

## Scientists Find Surprising Way To Prevent Pain

(NAPS)—What do heartburn, periodontal disease, fibromyalgia, diverticulitis, irritable bowel syndrome (IBS), interstitial cystitis (IC), gout and even osteoporosis have in common? A growing number of doctors are getting to what they believe to be the heart of a common contributor to the pain from these diseases—body acidity.

As we age, our bodies naturally become more acidic. This is because we cannot absorb calcium, an alkali mineral that balances the body's pH, as easily as when we were younger. Then, many make a bad situation worse by consuming acidic foods and beverages, which can lower the body's pH even further.

For example, the body's blood pH should be close to neutral at 7.0 pH, but the following foods and beverages are high in acid content with low pHs:

- Coffee and Tea, 4.7 to 5.3 pH;
- Tomato Products, 3.0 to 5.3 pH;
- Wine, 3.0 to 3.5 pH;
- Citrus Fruits, 1.5 to 3.0 pH.

Consuming these foods and beverages can raise the acidity in blood, urine and saliva.

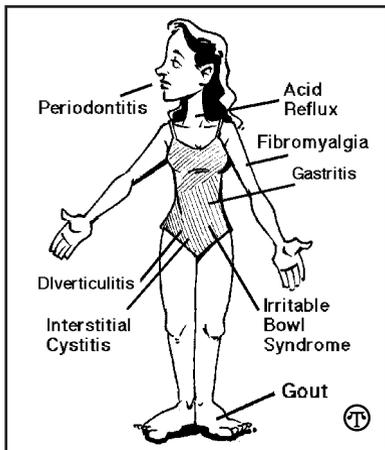
Interstitial cystitis, a urinary disease that causes frequent and painful urination, currently has no cure. However, IC patients report that, if they reduce the acid levels in their body and in the foods and beverages that they consume, the pain subsides.

Patients who suffer from irrita-

the acid levels in their bodies, the pain can be reduced.

One medical professional, Dr. C.R. Anderegg, a practicing periodontist in Bellevue, Washington, conducted a pre-clinical study over a six-month period with 10 severe cases of gum disease or periodontitis. He treated these patients with an acid reducing toothpaste and measured gum bleeding, an indicator of this disease. He reported that these patients had a 90 percent reduction in gum bleeding and inflammation. One theory is that when the pH in human saliva is raised to a neutral level, the bacteria that cause periodontal disease can no longer survive in the mouth.

So if acid is the key, why not take plenty of antacids? First, many popular brands contain artificial ingredients such as aluminum hydroxide, which has been suspected to cause Alzheimer's Disease. Second, many antacids contain large amounts of calcium, which is hard to absorb and, when consumed too heavily, can cause constipation, kidney stones, bone spurs and certain kinds of arthritis. A natural alternative to antacids exists with a new group of dietary and food supplements that reduce body acidity with highly effective, natural ingredients that have no negative side effects. For more information call 800-428-2637. Before taking any supplements, check with your doctor.



**There are natural ways to try and reduce the body's acidity, which can help with diseases that cause pain from head to toe.**

ble bowel syndrome, diverticulitis and fibromyalgia also report that the symptoms of these diseases may be reduced when they lower their body's acidity levels.

Osteoporosis may have more to do with high acidic levels in the body than with the amount of calcium intake from dietary sources. Some experts believe that if the body is out of balance pH-wise, it will try to neutralize its pH by accessing calcium from either dietary calcium or bone mass, whichever is more available.

Gout is caused by uric acid forming crystals that settle in the body's lower extremities. When gout sufferers significantly reduce