Dear Friends,

In this issue we present information on the important of pH balance and how to achieve this with plant enzymes for optimum digestion and with Dual Pair Biomagnetic Therapy, the method of Dr. Isaac Goiz, M.D., of Mexico.

To your health!

Lita

A Time for Renewal and Reawakening

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On the pH of Water and of the Body: Questions and Answers from Drs. Ray Peat & Lita Lee

Dr. Lee: What do you think a healthy pH of water should be? A client is drinking alkaline water (pH 9 or so) because someone told her that her tissues were too acidic. Her 24-hour urine was way too alkaline. Also, she eats a low protein diet, which alone can cause this. I don’t understand why people think they should drink alkaline water. I know the pH changes throughout the body, so I don’t understand why people say they are too acidic or too alkaline. I always ask where in your body are you too acidic or too alkaline? Does this mean that you agree high pH water is good because of the minerals? Also, do you think that systems that make water alkaline are good?

Dr. Peat: I don’t think it’s the pH that matters, but the actual mineral content. That is, a little lye would give a high pH, but no physiological benefit; buffered salts with a neutral pH could be very beneficial. I wouldn’t want water treated with a system to make it alkaline — it might be harmful in itself, and it would be a financial benefit for crooks.

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Hard, mineralized water seems to be good for the health, partly because it doesn’t pick up metals from the plumbing, and the alkaline minerals, even sodium, have some value for sparing magnesium and protein especially during stress. I think the 24-hour urine should be pretty acidic (6.3–6.7 is optimum), from a good protein intake, but the saliva should be just a little under 7, reflecting a good carbon dioxide content. There are lots of pH cults. Healthy cells use oxygen (“acid source”) and produce carbon dioxide (a Lewis acid), and are resistant to stress. Cancer cells are more alkaline (from producing lactate instead of carbon dioxide) than healthy cells, contrary to popular pH cult beliefs.

How Can We Balance the pH of Our Body?

There are two scientific ways that you can use (Continued on page 2)
How to balance pH with the Loomis 24-hour urine test

The Loomis method requires collection of all urine produced in 24 hours. These fluctuations are averaged to give a complete picture of digestion, absorption and assimilation of foods. Looking at a Loomis 24-hour urinalysis is also a sneaky way of peeking at the blood. Why? The blood holds nutrients it needs and dumps what it doesn’t want into the urine. If a substance should be in the urine but isn’t there or is low, we know the blood needs it and has kept it. Conversely, sometimes we see higher levels of substances in the urine than should be there, plus substances that shouldn’t be there at all (abnormal solutes). This tells us that the blood has dumped them. [http://www.litalee.com/shopexd.asp?id=181](http://www.litalee.com/shopexd.asp?id=181)

This test is prognostic rather than diagnostic. In other words, you can predict what lies ahead if you do not optimize your diet and digestion. Enzyme deficiencies lead to deviations in the normal physiology characterized by inflammatory conditions. If left untreated, these conditions may lead to diseases. There is an enzyme connection to all health problems.

The Loomis 24-hour urinalysis determines enzyme and nutritional deficiencies. Do not confuse this test with the 24-hour urinalysis test that is done by medical doctors to determine kidney function, or with the Reams urinalysis test, which is based on a single random catch and varies widely according to whether the person has recently eaten. Urine samples collected every two hours will be significantly different because

everything changes: the pH, specific gravity, calcium content, and so on.

A Summary of What the Loomis Urine Test Reveals

The urinary pH: When a healthy person eats, the urine becomes alkaline from the alkaline tide, the body’s method of dumping alkalinity to compensate for hydrochloric acid losses during digestion. In a healthy person, the first morning urine is acidic because of the prior eight hours of fasting during sleep. The acid reserves are then released during the first meal and the urine then becomes alkaline. In a 24-hour volume, the average pH range in a healthy person is from 6.3 to 6.7, reflecting good protein digestion. Most people are more acidic (lower pH) than 6.3, while fewer are more alkaline (higher pH) than 6.7. Of the two, it’s better to be more acidic than alkaline because the body has more buffer systems to handle excess acidity than excess alkalinity. The further from optimum the 24-hour pH, the more potential problems. For example, excess alkalinity leads to calcium metabolism problems, anxiety, immune system dysfunction and other symptoms associated with protease deficiency.

Specific Gravity compared to Volume: The normal 24-hour volume should be greater than 800 ml and less than 2400 ml with an optimum range of 1200 to 1800 ml. Forced liquid intake is not healthy. The kidneys can only handle about 1/2 cup an hour. You can determine the kidneys’ ability to concentrate urine or lack of it by comparing the urine volume to the specific gravity. By comparing the specific gravity to the volume, we can determine the following.

Polyuria (excess urine volume above 2400 ml): This may - mean the patient is drinking too many liquids, eating a junk food diet, taking diuretics or is salt deficient.

Oliguria (inadequate urine volume of less than 800 ml): This may mean the patient is not drinking enough liquids, is dehydrated, has gastric problems or is recovering from fever or vomiting.

A high specific gravity with a high or normal urine volume: This indicates the presence of abnormal solutes such as glucose, protein and so on. These can be determined by looking at the Chemstick.

A low specific gravity with a low or normal urine volume: This indicates difficulty concentrating the urine. This means

(Continued on page 4)
Using Dual Pair Biomagnetic Therapy, the Method of Dr. Isaac Goiz, M.D., to Balance the pH of the Internal Organs

Dual Pair Biomagnetic Therapy is a remarkable healing method developed by Dr. Isaac Goiz, M.D., from Mexico who also did surgery, acupuncture and homeopathy until he discovered this method.

Biomagnetic Therapy is a comprehensive alternative therapy for diagnosing, healing and preventing disease. Biomagnetic Therapy uses both the North and the South poles of 1,000 or more gauss magnetic pairs to neutralize the pH of the internal organs in about 15-20 minutes. A Biomagnetic Pair (BMP) is created when two specific areas in the body are energetically connected and resonate with each other. Each BMP neutralizes the pH of the area in 15-20 minutes, causing the pathogens to die since they cannot survive in a neutral pH. Cells become healthy and the body starts healing itself, surprisingly fast.

Dr. Goiz discovered that viruses and fungi live and grow in an acidic environment whereas bacteria and parasites live and grow in an alkaline environment.

Currently, Dr. Goiz has identified more than 350 pairs that cover most of the glandular dysfunctions, diseases, syndromes and illnesses such as diabetes, cancer and HIV. In general, common diseases are healed by a single Biomagnetic Pair (BMP). Complex diseases are the result of association of two or more BMPs. He says that all of the diseases we think we have cured from vaccines are still here but they manifest very different symptoms from the original disease. These include yellow fever, dengue, syphilis, leprosy, TB and many more.

Dr. Goiz has cured 99% of 350,000 patients. He has more than 16,000 students worldwide. Dr. Goiz teaches his therapeutic method in a five-day workshop.

Dr. Goiz is the author of three books: *The Biomagnetic Pair (1992), AIDS is Curable (1993)* and *Tumor Phenomenon (2004)*, which describes his discoveries about the etiology of cancer. Currently, Dr. Goiz teaches at the University of Chapingo in Mexico City.

Dual pair Biomagnetic Therapy is totally different from magnetic therapy — the only similarity is the use of magnets. Magnetic therapy has been applied with one polar principle just for dysfunction or injuries under two concepts: South pole as analgesic, North pole as anti-inflammatory. The magnetic fields used for this purpose are of low intensity (between 100 to 500 gauss) and are applied for longer periods of time, hours or days, and in areas that show specific symptoms.

References:

http://www.biomagnetismusa.com


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“If we were talking to you on your first day here we would say, “Welcome to planet Earth. There is nothing that you cannot be or do or have. And your work here — your lifetime career — is to seek joy.”

— Abraham (Ester and Jerry Hicks)
that the kidneys are not cleansing the blood due to a congested lymphatic system. This can lead to swollen glands, allergies, frontal headaches and nausea.

**Chlorides:** A healthy person will dump chlorides to compensate for excess acid reserves or hold chlorides to compensate for excess alkaline reserves. Thus, normally we should see a low (acid) pH with high urinary chlorides or a high (alkaline) pH with low urinary chlorides. There are common variations of these patterns. For example, people can become electrolyte deficient (potassium, sodium, chlorides, etc.) because of a junk food diet or taking diuretics. This produces an acid pH with low chlorides and polyuria. This can also occur in a person who is salt deficient, which is common since many people are told that they should not eat salt.

**Calcium:** Of all the nutrients measured in the urine, the calcium level is the hardest to correct because of the many requirements of calcium metabolism, including normal pH, adequate protein digestion, proper hormonal balance plus certain vitamins and minerals. Most of my clients are low in calcium, including those who eat organic whole foods and take calcium supplements, especially hard pills, due to poor digestion and poor absorption. The only way to maintain adequate calcium is to eliminate refined foods, which have been stripped of most nutrients, optimize digestion of calcium-containing foods and to balance the hormonal system.

**Vitamin C:** Vitamin C deficiency is very common in people who eat refined foods, women during pregnancy and lactation, children, immune suppressed people and people with many diseases. Most people confuse ascorbic acid and ascorbates with vitamin C. They are not the same. Vitamin C is a food. Ascorbic acid is a 6-carbon sugar, which is why it is sometimes used as a laxative.

**Indican:** The indican level tells the degree of colon toxicity due to poor digestion. The higher the indican, the greater the need for colon cleansing and plant enzyme therapy. Indican must be detoxified by the liver, but what is not detoxified passes through the kidneys and can be measured in the urine. The higher the indican level, the worse the potential health problems, such as gas, diarrhea, constipation, halitosis, hiatal hernia, skin problems, breast pathology, sciatica and so on. Dr. Ian Immerman found more than 100 different conditions associated with high indican levels. However, a zero indican is not good because it means severe sugar intolerance.

**Sediment:** The sediment test can help determine the multiple digestive enzymes needed. A normal 24-hour urine has about 1/2-ml of sediment, the “ash” resulting from digestion, absorption and assimilation of foods. Normal sediment is calcium phosphate, the result of carbohydrate metabolism. Malabsorption, decreased cell permeability and sugar intolerance reduce the sediment, sometimes to a trace or to zero. High sediment means poor use (assimilation) of food and may indicate fat and/or protein intolerance. Urinary sediment increases with fat or protein intolerance due to the presence of oxalates (fat intolerance) and uric acid (protein intolerance) in addition to the phosphates normally present.

**Abnormal Solutes:** This is the only part of the urinalysis test that is routinely done in a pathology lab. A chemstrip is dipped into the urine to check for abnormal solutes such as glucose, blood, protein, bilirubin, nitrites (bacteria), leukocytes (white blood cells) and so on. This test tells me when I should refer an individual to a medical doctor for a medical diagnosis.

**Digestive Enzyme List Determined by the Loomis 24-hour Urinalysis and Health History**


**Thera-zyme DGST** (Digest) (caps, powder or chewable): A pediatric multiple digestive formula for digestive problems and colic in babies.

**Thera-zyme HCL** (contains no hydrochloric acid): A multiple digestive enzyme formula for difficulty digesting sugar, protein and fat intolerance. For people who may be low in hydrochloric acid. Contraindication: gastrointestinal problems. People with gastric problems cannot tolerate high doses of protease with foods.

**Thera-zyme PAN** (Pancreas): A multiple digestive enzyme for people who are sugar intolerant (poor sugar digestion or who eat excessive amounts of sugar) and who may have environmental sensitivities.

**Thera-zyme Stm** (Stomach): A multiple digestive enzyme for people who have gastric problems (acid reflux, GERD, ulcers, frequent heartburn, etc.) and need to nourish the lining of the gastrointestinal tract. People with gastric problems can find relief by avoiding certain starches (carbohydrates which are: seeds, nuts, nut butters, grains (especially gluten), beans (except green), wheat, rye and barley.

**Thera-zyme VSCLR** (Vascular): A multiple digestive enzyme for people who have trouble digesting fat and who may have health problems such as high blood pressure, high blood sugar and weight problems.