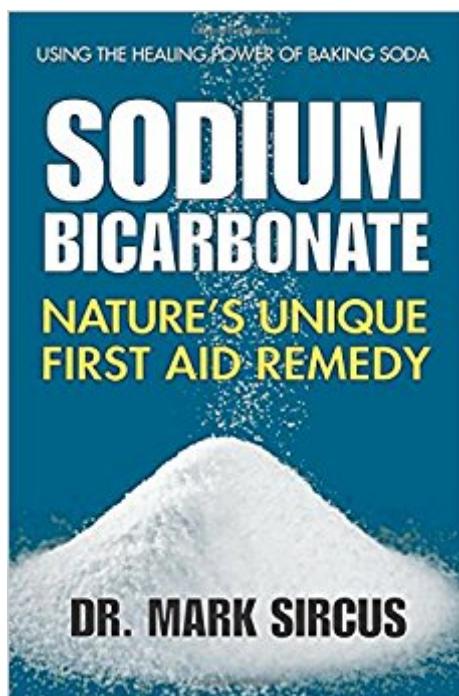


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Sodium Bicarbonate: Nature's Unique First Aid Remedy



Synopsis

What if there were a natural health-promoting substance that was inexpensive, available at any grocery store in the country, and probably sitting in your cupboard right now? There is. It is called sodium bicarbonate, although you may know it as baking soda. For years, sodium bicarbonate has been used on a daily basis as part of a number of hospital treatments, but most people remain unaware of its full therapeutic potential. In his new book, Dr. Mark Sircus shows how this common compound may be used in the alleviation, or possibly even prevention, of many forms of illness. Sodium Bicarbonate begins with a basic overview of the everyday item known as baking soda, chronicling its long history of use as an effective home remedy. It then explains the role sodium bicarbonate plays in achieving optimal pH balance, which is revealed as an important factor in maintaining good health. The book goes on to detail how sodium bicarbonate and its effect on pH may benefit sufferers of a number of conditions, including kidney disease, fungal infection, influenza, hypertension, and even cancer. Finally, it lists the various ways in which sodium bicarbonate may be taken, suggesting the easiest and most effective method for your situation. By providing a modern approach to this time-honored remedy, Sodium Bicarbonate illustrates the need to see baking soda in a whole new light. While it was once considered simply an ingredient in baked goods and toothpaste, sodium bicarbonate contains powerful properties that may help you balance your system, regain your wellbeing, and avoid future health problems.

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Customer Reviews

Mark Sircus, Ac., OMD, DM (P) was trained in acupuncture and Oriental medicine at the Institute of

Traditional Medicine in Santa Fe and the School of Traditional Medicine of New England in Boston. He also served at the Central Public Hospital of Pochutla, Mexico. He is part of the Scientific Advisory and Research Development team of the Da Vinci College of Holistic Medicine. Â

This is the first medical review of sodium bicarbonate (baking soda) in the history of medicine, and it will change the way you think about baking soda, change the way we practice medicine, and change the way we take care of our children. Our lives are made easier by sodium bicarbonate, for there are hundreds of uses for it. It helps us clean up messes around the house, as well as messes inside our bodies. When Hippocrates said in 400 BC, "Let food be thy medicine," he did not dream that individual vitamins, minerals, and even enzymes could be taken in concentrated form. Almost twenty-five hundred years later, the best emergency room and intensive care doctors use concentrated nutritional medicine to save lives every day, including baking soda. Sodium bicarbonate is a world-class emergency room and intensive care medicine used every day to save lives. Until now, you could only find books about the household use of baking soda; its use as a medicine has been shrouded in mystery. No longer! Sodium bicarbonate, known chemically as NaHCO3, is a form of salt that has many names, including baking soda, bread soda, and bicarbonate of soda. It is found in nature in a crystalline form, which may be processed into a fine powder. It has long been used for a variety of medicinal purposes, but is not a pharmaceutical drug. Sodium bicarbonate is the time-honored method to "speed up" the return of the body's bicarbonate levels to normal. Bicarbonate is the ion normally responsible for alkalinity, or the capacity of water to neutralize acids or resist changes in pH. Sodium bicarbonate neutralizes acid and protects digestive enzymes. Sodium bicarbonate happens to be one of our most useful medicines treating as it does basic human physiology. Sodium bicarbonate is only classified as a medicine if injected or administered intravenously. Otherwise, it is a legal food item that anyone can buy in most supermarkets and pharmacies around the world. It is totally safe because not only does the body need it, but the body also produces it in the stomach, pancreas, and kidneys. Sodium bicarbonate is nutritional, but is one of the most concentrated effective medicines in the world. Its ranges of effects are profound. It has blood vessel dilating action (vasodilator), and it also increases blood fluidity, facilitates blood flow delivery, and assists oxygen dissociation from hemoglobin—thus, more oxygen flows to the capillaries and cells. Through the "Bohr Effect," more oxygen is released from hemoglobin. Bicarbonate also has strong anti-inflammatory action and helps with detoxification and neutralization of toxic substances of all kinds, offering strong and almost instantaneous shifts in pH. Pharmaceutical companies can

charge all they want and they do for their dangerous ineffective medicines. But even in the wildest dreams of a pharmaceutical executive do visions come for a drug they might fabricate that would match the fantastic medicinal properties of simple, inexpensive baking soda. The pH of the blood is the most important factor to determine the state of the microorganisms in the blood. Sodium bicarbonate acts as a powerful, natural, and safe antifungal agent, which when combined with iodine, covers the entire spectrum of microbial organisms. The efficacy of sodium bicarbonate against certain bacteria and fungi has been documented, but its role as a disinfectant against viruses is not generally known. Sodium bicarbonate at concentrations of 5 percent and above was found to be effective, with 99.99 percent reduction of viral titers on food contact surfaces within a contact time of one minute.

Safe Medicine for Nuclear Contamination

There is an extraordinary reason why everyone needs to understand and use baking soda. The radiation from Fukushima, Japan, is relentless and getting worse, spreading far and wide on our beautiful planet. One of the most potent uses of sodium bicarbonate is as an antidote for radiation exposure. It is a crying shame what we have done to ourselves and our children by allowing nuclear power, nuclear weapons, and depleted uranium armaments. As we shall see in this book, baking soda is one of the best antidotes for radiation poisoning. One can easily and cheaply take it orally or pile it into one's baths, and these offer a good measure of protection. It's the same reason why sodium bicarbonate is an excellent treatment for cancer. Research concludes that sodium bicarbonate increases tumor pH and inhibits spontaneous metastases.

Radiation exposure and increased incidences of cancer are tied mathematically to each other, so whatever is good for treating cancer is effective for treating radiation exposure. My writings and work with sodium bicarbonate began when I found out that bicarbonate was used by the Army for uranium exposure to protect the kidneys, and after learning about Dr. Tullio Simoncini and his work with sodium bicarbonate, cancer, and its use as a fungicide to irradiate Candida infections. The title of my original writings on bicarbonate was *Rich Man's Poor Man's Cancer Treatment* and bicarbonate is just that, without doubt. This book, however, is not saying that sodium bicarbonate is the cure to cancer but it is saying that almost every cancer patient should be taking it, substantially increasing one's chance of becoming a cancer survivor. This is more than important in a world where one out of every two people will get cancer, and the numbers seem destined to only get worse.

Nutritional Medicine

Sodium bicarbonate is not a pharmaceutical drug; it is a nutrient the body needs for survival every day. Thousands of studies have uncovered a clear and distinct relationship between vital nutrients and cancer. One influential study (Ramesha et al. 1990) provides a powerful example. A powerful carcinogen known as DMBA was given to a group

of female rats. Then the rats were given none, one of four, two of four, three of four, or all of four nutrients: the minerals selenium and magnesium, and vitamins C and A. When no nutrients were administered, all of the rats developed breast cancer. When one of the nutrients was given, 46.4 to 57.1 percent of the rats developed tumors, depending on the nutrient. When two of the nutrients were given in combination, the tumor incidence decreased to 29.9 to 34.6 percent, depending on which nutrients were used in combination. Administration of nutrients in groups of threes resulted in further reduction of tumor incidences, coming down to somewhere between 16 to 23.1 percent. And when all four nutrients were given together, tumor incidence dropped to 12 percent. Human DNA is 99 percent identical to that of rats. **Natural Cancer Medicine** This book is about the application of the least expensive, safest, and perhaps most effective cancer medicine there is, and that is the primary reason so many people have been interested in my writings and research on sodium bicarbonate.

Simple baking soda is a prime component of my **Natural Allopathic Medicine** protocol for cancer (which includes the nutrients in the above study), holding down the number two spot coming right after magnesium. My approach to cancer, as well as all other diseases, is a protocol approach, which includes other powerful non-toxic substances like glutathione, iodine, selenium, vitamin C, light and heat, as well as other substances that are prioritized to yield a powerful yet all natural treatment for cancer. Most of us were amazed to find out that there is an oncologist in Rome, Dr. Tullio Simoncini, destroying cancer tumors with sodium bicarbonate. Sodium bicarbonate is safe, extremely inexpensive, and effective when it comes to cancer tissues. It is irresistible cyanide to cancer cells. It hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Sodium bicarbonate is a killer of tumors, safer and more effective than anything else. That does not mean that every single patient who uses bicarbonate is going to be saved, but they certainly will be helped. Treatment takes from only a few weeks to several months. Even if a person does not survive their cancer, the bicarbonate will bring comfort and reduction of pain.

Successful follow up treatments are then highly recommended. Over the long term, health habit changes are paramount. Certain substances, like magnesium, bicarbonate, iodine, and selenium, are mineral medicines we all should be taking for life. All of our bodies are under stresses never before faced across a broad front of radiation exposures (medical testing), chemical and heavy metal exposure, and the tremendous explosion of microwave transmission. We need these minerals just like plants do. **It All Started Here** Dr. Tullio Simoncini tells us of his early experience with bicarbonate. *“One of the first patients I treated was an 11-year-old child, a case which immediately indicated that I was on the right track. The child arrived in a coma at the paediatric*

haematology ward around 11:30 in the morning, with a clinical history of leukemia. Because of the child's disease he had been taken from a small town in Sicily to Rome, through the universities of Palermo and Naples, where he underwent several chemotherapy sessions. His desperate mother told me that she had been unable to speak with the child for 15 days; that is, since the child had been on his journey through the various hospitals. She said she would have given the world to hear her son's voice once again before he died.

"As I was of the opinion that the child was comatose both because of the proliferation of fungal colonies in the brain and because of the toxicity of the therapies that had been performed on him, I concluded that if I could destroy the colonies with sodium bicarbonate salts and at the same time nourish and detoxify the brain with glucose administered intravenously, I could hope for a regression of the symptoms. And so it was. After a continuous intravenous infusion of bicarbonate and glucose solutions, at around 7 pm, when I returned to the university, I found the child speaking with his mother, who was in tears," said Dr. Simoncini. There is an amazing amount of materials on sodium bicarbonate and baking soda on the Internet and I am responsible for much of it over the years. It is hard not to be moved by such testimonials, but many discount such information as unscientific yet, there is nothing unscientific about sodium bicarbonate because we are talking basic chemistry. In this book, most of the testimonials are personal accounts, but throughout the book I share clinical experience of professionals as well as the conclusions of studies and reports. This is just the tip of the iceberg in terms of my work. My books Treatment Essentials (simple instructions on the protocol), and my soon-to-be-released Surviving Cancer Compendium with Natural Allopathic Medicine (2,500 pages), offer patients and their doctors information new to the world of oncology.

Natural Chemotherapy Sodium bicarbonate cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells while dramatically reducing the brutal side effects and costs experienced with standard chemotherapy treatments. Everyone should know about this and it is a betrayal of our humanity that most people still do not know. Losing the benefits and comfort that sodium bicarbonate (and magnesium bicarbonate and potassium bicarbonate and even calcium bicarbonate can bring). One pound of sodium bicarbonate costs only a few dollars at the supermarket. If you live in the United States, you can get fifty pounds for fifty dollars of high grade medicine that you can drink or put in your bathtub for the quickest, safest, and certainly least expensive anticancer treatment available anywhere for any price. For less than a dinner at a restaurant, one has a nothing-to-lose-everything-to-gain cancer treatment. Sodium bicarbonate is an effective, safe, and rapid acting anti-tumor agent. It is a necessary cancer medicine and oncologists have secretly been using it for decades to protect their patients from the

deadly chemo chemicals they use. Oncologist's Secret WeaponSodium bicarbonate is used prior to, during, and after application of chemotherapy. Studies have already shown how manipulation of tumor pH with sodium bicarbonate enhances chemotherapy, pointing to the appropriateness of using bicarbonate as a principle medicinal substance with the potential of curing people of their cancers. Since the very beginning, sodium bicarbonate has been used with the premier chemotherapy agent made from mustard gas. Mechlorethamine, also known as chlormethine, mustine, nitrogen mustard, and HN2 and sold under the brand name Mustargen, was the prototype anticancer chemotherapeutic drug. Use of mechlorethamine gave birth to the field of anticancer chemotherapy. Without baking soda, orthodox oncology would never have been able to establish itself, for all its patients would probably have died too quickly. You will also be given lots of fluids (as a drip) and a drug called mesna with your cyclophosphamide to help prevent bladder irritation. Sodium bicarbonate will be given to you usually as a drip before and during your methotrexate treatment, to help protect your kidneys.These chemo drugs are an analogue of mustard gas and were derived from chemical warfare research. Instructions for their use include: Dilute well with rapidly running IVF flush solution. After infusion is complete, give brisk bolus approx. 200 cc IVF to flush veins. The basic substances used in IVF flushes are sodium thiosulfate and sodium bicarbonate. Without the bicarbonate and thiosulfate buffers, patients would quickly succumb to the chemo poisons. It's a picture right out of hell, using mustard gas instead of something vastly safer. Everyone who chooses highly toxic and dangerous chemotherapy should be advised that science indicates that it might be the sodium bicarbonate that's doing the helping and not the poisons. Wouldn't it be sickening to think that patients had to take a pile of poison just to get their simple, inexpensive and safe bicarbonate treatments? The story and history of chemotherapy would have been a lot worse if sodium bicarbonate was not already in wide use for cancer patients taking chemotherapy.

I have read every one of Dr. Sircus' books, including the e-books and am happy to actually have a copy I can hold in my hand and read about sodium bicarb. Sadly, there is information in this book that most physicians are ignorant of. This book should be REQUIRED reading for all physicians and their assistants, as well as Nurse Practitioners. It is information that has saved many lives. I've always believed that when oncologists hang a chemo drip and put sodium bicarb beside it (to keep the chemo from killing the patient and/or wiping out their kidneys), that the real credit for any improvement or cure that takes place belongs to the soda bicarb, not to the chemo drug. But let's face it, sodium bicarb is cheap and chemo drugs are making the cancer establishment wonderfully

wealthy. Just one round of a chemo drug can cost a patient \$30,000. or more, but the IV sodium bicarb is only a few bucks. While more and more physicians are reaching the conclusion that cancer is caused by a fungus, it makes sense to use the best anti-fungal in the world on it - sodium bicarb. But they are fighting an uphill battle because conventional medicine can't make big bucks on a natural ingredient like sodium bicarb!

As the good doctor himself has pointed out, magnesium bicarbonate may well be better than sodium bicarbonate for some applications, but the book is quite informative & worthwhile. I'm using sodium bicarbonate daily externally on my feet & underarms to prevent fungus & odor.

This book opened my eyes to an easy way to alkalize my body. I had known my body was acidic and I used baking soda as a toothpaste, but really did not understand exactly how to use it. The dosage protocol and cautions on pages 135-6 are invaluable. Neither had I known how extensively it is used in hospital emergency rooms or how many chronic diseases respond to it.

I own more than 300 doctor and health books, 30 concerning Cancer, but still by reading this book I received much new knowledge, among other learning that Bicarbonate actually, but unknown by most doctors, are used in their injections in the hospital emergency rooms. This as Sodium Bicarbonate is used to get a fast emergency helping balance in the blood. And besides routinely are used to keep the toxicity of Chemotherapy agents and Radiation from killing people or from destroying their Kidney. I only knew that one of my friends who have destroyed part of his Kidney by Whisky, now in his Whisky uses Sodium Bicarbonate for helping his Kidney. To me the book especially was interesting by containing much writings about fighting Cancer cells either by Oxygen or by getting the pH in the body up to the Alkaline at 8, or 8+, as Cancer lives in Acid and die in Alkaline. And concerning getting the pH value up at 8, we for example, from the side 145, gets 4 sides from a persons, a pioneer, writings about how he was afflicted with aggressive prostate cancer spread to the bone. And thereby being a walking dead man, who decided to do the 11 days Baking Soda Therapy, but in addition with the Black Strap Molasses. On the sides we then follow his daily pH results, and the on the last days having little weak diarrhea and headache, and then finally as the test result after 11 days how no longer with convincing evidence that cancer had moved to the bones. And for example the 7 lines from a person K.W., on side 143, telling how he by Baking Soda was saved from Pancreatic cancer, after being told only having 5 months left to live, and then besides resulting in his BP having changed from 246/116 to 114/68. To

me the book is good by at places showing the easily understood chemical formulas concerning the connections results. As for example how the Baking soda (Sodium bicarbonate) NaHCO_3 + the Stomach acid (HCl) result in Yields salt (NaCl) + Water (H_2O) + Carbon dioxide (CO_2), and thereby getting the wanted CO_2 into the body/blood. Among other we learn that it's good to take baths with Sodium bicarbonate, either with whole of the body in a bathtub or especially for Diabetes just taking this bath for the feet and legs, and thereby reducing their chance in losing their legs. And for example we read lines telling that people who live at very high altitudes live significantly longer as having lower incidence of cancer and heart diseases, as at high altitude the balance between CO_2 and O_2 is different by the CO_2 being in greater presence than the O_2 . And on the side 149 we get interesting statements quite opposite to the normally told about the Urinary pH on 6.5 being the target, and where it in the morning normally are less, as we here learn that for each whole number in the pH it increases the Oxygen to the cells ten-fold, 10^n . So for example by changed from 5 in pH to 7 in pH the Oxygen to the cells is increased 100 times. And many persons, especially when hit by Cancer, in the morning have a pH value on only 5 for the Urine; and Cancer is killed by Oxygen. But to me it especially was interestingly reading about Fungal, where Sodium Bicarbonate is a proven antifungal in Agriculture, and especially that by many science persons it now is believed that Cancer and Diabetes are the results of some of some of the 400 bad Fungal, out of the existing 1.5 $\text{A} \times 10^5$ millions. By reading the book I got so interested in getting more new writing about Fungal so that I immediately ordered a science book concerning Fungal. But all put together the book is good in reading by persons who want to know more about how by the cheap Backing Soda to live healthy, where without doubt most doctors don't know anything about Sodium Bicarbonate if we ask them. Even though it is connected into the Bohr Effect of delivering more Oxygen out into the body, which we learn about in the book, and as mentioned that it's used in emergency rooms.

This book is a valuable account of how to raise your ph (acid alkaline balance) to maximize health. I liked it because it has a lot of data, with listed sources as well as how to help yourself with sodium bicarbonate. I may buy it for several friends and relatives because it has information about our American diet that everyone should know and follow. Everyone says eat fruits and vegetables but none is as explicit as to exactly why and this book fills that gap very well.

I used the information in this book to get my body pH level from a horrendous 5.6 up to sometimes 8.0 now by taking....simple...baking soda. I was diagnosed with a degenerative disc in my back

and I SAW the x-ray and I was astounded. My vertebrae were bone on bone and a little painful if I moved in just the right way. After someone told me that in order for the body to operate and heal properly your body pH needed to be in the normal or higher range I read this book on their recommendation. I started taking baking soda, got my pH up to 7.0-7.2 or higher. My back is healing, I feel no more pain, there are no bone on bone clicks and pops anymore and I'm EVEN lifting weights again without pain again which I had to give up earlier this year due to too much back pain. Now I'm feeling GREAT. OTHER people are getting back surgery, but I needed none of that. I ingested cheap baking soda to get my body pH normal now I'm feeling like a CHAMP!!!

This should be required reading in every high school. People really need to know this information. This should be required study in every medical school. Sadly, it isn't.

Excellent book..homeopathic healing information...just by taking 1/4 tsp. in 4 oz of water everyday(or 1/2 tsp in 6-8 oz) will make your body more alkaline (scale for our PH balance goes from 0-15) halfway on scale is 7.5-8....Diseases & illness are kept at bay by an alkaline body as opposed to an acidic body (0-7) where disease, (cancers..diabetes..etc) can and do thrive...You can order PH strips on to check your levels, it will show you your levels by accurate color coded strips, listing your number. VERY Informative book..small price to pay for how to improve your health.

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