On the question of "banal soda"

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For years, the Internet has been replete with reports of the "miraculous" properties of regular baking soda, from its effectiveness in weight loss to its effect in treating cancer. Having seen these publications for the first time, we immediately remembered how, as students of the medical institute, we were amicably discussing the information about the amazing properties of soda, read in the letters of Helena Roerich. Of course, we then decided that knowledge about chemistry at the beginning of the 20th century was so scarce that today we can forgive this great woman for her unscientific "delusions." And we also remembered the head of the neonatal department (there were sick children up to 3 months old, mostly with pneumonia), where we came as interns, who first prescribed intravenous drip soda solutions to all children, and then prescribed a course of treatment with other drugs. How we laughed at such an "outdated" approach. But that, how quickly the condition of these children improved, confused our "arrogance" of "progressive doctors". All these memories prompted us to start an unbiased study of this substance using the method of electropunctural diagnostics.

Given the acid-base state test, we expected that sodium bicarbonate solutions would be effective in shifting this state toward the acidic side. But in practice, it turned out that solutions of soda in different concentrations are effective in both acidic and alkaline conditions of body tissues.

It seems illogical.

The classic description of soda says that this substance has a pharmacological effect of mucolytic, antacid, restoring the alkaline state of the blood, expectorant effects.

When taken orally in the stomach, sodium bicarbonate interacts with hydrochloric acid, neutralizes it and lowers the acidity of gastric juice.

$NaHCO_3 + HCL = NaCL + H_2CO_3$

Part of the carbonic acid decomposes to form carbon dioxide and water, and part is absorbed. Part of the sodium bicarbonate itself is also absorbed.

Carbonic acid and sodium ions begin to participate in the metabolic cycle. The acid-base state shifts towards alkalosis, osmotic diuresis increases, chlorine and sodium ions are released, urine is alkalized, which prevents the precipitation of uric acid salts. The reaction of bronchial mucus is also shifted to the alkaline side, which helps to dilute sputum and improve its expectoration. Sodium bicarbonate also relieves the symptoms of motion sickness and air sickness. In general, this remedy is recognized as effective in 13 pathological conditions (according to the nosological classification of ICD 10).

The external anti-inflammatory and neutralizing effect of soda is associated with the action of sodium bicarbonate itself, and its metabolic effects are associated mainly with the action of carbonic acid.

The main source of the formation of carbonic acid in the body is

carbon dioxide: it is formed when it dissolves. Carbonic acid in the blood is contained in the form of carbonate ions (CO_{2-3}) and hydrocarbonates (HCO_3)

Bicarbonates are the most common form of carbonic acid in the body, and it is they that determine the alkalinity of its liquid media.

Electrolyte mixtures containing ions of the same name (and carbonic acid in the body forms just such a mixture) have a buffering effect. That is, they are able to maintain an almost constant concentration of hydrogen ions when adding small amounts of acid, alkali, as well as when diluting. It turns out that taking soda increases the alkaline reserves of the body's buffer systems. Accordingly, the effectiveness of soda solutions with both acidic and alkaline tissues becomes clear.

With simple testing through indicators of the effectiveness and tolerance of material doses and low potencies of various solutions of soda, we saw that rather small doses are most often effective: 1 / 4-1 / 3 teaspoon 1-2 times a day. The correct technique is important: dilute soda with water no higher than 55 degrees (at 60 degrees and above, sodium bicarbonate decomposes into caustic soda, water and carbon dioxide). In cold water, dissolution proceeds more slowly, but no decrease in efficiency was noticed. The amount of water in which the dissolution occurs is not significant, that is, it is not the concentration that is important, but the absolute amount of the substance. Therefore, everyone diluted an effective amount of soda in the amount of water that was comfortable for him in terms of organoleptic properties. The solution should be taken either 20-30 minutes before meals, or after 1

In 87% of cases, the intake of soda led to an improvement in digestion (the tongue was cleared, the stool was normalized, the heaviness and pain after eating went away), to a decrease in the amount of food eaten, and, consequently, to weight loss; increasing physical and emotional tone, increasing the effectiveness of antihypertensive, desensitizing and anti-inflammatory drugs, including antibiotics. It is difficult to overestimate the drainage and detoxification effect of soda. Old chalazions resolved in patients, foci of hyperkeratosis and hyperpigmentation disappeared, in one case, keratoma atrophy was observed.

Clinical examples

1. Patient G., 82 years old with a diagnosis of erysipelas of the left region brushes. Taking soda at a dose of 3/4 teaspoon 3 times a day reduced the dose of the antibiotic by 35% and the duration of its administration by 40% without compromising the effectiveness of treatment. She was the first to notice that while taking soda, her need for antihypertensive drugs also decreased. In this connection, she continued taking it at a dose of 1/4 teaspoon 2 times a day (observation of 10 months, including at the present time). There is also an observation that during this time she did not have a single episode of atrial fibrillation. In previous years, episodes of arrhythmia were observed in her every 2-3 months (her main diagnosis: ischemic heart disease, arrhythmic form, NK 2 degrees). But, in our opinion, it would be premature to argue that this is due to the intake of soda.

The effect of taking large doses of soda in 30-

a year-old young man who found himself with severe bronchitis and a temperature of 39.4-39.6 degrees in a remote village, where the nearest pharmacy was more than 40 kilometers away. He was prescribed treatment "from what it was": a solution of soda, 1 teaspoon 3 times a day (by phone).

After 3 days, to our bewilderment, he was completely healthy. The impressive information about the use of sodium bicarbonate solutions in athletes during the Munich Olympics inspired us to do research under conditions of intense physical activity. A group of doctors made (for the first time in their life) an ascent to Elbrus. Half of them took a solution of soda 2 times a day, 1/2 teaspoon. Only once did one of them feel intense pain in the calf muscles at night. He immediately remembered that he had forgotten to drink soda in the evening. I had to do it at night, after which the pains quickly disappeared. The absence of muscle pain was noted by people who first got on skis, had their first training sessions on a snowboard, started running or exercising in the gym after a long break. That is, the sodium bicarbonate solution clearly neutralizes the lactic acid in the tissues.

And in this regard, we recall the Italian doctor Tulio Simoncini, who came up with the revolutionary idea of treating cancer with soda, since he believed that the action of mycotoxins (toxins of various fungi) underlies the carcinogenesis of many tumors. Incidentally, the University of Arizona received $ 2 million from the National Institutes of Health in the United States as a "grant to support research into the use of baking soda as cancer therapy." And this is what the head of this project, Mark Peygel, an employee of the department of biomedical engineering of the university, says: “... during their growth, malignant tumors produce lactic acid, which destroys adjacent tissues, paving the way for tumors to neighboring areas, thus, metastases penetrate into other organs. Lactic acid also increases cancer resistance to chemotherapy. "

Let's be honest that we ourselves would never treat cancer with baking soda and we do not recommend it to any of our colleagues. But from research teams I would like to hear about the results of real research. With all our attempts to find the most complete explanation for the effects that we saw in practice, we are forced to admit that we know unforgivably little about this substance.

We also found that there is a sodium carbonate preparation (lye or caustic soda) in the homeopathic registry, but no regular soda preparation (sodium bicarbonate). In the homeopathic pharmacy "Fita" we ordered this drug in potencies from 3 centesimal to 10M. Since that moment, we have not had a single bioresonance therapy session that we would have performed without one of these drugs in the 2nd container. When creating any particular or general BR-drug, one can always find at least one effective potency of sodium bicarbonate.

In connection with the above, I would like the sports, military doctors and other colleagues who work with people experiencing intense physical activity to pay attention to homeopathic sodium bicarbonate. We used only homeopathic medicines from the pharmacy and combined them

reception with material doses of soda solution. We hope that electronic copies will not disappoint us either.

In the modern world, where the topic of chronic intoxication with xenobiotics is gaining more and more relevance, expanding the range of application of harmless, long-proven effective means seems to be very promising.

We share our practical experience. The work has been going on for a little over a year. I would like to get acquainted with other works on this topic in the future.

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