

HEALTHY LIVING EDUCATION SERIES
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APRIL 12, 2007

THE IMPORTANCE OF AN ALKALINE DIET

Albert Einstein stated: "Great spirits have always encountered violent opposition from mediocre minds".

Mahatma Gandhi stated: "First they ignore you, then they laugh at you/then you win,"

Max Planck (German physicist) stated: "A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it".

LET US EAT OUR ALKALINE MEAL

The carbohydrates, proteins and fats after consumption of many foods good or bad, through oxidation or burning create organic acids: carbonic, uric, lactic, fatty, ammonia. An alkaline diet rich in fruits and vegetables provide inorganic alkaline minerals like sodium, calcium, magnesium, potassium which helps to dissolve the above mentioned acids. If there are not enough alkaline salts in the blood then acids precipitate in the joints creating arthritis, gout etc. Excess acids build up in the biological terrain. Millions of Americans are ill. The American health care system is no longer able to address chronic diseases in America, but very good for crisis.

EXPLAINING THE PH (Potential Hydrogen's)

- ✓ We are born with a pH of 7.44, as we get older the pH drops to 7.35-7.45. The difference of 0.09 seems small, but pH is logarithmic.
- ✓ The internal environment of our bodies is maintained at a pH just above 7
- ✓ Means reserve of alkaline minerals
- ✓ Symbol for the logarithm of the reciprocal of the hydrogen ion concentration S
Best work with pH 7.35-7.55 (pH of 5 means 10 times more acid than 6)
- ✓ Monitoring the pH, first morning urine check
- ✓ Proper chemical equilibrium controlled by lungs, kidneys, intestines, skin. V
Check all your vitamins (Vit. C).
- ✓ Infections, pollution and improper digestion burden the immune system, increase cortisol, adrenaline and insulin, messengers of distress which increase the acidity intracellularly
- ✓ Acid forming elements predominates over alkaline forming elements
- ✓ Acid forming diets: meats, cow's milk, poultry, eggs, grains, legumes(peas and

beans). Restore health 80% alkaline, maintain health 60%.

- ✓ When the pH is unbalanced, the cells are systemically and chronically affected leading to organ dysfunction

THE ALKALINE WAY INTRODUCTION

- *Understanding the benefits of alkaline water.*
- *Take out your book the Alkaline Way*
- *Detoxification and alkalizing*
- *Home Care;*
 - ✚ Increase oxygenation/Breathing exercise
 - ✚ Increase water intake and quality of water, (mineral waters : Gerolsteiner, San Pellegrino, Penta, Narowi, Alkalark, Ionized Waters)
 - ✚ Bath with Epsom salts, dead sea salts, sliced fresh ginger
 - ✚ Skin brushing, sweating: infrared and steam saunas with ozone
 - ✚ Increase bowel movements, colon hydrotherapy
 - ✚ Apple cider vinegar, citrus, tomatoes create an alkaline tide, decrease fungus and cancer cells
 - ✚ Zeolites/Natural Cell Defense
 - ✚ Less fats , less proteins more alkaline (cow vs. goat products)
 - ✚ Goat's products alkalinize the digestive system, contains LGlutamine, alkalizing amino acids
 - ✚ Alkalark

THE STANDARD AMERICAN DIET

SAD-SAD-SAD-SAD-SAD-SAD-SAD-SAD-SAD-

The "alkalarian approach" to diet offers a simple, basic understanding of what causes acidity within our bodies (meat, dairy, sugars, caffeine, alcohol), an hostile environment to achieve health*

BENEFITS OF AN ALKALINE DIET: an alkaline internal milieu pH is required to:

- ✚ Have ideal chemical functioning
- ✚ Achievement of optimum health
- ✚ Neutralizes excess metabolic acids
- ✚ Sustain health & repair mechanism
- ✚ Immune competence, decrease infections
- ✚ Energy production,
- ✚ Mineral depletion to stay alkaline
- ✚ Damage protection/increase lactic acids/cancer

THE IMPORTANCE OF AN ALKALINE DIET

- ✚ Less fats, less proteins more alkaline (cow's vs. goat products)
- ✚ Goat's products alkalinize the digestive system, contains LGlutamine, alkalizing amino acid.
- ✚ You know you are acid when the mosquitoes won't bite you, metals change

color on your skin and you have nail fungus and repeated yeast infections.

THE FIVE PRINCIPLES OF THE ALKALINE WAY:

1. Eat an abundance of lively foods: increase enzyme, improve digestion
2. Eat well and amply from the healthy balance of your nonreactive foods, observe the lactose and gluten free diet (inflammation)
3. consume as wide a variety as possible
4. enhance essential good fat intake
5. consume enough fiber and pure water, coconut, chestnut

DEMYSTIFYING COLON CLEANSING

BY SAKILIBA M. MINES, MD

The integrity of your gastrointestinal tract plays a primordial role in maintaining and sustaining health. Even a slight dysfunction in the bowel can produce enough toxicity to turn it into a breeding ground for infection of other organs and to induce chronic diseases. The elimination of toxicity from the body and especially the colon is the most important part of any healing strategy.

In their zeal to become so sophisticated and to use the latest pharmaceutical drugs to suppress the symptoms, medical doctors have overlooked the fundamentals. As a matter of fact they have regressed in abandoning the notion that cleansing the colon helps to keep every organ working efficiently, such as the immune system, the liver, gallbladder and kidneys. The Egyptians recognized that colon health was a key factor in overall wellness and the Papyri document colonic equipment made of baskets, straw and cotton. Many indigenous cultures who attained optimal health, took special efforts to cleanse the colon.

A review of the literature furnishes much documentation that medical doctors in the past believed that colon diseases or bowel toxins played a profound role in autointoxication of the body. In the twentieth century, in the journal of American Medical Association the use of colon cleansing and its successful outcome are described. Colon congestion and toxicity leading to ear, nose, throat and lung infections, arthritis and many other ailments are reviewed.

In our evolutionary past, it is unlikely that our ancestors had the plethora of intestinal problems that we "are experiencing today: diverticulitis, diverticulosis, Crohn's disease, ulcerative colitis, Ulcers, helicobacter pylori, inflammatory bowel diseases, constipation, and cancers..

Classical colon hydrotherapy is *the* intestinal washing of the last 5 to 7 feet of ~ intestines or large intestine. The- Colon Hydrotherapy equipment has improved ■ tremendously over the last few years, and it is very efficient. Registered with the FDA, the current colon hydrotherapy equipment uses temperature controlled, filtered water, mixing and back flow prevention valves, and is very safe. There is no pressure except from gravity. The procedure uses single use rectal tubes the size of a pencil. To undergo a session of colon hydrotherapy is cleansing and comfortable. The patient's modesty and dignity are always maintained. The small amount of water repeatedly delivered during one session of 30 to 45 minutes is sufficient to promote several evacuations of waste during one session, between 3 to 5 lbs depending on the amount stored, but your colon needs multiple sessions to be fully cleansed and detoxified. Colon hydrotherapy is like water aerobic exercise, the colon is a large band of muscles and its tone will greatly improve with the cleansing, also improving digestion, absorption and elimination. The most important supplement to maintain friendly bacteria while cleansing the colon is acidophilus, an implant of this flora is done after each colon cleanse. Acidophilus produces its own vitamins which are absorbed in the blood; synthesize many of the B vitamins, including biotin, folic acid and 612. Acidophilus increases the absorption of calcium, phosphorus and magnesium, helps to normalize the cholesterol level in the blood, produces digestive enzymes, generates large amounts of lactase, may assist persons with lactose intolerance, helps maintain bowel regularity. There are over three

pounds of intestinal- microbes, forming 30 to 50 per cent of the dry weight of the stool giving it its texture and odor. The colon has a delicate balance of friendly and pathogenic bacteria, your diet will determine which one will take over. Diet rich in probiotics, such as fermented foods, low protein diet, and natural high fiber foods favor beneficial bacteria. A diet high in sugar, processed foods and white flour products promote a negative atmosphere for friendly bacteria and lead to intoxication of the colon, constipation, precancerous conditions.

Research has shown that the rectal instillation of fluids will stimulate gallbladder contraction and emptying.

What about coffee enemas? Morton Walker, DPM, -Dr. Max Gerson, scientists and physiologists have shown that coffee in the colon enhance liver function and in turn promote the excretion of metabolic waste. While the brewed organic coffee is retained in the colon for 10 to 15. minutes. All the body's blood passes through the liver every 3 minutes. The blood serum and its many components is detoxified, as this vital fluid passes through the caffeinated liver, there is flushing of the toxic bile and an increase by 700% of Glutathiohe-S-Transferase(GST), your natural antioxidant which quenches free radicals.

More about the Brain-Gut Connection. The enteric nervous system is now recognized as a complex, integrative brain of its own, called by Dr. Michael Gershon, Columbia University, A Second Brain. Provided that the vagus nerve is intact, a steady stream of messages flow back and forth between the brain and the gut, the balance of power between the two nervous systems is of great scientific interest. Because the neuror transmitters and neuromodulators of the brain are always present in the bowel, drugs like antidepressants are more likely to have enteric effect. Just like we want to keep a clear head, our clear colon may respond with more appropriate signals.

The Integrative Approach of the 21st century is a state-of-the-art paradigm, integrating the wisdom of traditional medicine and modern scientific research. The good news is that you have access to a medical facility which specializes in detoxification with physician and technicians at your service, experts in colon cleansing to make the process an educational and enjoyable experience.

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DETOXIFICATION IN A TOXIC WORLD

Sakiliba M. Mines, M.D.

OUR TOXIC WORLD

- My goal is to help humanity to return to a more natural and safe mode of living and eating and to be free of diseases.
- A toxin is any agent entering the biological terrain producing a deleterious response in a biologic system (common food chemicals, pesticides, heavy metals and more). Toxins originate from various sources-industry, manufacturing, burning, waste processing and the like, most toxins are synthetic, man made compounds that are found in our homes, our drinking water, our air, our soil
- We inhale 5000 gallons of air each day
- Our bodies have exceeded their toxic load
- For decades scientists have been studying the effects of pollutants in our air, water and soil. Now the effects of these same pollutants or toxins on the human body are being studied and the findings are extremely troubling. Researchers have discovered that toxins lead to a toxic state of the human body resulting in the onset of a myriad of diseases
- Toxicity begins in the womb
- Multiple environmental toxins have damaged the following systems of the human biological terrain :

The Digestive System

- Dysbiosis (Leaky Gut Syndrome)
- Inflammatory Bowel Syndrome (IBS)
- Gluten Sensitive Enteropathy (Celiac Sprue)
- GERD, Constipation, Diverticulitis
- Pancreas (Diabetes Mellitus, Pancreatitis)

The Immune System

- Asthma, Allergies, Cancers and Chronic Diseases
- The Neurological System (The Second Brain)
- Cognition, Memory, Sensory and Motor Dysfunction

The Endocrine System *

- Adrenal (AAAM^CM^LU^)
- Reproduction / -fZ^pv^S^^ .
- Libido %ej£ VB^VVVO^&A
- Metabolism

Air, Water and Food (global concern)

- 1460 metric tons of airborne toxins travel the jet stream around the world
- Americans-116 toxic chemicals up from 27 in 2001
- Asia- 1 million die from pollutants
- Sweden-increased risk of diabetes linked to exposure to PCBs and insecticides

ASSESSMENT OF THE TOXIC BURDEN AND OF THE DETOXIFICATION CAPABILITY

Evaluation by the Integrative Physician

History and Physical (exposures, mother's condition) Integrative
Nutritional Assessment (Diet Pharmacy)^ Laboratories: RBC
■Element^■ "RiBC Analysis, 24 hums uine

heavy metals, Executive Panel, plus specialty lab& «

- NES-Professional (analysis & repair of the biological terrain) The PH
- balance Evaluation (Urine \$Aie%MriC£LU %U3^)^ Detection of
- Intolerances by NES-Professional — * Detection
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Comprehen

of Allergies (ELISA-ACT) - £/fcS-

Allergies f8tamp