

Link to Chronic Fatigue and Degenerative Diseases

Reversing 10 Major Causes of Illness Can Save Your Life

Part One of a Three Part Series

Dr. Smith Live

53rd Episode

Part One: You Will Learn 3 Potential Root Causes:

- **Low body voltage**
- **Toxic bowel**
- **Acid pH**

The Link to Chronic Fatigue and Degenerative Diseases

“IF YOU WANT TO FIND THE SECRETS OF THE UNIVERSE, THINK IN TERMS OF ENERGY, FREQUENCY AND VIBRATION”

— NIKOLA TESLA

There are many causes for chronic fatigue and other illnesses. There are 10 major issues that must be evaluated as potential root causes:

- **Low body voltage**
- **Toxic bowel**
- **Acid pH**

Part II - December 16, 2021

- **Hypothyroidism**
- **Hypoadrenia**

Part III - January 6, 2022

- Heavy metal toxicity
- EMFs
- Nutritional deficiencies
- Parasites
- Hypoxia

Low Body Voltage

pH (shorthand for potential hydrogen) is really the measurement of voltage. Each specific pH reading represents a specific voltage. If the voltage reading shows a minus, it represents an electron donor; if the voltage reading shows a plus, it represents an electron stealer. Cells are designed to run between a pH of 7.35 and 7.45. From a voltage perspective the readings are -20 mV and -25 mV respectively. The significance of this is that all normal biological cells function as electron donors between -20 mV and -25mV.

Characteristics of an electron stealer vs an electron donor

Electron Stealer	Electron Donor
Causes damage	Can stimulate healing
pH zero to 6.9	pH of 7.1 to 14
Acidic	Alkaline
Free radicals	Antioxidants
Positive polarity	Negative polarity
Destructive	Constructive
Spins left	Spins right

The take away message is that “all disease occurs when you are acidic.”

Patient example: A 24-year-old female was referred to me for chronic bladder infections and constant pain. **Patient's chief complaints:** always in pain, nauseous, frequent vomiting even with drinking water, depression, anxiety, panic attacks, gains weight just by looking at food, insomnia, digestion issues (belching burping), and muscle weakness requiring being in a wheel chair. This patient had several operations, numerous prescribed drugs (antibiotics and pain meds). **Examination findings:** Oral pH was 4.5 (extremely acidic); glyphosate in her bladder along with Pseudomonas aeruginosa infection. Conventional medicine is doing all the wrong things: Treating the patient's symptoms with drugs that are making her more acidic. Not one doctor ever took the patient's oral pH.

What this means is that all disease occurs when your voltage is low or in an electron stealer state. In contrast, when the body is in an alkiline state electrons are available for cell function and repair.

A free radical is a molecule missing electrons. When free radicals steal electrons from a cell, it damages the cell. Antioxidants are molecules that are capable of giving away electrons, which enable normal cell function and repair.

Salivary and urinary pH are about an 0.8 pH unit less than the cell pH. Salivary pH is a rough indicator of cellular voltage. Urinary pH is a rough indicator of the voltage in the interstitial fluids. When normal, both pH readings should be 6.5. If you add 0.8 to 6.5 you get 7.3, which equates to -20 millivolts.

In order for new cells to occur it requires a voltage of -50mV, biophotons, and scalar energy. This is achieved with trauma or injury to the tissues. The physiologic reactions are dilation of blood vessels and a dumping of raw materials such as proteins, carbohydrates, fats, vitamins, minerals, biophotons, etc. into the injured area. Upon repair, the voltage drops back

to -25 mV, which is the normal level. The pain experienced with injury is the result of a low voltage. Raise the voltage and the pain disappears.

Chronic diseases and aging result when the voltage drops before the cells complete the repair process. At -10 mV the cells can no longer replicate, the pain lingers, and the inflammation continues. In essence, chronic disease is defined as low voltage. All the allopathic medicines and all the fancy surgeries will not raise the voltage to enable repair. Healing can only occur when the “splinters” or initiators are removed to strengthen the immune system, the cell membranes are restored with organic, cold pressed omega 6/omega 3 oils, and real organic raw foods are eaten to supply the raw materials and electrons for healing.

Cell Voltage, pH and Healing		
Cell Voltage in mV	Cell pH	Physiology
-50	7.88	Make new cells
-45	7.79	
-40	7.7	
-35	7.61	Normal for children
-30	7.53	
-25	7.44	Normal for adults
-20	7.35	Normal for adults
-15	7.26	Tired
-10	7.18	Sick
-5	7.09	
0	7.0	Change polarity
+5	6.91	
+10	6.83	
+20	6.65	
+30	6.48	Cancer

One of the key components to the disease process is corruption of the mitochondria with toxins (heavy metals, glyphosate, chemicals, viruses, bacteria, mold, fungus, etc.) which prevents energy production and availability of electrons to initiate the repair process. In addition, as the voltage drops from -20mV to + 30mV the amount of oxygen in the interstitial fluids also drops with the end result of hypoxia. With the drop in oxygen, the 1 trillion microorganisms that lie dormant become activated; the spilling out of their enzymes enter our bloodstream to cause a myriad of damage (injury to heart valves, blood vessels, organs, etc.).

The transition from healthy microorganisms to pathological forms is the result of hypoxia (low oxygen), decreased voltage, and build up of toxins. These organisms change from spherical to rod-shaped to yeast like and finally fungus with hyphae (long, branching filamentous structures of the fungus; hyphae are the main mode of vegetative growth).

How do cells normally get voltage?

The Earth is a large electromagnet. If your body is low in voltage, walking barefoot on the earth (earthing) enables your body to absorb electrons. Electrons always flow from a more dense to a less dense area. However, if you are wearing shoes, they act as an insulator and you will not absorb electrons.

Pure natural alkaline water from the ground contains electrons. Alkalized water made by a machine is done by adding hydroxyl free radicals (OH^-) to the water. Hydroxyl free radicals are the most reactive free radical capable of degrading organic compounds. However, when we place chlorine (+1.36 mV) and fluoride (+2.85 mV) in it, it becomes an electron stealer. One can easily test the water by placing a voltmeter into it. A minus reading denotes an electron donor while a positive reading shows it to be an electron stealer. Voltage also holds true for raw foods vs cooked foods. One can re-energize foods by exposing them to the full spectrum hyperpolarized light from a Biopton unit manufactured by Zepter.

Exposing a voltmeter outside in the sun will show a higher reading compared to an indoor reading. Exercise is another major way the body acquires electrons. Exercising creates electrons and the movement of our muscles re-charges our muscle batteries. Also hugging a live tree or a healthy person will shift electrons into your body.

Ion	Voltage
Fluoride	+2.85
Peroxide	+1.77
Chloride	+1.36
Ferric	+0.76
Copper +	+0.52
Copper ++	+0.34
Hydrogen	0
Chromium	-0.41
Ferrous	-0.44
Zinc	-0.76
Aluminum	-2.23
Magnesium	-2.71
Sodium	-2.87
Calcium	-2.89
Barium	-2.92
Potassium	-2.99
Cesium	-3.02
Lithium	-3.04

10 Common Ways Electrons are Taken Away From Our Body

1. Drinking water that is acidic: chlorinated, fluorinated and bottled water are more acidic.
2. Drinking carbonated beverages
3. Drinking caffeinated beverages
4. Drinking alcohol
5. Eating cooked and microwaved foods
6. Eating processed foods
7. Touching or hugging a person who has low voltage
8. Healers or physicians who touch their patients lose electrons
9. Being exposed to moving air: air conditioning, fans, convertibles, and hair dryers
10. A parent who holds a sick child or pet will lose electrons

How Our Cells Store Electrons Like a Battery

Our cell membranes are composed of opposing layers of fats called phospholipids. This unusual design reveals that fat is made up of a ball with two legs. The ball acts as a conductor and the legs function as insulators. Anytime two conductors are separated by an insulator, you have an electronic device called a capacitor. Capacitors are designed to store electrons. In essence, the cell membranes serve as “battery packs” for the cells.

Toxic bowel

Intestinal toxemia is frequently found as the primary cause or contributing factor to the presence of many clinical phenomena: fatigue, nervousness, gastritis, impaired nutrition, skin manifestations, endocrine disturbances, neurocirculatory abnormalities, headaches, arthritis, heart irregularities,

pathological changes in the breasts, and many more. Intestinal toxemia is the process resulting from the formation of various toxic chemicals in the intestines by bacteria. A diet high in protein similar to the standard American Diet causes a predominance in the intestine of proteolytic putrefactive bacteria, which produce highly toxic compounds, some of which are absorbed. These compounds are incompletely detoxified by the liver and therefore enter the systemic circulation. A diet high in carbohydrates and low in protein result in a non-putrefactive type of intestinal flora. After a change in diet from high protein to high carbohydrates, an improvement in the spirits and activity was observed among tested animals which may safely be construed as showing a markedly improved sense of bodily and psychologically well-being. Consumption of fermentable carbohydrates such as glucose, fructose or lactose results in delay of or complete inhibition of the putrefactive process.

Resolution:

1. **Food Grade Diatomaceous Earth:** Week one - take one teaspoonful of Food Grade Diatomaceous Earth in 8 ounces of spring water first thing in the morning for one week; then a tablespoon in 12 ounces of water for the next 90 days. Three functions: 1). Scrapes the walls and removes mucous plaque build-up; 2) Absorbs toxins; 3) kills parasites.
2. **Good Probiotic:** objective is to re-establish a healthy microbiome.

Examples: Prescript-Assist, Kaqun Drops, and Bravo yogurt

3. **Essiac Tea or Herbal C (ICNR, Inc.):** Take two ounces of warm concentrate an hour before bedtime. Take for 12 weeks.
4. **Mimosa Pudica ([etsy.com](https://www.etsy.com)):** Incredible herb that kills all parasites. \$36.

Use the Herbal C Detox or Essiac tea for 15 days before starting the Mimosa Capsules and continue taking the Mimosa and the Herbal Detox

together. I recommend three bottles of the Mimosa Pudica for thorough cleaning.

Acid pH

There are two primary reasons for the body to become too acidic, **Respiratory Acidosis** and **Metabolic Acidosis**. Respiratory Acidosis occurs when too much CO₂ builds up in the body because the lungs cannot remove adequate amounts of CO₂. Metabolic Acidosis occurs when the kidneys can't eliminate enough acid or when they get rid of too much base.

Respiratory acidosis

Some of the common symptoms of respiratory acidosis include the following:

- fatigue or drowsiness
- becoming tired easily
- confusion
- shortness of breath
- sleepiness
- headache

Metabolic acidosis

Some of the common symptoms of metabolic acidosis include the following:

- rapid and shallow breathing
- confusion
- fatigue
- headache
- sleepiness
- lack of appetite
- jaundice
- increased heart rate
- breath that smells fruity, which is a sign of diabetic acidosis (ketoacidosis)

For more information regarding these two forms of acidosis go to: www.healthline.com/health/acidosis