

Tip on how to avoid a cold, flu or the alleged disease COVID 19

If you currently have a cold or flu, the following tip – with everything else you do – will help you get better quickly.

*Make sure that your body does not "overacidify":
Make sure that the pH of your urine is always between 7 and 8,
in other words, that your urine is not acidic, but neutral to slightly alkaline.*

Of course, the high pH of your urine itself does not protect you from the mentioned diseases. But with a urine pH between 7 and 8, you have a guarantee that the other fluids in your body (especially those in and between the cells) will not become too acidic and thus develop the diseases mentioned.

1. You need, of course, first of all pH test strips with which you can determine the pH of your urine. (Such or similar:)



In addition, you need so-called alkaline powders (or tablets) to eliminate - regardless of your other dietary habits - a probably existing over-acidification of your body (here is a random selection of preparations commonly used in Germany:).



2. Measure your urine with the pH test strips. If the pH value is below 7, take the alkaline powder or tablet(s) first according to the manufacturer's instructions. Measure the pH of your urine again after 1 to 2 hours and take another portion of the alkaline preparation, even if this means you exceed the manufacturer's instructions. Repeat this until you have reached a pH value between 7 and 8. Alkaline preparations that consist only or mainly of sodium hydrogen carbonate (sodium bicarbonate, sodium bicarbonate or simply bicarbonate) should not be taken for a longer period of time, as they affect your stomach acid balance. Better are so-called citrates.
3. A decisive influence on the pH value of your body fluids has of course your diet! 1: If you eat a lot of (mostly animal) protein, this causes your body to become over-acidic, since acids are formed from proteins during metabolism. The more you avoid (especially animal) proteins in and in your diet, the easier it is to prevent hyperacidity. 2: Increase the amount of raw plant foods on your plate! The end products of raw plants in the metabolism are predominantly alkaline because of their mineral content, even those of a lemon.

Do not ask your doctor or pharmacist! Act at your own risk!