



# Heal Yourself At Home

## DIY SOLUTIONS FOR YOUR HEALTH

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### HOME PAGE

### WHY THE HEALTH PROBLEMS

### HOW TO RESTORE HEALTH

#### (1) Clean Body's Cleaning Organs

#### (2) NEWSTARTS

- - "N" = Nutrition

- - "E" = Exercise

- - "W" = Water

- - "S" = Sunlight

- - "T" = Thoughts

- - "A" = Air (Oxygen)

- - "R" = Rest

- - "T" = Trust in God

- - "S" = Sex

#### (3) Therapies Chart

### HEALTH PROBLEMS

### SUPPORTING INFORMATION

- The Human Cell 101
- Cellular Respiration
- Acid /Alkaline Balance
- Oxidant /Antioxidant Balance
- Inflammation Information
- Hormones 101
- Neurotransmitters
- The Body Electric
- Bible References to Health
- Toxic Heavy Metals
- Microbes in Health and Disease

## Nebulizing Sodium Bicarbonate

- ♦ **Nebulizing sodium bicarbonate quickly raises the pH in the lungs and bronchi** (and thus systemically also raises the pH in the bloodstream via the lungs)

- **Reduces bronchial asthma secretion stickiness** – by neutralizing their acidity, which makes them sticky (their high level of neuraminic acid correlates with the stickiness).

- **Nebulized 8.4% sodium bicarbonate used successfully against lung and bronchial adenocarcinoma cancer** (along with regular IV bicarbonate treatment)

Dr. Tullio Simoncini recommends aerosol use of bicarbonate, by putting 1 soup spoon of sodium bicarbonate in ½ liter water and inhaling it with a fast inhaler in half an hour. Six days on six days off when in IV break phases.

*"I have some exciting news to report. We have been administering 8.4% sodium bicarbonate to our lung cancer patients by nebulizer inhalation, along with our regular intravenous treatment protocols. Currently, we have received back an all-clear PET scan on a non-small cell lung cancer case! There is no question, when comparing the baseline scan and the post treatment one, showing no residual malignancy remaining. The only thing which could account for having resolved this non-small cell lung cancer case -the one element of treatment we had added- was sodium bicarbonate by nebulizer inhalation. There can be no other explanation for this victory. The sodium bicarbonate was the element which made the difference.*

*Also, we are getting good response against mesothelioma, using the direct inhalation method with the 8.4% sterile vials of sodium bicarbonate. I wanted to let you know about this. Of course, now we are administering sodium bicarbonate by inhalation therapy to all cancer patients which have lung cancer or another form of malignancy with mets to the lungs."*

- Dr. Tullio Simoncini

8.4% sodium bicarbonate solution is 8.4 grams of Sodium Bicarbonate (Baking Soda) in 100 ml of water.

1 teaspoon baking soda weighs 4.8 grams and 1/2 cup water = 118 ml

Mixture would approximate to about 2 teaspoons of Sodium Bicarbonate (Baking Soda) (9.2 grams) in 1/2 Cup of water(118 ml).

- **Chlorine exposure** - Dr. Lewis Nelson, a specialist in emergency medicine says, "Nebulized sodium bicarbonate has been shown to provide symptomatic relief in patients exposed to chlorine, and it is probably useful with all irritant gases that liberate acid. Through a neutralization reaction, the damaging effects of the acids are limited."

- ♦ **This method of delivery to the tracheobronchial tree, also very effectively delivers medicine into the blood stream** - and thus systemically into the rest of the body.

Nebulizing medicine – For lungs, bronchial tract, sinuses, throat / IV alternative

- ♦ **It is necessary to test pH levels daily to prevent over-alkalization of body tissues**  
Test Body's pH levels to prevent over-alkalization when utilizing sodium bicarbonate treatment

### THERAPIES:

#### Therapies Chart

- 1-2-3-4 Therapy Plan

- Herxheimer Reaction

- Timing is of the Essence

**BAKING SODA**  
(Sodium Bicarbonate)  
**THERAPY**  
Related Links

Baking Soda  
(Sodium Bicarbonate) –

Alkalinizing /  
Antimicrobial /  
Oxygenating

**SPECIFIC BAKING SODA THERAPIES**

- pH testing necessary to prevent over-alkalization of body tissues

- Baking Soda / Maple Syrup Against Cancer

- Baking Soda Slows kidney disease and Protects Kidneys from Radiological / Chemotherapy damage

### TREATMENT METHODS

- Oral Sodium Bicarbonate

- Nebulizing Medicine

- For lungs, bronchial tract, sinuses, throat / IV Alternative,

- Nebulizing Sodium Bicarbonate

- ♦ For greatest effect in cancer, kidney disease, asthma and diabetes, **sodium bicarbonate should always be used with magnesium chloride** – providing a powerfully synergistic therapy

[Transdermal Magnesium Chloride](#)

[Nebulizing Magnesium Chloride](#)

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