

## ACID – A TROJAN HORSE

“It has been a long time since I have had the title of a speech that makes me as happy as this one:

### ACID – THE TROJAN HORSE”.

*(Dr. Mary Ruth Swope  
Addresses an AIM International Convention)*

If you go to the dictionary to see the meaning of “Trojan Horse” you will find the second meaning is this: “a person or thing that is designed to undermine or destroy from within”.

If you have done even a little bit of study about the pH of our body and its effect on health, you know that excess acid truly is a thing from within that undermines or destroys the body. Most Americans are too acid for whole body health. Let me repeat that. Even individuals interested in nutrition that I have tested are still too acid much of the time.

Before I go further, let’s define the meaning of acid/alkaline. The acid or alkaline measurement in your body is classified in what’s called pH factors. pH simply means potential of hydrogen. The pH scale is 0-14 with 0 being the most acidic, 7 being neutral and 14 being the most alkaline. The ideal pH of body fluids that we are interested in are as follows: HCL (stomach acid) 1.0, saliva 6.5 and urine 7.0.

For comparison, here are other pH readings:

Water	7.0
Cola drinks	2.3
Fruit juice drinks	3.4 to 4.3
Gatorade	2.9

In our generation, doctors make diseases appear to be so complicated that the average person thinks that only a medical doctor of some variety can help us. This simply is not true at all. To understand the symptoms and the diseases that we are experiencing now is simply to understand acidity, alkalinity, toxicity and how the body responds to these conditions.

A respectable doctor has said that he believes there are 3 root causes of 99% of all disease symptoms. I do not doubt that he is correct. These are:

- Genetic weaknesses. Genetics passes on to us our strengths/weaknesses from one generation to another. It is not the factor that has the greatest impact on our health. I will not deal with this subject in this paper but just acknowledge that it exists and that it does have an influence from birth to death on a host of conditions that we deal with on a daily basis.
- Toxicity. This is a condition caused by substances that act like a poison and they make us toxic. Drugs are probably the #1 cause of poison.
- Over acidity. This is simply too much acid in our blood, saliva, urine and tissues.

I want to review both of these two latter situations. But first, I want to explain the true significance of the alkalinity/acidity of the body on self-healing and on the cleansing mechanisms that are already built into us by nature. This will give you an overview of how disease starts and of the extreme importance of keeping ourselves in pH balance.

I want to share with you the work of Dr. William Lee Cowden a graduate of the University of Texas Med School, a person who is board certified in Internal Medicine, Cardiovascular disease and Clinical Nutrition. He summarizes for us the effect of pH on all of the bodies’ systems. Everything Dr. Cowden says is true whether we are too acid or too alkaline. I’ll only use the word “acid” because that IS The Trojan Horse in America at the moment. Let’s take a look:

#### #1. THE CIRCULATORY SYSTEM:

Problems here cause more deaths than anything.

During conditions of excessive acidity (or alkalinity), bacteria, fungi or viruses can attach themselves to the inner wall of the arteries. This can cause a plaque to form which narrows the arteries and restricts the blood flow.

It also restricts the flow of oxygen and nutrients to the tissues being supplied by that artery. This, of course, is one thing that causes heart attacks and cancer. Cancer cells are anaerobic – they live without oxygen.

If excessive acidity is present, calcium can deposit in the arterial plaque and that makes the arteries stiff which can raise the blood pressure and eventually cause heart failure. Is blood pressure medicine the right answer? No! Eventually patients die of blood pressure complications when drugs are used to correct blood pressure. The cause was not corrected!!!

## **#2. THE NERVOUS SYSTEM:**

When brain cells are too acid (or too alkaline) they dysfunction. This keeps them from producing neurotransmitters which stops communication with adjacent brain cells. This can result with insomnia, anxiety, depression, neurosis, psychosis and impairment of memory. Since the brain is supposed to communicate through the spinal cord and other nerves to every cell in the body, every system can dysfunction if the nervous system malfunctions due to either too much alkaline or too much acid.

So if you can't sleep, are anxious, nervous, depressed, etc. check your saliva/urine to see if they are acid. DRUGS ARE NOT the solution here. They are acid and acid cannot be alleviated by taking in MORE acid!

## **#3. The Structural System:**

When we deplete calcium in our muscles from excessive exercise or for other reasons, we get muscle cramps. Calcium is needed to bind up the excess acid in our muscles. As calcium is pulled from the bone to neutralize the acid, the calcium stores become depleted and that causes osteoporosis, weakened and collapsed vertebrae and often poor back posture and back pain. Eventually the person ends up with degenerative arthritis. It's not as complicated as you think. Calcium stores can be replenished with the right diet and supplements!!

## **#4. THE DIGESTIVE SYSTEM:**

The place where the body breakdown starts.

When the pH is too acid or too alkaline the cells lining the stomach and small intestine and those in the pancreas dysfunction and do not produce and release the digestive enzymes that we need. This results in indigestion, the production of gas, bloating and abdominal cramping. When this occurs nutrients do not get absorbed from the food and malnutrition can result in the presence of adequate food intake. Also, undigested foods ferment in the intestines causing real toxicity. We spend millions of dollars on anti-acid preparations which only complicates matters – which WILL get worse and CHRONIC if we don't change the root cause. **AIM's BARLEYLIFE**, of course, is the quickest, easiest solution to an acid stomach.

## **#5. THE INTESTINAL SYSTEM:**

Either too much acid or alkaline causes the colon cells to dysfunction. This results in diarrhea, irritable bowel syndrome, constipation or diverticulitis. A disturbed pH balance in the colon can also cause unfriendly microbes to grow and thrive and result in colitis and inflammatory bowel disease, including Crohn's and hemorrhoids.

Quite a list of symptoms being experienced by millions of Americans, eh? All of which can be corrected without drugs, surgery or other expensive measures.

## **#6. THE IMMUNE SYSTEM:**

When immune cells are too acid or too alkaline antibodies or cytacynes are impaired in production. As a result, the individual becomes susceptible to viral, bacterial, fungal and other infectious microbes as well as cancer. I can't stress enough the importance of strengthening your own immune system.

YOU ARE in charge – totally.

## **#7. THE RESPIRATORY SYSTEM:**

If pH is too acid or too alkaline microbes in the airways can grow more easily. This can cause bronchitis, pneumonia and sinusitis. This can result in asthma and increased susceptibility to cough and bronchial spasms. Think of all your family and friends who have these problems. Drugstore shelves are filled with money-makers geared at these symptoms all of which have side effects and weaken the immune system.

## **#8. THE URINARY SYSTEM:**

When we have too much acid, calcium can form crystals and stones in the kidney-collecting system. When these stones dislodge and pass down the urethra toward the bladder they cause excruciating pain.

## **#9. THE GLANDULAR SYSTEM:**

All of the endocrine glands produce hormones from enzymatic action. If the pH is too acid or too alkaline the glandular cells cannot produce and release sufficient hormones for our needs. This results in mood swings, blood sugar imbalances, fatigue, reproductive difficulties and other conditions.

From this brief summary of Dr. Cowden's work, you can see that it is absolutely necessary for our bodies to be in proper pH balance for every single system within us to function and create good health. It is true that the human body can heal itself through homeostasis by balancing the pH levels. Begin to prove this to yourself – and begin sharing this concept with friends and relatives. Why? Because AIM's BarleyLife is the perfect food to cause a quick and total answer to many of the symptoms we suffer from today. It is the ideal whole, instant, high octane, high alkaline food that causes sick cells to change to healthy cells.

Now, let's look at toxicity. Most of us have a lot of toxins in our bodies. We smoke. We drink alcohol. We drink impure water. We eat fried foods, especially deep fried foods. We eat rare meats (meaning meat with blood still in it), lots of pork, shellfish, catfish and chicken and turkey which are pumped full of drugs. Vegetables and fruits are sprayed heavily with toxic poisons. And now we have to contend with genetically modified foods and irradiated foods – both of which are going to produce very serious health problems including new diseases. This is my belief.

We take over-the-counter, under-the-counter and street drugs to the tune of billions of dollars worth annually. And don't forget the dog and cat dander, dust mites, molds and a host of other allergens. We still haven't learned that microwave energy was never intended by God to be used by human beings. So we stress the heck out of our immune systems to compensate for microwave cell assault by both microwave ovens and cell phones!!!

Other sources of toxins that are acidic include the air we breathe, body hygiene products, household cleaning products, building materials, furniture chemicals and thousands more. The major components of our present diet produce toxicity – an overall term which means poison and which includes mucous accumulation from such foods as dairy products, complex sugars, toxic metals, mineral deposits and environmental irritants.

So we are toxic. Whenever we ingest toxins from any source, in any amount, we feel some shade of "lousy". What makes us feel lousy? What is happening? Our energy is shifted from helping us do what we want to do and need to do-- to what it has to do to keep us living. Our body's resources are totally redirected from digestion and assimilation to handling our toxic problems.

Our immune system, made up of Army/Navy/Air Force/Marine Corp/Coast Guard and Green Berets "protectors" inside of us – all have their pre-programmed functions. So the T cells, B cells, phagocytes, leukocytes, macrophages, and many other workers represent a great arsenal – stockpiled with ammunition for releasing and processing released toxins. These represent magnificently designed mechanisms that attempt to transport these toxins from the main blood circulation in our bodies. They try to stuff or store these poisons in less critical tissues and cells to places like our bones and our fat cell deposits.

They may stay there for years, acting like "landfills" to keep the poisons out of the mainstream of activity. But overflow they will. An illustration is with acne during teen years. The pus stays in the fat cells. **BarleyLife** will pick it out and heal the skin – beautifully.

The time comes when we can't maintain our health until we go through a catharsis of some kind – something that causes a slow, steady release of the poisons that are burdening our bodies and weakening us.

If I mentioned all the foods in our diet that I feel are too acidic and really bad for us, the list would be very, very long. But I must mention some of the things that I feel are our greatest enemies.

The foods that we are eating made from white flour (white bread, macaroni, noodles, pizza dough, pie dough and so forth) act like glue in the tissues of our body. This causes plaque to build up and it is acid plaque. This leads to inflammation and congestion of tissue and can lead to tissue death. So instead of living 120 years as was the original plan, we cut it down to 60, 70, 80, etc.

Cola drinks are among the worst offenders in the diet. Their toxicity is beyond any other food that we eat. Most soft drinks are in the range of 2.3 to 4.0 on the pH scale. A biochemist has made the discovery that it takes 32 glasses of alkaline water to neutralize the acidity of one Coca Cola, for example.

A third food that needs a special recognition as a Trojan Horse is sugar. Not only is sugar acid but it is a narcotic and creates addictions. It fills our tissues with toxins that inflame, infect, imbalance and create dreadful havoc to our cells, tissues and organs. I have left out ulceration, tumors, cancers and other cell degenerative conditions in mentioning the disadvantages of sugar. Make sure to take note, and, if possible, make a change in your consumption of sugar.

The human consumption of cow's milk leads to mucous-forming substances stored in all tissues but especially in your sinuses, throat, thyroid, lungs, muscles, liver, kidneys and the skin. It only takes two weeks to get completely clear if you discontinue cow's milk. Goat's milk is good for us. For interesting reading, visit this site: [www.notmilk.com](http://www.notmilk.com)

The body tries to purge itself of these toxins and many of them are given labels as if they were diseases when they are nothing more than the elimination efforts of the body to get clean – to rid itself of dying or dead cells.

Many other foods could be mentioned. You know them. But are you willing to give up French Fries, all kinds of chips, ice cream, candy bars and plain chocolate? Some will be forced to! It would be nice if you could make the choice so you could have a better quality of life.

Toxins build up within cells (in other words intracellular) and around cells (interstitially), in the vascular system, in the organs and glands, in the bowels and in the cavities of our body. Combine this with an over acid diet and you get inflammation, ulceration, tumors and eventually cell degeneration and cellular death. The signs that indicate toxicity are ever present. Bad colds, flu, lymphatic conditions, lung conditions, gastrointestinal conditions, infections (to name a few) are all symptoms of accumulation of toxicity in the body.

As already indicated, your immune system and or parasites act upon this toxicity. The parasites feed upon the toxins and this is often mistakenly called an autoimmune disorder. I would like to point out here that I believe it would be good for all of us to work on cleansing our system by several means. It is good to go on a liver cleanse, a kidney cleanse, a gallbladder cleanse every 6 months or so. And certainly fasting is a wonderful way to clear out toxins and get rid of an over acid situation. Even fasting two meals a day in a 24 hour period once a week greatly improves the level of toxins in the body. I highly recommend it. I've been doing this for over 20 years now. It works!! And my **ROOTS AND FRUITS OF FASTING** book tells you all you need to know to get started and end successfully.

Hippocrates, the Father of medicine, as well as Socrates and Plato, used fasting as a viable treatment to facilitate nature's self healing processes for eliminating a large number of diseases. A few modern doctors are just now accepting fasting in that same way.

People can fast away conditions such as allergies, asthma, bursitis, hay fever, high blood pressure, kidney disease, nervous exhaustion, obesity, poor circulation, rheumatism, schizophrenia, skin disease and stress.

It is also a successful treatment for anemia, any "itises" diseases, diabetes, gall stones, hypertension, insomnia, peptic ulcers, tumors and just about anything. This is only a partial list of conditions that I compiled from several books, tapes and a video that I used in writing my **ROOTS AND FRUITS OF FASTING** book. I hope some of you will try it for it has many benefits besides ridding your body of toxins.

Probably the most important methods of ridding the body of toxins is this one I am mentioning last – colon cleansing. **AIM International** is a company that offers an excellent fiber formula. Known as **AIM Herbal FiberBlend**, this amazing product has helped many to establish a healthy colon.

Recently I was in a group of health minded people and a gentleman was speaking. He said, "I have never found a better colon cleanse than **Herbal FiberBlend** produced by **American Image Marketing Company** of Nampa, Idaho. "I didn't realize until a few hours later that this was a medical doctor speaking so it made me very happy to have had that experience.

Keeping our colons clean is more important than possibly any other single thing we can do to detoxify ourselves. My recommendation is to use a combination of **Herbal FiberBlend** along with **BarleyLife**. No need to improve your nutrition if your colon is totally clogged with toxins that the nutrients can't get through to the blood stream.

So let me summarize about toxicity and acidity. About all I have said so far is that **acidity of our tissues is a Trojan Horse – something that can and will destroy us from the inside, if we do not take action.**

First, in order to maintain health and vitality all of our body fluids should be alkaline except the stomach gastric juices which are acid. I am assuming that most of us have at some time in our education known about the digestion of food. It takes alkaline digestive enzymes and fluids to finish the job of digesting after the hydrochloric acid and the gastric acid juice has broken down the protein in the stomach. Many people do not have enough HCL and yet many are taking anti-acids. Wrong Choice!!

Secondly, in plain English the bottom line is: Our present diet is mainly acid forming foods – meats, grains, dairy products and eggs. All of these foods lead to acidemia which is acid in our blood.

Let me repeat - all foods that we eat burn leaving either an alkaline ash or an acid ash when they are completely digested. The dominating inorganic minerals in the food determine what the pH will be. Acid foods leave more phosphorous, manganese and sulfur compounds which push out your alkaline minerals like calcium, magnesium, sodium and potassium. Acids crystallize irritating and inflaming tissues. These crystals become deposited throughout the body causing continued inflammation, irritation and stimulation or agitation.

An example of this would be uric acid which is a byproduct of meat metabolism. Uric acid buildup causes gout and other inflammatory conditions throughout the body. There are many other acids formed from food digestion and the more acidic your body becomes the more damage you create within it.

The bottom line statement about this Trojan Horse is this:

**Almost all tissue failure begins with acidosis and toxicity.**

Let's talk for a minute about the solution to the problem.

I have a list of my own suggestions to help with the healing of common symptoms and here they are:

- Take plenty of **BarleyLife** everyday – from 1 teaspoon to several tablespoons depending upon your condition. This is number one if you are acid.
- Use up to 6 tablespoons a day of freshly squeezed lemon in your drinking water – and of course we are talking about a minimum of 6-8 glasses per day being adequate. Fresh lemon works quickly to alkalize your body.
- Daily eat a source of L-acidophilus bacillus or any mixture of friendly bacteria. **AIM's FloraFood** is an example of a good product for the intestines. We can't be healthy without friendly bacteria in our gut.
- One table spoon raw pumpkin, sunflower seeds or flax seed a day with a palm full of almonds is an excellent health producing habit to form.
- Add 2 or more capsules of **AIM's Bear Paw Garlic** to you daily routine.

I would like to share with you the work of Sam Queen and his medical group from Colorado Springs. They worked as a team for 20 years before they reported their research to the medical profession about 6 or 7 years ago. The recommendations that group makes to the public for improving their health include 8 points.

1. They asked patients to begin eating cultured dairy foods. In their list they include plain yogurt, cottage cheese, soft cheeses like Bleu cheese, Muenster, Havarti and Swiss as opposed to hard cheeses like Cheddar. Kefir is acceptable but should be used sparingly to flavor yogurt or cottage cheese. It is quite sweet for use in large quantities.
2. They recommend regularly eating seeds – pumpkin, sunflower, flax seeds or soy.
3. They believe we should start our day with a breakfast and that breakfast should have a protein food in it to help us start our day.
4. Since coffee, milk, colas and most of the fruit juice drinks are too acid they believe that we should decrease our intake of these to as near zero as possible.
5. Red meat, white flour, white rice, white anything including sugar all burn acid so those foods are to be eliminated as much as possible.
6. We suffer from chronic stress due to over scheduling of our time. They asked every patient to study the way they spend their time and allow more time for rest.
7. We get little physical exercise. So they tout exercise in a big way. I was surprised the other day to hear Dr. Francisco Contreras list in his top 3 causes of cancer a lack of exercise. I see now that exercise increases the amount of oxygen in the blood and cancer cannot live in the presence of oxygen. So it is an important item to consider. The 3rd cause is emotional health. One minute of anger poisons our cells for 45 minutes. One minute of laughter nourishes us for 24 hours.
8. We are daily exposed to environmental toxins. They feel it is very important for us to eliminate all of these that we can – and there are many that can be eliminated without any problem.

All of these items are related to acidemia (acid blood) which is the cause of the breakdown of the body at its first stages.

### **TEN REASONS TO AVOID AN ACID pH**

The Specific Harm Caused By An Acid pH:

1. Corrodes arteries, veins and heart tissue
2. Accelerates free-radical damage and aging
3. Causes weight gain, diabetes and obesity
4. Inhibits metabolism of stored energy reserves
5. Causes cholesterol plaque to form
6. Disrupts blood pressure
7. Disrupts critical lipid and fatty acid metabolism
8. Inhibits cellular regeneration and DNA-RNA Synthesis
9. Inhibits oxygen getting to the tissues
10. Inhibits life giving electrolyte activity

Question. Does everyone need the same solution? No! We have biochemical individuality from the gene pool we receive from our parents. Disease comes to our weakest parts – so we have to personalize evaluations.

When we reverse acidemia, that will begin to get rid of free calcium excess so you can expect to see change in symptoms like spurs on your heels/ bursitis/ gall stones/ kidney stones/ hypertension/ cancer/ arteriosclerosis/ angina/ poor vision and so forth begin healing.

When acidemia and free calcium excess are taken care of, chronic inflammation (the second stage of breakdown) is less problematic. So you begin to get free from all the symptoms that end in “it is” – arthritis/ hepatitis/ sinusitis/ rhinitis/ bronchitis and so forth.

And now for the final portion of this presentation. How can you test your own pH level, or can you? There are two tests that I know of to ascertain where you are in terms of the pH level of your saliva and your urine. You can use pH paper secured from your local drugstore or health food store. Look for a product made by Lamotte called Bromthymol blue indicator. Just follow directions on the box.

I am sure you feel that I have kept you long enough but there is one more thing I want to say. Our emotions play a great part in the acid/alkaline level of our cells. Anger, bitterness, hate, unforgiveness, depression, jealousy are a few of the major emotions that change body fluids to an acid condition. Dr. Contreras said on TV a few days ago, one minute of anger causes six hours of hormonal havoc; one minute of laughter produces 24 hours of good results.

And what is the answer to strong negative emotions? You will be surprised to learn that prayer changes acid fluids to alkaline. The more fervent the prayer the greater exchange. Also, the work of Dr. Carl Peterson of Oral Robert’s University has confirmed that praying in tongues or praying in the spirit as Saint Paul called it, in 1 Corinthians, also produces two wonderful hormones (endorphins) in the hypothalamus gland that causes body fluids to become alkaline in nature. Couldn’t you have guessed that God would give us means of staying healthy without having to visit medically trained people? I trust all of us will take this more seriously.

A final word. The same doctor who said he believed after many years of practicing medicine that our diseases stem from 3 major causes – genetic weaknesses, toxicity and over acidity made the statement that in his experience of 40 years with patients he believed that 99% of our illnesses can be overcome by correcting those conditions. So I leave you with these thoughts:

Do you want to become alive again?

Do you want to regenerate yourself?

Then alkalize. Alkalize. Alkalize. That is NOT a TROJAN HORSE.

And now we’re back to **BarleyLife** and **AIM Corporation**.

THE REST IS ENTIRELY UP TO YOU!!