

Baking Soda Tonic

A Simple, Inexpensive Home Remedy

Baking soda is a natural antacid and is the right solution for “heartburn,” instead of the terrible proton-pump inhibitors and other drugs.

Baking soda works to ease heartburn and acid reflux by triggering the stomach to make more acid. That may sound counter-intuitive but more acid promotes better digestion.

Despite what those antacid commercials tell you, not having enough stomach acid is actually the real cause of indigestion. And that’s why PPIs—which suppress stomach acid—cause even more damage in the long run.

But baking soda does more than just relieve gastrointestinal upset. New research shows this old kitchen standby may help reduce the harmful chronic inflammation associated with autoimmune diseases such as rheumatoid arthritis and multiple sclerosis.

Inflammation lies at the root of many common chronic diseases and autoimmune diseases. A daily dose of baking soda could ultimately prove useful for a whole host of ailments—including *cancer, diabetes, heart disease, kidney disease* and *obesity*.

How baking soda switches off cellular inflammation

To understand how baking soda cools inflammation you first need to know something about the specialized connective tissue cells (called mesothelial cells) that line your internal organs and body cavities.

These cells have little fingers, called **microvilli**. Microvilli get a sense for the surrounding environment and warn organs when there’s a microbial invader. This triggers the immune system to mount a protective inflammatory response.

But in people with autoimmune diseases, mesothelial cells may sense threats when there aren’t any. As a result, these cells may signal the body to attack a nonexistent invader through an inflammatory response.

This reaction can worsen rheumatoid arthritis or MS—or increase the risk of developing additional inflammation-related diseases.

The “Baking Soda Tonic” for good health

Scientists at the Medical College of Georgia found that after study participants drank a solution of sodium bicarbonate, mesothelial cells in the spleen no longer triggered an inflammatory response.¹

The researchers found that drinking a water and baking soda solution daily for two weeks caused the immune cells in the spleen, blood, and kidneys to stop promoting inflammation. Instead, they started reducing it. This “baking soda shift” can last for at least four hours.

This is crucial in controlling chronic inflammation which lies at the root of many common diseases.

The simple solution to soothe what ails you

Simple baking soda is leading to some profound breakthroughs about the basic anatomy and physiology of the human body.

Researchers have uncovered new, basic anatomical discoveries. The mesothelial cells and connective tissues were recently “officially” recognized as a “new” organ within the body due to their vital functions and roles.

After all, thanks to one of these investigations, we now know that preventing chronic inflammation—and the diseases associated with it—may be as simple as a daily dose of baking soda and water.

A Baking Soda Remedy

To make your own inflammation-thwarting concoction, here’s what you need:

Ingredients:

- ½ to 1 teaspoon of baking soda
- 8 ounce glass of lukewarm, BioVitale® water
- (This temperature will help the baking soda dissolve faster.)

Directions:

- Mix baking soda into water, stirring until it’s fully dissolved.
- Drink the entire glass quickly.
- Repeat this every two hours, up to six times a day.
- Add a twist of lemon to enhance the taste.

Use the Purification Test Strips (<http://clk2.us/3W>) to determine how much Baking Soda Tonic is required for you. Call my office 888-221-4116, for a free 15 minute consultation regarding what your test strips results mean and what you can do to feel better within days.