



40 Day

Journey of Self-Discovery

pH & Healing

“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

— Otto H. Warburg



Our bodies naturally run an electromagnetic force field or current as demonstrated in the video with the energy stick.



[Otto Warburg](#) was awarded the Nobel Prize for Physiology in 1931 for his discovery which he summarized in the quote above.



pH is Potential of Hydrogen and is measured on a logarithmic scale from 0 to 14 with 7 being neutral. Anything below 7 is acidic and anything above 7 is alkaline or base. Human blood pH needs to be in the range of 7.35 and 7.45. Our body will pull alkalizing minerals (potassium, calcium, magnesium, etc.) from bones, teeth and connective tissues in order to neutralize acidity.



[Dr. Jerry Tennant](#) translates pH into voltage (not hertz as I said in the video) and explains this in his book *Healing is Voltage* and in videos online. At 7.35 the body can maintain a state of health. At 7.45 or above the body can generate new cells and heal.



In order to maintain an alkaline state (or create one if our body has become very acidic), we need to minimize acidic food/beverage intake and increase alkaline intake.

Every day in some new way I get better and better!