

## Metabolic Modality

Acid/Alkaline testing and balancing for excess fat accumulation, food cravings, fatigue, allergies and sensitivities.

by Phillip Crockford

For the past three years I have been studying and teaching the IFA program, a health development/educational program from Australia. During this time I have seen it to be tremendously helpful for a wide variety of individuals: from people with moderate to severe overweight, allergy and fatigue problems to top athletes looking for peak performance; from people with difficulty sleeping or waking, to my own erratic blood sugar levels and apparent hiatus hernia problems (now disappeared!). In this article I will present some of the key concepts and practical ideas that may be useful to the Touch for Health Instructor and Facilitator:

1. The importance of acid/alkaline balance in the systemic bloodstream for the maintenance of health and correct weight distribution.

2. A new understanding of food cravings and habits.

3. A simple muscle test procedure to determine acid/alkaline balance.

4. Key elements in restoring and maintaining acid/alkaline balance

### 1. Acid/Alkaline balance

#### • pH balance mechanisms in the body

Blood pH is a critical factor in many of our major biochemical reaction systems. The pH of the blood is so important to the metabolic process that the body has three systems dedicated to maintaining this balance:

- a. the buffer chemicals
- b. the lungs
- c. the kidneys

The buffer chemicals are in the tissues themselves and make moment-to-moment pH adjustments in the intercellular fluids. The lungs maintain the pH balance in the blood over a longer period of time and the kidneys regulate the pH at 7.4 over an even longer work cycle.

#### • Blood pH is related to minerals and also to toxicity

Blood pH is related to the balance of sodium and potassium in the bloodstream. An excess of sodium will result in *relative acidosis*; an excess of potassium will result in *relative alkalosis* (note 1). Other primary minerals which have an effect are Magnesium, Phosphorus (acidifying), and Calcium (alkalizing).

Another component of this hypothesis is that excessive toxicity from poor elimination of waste can also accentuate a genetic tendency towards imbalance in blood pH. This occurs because toxic blood from the colon can impair kidney and liver function through the hepatic portal system and thus interfere with mineral/pH balance.

#### • Blood pH related to the A.N.S.

Another key link in this understanding is the state of the autonomic nervous system relative to pH balance in the bloodstream. The autonomic is that division of the nervous system which works to regulate our autonomic processes: metabolic rate, heartbeat, breathing, digestion, etc.

The autonomic nervous system (A.N.S.) has two branches or drive states: sympathetic and parasympathetic. The sympathetic branch regulates the "energy expressive" state where the *life energy is being projected outwards*: the state of more or less

stimulation or excitement. The parasympathetic branch comes into effect when we are in the *energy-conserving* state, that is when the activities are sedated.

When the bloodstream is relatively *acid*, there is a dominance of the *sympathetic* branch of the A.N.S.; when the bloodstream is relatively *alkaline*, there is a dominance of the *parasympathetic* branch of the A.N.S. This dominance of the parasympathetic is called *alkaline hibernation syndrome* (note 2).

• Blood pH and Fat Accumulation patterns are related to metabolic type

Different metabolic "types" have genetically-coded tendencies towards relative acidosis or alkalosis. The metabolic type can be recognized from physiognomy and also from health and dis-ease patterns.

The female individual with a relatively alkaline metabolism will be prone to accumulate weight in the lower body. The alkaline male will tend toward muscular wasting rather than weight accumulation.

For many women with more alkaline tendencies this cosmetic heaviness in the hips and thighs is often very disturbing. It could, however be seen as a positive solution in terms of the body: part of the liver function is to downgrade estriol and estradiol. These two urinary forms of estrogen can be carcinogenic when present in excess. If the liver function is compromised due to colonic toxicity (note 3), then depositing carcinogenic excesses of estrogen in fat deposits in hips and thighs is a "sensible" solution.

More "acid" individuals, both male and female, will tend to accumulate weight in the upper body or all over the body generally. Males especially can come to a point where muscular wasting is occurring in the legs while a considerable excess of muscle and fat bulk is present in the upper body. These individuals are often capable of dramatic weight loss, which is unfortunately most often followed by equally dramatic "rebound" type of weight gain. If this cycle continues long enough, the

individual may become toxic enough to go into relative alkalosis, at which point there will be fat accumulation generally, often accompanied by other symptoms and indications.

• Indications of acidosis

When an individual tends toward relative acidosis, there are a number of indications: dry mouth, shortness of breath, asthma, hyperactivity, rheumatoid arthritis, etc. Also obesity, frontal headaches, gout, and fatigue between 5 and 7 pm.

• Indications of alkalosis

When acid/alkaline balance is not maintained several indications can arise especially if the imbalance continues for an extended period. When the system goes into relative alkalosis (more common than acidosis), the indications are associated with parasympathetic dominance.

Several indications are understandable in terms of Chinese medicine, that is, associated with the time of day: the person may experience constant fatigue, often waking up tired in the morning, feeling generally fuzzy through the day and having difficulty with concentrating. This is true especially in the 3-5 pm phase (bladder meridian) when there is a natural tendency for the bloodstream to be more alkaline (note 4).

In parasympathetic dominance, the thyroid slows down. Indications associated with a slow thyroid and consequent impairment of liver function: dry skin and hair, dandruff, waking between 1 - 3 am, and problems with calcium metabolism such as morning arthritis and difficulties with mucus linings: herpes flare-ups, thrush etc. Estrogen levels are often out of balance, resulting in water retention and premenstrual depression.

Also associated with relative alkalosis are low stomach acid levels and consequent incomplete protein and mineral digestion. These may lead to bloating after meals, toxic bowel and cellulite accumulation (especially on hips

and thighs in females). The incomplete digestion of protein can contribute to a whole range of food and environmental sensitivities which have their origins in repetitive and restrictive eating patterns.

## 2. A new understanding of food cravings and habits

### • Cravings as an expression of life-energy

All too often cravings are regarded as evils to be resisted. If we were to adopt the assumption that there is a life force which manifests through the nervous system, and further, if we were to recognize that the instinctual drives are an essential part of this life force which is largely operating below the threshold of awareness, then food cravings and related behaviors could be seen as important signals or messages from our unconscious awareness.

### • Sugar, alcohol and tobacco cravings

As I have said, blood pH is critical to so much of our biochemistry. Almost all kinds of sugar convert to acid quickly in the body, as does alcohol. Since cigarette smoking will also promote an acidifying of the bloodstream because of the action on the adrenals, then sugar, alcohol and cigarette cravings can now be understood in a new light: legitimate attempts by the body to restore a necessary balance.

Many other food cravings can be resolved with this understanding: when there is a craving for a particular food, in some way the body needs *either* a nutrient in the food *or more likely* the metabolic stimulus from the food. The life-force manifesting through the nervous system as a craving is always a response to an immediate need. The brain's survival mechanisms are very existential: the five minute solution is far more appealing than the five year plan.

## 3. A simple muscle test to determine acid/alkaline balance

In the IFA Program we use a simple muscle test procedure to check for acid or alkaline mode:

1. Find a switched-on indicator muscle (also, do any other preparatory ritual that your belief system needs first).

2. Hold the palm of the dominant (writing) hand across in *front* of the forehead (close, but not touching) and test the indicator.

3. Hold the palm of the dominant (writing) hand across the back of the head (close, but not touching) and test the indicator.

### 4. Interpretation:

If both are on = balanced.

If switched off when hand is across forehead = *acid mode*.

If switched off when hand is across back of head = *alkaline mode*.

If switched off on both = very unbalanced, check need for water.

The interpretation is based on the neurological explanation that the front of the brain mediates expression (energy output/sympathetic dominance/acid mode), while the back of the brain mediates retention (energy conservation/parasympathetic dominance/alkaline mode).

To restore balance various approaches are possible. In the IFA program we have found particular combinations of herbal tinctures combined with eucalyptus or germanium to be most effective. Touch for Health balancing can also be effective in the short term, although other measures may be needed.

## 4. Key elements in restoring and maintaining acid/alkaline balance

The following principles and disciplines have been found helpful in the process of restoring and maintaining a balance. While these components are useful individually, they are far more effective when grouped and organized for combined effect.

• **Lymph Movement** – exercise which is aimed at improving lymphatic circulation and muscle coordination, rather than cardiovascular competence. Muscle testing can help determine the best exercises.

• **Food Combination** – disciplines which give the stomach optimum conditions for protein and mineral digestion.

• **Food Rotation** – disciplines which give the duodenum/pancreas optimum conditions for secondary digestive process, thereby avoiding food allergies and "chemical diabetes" which can result from repetitive exposure to foods (note 5). TFH food testing can assist here.

• **Rehydration and Oxidation** – focusing the food and fluid intake to stimulate these vital aspects of metabolic balance which are so important for correct utilization of nutrients.

• **Psyche Alignment** – disciplines which strengthen the intention and eliminate self-sabotage strategies. E.S.R. and related methods can be very useful here (note 6).

### Conclusion

Acid/alkaline balance in the systemic bloodstream is an essential aspect of maintaining health and vitality and reducing excess fat accumulation. For lasting effectiveness, a gradual and multifaceted strategy must be employed, together with a process of education so that results can be sustained. The most prominent single reason for the extraordinary success of programs like IFA is the utilization of the above methods in combination. This is aligned with our Touch for Health philosophy of fitting "pieces of the puzzle" together.

### Notes

1. In this article I use the terms acidosis and alkalosis to mean *relative* acidosis and *relative* alkalosis which are slight and continual variances from the

normal blood pH of 7.4, that is, consistently slightly more alkaline (relative alkalosis), or slightly more acid (relative acidosis). I do not mean the dangerous clinical conditions of acidosis and alkalosis where the variances from normal blood pH are large.

2. This term was coined by T. Glynn Braddy, author of *The IFA Program*.

3. Dr. Walter Schmidt, ICAK member from North Carolina has developed theories and done research in the area of endocrine balance. *Common Glandular Dysfunctions in the General Practice: an Applied Kinesiological Approach*, Applied Kinesiology study program, Chapel Hill, NC.

4. Note Dr. William Kelly's book, *An Answer to Cancer*, recommends taking pancreatic enzyme support at 3 am and 3 pm, these being the most alkaline times of day.

5. Refer to *Brain Allergies* and other books on clinical ecology by Drs. Philpott and Kalita.

6. Refer to *The Five-Minute Phobia Cure* by Dr. Roger Callahan for reference to the concept of Psychological Reversal.