

## **Watch Your Body's Acid – Alkaline Balance**

**By Woodrow Wilcox**

My friend Zdenek from Czechoslovakia told me how he learned about the acid – alkaline ph balance in the body and how it affects one's health.

When Czechoslovakia was one nation, and a Communist nation, he got a letter requiring him to be at a certain place at a certain time to begin his service in the Czechoslovakian army. Then, his doctor determined that he had kidney stones. So, my friend Zdenek went into a hospital to have his kidney stones removed.

One of his friends visited him in the hospital and asked if my friend Zdenek would consider trying a more natural healing treatment before the surgery. Zdenek agreed to try anything to avoid the surgery. Zdenek's friend sneaked into the hospital with a six pack of beer for Zdenek. But, this was a special beer. It was Pilsner Urquell. That is a Czech beer which is one of the oldest types of beer in the world. But, according to Zdenek, the unique thing about Pilsner Urquell is that it is the only beer that has an alkaline ph balance. Zdenek drank the six pack of Pilsner Urquell beer in one day. Then, in preparing for the surgery, another set of x-rays were taken of Zdenek's kidneys. The kidney stones had disappeared. Apparently, the alkaline ph balance of the Pilsner Urquell beer had dissolved the kidney stones.

After that, Zdenek became a zealous student and advocate of natural healing methods. And, as a bonus, when Zdenek returned home from the hospital, he found a letter from the Czechoslovakian army that told him that they learned that he had kidney stones, so they didn't want him in the army. What a relief! Zdenek never wanted to be in the Czechoslovakian army. He was not a Communist.

Zdenek encouraged me to learn about the acid – alkaline ph balance of the body. From what I have learned, human blood has a slightly alkaline ph balance. The rest of the body will sacrifice things which are needed in order to help the blood keep a slightly alkaline ph balance. When the other parts of the body sacrifice something to help the blood, they become more acidic than they should be. This opens the door of opportunity for various diseases and medical conditions which hurt the body.

One of the best books that I have read on the subject is "The Acid – Alkaline Balance Diet" by Felicia Drury Kliment, who is an adjunct professor at City College in New York City. I recommend this book to those who want to learn about the subject.

Written and syndicated by the author.  
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