Scientists Who Say Parasites Thrive in Alkalinity

It’s pretty hard to compete with the growing group of doctors and celebrities who recommend an alkaline diet especially when the list includes four of Hollywood’s most famous actresses who look healthy (see: Authors and Celebrities Who Recommend Alkaline Foods).

In addition to high-profile celebrities, a magazine called The Townsend Letter, one of the alternative medical community’s oldest and most respected publications (founded in 1983), summarized their view in the December 2006 edition:

Most alternative/complementary health professionals know the importance of changing from an acidic to an alkaline condition.

What if the alkaline diet promoters are wrong? What if bugs that threaten human health, microscopic organisms as well as worms, prefer alkaline body tissue? This article takes a look at scientists and human health researchers who warn us that parasites thrive in alkalinity.

Theodore Baroody, a chiropractor and naturopath, who also holds a doctorate in nutrition, was the first to write about the benefits of an alkaline diet in 1991. In his Alkalize or Die, he promises that an alkaline diet will offer physical strength and explains that his view is founded on ancient Hindu, Chinese, Tibetan, and Greco-European healing philosophies. Six years after the publication of his book, Baroody wrote Hiatal Hernia Syndrome: Insidious Link to Major Illness Guide to Healing offering measures to correct HHS, a condition that he feels affects 85% of the population. Later in this article, we'll take a look at the work of a scientist who says a hiatal hernia is a parasite infection.

More than thirty years before Baroody’s book was published, an otolaryngologist named DeForest Clinton Jarvis (1881-1966) wrote Folk Medicine: A Vermont Doctor’s Guide to Good Health that remained on the The New York Times bestseller list for two years. Jarvis promoted the use of vinegar to keep the acidity of the body more acidic than alkaline recommending a drink made of water, honey and apple cider vinegar.

Dr. Jarvis’ work may have disappeared into obscurity if it were not for a dedicated New Hampshire farmer named Jeff Krouk. Jeff sells Jarvis’ books through his mail order business called J. Crows (www.jcrows.com). In all three of his books, Jarvis explains that he learned remedies from Vermont dairy farmers who rely on apple cider vinegar for energy. In the years that he practiced medicine in Vermont, Jarvis said it is not unusual to meet septuagenarians (a person 70 to 79 years old) who drink a vinegar drink called Switchel for energy after work on the farm. The recipe for Switchel, which Vermonters claim is more than two-hundred years old, can also include a very old remedy called Lugol’s iodine solution for patients with health problems:

- glass of water
- two teaspoons of apple cider vinegar
- two teaspoons of honey
- 2 drops of Lugol’s
Jarvis was a close friend of a dentist named Dr. Weston Price of Cleveland, Ohio, who became a nutrition pioneer by traveling to investigate the diets of fourteen indigenous societies. When Price returned from Peru, he went to meet Jarvis in Vermont where he spoke about his discoveries about kelp, a seaweed that contains high amounts of iodine. Price said he met mountain Indians in the Andes who wore small bags of kelp they took to protect their heart (probably from parasites). Remarkably, the Andean Indians traveled to the ocean to gather kelp and the trip took two months.

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As we have seen, Jarvis' and Baroody's work is directly opposed: Baroody says keep the body alkaline and Jarvis said keep it acidic. Baroody has several Hollywood celebrities on his side of the debate including Gwyneth Paltrow, the daughter of noted producer Bruce Paltrow and Tony award-winning actress Blythe Danner. Gwyenth is a family friend of Steven Spielberg and the author of a new lifestyle book that recommends an alkaline diet.

Who's correct? Let's take a look at several obscure health researchers who say parasites like an alkaline environment.

**Carey Reams, Ph.D.**

Carey Reams (1903-1985) was a mathematical genius, a chemical engineer for the United States Department of Agriculture, and a close friend of Albert Einstein's. Early in his career as an agricultural engineer, Dr. Reams discovered that foods vary considerably in quality, taste, and nutrient content. Based in Orlando Florida, Reams discovered the specific requirements needed to grow top-quality food. His principles and concepts were later organized into a theory known as Reams Biological Theory of Ionization, or RBTI for short. Dr. Reams began to publicly teach classes about his discoveries starting in the 1970s.

Reams' work would have disappeared into obscurity if it were not for a Veterinarian named Daniel "Doc" Skow, DVM, who met Dr. Reams in 1976. After studying the teachings of Dr. Reams for a number of years, Dan Skow formed a agricultural consulting company that offers soil testing, consultation, and product formulation.

Dr. Reams realized that the soil was everything just as Pasteur did on his death bed when he said, "The microbe is nothing, the soil is everything." In the human body, the soil is known as a person’s terrain. Reams discovered that all the variables of the human terrain can be determined from a person's urine plus saliva. His test consisted of 7 parameters (optimal values in between the brackets), Sugar brix (1.5); Urine pH (6.4); Saliva pH (6.4); Conductivity (7); Cell Debris (1); Nitrate Nitrogen (3); Ammonia Nitrogen (3). Reams' tests for these factors was accomplished by using laboratory instruments and techniques normally used for agricultural testing.

Reams did not write is own books, but his work has been preserved in books written by a California oral surgeon named Alexander Beddoe. In a textbook written about Reams' RBTI, Dr. Beddoe lists the following human health conditions that result from an alkaline terrain:

- Parasites
- Acne
- Arthritis
- Slow digestion
- Breakdown of discs in the back
- Body odor
- Demineralization of bones
- Dental decay
- Ear deterioration
- Fever
- Gall stones
- Lung problems
- Headache
- Heart stress
- Hot flashes
- Lower GI gas
- Mental confusion
- Moody/depression
- Muscle soreness
- Increase in skin pigmentation
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- **Hulda Regehr Clark, Ph.D.**
  Hulda Clark (1928-2009) was an independent naturopathic research scientist and author who searched for the cause of cancer for over fifteen years. She built a sound resonance device to detect particle-level quantities of parasites, heavy metals and pollutants that she concluded were the cause of most diseases including cancer. In the last book she wrote before she died, Hulda described the South polarization of human tissue that occurs due to metal accumulation and parasites. She also noticed that parasites accumulate in the same parts of the body as metals.

  Physics and chemistry overlap. Hulda's description of human tissue as South polarized is a physics point-of-view. Chemistry would describe the same tissue as alkaline. (See also: "Are We Using the Wrong Pans?").

  On the subject of hiatal hernia that Theodore Baroody feels affects 85% of the population, Hulda discovered Salmonella and a liver fluke in two people who found relief when the parasites were killed.

- **Greg Tylka, Ph.D.**
  Greg Tylka is a professor and researcher with the Department of Plant Pathology at Iowa State University. He investigates effects of a parasite called a soybean cyst nematode (SCN) on Iowa's soybean growers and then works to educate growers and agribusiness professionals about the results of the research (See: Parasite taxonomy in the Extras for Experts section).

  The United States is the world's largest soybean producer and SCN infects crops in every soybean producing state (see: SCN map in the Web Images section below).

  In a Soybean Cyst Nematode Management Field Guide that Greg wrote for the University, he calls the soybean cyst nematode "the most destructive pest of soybeans in the world." His field guide also explains that nematodes are found in alkaline soil.

  The Iowa State University Soybean Extension and Research Program Web site says that documenting the economic impact is difficult because many producers suffer declining yields for years and do not realize that they have SCN. A July 2007 newsletter published by Iowa State University called Integrated Crop Management says scientists have also recently discovered cyst nematodes in corn.

**Notes:**

1. Most commercial pet food manufactured for the nation's 472 million pets -- contains soy and corn.
2. More than 95 percent of the nation's pets eat commercial pet food.
3. The pet food industry is an 18 billion dollar per year industry.
4. Large statistical studies have shown the link between a diet (of processed pet foods) and a variety of degenerative diseases, including cancer, heart disease, allergies, arthritis, obesity, and dental disease.
5. Pets can pass nematode eggs to humans.
6. Scientists estimate that there are a million different species of nematodes (there are only a few nematodes that have been studied by a small number of researchers).
George Roadcap, Ph.D.
George Roadcap has been with the Illinois State Water Survey since 1990 working on a wide variety of research problems on groundwater flow and geochemistry. In 2003, while studying contaminated groundwater created by more than a century of industrial iron slag dumping in Illinois and Indiana, George found microbial communities thriving in highly alkaline slag dumps.

Slag is a by-product of steel production and the dumping sites that George found are wetland areas near a steel mill in the Lake Calumet region southeast of Chicago. Slag, exposed to water and air, forms lime (calcium hydroxide) that causes the pH of the water to rise to 12.8 (water is usually pH neutral measuring 7 on a pH scale).

Genetic analyses show some of the bacteria discovered are related to Clostridium and Bacillus species known to cause flu-like symptoms in the human body.

Hanna Kroeger
Hanna Kroeger (1933-1998) was a famous herbalist and author who created over 350 herb products that are sold in health food stores around the world. Hanna’s parents were German Christian missionaries who were living in Turkey when she was born. As an adult woman, she attended nursing school at the University of Freiburg in Germany and worked at a large hospital in Dresden that was known for natural healing methods. It was in Dresden that she began to discover ways to restore health using herbs, special diets, baths, and massages.

When Hanna arrived in America in 1952, she was disappointed by the lack of nutritious foods and started buying bulk food products for her family and friends. This grew into one of the first health food stores in the country. During her lifetime, Hanna Kroeger was considered to be one of the foremost authorities on herbs, homeopathic remedies and natural healing techniques in the country. In 1999, one year after Hanna’s death, she was named one of the six outstanding holistic pioneers of the 20th century along with Dr. Edward Bach, Edgar Cayce, Dr. John Christopher, Linus Pauling and Ann Wigmore.

In 1978, Hanna's business became Kroeger Herb Products. As explained on the Kroeger Herb Web site, parasitic infections take hold when the body is alkaline.

Foods and pH
Japanese author George Ohsawa introduced the concept of acid and alkaline forming foods to the West in the mid twentieth century and they were recorded by his student Herman Aihara who wrote a book called Acid and Alkaline published in 1980. The following chart contains a summary of acid and alkaline effects that are the result of minerals left behind when foods are metabolized.

<table>
<thead>
<tr>
<th>Acid Forming Foods</th>
<th>Alkaline Forming Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minerals Left Behind</td>
<td>Minerals Left Behind</td>
</tr>
<tr>
<td>Chloride (forms hydrochloric acid)</td>
<td>Magnesium (forms magnesium hydroxide)</td>
</tr>
<tr>
<td>Phosphorus (forms phosphoric acid)</td>
<td>Calcium (forms calcium hydroxide)</td>
</tr>
<tr>
<td>Sulfur (forms sulfuric acid)</td>
<td>Potassium (forms potassium hydroxide)</td>
</tr>
<tr>
<td>Foods</td>
<td>Foods</td>
</tr>
<tr>
<td>Apple Cider Vinegar (strong)</td>
<td>Citrus Fruits (strong)</td>
</tr>
<tr>
<td>Peanut Butter (strong)</td>
<td>Green Vegetables (strong)</td>
</tr>
<tr>
<td>Chocolate (strong)</td>
<td>Seaweed (strong)</td>
</tr>
<tr>
<td>Meat (medium)</td>
<td>Green tea (strong)</td>
</tr>
<tr>
<td>Bread (medium)</td>
<td>Sea Salt (medium)</td>
</tr>
<tr>
<td>Eggs (medium)</td>
<td>Coffee (medium)</td>
</tr>
</tbody>
</table>

http://articles.x10.mx/parasites_alkalinity.html
Black Tea (medium) | Wine (medium)  
Milk and Cheese (medium) | Ginger (medium)

**Extras For Experts**
This article's "extras" include topics from the physical sciences (chemistry and physics) as well as parasite taxonomy.

**Chemistry's pH and Physics' Polarity Are Related**
The chemistry that causes Vermonters' Switchel drink to give them energy (and kill bugs) can be explained.

- Vinegar is an acid-forming food that leaves hydrogen ions behind when it's metabolized.
- Svante August Arrhenius (1859-1927), who is considered to be one of the founders of physical chemistry, developed the following definition of an acids and bases:
  
  An acid is a substance that increases the concentration of hydrogen ions (H+), which are carried as hydronium ions (H3O+) when dissolved in water, while bases are substances that increase the concentration of hydroxide ions (OH-).

- Hydrogen ions are involved in growth which is a daytime function. They're also needed to convert adenosine diphosphate (ADP) to adenosine triphosphate (ATP). ATP has been called the "energy currency" of the cell.
- Plants need hydrogen ions for photosynthesis.
- Increased mercury in the environment causes a shortage of hydrogen ions.
- Mercury is attracted to sulfur amino acids and replaces the hydrogen ion on a sulfhydryl group. Cysteine's sulfhydryl is critical because cysteine is involved in supplying insulin to the pancreas. Worldwide, diabetes has increased from 30 million to 230 million in two decades.
- In his *Biomagnetic Handbook*, William H. Philpott, M.D. explains that the North-seeking pole of a magnet (known as the South pole and labeled with a minus sign) has a slowing effect on the body's tissues causing muscles to relax. In contrast, the South-seeking pole of a magnet (known as the North pole and labeled with a plus sign) has an energizing or stimulating effect.

**Parasite Taxonomy**
By definition, a parasite is an organism that requires a host in order to survive. Taxonomy is the classification of organisms in an ordered system that indicates natural relationships.

As shown in a Venn Diagram in images section (See: Web Images below), parasite classification can be broadly organized into two categories:

- **Prokaryote Parasites**
  An organism that is single-celled and does not have a nucleus or most of the cell structures (such as a mitochondria) characteristic of eukaryotes. All bacteria are prokaryotes and some are parasitic.

- **Eukaryote Parasites**
  An organism composed of one or more cells with a clearly visible nuclei. Eukaryotes are usually large organisms (humans and animals are eukaryotes). Worms and protozoa are parasitic eukaryotes.

  Helminth, a word that means worm, can be used to describe parasitic or non-parasitic (free-living) categories. The three major categories of parasitic helminths include:

  - **Nematode**
    Nematodes are roundworms that have long and thin unsegmented bodies. Adult nematodes form separate sexes.

  - **Cestode**
    Cestodes are tapeworms that have ribbon-like, segmented bodies. Tapeworms are hermaphroditic with each segment containing both male and female organs.

  - **Trematodes**
    Trematodes are flukes with small, flat, leaf-like bodies. Most species are hermaphroditic. Some blood flukes form separate male and female
Authors and Celebrities Who Recommend Alkaline Foods
The following list is organized alphabetically by last name:

- **Theodore A. Baroody**, *Alkalize or Die: Superior Health Through Proper Alkaline-Acid Balance*, 1991
- **Susan E. Brown and Larry Trivieri Jr.**, authors, *The Acid-Alkaline Food Guide: A Quick Reference to Foods & Their Effect on pH Levels*, 2006
- **Marjorie Nolan Cohn**, MS, RD, CDN, ACSM-HFS, American Academy of Nutrition and Dietetics spokeswoman (quoted on WebMD), author, *The Belly Fat Fix; Taming Ghrelin--the Hunger Hormone-for Quick, Healthy Weight Loss*, 2013
- **Natasha Corrett and Vicki Edgson**, authors, *Eating the Alkaline Way: Recipes for a Well-Balanced Honestly Healthy Lifestyle*, 2013
- **Dr. Lindsey Duncan**, ND, CN, Naturpathic doctor and nutrition advisor
- **Gwyneth Paltrow**, author (and actress), *It’s All Good: Delicious, Easy Recipes That Will Make You Look Good and Feel Great*, 2013 (Celebrities Victoria Beckham, Jennifer Aniston and Kirsten Dunst also promote an alkaline diet). Gwyneth is the daughter of noted producer Bruce Paltrow and Tony award-winning actress Blythe Danner.
- **Sherry Anne Rogers**, M.D., *Detoxify or Die* (2002)
- **Michelle Schoffro Cook**, *The Ultimate pH Solution: Balance Your Body Chemistry to Prevent Disease and Lose Weight*, 2007
- **Bharti Vyas and Suzanne Le Quesne**, authors, *The pH Balance Diet: Restore Your Acid-Alkaline Levels to Eliminate Toxins and Lose Weight*, 2007
- **Sang Y. Whang**, *Reverse Aging*, 1991

Web Images

![Image: Map showing degree of soy nematode infection in crops.](http://articles.x10.mx/parasites_alkalinity.html)
Image: Venn diagrams, conceived by John Venn in 1880, can be used to illustrate relationships between sets of organisms. This diagram shows characteristics of prokaryotes and eukaryotes, as well as the characteristics they share.

References

3. Dr. Carey Reams, International Ag Labs, About
7. Soybean Cyst Nematode Management Field Guide, Greg Tylka, Ph.D., Professor and researcher, Department of Plant Pathology, Iowa State University.