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Cold/Flu Viral Symptom Neutralization

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Overview

Viruses create tissue alkalosis. It is possible to use a metabolic acid, phosphoric acid, ascorbic acid, or ammonium phosphate to counteract the tissue alkalosis which drives the majority of cold/flu symptoms.

The strategy uses an aggressive titration of acid. Ammonium phosphate, or phosphoric acid are preferred because they are more potent acids than ascorbic which often requires 50-100 grams. Ammonium phosphate normally provides sufficient acidification with 1-2 grams on half hour to hour intervals.

Recommended Materials:

- [Ammonium Phosphate](#)
- pH Meter or paper

Steps:

1. Take urinary pH. It will normally range from 6.0 to 7.5 when a viral infection symptoms are present.
2. If urinary pH is below 5.5, do not take acidifying substance;
3. Take 1 gram of Ammonium Phosphate
4. Wait 30 minutes;
5. Goto 1

The acid balance protocol uses Ammonium phosphate to

reduce urine pH. This should make more chlorine available for digestion. It requires use of the pH meter to test urinary pH midday. Take UpH by urinating into a cup and dipping the probe. Starting at 9:00 a.m.

Please remember to test saliva pH when you test urine. If the Urine pH is higher than saliva pH, then a probable allergic response is present, and unless parasympathetic dominance is present, vitamin B6 is strongly indicated.

Alternatively, this table indicates suggested amounts of Ammonium Phosphate for an adult about 180 pounds.

UpH	<u>Ammonium Phosphate Capsules</u>
6.7+	6
6.5	4
6.0	2
5.8	1
5.7 or below	0

Supplemental Support. If you have these materials available:

1. Every two hours take 4 cc (droppers) of magnesium thiosulfate;
2. Take 1 Myers Cocktail daily;

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