

90% Of Americans Are Low In Potassium

"I challenge you to try this simple at-home test, it might surprise you."

Most Americans have three things in common. Most have a "relative acidic" imbalance that is robbing minerals from their bones, most have dietary deficiencies in magnesium, and as recently discovered, most are deficient in potassium.

In regard to relative acidity and pH, Dr. Alex Vasquez shared a position paper on urinary alkalization written by emergency room physicians. These doctors worked with suicide patients that had been acutely poisoned or had cases of industrial poisoning. Emergency room physicians found that when urinary pH was 7.5, the body was able to excrete toxins more readily. I don't know about you but I am always looking for ways to encourage daily detoxification.

In regard to potassium, according to the Food and Nutrition Board of the Institute



of Medicine of the National Academies February 2004, "Adults should consume at least 4.7 grams of potassium per day to lower blood pressure, blunt the effects of salt, and reduce the risk of kidney stones and bone loss." This is a very dramatic statement because that means 90% of Americans are below this goal.

We know an acidic chemistry can result in bone loss as the body uses "bone resorption" as a means to buffer the excess acids which main-

tains homeostasis. People who are acidic also tend to have elevated levels of cortisol. Chronically increased cortisol further promotes degradation of bone which causes calcium to spill in their urine and potentiates kidney stones.

Latent acidosis places a drain on potassium storage as potassium is also used as an important buffer. Indirectly then, sufficient amounts of potassium help prevent bone loss.

Here's another dietary buffer you wouldn't think of, citrate. One molecule of citrate can buffer three hydrogen ions. The combination of potassium and citrate may be more important than if they were isolated. One study showed that potassium citrate can lower cortisol levels. Consider this, an "acidic chemistry" is a stress on the body. By increasing natural buffers like potassium, magnesium and citrate, we can reduce stress and also reduce cortisol. When you think about acidic chemistries what conditions come to mind? That's right, hypertension, diabetes and heart disease.

Here's an interesting study that supports higher levels of potassium. A meta-analysis of prospective studies in the "Journal of the American College of Cardiology" 2011 involving 247,510 patients showed higher dietary potassium intake, 1.64 grams per day or more, is associated with a 21% lower rate of stroke. This study was based on 1.64 grams per day. Remember the Food and Nutrition Board of the Institute of Medicine is suggesting 4.7 grams per day.

So how can we use this information clinically? Dr. Vasquez assisted Biotics Research to develop a powder that contains 1200 mg of elemental potassium as potassium citrate per teaspoon, called Potassium-HP (with magnesium). Each teaspoon also contains 120 mg of magnesium in the citrate/malate form. It mixes extremely well with water and has almost no taste. Add it to a water bottle with a little juice and you have a perfect alkalizing agent. Encouraging patients to eat more fruits and vegetables or to drink a green drink can be challenging, but

patient compliance with this product is a slam dunk.

Dr. Vasquez suggests patients measure their urine and shoot for the aggressive goal of 7.5, just like the emergency room doctors suggested in their work. That way we can dump the maximum amount of toxins and are careful to avoid too much potassium.

I want to challenge you to get some pH test strips and start measuring your own urine. You may be surprised. Unless your diet is pristine, you will find you have an acidic chemistry.

Use the product yourself and begin to see the changes. Start with ½ teaspoon of Potassium-HP (with magnesium) daily for a week. Add another tsp based on your urine pH. Slowly increase to 2 - 3 tsp. Remember, start slow. This gives the kidneys time to adapt. If pH goes over 8.0 reduce the dose. pH is designed to move slowly. Don't expect too much too fast. Our goal is 4.7 grams per day including food. There's a link below that will support our discussion.

I want to encourage you to take another step on your own Wellness journey. A week doesn't go by that I don't hear about a new toxin in our environment. The key is making sure we can flush toxins and not retain their negative effects. Once you feel the benefits yourself, asking your patients to take this small step toward better health will be a snap.

Thanks for reading this week's edition. I'll see you next Tuesday.