

# Potassium Bicarbonate Therapy

Start with 1/2 tsp potassium bicarbonate in glass of water twice daily.

Slowly increase the number of doses and the size of each dose at a rate you find comfortable.

Level off when your saliva pH is between 7 and 7.5.

Maintain this dose for the rest of your life, letting the saliva pH tell you what is a sufficient daily dose of potassium bicarbonate.

A nice drink can be made by taking a cup of warm water and adding some potassium bicarbonate and blackstrap molasses. Blackstrap molasses is on the list of the world's healthiest foods. Put some potassium bicarbonate in your juice or smoothie. 1-3x as much sweetener as potassium bicarbonate usually works well. Suit your taste.

To raise your pH into the cancer killing range, increase the doses enough to raise your saliva pH into the 8.0 - 8.5 range for a few days and then reduce the doses and return to a saliva pH between 7.0 -7.5. Repeat as necessary.

You may need about 2 level tsp of potassium bicarbonate 3x daily to achieve this higher level of alkalinity. A smaller or larger person may need to adjust the dose accordingly. As you increase the doses of potassium bicarbonate your body may need time to adapt to higher levels of alkalinity. If you feel discomfort, reduce your dose of potassium bicarbonate for a day or two and then try again.

Research has shown that if your urine or saliva pH is below 6.8 immediately upon awakening, that your alkaline reserves are low and should be replenished.

**NOTICE:** This regimen should be approved by your doctor. There are multiple reasons why an individual should not attempt this regimen without doctor's supervision, especially if you are on cardiovascular or water-retention medication.