

Chlorophyll and your Health.

The regulation of the acid-alkaline balances of the body fluids is just as vital to our well being as the regulation of temperature. We normally have a blood and tissue condition of mild alkalinity, rated in the pH scale at 7.28 to 7.5. In diseased conditions it may range from 6.95 to 7.8. As 7 is neutral, blood is actually in an acid state if below this figure, and life cannot continue under such circumstances.

Why is this pH balance important? Simply because, like the temperature, the chemical activities of the delicate organic constituents of the body vary with its alterations. In a fever patient, the oxidizing processes are accelerated, weight is rapidly lost, and emaciation quickly results unless the fever is brought under control. In a similar way, enzyme activities in the tissues are regulated by pH levels, enzymes that are constructive in nature, that normally build tissues will reverse in their influence and begin to tear down tissue in case of a lowered pH. Infectious diseases like pneumonia cause not only a rise in body temperature, but also a drop in pH. That is why they can be deadly.

Normal blood contains physiological buffer salts that prevent acids or alkalis from producing any sudden change of pH. For this reason, it requires three hundred times as much acid to change the pH of the blood a given degree as is necessary when added to water. These buffer salts include sodium and calcium bicarbonate, phosphates, and glutamine. Glutamine is probably the most sensitive. It releases ammonia on the slightest provocation of a pH drop. Ammonia, of course, is one of the strongest alkalis.

If glutamine were commercially available, it would be the ideal remedy for acidosis. Glutamine is destroyed by heat, so is not present in cooked foods. Only a few vegetables contain it; the content depends upon the amount of nitrogen in the soil in which they grow. Celery root is the highest common source. Glutamine either is not synthesized in the human body, or is produced only with some difficulty, for otherwise acidosis would never be a problem. Fresh meat juices would contain it, but meat becomes more and more acid with time under cold storage. Cooked meat, with its glutamine destroyed, contains nucleoproteins which if permitted to decompose in a stagnant intestinal tract, form guanadine, which is one of the most potent poisons the animal body has to contend with. It is a poison because it paralyzes nerve endings. It is the main poison released from normal tissue when it is burned. It is of interest to note that one of the constant findings in arthritis is an atonic colon, and an excess production of guanadine could quite reasonably aggravate if not cause arthritis. The basic enemy of guanadine seems to be chlorophyll. Guanadine is very poisonous to green plants because it combines with chlorophyll. Mushrooms, devoid of chlorophyll, on the other hand, thrive on guanadine. It stimulates their growth.

The highest organ in guanadine content is heart muscle. It is one of the primary fatigue poisons. As guanadine precipitates calcium from blood serum, we now see why the patient with an overworked heart may die of a calcified coronary artery. The diffusion of the guanadine from the heart muscle lymph through the coronary walls against the incoming blood certainly could accomplish this calcifying reaction without difficulty. Our general use of cooked foods and pasteurized milk no doubt facilitates this

general trend, We might recall the recent tests of pasteurized milk and cooked meat as cat food, by which 900 cats were dispatched, nine lives a piece by this diet, and the outstanding reaction was constipation, pyorrhea, and finally arthritis, with peptic ulcer and liver disease. Control cats fed on raw milk and raw meat remained in perfect health, while on the cooked foods, life even for a cat became impossible.

Our Chlorophyll Complex from Standard Process contains chlorophyll primarily from alfalfa. Chlorophyll immediately counteracts Guanadin - a potent poison that paralyzes nerve endings. Chlorophyll contains Vitamin K - of prime importance in maintaining bone density; chlorophyll may help maintain normal cholesterol levels in individuals with healthy cholesterol levels; and chlorophyll also maintains kidney health by dissolving calcium oxilate. The Saponins found in alfalfa help maintain normal immune response.

Lectures of Dr. Royal Lee, Volume II