

Alkalinity

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As you already know, we live in a time where there is a lot of pollution. This can come from the environment, in the foods we eat, and the thoughts we think. The pollution then induces and promotes inflammation which plagues most of us. The inflammation usually wreaks havoc on our physical body, which then negatively affects our psyche. In fact, inflammation plays a role in most of our autoimmune and other chronic illnesses in our society. And this inflammation is usually connected with acidity.

We get what we call "reactive oxygen species" with inflammation, which react with everything they touch, thus destabilizing our inner milieu. It starts in the gut and will go into the blood stream. In the gut, inflammation can negatively affect certain advantageous bacteria, which we need for digesting certain foods, producing certain nutrients our body needs, and with absorption. In the blood, inflammation can negatively affect our blood vessels, which can be linked with hypertension and atherosclerosis (narrowing of vessels). This in turn can negatively affect the blood flow to certain organs, namely the brain, heart, kidneys. Acidic environments are where negative pathogens can thrive, namely fungus and harmful bacteria. Acidity and inflammation can also be linked with forms of cancer.

You may ask, what can we do about it? Well, I want to share an experiment that I tried on my own body. I initially asked myself, what can we add to our diet which is the opposite of

the acidity found in inflammation? It would have to be something basic. Then I thought, baking soda! I started consuming 1/8th of a teaspoon (a pinch) in 1 cup of water and I would consume 2 cups of water like this daily (1/4th teaspoon daily). I slowly increased this to the point of 1 teaspoon of water in 3 cups of water (3 teaspoons daily). I have found some benefits on my body for the past 8 months. I noticed my gut being more calm, with easier digestion and more regular bowel movements. Since we have the vagus nerve and other nerves ending in the gut, I also noted my nerves being more calm. Gut health is related to skin health (both formed from ectoderm when we were embryos), and I also found my skin a bit more healthier.

Given these benefits, I would recommend you give this a try. Share your experiences. And if you have other remedies for inflammation, please share those as well.