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Bicarbonate of soda

Bicarbonate of soda (Bsoda) was used to alkalise and oxygenate the body and moderate its immune response. It kills pathogens –fungi, bacteria and viruses – most of which flourish in a low pH environment. Bsoda was used as a prophylactic and treatment against viruses. It may offer protection and treatment against the 2020/2021 COVID-19 virus and its variants. Research has already shown its therapeutic value in many other diseases.

The many uses of Bsoda as a disinfectant, cleaning and deodorising agent etc. are well known and published online. These notes refer to some:

- [background](#) information which was new to me
- [testimonies](#) of its therapeutic value
- [medical research](#) into its various applications, and its different modes of action
- [side-effects and contraindications](#)
- [dosages](#) and advice for use as a home remedy

Background

These notes were initially compiled for friends who were very ill with COVID-19 and who were terrified that their young children would be left orphaned if they died. They read my notes listened to Edna Boone's interview (see below) and took twice daily doses of the Bsoda concoction I use. They started to get better after 3 days and did not suffer Long COVID. My notes were revised after further research and especially after I realised that alkalisating substances had cleared wet AMD in both my eyes.

Bsoda has a high pH, where pH stands for potential hydrogen and is a measure in millivolts (mV) of voltage as explained by Dr Jerry Tennant in **Healing is voltage** <https://www.youtube.com/watch?v=wKNK6AdDOOc>. In solutions, we can have an excess of electron donors above a pH of 7 (alkaline) or electron stealers when there is a deficit of electrons below pH of 7 (acidic). He states that cells are designed to function at approximately -20 mV (pH 7.35). When the cell is in repair mode, it needs more like -50 mV. When the voltage of a cell drops, we get tired, then sick and at -5 mV the organs stop working. If the pH (voltage) drops further, there is damage to the DNA, leading to cancer, pain, chronic infections and a lack of oxygen. We need to raise the pH to -50 for recovery and even higher to -70 mV to recover from chronic diseases. He then lists what can be done to increase the voltage, including Vitamin C and raw fruits and vegetables – and other [oxidising treatments](#), such as Bsoda. The amount of oxygen you can have in a cell is dependent on the pH according to Bohr's Law – acidic cells hold less oxygen. The body also uses minerals as on/off switches – and they tend to be deficient in chronically ill patients.

In complementary therapies, such as Homeopathy, TCM and Ayurveda, there are constitutional remedies for ailments, which are caused by an imbalance in the body – which favour pathogens. This includes an imbalance in the acid/base balance, where base means alkaline. My notes on this are here: [acid-base.html](#). Back in 1927, Dr Cheyney attributed the common cold to a similar imbalance rather than an infectious agent, like a virus. https://www.bibliotecapleyades.net/archivos_pdf/commoncold_volney.pdf (p 18).

Virus replication is pH sensitive. They multiply in acidic environments (around pH 6.0) and can cause acidosis (the pH of the body becomes acidic) and hypoxia (deficiency of oxygen in the

blood). Bsoda is capable of rapidly shifting the body pH into an alkaline state and oxygenating the body. This deactivates the virus enabling the body to recover. Chlorine Dioxide in Solution ([CDS](#)) works in a similar way. Bsoda therapy can also make it more difficult for viruses to become active in the first place by providing an unfavourable host environment.

Viruses are not life forms and do not kill people directly. They cause a biochemical reaction in the body and trigger an immune response. As with flu, this may be mild for many people, but fatal for others. Bicarbonate of soda (Bsoda) is said to moderate the immune response. Why this should be so is unclear but there are a few explanations.

Although intravenous Bsoda is medically administered to counteract acidosis, some scientists propose that oral Bsoda's therapeutic action is due to its effect on the spleen's role in moderating the immune response (see below). You do not really need to know why Bsoda has therapeutic value but you may be interested in the testimony of others, especially in their use of varying dosages, and medical research on the therapeutic value of Bsoda, dosages used by others and contraindications.

Testimonies

1. The 1918 flu

- a. Edna Boone's testimony of the 1918 flu pandemic (commonly referred to as the Spanish flu) is very interesting. <https://www.youtube.com/watch?v=CcDybaDnPWM> Edna was 10 years old during the pandemic and was 100 when she was interviewed in August 2007.

Her mother gave the family **half tsp of Bsoda in cool water on rising** (i.e. before breakfast). Edna believes that this is why her parents, she and her twin brothers did not catch the flu (4.41-5.01 mins into the video). Edna died aged 104 in 2011.

- b. Dr Volney Cheyney contributed to a booklet by Church & Dwight Co. Ltd in (1924). https://archive.lib.msu.edu/DMC/sliker/msuspcsbs_armh_armandhamm42/msuspcsbs_armh_armandhamm42.pdf He wrote that colds and flu reduced the bicarbonate content of blood plasma and that doses of **sodium bicarbonate** led to signs of recovery within 36 hours. Blood pH is normally slightly alkaline and acidosis can cause fatality through multiple organ failures. He wrote "In 1918 and 1919 while fighting the 'Flu' with the U. S. Public Health Service it was brought to my attention that rarely anyone who had been thoroughly alkalinized with bicarbonate of soda contracted the disease, and those who did contract it, if alkalinized early, would invariably have mild attacks" (p12 – 13)
- c. In Canada, to counteract the excessive acidosis (acid build up) caused by the virus, doctors recommended alkalinising medication in the form of Bsoda, citrate of potash, or limewater and milk. <https://www.canadashistory.ca/explore/arts-culture-society/killer-flu>

2. Old-age remedy

The kidneys play an important role in maintaining the [acid-base balance](#). Kidney function is prone to decline with age. I knew several old people, including my father and people who were active in their 90s and even when over 100 years old, who used to take salts of various kinds – Andrews (still sold but with a different recipe), Eno's fruit salts, Glaubers salts, Epsom Salts and so on, as and when they needed them.

I used to take Andrews and Enos when stressed by long haul flights, hay fever etc. I declined proton pump inhibitors when I had a severe bout of gastritis and reflux in 2011 and included Bsoda as one of the ingredients in my own **alkalising drink** based on old recipes. In 2013, I refused antibiotics for pleurisy and bronchitis after a long haul flight and an allergic reaction to the plane being sprayed at Heathrow when there was a flu epidemic. I relied on a range of therapies, including the alkalising drink to clear severe [chest and head congestion](#).

3. Incidentally, I know from personal experience of treating myself and my husband that repeated application of a paste of Bsoda and virgin coconut oil can desiccate and kill the **HPV virus causing warts**; the warts bleed, crack and crumble away leaving just a footprint. **Cysts** respond differently. The BSoda causes the body to isolate the cyst from the body so that it hangs by a narrow neck. The cyst then got desiccated and elongated to form a string, which dropped off without leaving a scar. Bsoda is also a non-toxic cleaning agent, especially when combined with vinegar.

I was referred to the hospital when what we believed to be a congenital mole which had grown from a pin head to a about an inch diameter fleshy mole started to bleed. The consultant suggested surgical removal but I was on a waiting list. In the meantime, I applied an ointment of BSoda and coconut oil. It stung initially but it gradually flattened out. When I saw the consultant she was surprised and asked if I still wanted it removed. She recommended removal since if it grew back I would have to go through a GP referral again. The growth turned out to be a wart but it shows that BSoda is a remedy for warts – there are others.

4. I was diagnosed with **wet AMD** in both eyes in 2018. When I compiled version 1 of these notes in April 2020 for some friends who were very ill with COVID, I started to take Bsoda in my alkalising concoction. Although scans showed that I still had fluid in my eyes, my visual acuity had improved from 6/12 to 6/9. I only had telephone consultations during lockdown. In Feb 2021, I switched from Bsoda to chlorine dioxide in solution ([CDS-testimony](#)). When I was next seen in April 2021, the consultant reported a [spontaneous recovery from wet AMD](#) with no fluid on my retina. I don't know whether the recovery had already started with Bsoda or whether CDS (a more powerful oxidising agent) led to the recovery.
5. **Dental infection** In early Sep 2021, I developed a root infection in a molar and that caused more widespread infection. I could not bring my teeth together to chew and swallowing was painful. I got an emergency dental appointment on Monday 13 Sep and was told that the infection was over but there was still some inflammation. The earliest appointment for a canal root filling and crown was at the end of October. I was told to take painkillers in the interim. By the following day I developed a hard boil under the chin and there was extensive inflammation and I had difficulty swallowing and breathing out. I started taking BSoda twice a day on an empty stomach and saw the dentist again on the 17th. It was thought that a remnant of root buried in the gums had become infected. I collected the prescription for antibiotics but did not take it. Instead I continued to take BSoda. I had another appointment on Monday 20th. X-rays ruled out cancer. The inflammation had reduced but, by Wednesday 22nd I was able to eat as normal. There is still a tender spot and some inflammation of the mouth but no all-consuming pain.

6. **Itchy skin at night** [Itchy Skin at Night: in Bed, no Rash, with Bumps, on Legs, Causes, Get Rid, Treatment - Healtreatcure](#)
7. **Rhinitis** A solution with a pinch of baking soda and salt is used with a neti pot to flush the nostrils out in Ayurveda.
8. **Ear Wax** We found that a bicarbonate solution was more effective than olive oil at loosening hardened ear wax for flushing out by a nurse. You also don't get oily stains on your pillows.
9. **BSoda for endurance**
The effect of acid-base balance on **sports performance and endurance** has been studied since the 1930s and so-called sports drinks now include bicarbonate of soda and sodium citrate since there is evidence that they enhance performance by mopping up the lactic acid released during intense or prolonged exercise. [Dietary Supplements for Exercise and Athletic Performance - Health Professional Fact Sheet \(nih.gov\)](#). Some people are said to be *soda doping* with as much as one tablespoon of BSoda with lemon every day for several days before a competition.
10. **BSoda for detox**
[Talking The Spirit and Intelligence of Water | Veda Austin - YouTube](#)

11. **Cancer:**

- a. **1970s Jim Kelmun** Country doctor cured cancer with BSoda and Maple Syrup [jim_kelmun_protocol.pdf \(alternative-cancer-care.com\)](#); Kelmun's protocol may be found here [Baking Soda \(Sodium Bicarbonate\) and Cancer \(alternative-cancer-care.com\)](#)
Vernon Johnson's testimony - Beating prostate cancer with BSoda and molasses [Beating prostate cancer with sodium bicarbonate and molasses | CANCERactive](#). This video on [How To Make Baking Soda Molasses Cancer Protocol Solutions - YouTube](#) uses a sweet substance as a bait for the fungus. But, Simoncini claims in his 2018 interview that BSoda is more effective on its own. Update on Vernon Johnson - [Five year update on the guy who cured his stage IV prostate cancer with baking soda - NaturalNews.com](#)

A friend (BD) followed Vernon's protocol and Wim Hof's breathing method for alkalising and oxygenating his system and reduced his PSA count by 50% from 10 in Feb 2022 to 5.3 in May 2023.

- b. **1980s Tullio Simoncini** : Dr Tullio Simoncini – claimed that cancer is a fungus, Candida Albicans. Aug 2008 [Cancer is Fungus 1 of 2 - YouTube](#) and he kills it with BSoda. There are several video testimonies of his use of BSoda to treat cancer. Despite the suppression of this and other videos by Google and youtube, you can still access some of these. Even if Simoncini's extrapolation of theory based on his observations may not all be correct, more recent medical research (see below) is showing that cancer growth and metastasis is inhibited by BSoda.

Sep 2013: [How to treat cancer - Cancer is Fungus - Dr Tullio Simoncini - YouTube](#) – the fungus (cancer) is spread by biopsies and surgery. Simoncini kills the fungus with BSoda because the fungus cannot adapt to BSoda. [8.30 mins into video] He says that the 100 year old Astanga Hridayamin text in Indian Ayurveda prescribed the use of strong alkali to kill cancer.

People have been cured of bladder, breast, womb, lung and other cancers. But, bone cancer is difficult to treat because of poor blood supply to bones. Not all leukaemias are due to a fungus and cannot be treated with BSoda alone.

Oct 2018: [Cancer is a Fungus | An Interview with Dr. Tullio Simoncini - YouTube](#) – Simoncini says most alternative therapies are not effective. The fungus has to be killed with BSoda on its own.

Mixing other substances will reduce its killing power. He says that oral BSoda will eradicate the cancer fungus.

More Testimonies:

Feb 2012: <https://www.youtube.com/watch?v=KGa3zhquQEk&t=516s> – cured of terminal kidney cancer, which had spread.

Feb 2012: [Dr. Simoncini - patient breast cancer - YouTube](#) – another patient cured.

Mar 2012: [Dr. Simoncini - patient breast cancer - YouTube](#) fully cured.

Other testimonies <https://www.youtube.com/user/seoleoINT/videos>
<https://www.youtube.com/user/seoleoINT>

The Protocols

Apr 2020: [All Sodium Bicarbonate Protocols Explained for Doctors | Dr. Tullio Simoncini - YouTube](#) – 5% intravenous solution is well tolerated (side effects – thirst and tiredness). If patient develops shallow breathing, stop the infusion and give sugar in water to antidote. Uses BSoda like iodine tincture to sterilise surgery.

Gregg Semenza, was awarded the Nobel Prize in Dec 2019 for his discovery of a protein called hypoxia-inducible factor 1 (HIF-1). His discovery was prompted by the observation that *when exposed to low levels of oxygen, cells in the kidney trigger synthesis of more red blood cells, and cancer cells survive and multiply in an environment that has low oxygen levels when other types of cells do not.* This lends weight to remedies (such as bicarbonate of soda, chlorine dioxide, hydrogen peroxide etc.) which specifically address oxygen deficiency (causing acidity) as the cause of diseases such as poor vision, cancer etc. *In addition to cancer and kidney disease, this discovery of HIF-1 has the potential to result in treatments for diseases such as blood disorders, blinding eye diseases, coronary artery disease and other conditions.* [Gregg Semenza, M.D., Ph.D. | Nobel Prize Winners of Johns Hopkins Medicine.](#)

Medical research

Hypoxia (shortage of oxygen) and acidic conditions provide ideal conditions for pathogens, whether they be bacterial as in TB, viral or fungal (Simoncini claims that cancer is often a fungus). Acidity is also associated with inflammatory diseases, like arthritis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7249593/>

1. Immune System

As I noted in the introduction, it has long been advocated that inflammatory diseases (those whose names end with 'itis' like arthritis, gastritis etc.) are caused by an over-acid system. I know of personal cases (reported in my article on [acid/base balance](#)) where mystery illnesses which defied diagnosis vanished after consumption of the alkalising concoction I took for bronchitis.

In **2018**, researchers at the Medical College of Georgia found that “Oral NaHCO₃ Activates a Splenic Anti-Inflammatory Pathway” <https://www.jimmunol.org/content/early/2018/04/14/jimmunol.1701605> A layman’s explanation was provided here:

Science Daily: According to O’Connor, *with kidney disease, there is impaired kidney function and one of the resulting problems can be that the blood becomes too acidic, significant consequences can include increased risk of cardiovascular disease and osteoporosis. ... Clinical trials have shown that a daily dose of baking soda can not only reduce acidity but actually slow progression of the kidney disease, and it's now a therapy offered to patients.* A daily dose of baking soda may help **reduce the destructive inflammation of autoimmune diseases** like rheumatoid arthritis. Bicarbonate makes the spleen to produce anti-inflammatory, as

opposed to inflammatory, cells called macrophages. *"It's potentially a really safe way to treat inflammatory disease."*

[Drinking baking soda could be an inexpensive, safe way to combat autoimmune disease -- ScienceDaily](#) See also [Cells that make our insides slick also calm our spleens \(medicalxpress.com\)](#)

Also in **2018**, researchers at McMasters University reported that the unique mechanism of action of bicarbonate has far-reaching and predictable effects on the activity of innate immune components and antibiotics. They believe that the antimicrobial properties of several components of **innate immunity were enhanced by a physiological concentration of bicarbonate** <https://pubs.acs.org/doi/10.1021/acsinfecdis.7b00194#>

COVID-19

Mar 2020: article entitled *"Can Baking Soda (sodium bicarbonate) help prevent serious complications from COVID-19 infection?"* FLTWT postulates *"if baking soda is effective in regulating the immune system for autoimmune disorders, it may act as an effective means to regulate the immune system in viral infection cases, and prevent the onset of cytokine storms that lead to acute symptoms."*

<https://medium.com/@ftlwt/can-baking-soda-sodium-bicarbonate-help-prevent-serious-complications-from-covid-19-infection-7897ed3aaa4d>.

This article also provides extracts from other interesting sources, for example on the beneficial as opposed to ill effects of taking Bsoda when the stomach is resting versus when it is digesting. <https://www.biri.org/pdf/articles/Baking-Soda-Uses-in-Daily-Health.pdf>. This may explain why the dose should be taken either on rising or at bed time or between meals when the stomach is resting. The same instructions are advised when using Chlorine Dioxide as a prophylactic and early treatment. The blood and urine pH are acidic after a fast and more alkaline after a healthy meal. Since those who are already ill, tend not to eat much, the pH is likely to be acidic. This may explain why Dr Cheyney was administering Bsoda doses through the day. Kalcker's protocol for COVID-19 also involves taking hourly doses of chlorine dioxide in a day.

May 2020: Adult respiratory distress syndrome [Case reports of observed significant improvement in patients with ARDS due to COVID-19 and maximum ventilatory support after inhalation of sodium bicarbonate \(heighpubs.org\)](#)

A Covid-19 infection can be fatal when the person's immune system overreacts and a cytokine storm attacks their organs. There have been reports that people are not calling for help promptly <https://www.theguardian.com/world/2020/apr/06/fears-britons-self-isolating-covid-19-see-help-too-late> Bsoda MAY moderate the immune response while waiting for help.

2. **Aspirin damage** - In **1977**: Bsoda reduced aspirin damage - [Effect of sodium bicarbonate on aspirin-induced damage and potential difference changes in human gastric mucosa - PubMed \(nih.gov\)](#)
3. **Cancer** – recent research confirms Simoncini's observations and treatment without acknowledgement. But, they have found that oral administration of BSoda inhibits cancer growth. Search for recent articles – here are just a few.

Jun 2013 [Acidity generated by the tumor microenvironment drives local invasion - PubMed \(nih.gov\)](#), *Oral administration of sodium bicarbonate was sufficient to increase peritumoral pH and inhibit tumor growth and local invasion in a preclinical model, supporting the acid-mediated invasion hypothesis.*

Nov 2016: <https://www.canceractive.com/article/beating-prostate-cancer-with-sodium-bicarbonate-and-molasses> Vernon Johnson's protocol and outcomes.

July 2010: [How To Make Baking Soda Molasses Cancer Protocol Solutions - YouTube](#) by Vernon Johnson

May 2018 [Ludwig Cancer Research](#) Ludwig researchers describe how acidity turns oxygen-starved cancer cells dormant and drug resistant—and a potentially easy way to reverse the effect with bicarbonate of soda!

Jun 2019 [Acidosis and cancer: from mechanism to neutralization - PubMed \(nih.gov\)](#)

Apr 2020 [Sodium Bicarbonate Cancer Treatment Overview \(drsircus.com\)](#)

May 2020 [Does Baking Soda Function as a Magic Bullet for Patients With Cancer? A Mini Review \(nih.gov\)](#) reviews the findings from studies administering sodium bicarbonate alone or in combination with other anticancer therapies as cancer treatments, and discusses methods for safe and effective use of sodium bicarbonate in the clinic. Some of the studies date back to the 1990s. This vindicates Simoncini's claim that the knowledge has been deliberately suppressed and he was unjustly penalised for saving the lives of terminally ill cancer patients with BSoda. The Chinese researchers also looked at other agents for neutralising the lactic acid associated with cancer but found that they had other serious side effects compared to BSoda which is safe. There are now imaging technologies for non-invasive monitoring of tumour pH to guide treatment.

Proceedings of the National Academy of Sciences <http://blog.pnas.org/2019/03/journal-club-tumors-create-an-acidic-environment-that-helps-them-invade-surrounding-tissues/> They cannot patent BSoda, so they are searching for patentable treatments using nano-technology.

4. **Diabetes Mellitus** – to be updated.

5. **Eye health**

In 2015: Harvard research proposed that controlling bicarbonate levels may **slow progression of, or even prevent, eye diseases** - [Bicarbonate for Better Vision? | Harvard Medical School](#) *scientists in the Makino Laboratory want to investigate the possibility that controlling bicarbonate levels in the eye will slow the progress of, or may even prevent, eye diseases.*

Personal testimony: My own hospital eye tests showed an improvement from 6/12 to 6/9 acuity. As I noted [elsewhere](#), I noticed an improvement in my vision when I started to take BSoda but the eye consultants told me that there was no change in the wet AMD and cataracts in both eyes. The eyes recovered from wet AMD when I took Chlorine Dioxide, another blood oxidiser capable of resolving blood clots in veins as I noted.

6. In **2016**, Egyptian researchers found that 8.4% BSoda solution **inhibits pneumonia and TB caused by bacterial, fungal and mycobacterial cells** in the lower respiratory tract with no significant side effects. A full report can be read here: <http://www.ejbronchology.eg.net/article.asp?issn=1687->

7. **Kidney Dialysis:**

In **2008**, researchers found that a daily dose of baking soda could stop kidney patients needing dialysis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2736774/>.

See comments by NHS Knowledge Service [Baking soda for kidney patients - NHS \(www.nhs.uk\)](#) – they drew attention to the types of patients excluded from the study, the unknown status of the standard group, and the scope for the placebo effect. Even so, the results are impressive.

8. **Opioid Poisoning**

Cardiotoxic effects from opioid poisoning can cause arrhythmias for up to 12 hours. This is treated with sodium bicarbonate or magnesium sulfate, (Epsom Salt, which is also alkaline) or both. [Poisoning, emergency treatment | Treatment summaries | BNF | NICE](#).

9. **Osteoarthritis**

In 2017: Injections of BSoda into joints provides temporary relief for osteoarthritis <https://journals.sagepub.com/doi/10.1177/1179544116688899>

10. **To remove pesticides from food**

In 2017: University of Massachusetts: <https://www.consumerreports.org/pesticides-herbicides/easy-way-to-remove-pesticides/> it took 12 to 15 minutes in the baking soda solution (1 tsp in 2 cups water) to completely get rid of the pesticides used in this study. Note this will not remove systemic pesticides in food <https://uk.news.yahoo.com/cocktail-pesticides-almost-oranges-grapes-050043367.html>

10. **Other applications**

Using Sodium and Potassium Bicarbonates in the Prevention and Treatment of all Sickness and Disease <http://medcraveonline.com/IJCAM/IJCAM-09-00318.pdf>

A compilation of Sample records for sodium bicarbonate treatment : <https://worldwidescience.org/topicpages/s/sodium+bicarbonate+treatment.html>

I have not had the time to scan all of these. As Dr Young pointed out, the blood is slightly alkaline but our bodily functions like exercise, eating etc. make it acidic. When the body's reserves of bicarbonate buffers are depleted, or when kidney function decreases with age supplementation with BSoda and other oxygen-releasing substances will prevent illnesses. This is why people used to take BSoda on rising as [Edna Boone](#) and her family did before they became over-reliant on pharmaceuticals and the National Health Service.

Side Effects and contraindications

Bsoda is very safe and is used in medicine and in many products we ingest, such as bread and cakes and not just in toothpaste. https://en.wikipedia.org/wiki/Sodium_bicarbonate Bsoda is cheap and safe in small doses but there are side effects, especially for those with impaired kidney, liver or heart function.

For those who are not on medication half a tsp of Bsoda in a cup of water is unlikely to cause any harm. Most contraindications are stated for injections of bicarbonate and for bicarbonate drips. Simoncini has warned that just like with antibiotics, there is a danger of pathogens developing

resistance if low dose BSoda is taken continuously when not needed. He suggests a one month on and 3-5 months off protocol. https://www.youtube.com/watch?v=bvAd8WAG_I

As noted by Thornton & Ross, BSoda is an antacid, often used for the relief of heartburn and indigestion. However, it is contraindicated for certain medical conditions like high blood pressure, a tendency towards kidney stones, deficiency of calcium or hydrochloric acid, OR when taking medications which cause alkalinity. Sodium bicarbonate reduces the absorption of a number of other drugs taken concomitantly. See also:

<https://drsircus.com/sodium-bicarbonate-baking-soda/side-effects-contraindications/>

The Mayo Clinic warns that BSoda can interact with various medicines which it lists and affect some medical conditions. <https://www.mayoclinic.org/drugs-supplements/sodium-bicarbonate-oral-route-intravenous-route-subcutaneous-route/before-using/drg-20065950>. It also provides guidance on proper use, including dosage. <https://www.mayoclinic.org/drugs-supplements/sodium-bicarbonate-oral-route-intravenous-route-subcutaneous-route/proper-use/drg-20065950>

Dr Cheyney and others recommended higher and more frequent doses of BSoda, which could cause problems, especially when on medication. Similar warnings are given for laxatives (Laxido) which contain quite a lot of alkalising ingredients.

Dr Sircus says there is no danger in taking BSoda if you monitor your urine pH [The Dangers of Using Baking Soda - Dr. Mark Sircus - YouTube](#). You can get urine/saliva pH testing litmus paper online, e.g. at [Simplex Health pH Test Strips for Urine and Saliva \(100 Strips\) : Amazon.co.uk: Health & Personal Care](#)

Those who are on a sodium-restricted diet, can make their own Magnesium bicarbonate. <http://www.eytonsearth.org/earthcures/how-to-make-magnesium-bicarbonate-as-a-water-additive/> Also: <https://www.toxinless.com/magnesium-bicarbonate>

<https://www.medsafe.govt.nz/Profs/Datasheet/s/SodiumBicarbonateinjAFT.pdf>
<https://www.medicines.org.uk/emc/medicine/25416>

The Healing Crisis - The Herxheimer Effect

https://en.wikipedia.org/wiki/Jarisch%E2%80%93Herxheimer_reaction

This refers to a range of symptoms (headache, diarrhoea, vomiting, sweating etc.) which occur when pathogens are killed by antibiotics and other treatments, including bicarbonate of soda. For example, Vernon Johnson experienced these when he bumped up the pH to kill his prostate cancer. It is best to ease off the treatment to reduce the rate of die-off and toxic load on the body.

Dosage

Edna and her family not only resisted the Spanish Flu with just half tsp of BSoda in a cup of water, but also served their community tirelessly. I do not know if BSoda will help us resist COVID-19. Dr Cheyney used frequent heavy doses of BSoda.

I believe in stepping up rather than stepping down from a higher dose. So, we are only taking half a teaspoon at most in my [alkalising drink](#) when I remember and have the time. You can just take the BSoda in water as Edna's family did.

Others who have used my recipe have found that they needed to take it more often to clear their ailment. Remember that if you have more BSoda than you need, the body will expel it. So,

if you have diarrhoea or colic, then you need to step down the dosage to reduce the stress on the kidneys.

Just make sure that the Baking Soda you buy is Bicarbonate of Soda and not Carbonate of Soda, which is washing soda which can burn. Also, make sure that it has dissolved in cool water before consuming it.

In love and light

Mahes Visvalingam – version 3.35 am on 4 Apr 2020.

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Here is more recent research on breast cancer and BSoda. YOU dont treat the disease - you treat the person - so the dose has to be assessed by monitoring the pH of urine or saliva.

[Effect of Exogenous pH on Cell Growth of Breast Cancer Cells - PMC \(nih.gov\)](#)

[Targeting hypoxia regulated sodium driven bicarbonate transporters reduces triple negative breast cancer metastasis - PubMed \(nih.gov\)](#)

<https://unitedwithisrael.org/israeli-researcher-discovers-baking-soda-helps-chemotherapy-kill-cancer-cells/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2834485/>

2009: Bicarbonate Increases Tumor pH and Inhibits Spontaneous Metastases

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6625834/>

Acidosis and Cancer: from Mechanism to Neutralization

<https://www.frontiersin.org/journals/oncology/articles/10.3389/fonc.2022.1003588/full>

Skin cancer

<https://dailyhealthpost.com/baking-soda-and-coconut-oil-cure-skin-cancer/> (check this site).

Melanoma cures

<https://www.earthclinic.com/cures/melanoma.html>

Skin cancer <https://www.cancertutor.com/simoncini/>

<https://rastafari.tv/cancer-forbidden-cures-herbs-baking-soda-coconut-oil/>

Warning: <https://www.bbc.co.uk/news/magazine-38650739> Dying Officer treat by Dr Young with BSoda

<https://drsircus.com/chlorine-dioxide/is-there-a-cure-for-skin-cancer-iodine-and-chlorine-dioxide-to-the-rescue/> - read

<https://www.healthcheckup.com/tests/bicarbonate-blood-test/> - medical article

<https://drsircus.com/general/dr-mercola-and-dr-sircus-on-baking-soda/>