

# Acid Base Balance and Milieu Therapy Protocol

## Primary remedies: Pleo Alkala, Pleo Sanuvis and Pleo Citro

The purpose of alkalizing is to decrease acidosis in the body tissues. Acidic conditions in mesenchymal, lymphatic, organ and connective tissues are associated with inflammation, infection, allergic reactions, toxic build-up and many chronic conditions. An acidic milieu is viewed as one of the first indicators of blockage to homeostasis and regulation processes.

Maintaining a balanced milieu pH is done through long term diet (the Restorative and Regenerative Diet according to Dr. Rau). In the short-term and in response to acute and inflammatory disease, acidosis can also be shifted quickly with alkalizing agents (Pleo Alkala, Basic Powder, and Basictab). In cases of chronic or degenerative disease, add appropriate organic acids (Sanuvis, Pleo Citro and Pleo Form).

Remedy	Phase/Dose	M	T	W	T	F	S	S
<b>Recommended for 1 – 3 months</b>								
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below*				✓✓		
<b>For Severe and Chronic Disease add:</b>								
Pleo Sanuvis	½ tsp (60 drops) or 3 tabs				✓✓			
Pleo Citro	½ tsp (60 drops) or 3 tabs				✓✓			
<b>For Acute and Chronic Inflammation add:</b>								
Pleo Form	5 - 20 drops				✓✓			

\*pH Levels – For 2 days, log urinary pH to create a pH baseline.

### Legend:

- ✓ = 1 dose per day
- ✓✓ = 2 doses per day
- ✓✓✓ = 3 doses per day

To determine pH levels, use pH papers to test and record urine for the first morning pH and throughout the day. (normal urine pH readings: first morning urine 6.0 – 6.5; urine throughout the rest of the day 6.8 – 7.4). If the pH reading is below the normal range, alkalization and diet adjustment is recommended. An alkalizer should be taken with warm water on an empty stomach (30 min before meals or 2 hours after meals). During the time of alkalizing, urinary pH will generally test 7.4 and higher, which is desired for the biochemical reactions to shift the acid out of the tissues and body. After one month, have the patient stop taking the alkalizer for 2 days and retest urine pH level. If the pH level is still below the first morning urine range, continue to alkalize until consistent readings are achieved in the normal pH range. This process can take months to balance the milieu and should be monitored with pH testing until the ideal range is obtained.

To maintain long-term healthy acid-base balance after initial alkalization, a diet that increases alkaline foods and reduces consumption of metabolically acidic foods is required (ex. coffee, meat proteins, alcohol, 'white' processed foods and refined sugars). Consider alkaline water. Additionally, a healthy lifestyle including regular exercise and stress management will optimize and help maintain a regulated biological terrain.

## Clinical Pearls:

- ▶ Pleo Sanuvis is homeopathic L (+) lactic acid and is used to break down lactic acid buildup and associated symptoms, and increases cellular respiration and regeneration.
- ▶ Pleo Citro is homeopathic citric acid and is used in the Kreb's citric acid cycle and for energy production, cellular respiration and cellular metabolism.
- ▶ Pleo Form is homeopathic formic acid and is used in cases of significant inflammation and rheumatism of muscles and joints; also particularly useful in eczema, asthma and allergies

## A small glimpse into each remedy:

- ▶ **Pleo Alkala** - buffering powder for balancing pH in body's milieu
- ▶ **Basic Powder/ Basic tab** - buffering powder/tablet for balancing pH in body's milieu, milder taste than Pleo Alkala
- ▶ **Pleo Sanuvis** - to decrease lactic acid (-) buildup and inflammation and stimulate cellular respiration
- ▶ **Pleo Citro** - to increase cellular metabolism (energy production) and correct acid-base balance
- ▶ **Pleo Form** - used in complaints that are inflammatory in nature, specifically in allergies, rheumatism