthy body to get the most out of good nutrition. This is where energy-based alternative medicine is of the utmost help.

## Some Basic Steps, Suggestions and Guidelines

Throughout this report we've made reference to the Okinawans and something known as the Okinawa diet. Following this model as a general guideline to a balanced diet is a great idea. It is nutritionally sound for a person's food intake to consist of 75% alkaline and 25% acid ash foods. While for many people this is seemingly impossible, it still provides a good ideal and perhaps a goal that for many people is worth working towards.

### Step One: Adding alkaline

As we mentioned above, it is the ash that's left once the body has processed a food that determines whether it acts in the body as an alkaline or an acid. Some foods are more alkaline than others. Here is a quick guideline concerning raw fruits and vegetables and their amount of usable alkaline.

- Citrus fruits -- very high alkaline
- Non citrus fruits -- highly alkaline
- Non-starchy vegetables -- moderately alkaline
- Lightly steamed vegetables -- low alkaline (this is actually a great starting point for the highly toxic)
- Starchy vegetables -- lowest alkaline
- Raw Fruit and Vegetable Juices
- Sprouts, can be almost any seed or grain, these can be added to soups, casseroles, breads, etc.
- Almonds -- an alkaline nut
- Almond butter
- Almond milk
- Millet
- Soy beans and soy products



### Step Two: Eating foods that enhance elimination of acid and other waste products.

Food that is less processed, more whole, as close as possible as to how it is found in nature, is readily digested, assimilated, and finally eliminated. Foods whose nutrients and fiber have not been processed away enable the body and its trillions of cells to function optimally.

*Substitutes for white flour:*

**Copyright Information** - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

- Whole grain flours (grind it yourself from organic non-GMO grains or, if packaged, make sure it says 100% stone ground, since all others are simply a form of white flour)
- Corn flour
- Ground sprouts
- Potato flour
- Rice flour
- Soy flour
- Cashew flour
- Coconut flour
- Lima bean flour
- Arrowroot and Agar for thickening

*Substitutes for table salt (processed salt):*

- Spices
- Herbs
- Mrs. Dash
- unrefined unprocessed sea salt

*Substitutes for sugar:*

- Raw Fruit juices
- Fruit purees and jellies (no sugar added)
- Raw honey (uncooked and unheated)
- Stevia –an excellent herbal sweetener
- Sucanat—dehydrated sugar (used sparingly)
- Avoid Sugar in the Raw® as it is a registered trademark for white sugar (what a shame)
- Artificial sweeteners should be avoided. This includes Splenda®.

*Side note: an example of how marketing has influenced the sale and use of Splenda®, I am dictating this report directly into my computer. The program that I am using had no trouble understanding the spelling of the word Splenda because it is in its database. It, however, had to be taught the word Stevia. Stevia is safe and Splenda® is not. Enough said?*

*Substitute for dairy:*

- Soy Ice-cream
- Fruit juice sweetened sorbet
- Soy yogurt
- Soy milk

Copyright Information - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

- Nut and seed milk
- Soy cheese - (make sure that it does not contain dairy, which is usually listed as sodium or calcium caseinate)
- Almond milk
- Rice milk
- Raw milk (if you can get past the controversy) check out my paper on the 4 Whites
- Raw milk cheese

### Step Three: Random Supermarket Suggestions

- Unsweetened jellies and jams—very sweet without added sugar
- Fruit-juice sweetened juices and popsicles
- Canned fruits with fruit juice with no sugar added
- Frozen fruit, no sugar
- Sprouts
- Juices bottled and juice boxes, no sugar
- Unsalted chips and popcorn

### Step Four: Vitamin and Mineral Supplementation

Much information is available concerning Clinical Quality Supplements at [www.CherubHealth.com](http://www.CherubHealth.com). I recommend everyone avail himself or herself of what I refer to as the *Five Essential Nutrients*. In my experience, very few people are getting the basic nutrients that they need on a daily basis.

### Step five: Adding Raw Fruits and Vegetables

#### *Some Suggestions*



#### ***Fruits:***

- Raw bananas
  - Ripe berries
  - Pears
  - Peaches
  - Nectarines
  - Kiwi
  - Melons
- Fruit juices—do not overdo raw citrus juices if you are just beginning to restore your health as they are extremely detoxifying and can cause unwanted symptoms and conditions. (Also

remember if the juice is bottled and/or a carton it is not raw but has been pasteurized by heating it.)

### **Vegetables:**

- Avocados
- Olives
- Artichokes
- Tomatoes (yes, they are technically a fruit but who thinks of them that way?)
- Salads
- Eggplant
- Broccoli
- Carrots
- Any raw or steamed vegetables



### **Step six: Using a Juice Extractor**

A juice extractor is able to take raw fruits and/or vegetables and produce a juice that is rich in live enzymes, minerals and other nutrients. Care should be taken not to overdo this raw juice. A recommended list of juicers and books on juicing is available at the Dr. Cherubino Approved Services and Products, section of the website. [www.cherubhealth.com](http://www.cherubhealth.com)

### **Some Tips for Good Eating**

*Play down the junk, build up the good!*

### **Special occasions and good food**

- Spring—strawberries
- Garden—peas in the pod
- Picnic—watermelon
- Fall—apples and raw cider
- Birthday—fruit cake

---

## **A Day with Kids and Other Humans**

### **1. Breakfast**

- Juice

- Fruit—raw and cooked
- Fruit leather
- Fruit and nuts
- Fruit and juice on cereal
- Sprouted or 100% stone ground whole grain bread such as Ezekiel Bread
- English muffin or whole-grain bagel—with no sugar added jelly, jam, butter, cinnamon

## 2. Lunch at home

- Nut mix
- Salad
- Homemade soup
- Stir fry
- Apples
- Nut butter sandwiches
- Ants on a log (celery, peanut butter and raisins)
- Veggies with dip
- Dips can be nut butters, tomato sauce, soy dip, salad dressing, mayonnaise, oil and vinegar, lemon juice

## 3. Lunch at work or school

- Nuts instead of chips
- Popcorn instead of cheese doodles
- Unsalted potato chips instead of salted
- Fruit leather instead of candy
- Chocolate sweetened with cane juice
- Homemade or health food store cookies instead of regular cookies
- Juice boxes instead of soda
- Soup or pineapple juice in a thermos instead of... what do people usually carry in a thermos anyway?

## 4. Supper

- Stir-fry
- Tofu hotdogs with cabbage and broccoli
- String beans with garlic and lemon juice
- Cauliflower with Soy baloney and sunflower seeds
- Chinese vegetables with Chinese spiced tofu

- Baked Cauliflower
- Meat, chicken, fish with vegetables
- Spaghetti squash with tomato sauce
- Whole-wheat crust pizza or crustless pizza with tofu cheese or raw cheese added afterwards
- One pot meals
- Soy meat substitutes
- Soy breakfast sausage with sliced onions
- Soy Italian sausage with tomatoes, peppers, onions, eggplant
- Experiment with raw food recipes
- Try to have a salad at every meal
- Garnish with edible vegetables, carrot shavings, parsley, spinach leaves, chicory, diced tomatoes and onions, anything
- Slowly decrease meat portions and increase alkaline ash foods

## 5. Drinks

- Water, distilled, spring or R/O (reverse osmosis)
- Raw juices including apple cider
- Add a little raw juice to other juices
- Bottled or frozen fruit juice concentrated juices no sugar added
- Bottled or frozen from supermarket no sugar added

*In closing, I will share with you that much of the preceding nutritional information came directly from a course on feeding kids and was originally entitled -- Feeding Our Kids (The Art of Sneaky Nutrition). Funny how it applies to so many adults.*

Yours in health,  
*Dr. Ron Cherubino*  
*Linda Cherubino*

**Copyright Information** - © The Copyright for this information is held by Dr. Ron Cherubino who is the publisher/developer of the material. Contact Dr. Cherubino to request permission to use this information. **Individual Use:** publications can be FREELY copied or printed but **not sold**, by individuals or institutions for educational purposes only. (Information contained in this report is meant to educate, inform and assist people in improving their overall health. It is not intended to replace the advice of your trusted health care practitioners, nor is it intended to diagnose, treat, cure or prevent any disease.)

© Ask Dr. Ron Information Services – 2007-2017 - Cherubino Health Center, 23 Turnpike Rd. Southborough, MA 01772  
www.CherubHealth.com - 508-229-0007

## ***NON-FOODS, THE 4 WHITES (A.K.A. “THE FOUR WICKED WHITES”)***

*The following categories contain items that are commonly ingested. They are not foods, although they are thought of as such, and billions of dollars are spent each year to back that notion. With the exception of table salt, these substances were, at one time, foods.*

### **1. Sugar**

White sugar has gone through a process in which it has been stripped of fiber, enzymes, vitamins, minerals and nutrients. These substances are necessary for its proper assimilation in the human digestive system. Since the white sugar has been robbed of these important nutrients, and these nutrients are necessary for the sugar to be utilized, the body is in turn robbed of a host of vitamins, minerals and other nutrients as part of its processing of this lifeless substance.

White sugar has been shown to have a detrimental effect on the adrenal glands, liver, pancreas, thyroid gland, central nervous system and immune system.

The only healthy way to eat cane sugar (from which brown and "raw" sugars are also made), is to eat a fresh, raw stalk from the sugar cane plant.

### **2. White Flour**

In my mind a clever way to sell what's left over after whole-wheat flour has been processed, white flour is one of the most readily available nonfoods on the face of the planet.

All of the valuable nutrients are removed by smashing, stripping, crushing and otherwise abusing whole grains. White flour is born from the death of the whole grain. Nutrients needed for breakdown by the human digestive system, originally present in the food, including oils, vitamins, minerals, bran and wheat germ are removed. The resulting by-product, white flour, is what's left. In the body it is digested so poorly that a heavy, slimy, sticky residue is deposited in the intestine causing a myriad of problems. Not being one to foster outlandish claims or use fear tactics, ponder this. White flour has been known to cause intestinal blockage and subsequent death when fed to farm animals.

Also in the overall category of over-processed flour, it is important to be careful of products that claim to be 100% whole grain. Unless a flour has been prepared by stone grinding, it will have been subject to what is known as roller grinding and will be seen by the digestive system as white flour. Therefore, only 100% stone ground whole grain flours should be consumed.

Finally, since I believe in always looking for the positive, I leave you with this simple fact; White flour makes great wallpaper paste, school paste, Play Doh® and paper mache! Digest that!!

### 3. Pasteurized Milk

Pasteurization was developed as an emergency method to stop the spread of disease. Contaminated milk from infected, diseased animals was heated in order to kill live disease causing bacteria. Along with the destruction of these harmful bacteria, live enzymes, vital to the proper breakdown of the milk in the human digestive system, were also destroyed.

Pasteurization increases the shelf life of milk and is believed by many to have become a wholesale opportunity for the dairy industry to sell less than acceptable milk.

There are many in the health care field who feel that humans should not drink milk past the time of weaning. I have heard it said that milk, in its raw and chemically correct form for humans is naturally available during the time in their lives when it is necessary.

I will simply say that only milk in its raw unheated state, from a healthy disease-free animal, should be considered for human consumption. Pasteurized milk is a nonliving, mucous forming and obstructive substance.

Again, since I believe in always looking for the positive, I leave you with this simple fact; Were it not for pasteurization and its denaturing effect on the proteins found in milk, one of the greatest discoveries of the 20th-century would never have been possible, I speak of course of Elmer's Glue. Bottoms up!!

### 4. Table Salt

Sodium is an essential mineral. It is found in abundance and in beneficial form (covalent bond) in fruits and vegetables. However, like our sugar, flour and vegetable oils, most salt is highly refined. This includes sodium chloride (table salt), processed sea salt, monosodium glutamate, sodium saccharin, and baking soda as well as many other salt compounds.

Heating and refining salt causes beneficial covalent bonds to become ionic bonds. This ionic form of sodium is harmful and should be avoided, and ideally, not eaten at all. Arteriosclerosis, high blood pressure, pulmonary edema and excess mucous formation, are but a few of the diseases linked to inorganic salt intake.

Unheated and unprocessed sea salt is the only type of salt that should be consumed. It comes from various regions around the world and offers many benefits to the human body.

Here is a link from our website, CherubHealth.com, where you can purchase the kind of quality sea salt that we recommend to our patients at the Cherubino Health Center. <http://cherubhealth.com/links>