

## Guillermou

Man throughout history has been omnivorous, and must respect the land and the animals by raising them happily, not caging them as industrial livestock farming does. DIFFERENCES IN DIGESTIVE SYSTEM BETWEEN HERBIVORES, CARNIVORES AND OMNIVORES .[www.kiezebrink.eu/en/knowledge-base-pets/differences-in-digestive-syst..](http://www.kiezebrink.eu/en/knowledge-base-pets/differences-in-digestive-syst..) (2022).-- We are also seeing now that man kills for power and money, in wars, with environmental toxins, with drugs and vaccines, etc. We are seeing psychopaths who are making this world an extermination field, who want to feed us with synthetic meat, media that are directed by agri-food multinationals that promote ultra-processed foods, causing chronic diseases for the benefit of the powerful pharmaceutical industry in coexistence with government institutions, Our hominid ancestors began consuming meat, fish, shellfish and eggs more than 2 million years ago.

There is evidence that during the early phases, where man was developing the great brain feature of our species, the diet changed from plant-based to including meat and fat. The development of tools and weapons and the development of the social structure for hunting animals was necessary to become an omnivore. Gut bacteria help produce brain-derived neurotrophic factor, necessary for the development of new brain cells and essential for plasticity and learning Then came fire, agriculture and groupings in villages that made life more sedentary, with greater exposure to diseases, which were aggravated by industrialization.

The adoption of industrial agriculture, especially grain agriculture, had clear disadvantages. With agriculture came social inequalities, disease. The cavemen enjoyed more abundant fresh food. They did most of the work without the energy of oil and machines, with their sweat, no rest in the daily struggle, to find wild food and avoid starvation, to defend themselves from animals and other tribes.

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Two requirements for the evolution of a large brain: Sociability: Executive functions, self-control, altruism are functions of the frontal lobe for the most part. The second requirement is DHA. Gut bacteria help produce brain-derived neurotrophic factor, which is necessary for the development of new brain cells and is essential for plasticity and learning. There is evidence that during the early phases, where man was developing the great brain feature of our species, the diet changed from plant-based to including meat and fat. The development of tools and weapons and the development of the social structure for hunting animals was necessary to become an omnivore.

Consequently, humans are genetically adapted to obtain nutrients from both plant and animal sources. A more logical diet is an omnivorous, plant-based eating pattern that emphasizes generous consumption of natural, unprocessed, predominantly plant-based foods. To balance this diet, modest amounts of healthy animal foods should be consumed regularly, such as wild-caught fish/shellfish, pasture-raised meat and eggs, and fermented dairy.

[www.sciencedirect.com/science/article/abs/pii/S0033062022000834](http://www.sciencedirect.com/science/article/abs/pii/S0033062022000834) (2022).--

[www.sciencedaily.com/releases/2014/12/141216082143.htm](http://www.sciencedaily.com/releases/2014/12/141216082143.htm).----About brain evolution

[www.yourgenome.org/.../evolution-of-the-human-brain](http://www.yourgenome.org/.../evolution-of-the-human-brain) (2023).--

[www.ncbi.nlm.nih.gov/.../PMC5624727](http://www.ncbi.nlm.nih.gov/.../PMC5624727) (2017).

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Gui - Omnivores. While we each attempt to find Our Size to Fit Me, our Human adaptability to a wide range of environmental conditions and food sources. We have our ancestral family tree and where our ancestors may have adapted to a strong source of their foods. Some backgrounds leaning towards heavy on vegetables or for others meat. Go back far enough in time we probably all have ancestors with a very heavy Seafood sourced diet. As Doc's work progresses if I understand things properly, it is a work in progress sousing out the many factors possibly enhancing or negatively affecting our health.

This information being offered today seems to point to not a One Size Fits All, can't eat meat, only eat meat, can't eat vegetables, only eat vegetables. Rather if one is on and liking a Carnivore diet, or a Vegan Diet, please be aware each can have factors affecting our personal acid or alkaline balance. Not a digital, black or white, either or, My Side Wins. The Gut is Suggesting also this information can go a very long way in explaining how for some a strictly meat diet saved me or for others I thought I would die, same on strictly vegan.

Our personal family history may have developed in ways to accept or reject a diet heavy in one direction or the other. The acid, base balance is a marker to suggest whether there is a need for adjusting for those of us who are less Omnivore, those who do better in one camp or the other. A possible valuable tool such as taking our morning temperature to monitor Thyroid function or testing our sugar levels to watch out for insulin resistance.

Live in high mountains, colder, snowy regions and for most if there is not enough meat in the diet it is hard to function. Lowlands, southern climates, warmer climates with plant food abundance, not so much. Each environment has a different food sourced best for peoples there, unless you are a transplant from one area into the other with a genetic disposition for a heavy diet one way or the other.

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Yes Just, furthermore, evolutionary studies reveal that humans adapted genetically to their ancestral diets and local environments, as well as diverged genetically, giving rise to observed global patterns of sequence variation. The ability to digest lactose in adulthood is much more common among Northern Europeans than among East Asians or Africans. In addition to these evolutionary studies, genome-wide association studies (GWAS) have uncovered many genetic variants associated with specific nutrition-related traits, including nutrient absorption, lipid metabolism, nutrient utilization, and accumulation.

of fats, which in turn can give rise to interactions between genes and diet. and human diseases Consequently, individuals in large modern populations with diverse genetic ancestry, such as the US, may have a wide range of metabolic responses to the same food or diet, calling into question the one-size-fits-all dietary approach. This study sets out ethical considerations and practical applications for the use of genetic information to inform dietary choices and the future role that genetics may play in adopting changes beyond population-wide healthy eating guidelines.

Our genetic diversity as a species was driven in part by natural selection as modern humans found new diets as they spread globally from Africa to Asia, Europe, and eventually the Americas. As a result, dramatic differences in the genotypic frequencies of many nutritionally important variants can be observed in diverse racial/ethnic populations. [www.mdpi.com/.../3118](http://www.mdpi.com/.../3118) (2020).--  
[www.sciencedirect.com/science/article/abs/pii/S006526602100016X](http://www.sciencedirect.com/science/article/abs/pii/S006526602100016X) (2021).--  
[www.sciencedirect.com/science/article/abs/pii/B9780443153150000080](http://www.sciencedirect.com/science/article/abs/pii/B9780443153150000080) (2024).---  
[jhrlmc.com/.../664](http://jhrlmc.com/.../664) (2024).--

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## juststeve

Exactly Gui, trying to make everyone follow their, Our Size is the One Size Fits All, leads to not much of anything fitting anybody. Those who have historically lived in the Arctic are not likely to have many vegetables or fruit in their diet. But also, probably have a learned go around to compensate. Like our indigenous using wood ash to balance out corn for consumption.

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## juststeve

On the subject of Foods and our health, Jimmy Dore is asking is this real? Is Whole Foods selling Rubberized Foods as Organic? [www.youtube.com/watch](http://www.youtube.com/watch) and here is one explanation being given. However, this area has gone through several droughts over the years, and having been around for more than a few decades, I have never seen anything close to what people are sharing.

[www.youtube.com/watch](http://www.youtube.com/watch)

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## oxygen

Good information, thanks for your many helpful posts and insights.

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## Guillermou

...and thanks also to the people who, like you, know how to value useful information. A big hug. Gui

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## Pacone1

You state that "There is evidence that during the early phases, where man was developing the great brain feature of our species," Man was created with a brilliant mind when Adam and Eve were created ,it's been all downhill since. And no, there were not cavemen with primitive brains chasing dinosaurs around with clubs like Hanna Barbera cartoons would depict

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## Guillermou

Hi Pacone<sup>1</sup>. Scientists and theologians usually admit that between evolution and creation, there is no contradiction, and that evolution is not opposed to human spirituality either. Francisco J. Ayala, in his book "The theory of evolution. From Darwin to the latest advances in genetics" explains that creation from nothing "is a notion that, by its very nature, is and will always remain outside of the scope of science", and adds that "other notions that are outside the scope of science are the existence of God. On the other hand, the opinion of theologians is included according to which "divine existence and creation are compatible.

with evolution and other natural processes.... Evolution can also be considered as a natural process through which God brings living species into existence according to his plan." Most Christian writers admit the theory of biological evolution. Pope Pius XII recognized that evolution is compatible with the Christian faith. And that Pope John Paul II, in a 1981 speech, has repeated the same idea. In an international symposium on "Christian faith and the theory of evolution." Pope John Paul II, in his address to the participants, said that "the debate around the explanatory model of evolution does not encounter obstacles in faith, as long as the discussion remains in the context of the naturalistic method and its possibilities." "

Pius visible to the eyes of the believer as Creator of Heaven and Earth" In a message addressed to the Pontifical Academy of Sciences on October 22, 1996, John Paul II stated that the theory of evolution is today more than a hypothesis, and added that a philosophical interpretation of evolution that leaves no room for the spiritual dimensions of the human person would clash with the truth about the person and would be incapable of providing the foundation for his dignity.

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## Kim3490

Can someone post how they might use the bicarbonat route to counter low acidosis? A pinch of baking soda in all drinking water? What bicarbonate beverages are Dr. Mercola eluding to? I need some guidance for this. I can't take calcium in all forms - it causes reallllly bad cramps in feet and toes. TIA!

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## Guillermou

In sports with high energy consumption, it comes from the glycolytic system, where the incomplete degradation of glucose due to lack of oxygen gives rise to a large amount of lactic acid. In the process of converting lactic acid to lactate, an exponential accumulation of metabolites takes place in the muscle, including H<sup>+</sup> (hydrogen ions). This causes an acidification of the blood and a decrease in blood and muscle pH. Sodium bicarbonate is a supplement that helps clear H<sup>+</sup> protons from the muscle into the bloodstream. This reduces muscle acidosis and allows the glycolytic metabolism to function properly. When the acidosis is very high, an enzyme such as phosphofructokinase is inhibited, and the glycolysis process does not take place (glycogen cannot be transformed into glucose).

In efforts of less than thirty seconds, such as a sprint, the muscle does not reflect an alteration in pH. Sodium bicarbonate is a powerful buffer at the extracellular level, which is why it has a high synergy with beta alanine. The combination of both supplements enhances the buffering capacity of lactate. In bicarbonate waters: the bicarbonate anion predominates, which acts as an antacid and alkalizer. They are especially recommended in cases of gastritis, heartburn, hiatal hernia or gallbladder disorders, by increasing the saponifying power of bile and alkalinizing urine and the pH of the stomach.

Nocturnal leg cramps are a common lower extremity condition suffered by approximately 50% of adults and approximately 7% of children. Sudden muscle tension and severe pain are the result of abrupt, involuntary muscle contractions, usually involving the calf or foot muscle. Contributing factors have been identified that include low levels of certain minerals, such as magnesium, extracellular fluid volume depletion, and neurological, endocrine, and metabolic causes. The balance between calcium and magnesium can soften cramps in some people

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## Mmmarsha71

It gets to the point sometimes that we don't know what to eat because of one thing or another. I am a c3 diabetic with other health issues which limit what I can eat. I eat as healthy as possible and keep it simple. My Libre3 keeps me within my parameters; then I do age-appropriate exercise along with healthy meditation.

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## HilltopJPJ

It would be interesting to know what if any studies would show of the Inuit people who have traditionally had an extremely high animal protein diet.

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## Amerikim

Agree. The China Diet "study" book was full of propaganda and was not science based.

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## SanDiegoGirl

The China study was completely debunked by Denise Minger. T. Colin Campbell cherry picked only the data that would agree with his agenda. He left out whole swaths of people and information that went against it.

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## \_Russell

Balancing animal protein intake with plenty of fruits and vegetables, which are rich in alkaline compounds, can help maintain a healthier calcium balance. Additionally, ensuring adequate calcium intake from dietary sources or supplements, as well as engaging in regular weight-bearing exercise, can further support bone health.

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**lau3554**

Excellent article. I can attest to the fact that high protein, low carb diets can cause kidney damage. I did it religiously for about 10 years. Eating a more balanced diet improved my eGFR immensely together with adding Calcium Citrate and Magnesium Citrate daily. Also adding a pinch of baking soda to drinking water is helpful. (Lots of good water is a must - most of us are dehydrated. ) I'm glad that as Dr. Mercola has learned more that he shares it with us. And this article in particular is helpful to me; most appreciated.

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## **Guillermou**

Also. A high-protein diet could lead to heart disease. Nearly 25% of the US population receives more than 22% of all daily calories from protein alone. A new study published in Nature Metabolism investigated the potentially adverse effects of a high-protein diet, which is often promoted as a "healthy lifestyle." While protein is a vital nutrient for human health, many people in Western societies consume on average more protein than the recommended daily allowance. Driven by the idea that a high-protein diet is the key to better health, we might overlook the potential dangers this could cause, said Dr. Babak Razani, a professor of cardiology at the University's School of Medicine.

of Pittsburgh and corresponding author: " The researchers used a combination of cell, animal, and small human studies to explore the pathway underlying the link between a high-protein diet and atherosclerosis seen in mice. Using their previous results, Razani and his team investigated the effects of varying protein intake in humans, comparing the effects of liquid meals, containing 10% or 50% energy as protein, on monocyte mTORC1 activation. . They also compared the same results in participants who consumed a standard mixed protein meal or a mixed meal with a slightly higher protein content (15% kcal vs.

22% kcal). Blood samples were collected before and onehour and twohours after consuming the meals to evaluate plasma amino acid concentrations and monocyte mTORC1 signaling. The team showed that consuming more than 22% of daily dietary calories through protein negatively affects human macrophages, leading to the accumulation of cellular debris within the vessel walls, resulting in worsening of the atherosclerotic plaques [www.technologynetworks.com/proteomics/news/high-protein-diet-could-dri..](http://www.technologynetworks.com/proteomics/news/high-protein-diet-could-dri..) (2024).--

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## LadyLifeGrows

It figures that raw dairy would handle the calcium problem. But the test for adequate pasteurization is the total destruction of the enzyme that enables you to absorb dairy calcium. Most of us only have access to cooked dairy, and bad animal management has lowered the bacterial quality of CAFO dairy to where the old pasteurization standard is no longer safe enough. Higher temperature cooking will destroy other nutrients. What really happens to calcium in ordinary milk and cheese?

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There was very little discussion of the TYPE of calcium being measured in outputs or inputs. The bioavailability of calcium is very much related to its particular form. When discussing one study, he did say participants were given a calcium carbonate chew to increase their calcium intake. However, calcium carbonate is NOT a good source, as its bioavailability is very low. In addition, it seemed that only a couple of studies he went over included measure/use of Vitamin D, which is absolutely necessary for proper calcium uptake and use in the body. NO studies mentioned Vitamin K, which is crucial in the proper use of Vitamin D and thus also calcium.

As for the Eskimo/Inuit studies - there was NO mention of the fact that folks living at such high latitudes do NOT receive adequate Vitamin D (and likely also K) due to their vastly reduced exposure to sunshine, except during the very long summer days. So, their intake & use of Vitamin D will be very much season dependent. Thus, lack of Vitamin D (and K) in northern peoples is a very real risk re. achieving and maintaining proper bone mineralization. Yet, there was NO mention of this whatsoever. And, last but not least - fat is absolutely necessary in the human diet, despite what the "diet industry" has told us for decades now - with increasing rates of osteoporosis in women especially.

And, the type of fat is crucial re. proper metabolism of meat protein. However, I recall NO mention of this at all. The leaner meats, if not compensated for with increased good fat intake, may be more "harmful" than the fattier meats. Was that studied? No. As to ANY of these studies "proving" his point that a diet very high in meat leads to greater propensity for bone mineralization loss... Well, NOTHING was "proven", as NOT ALL VARIABLES WERE TAKEN INTO ACCOUNT OR STUDIED. Therefore, ALL studies he's mentioned and performed himself, are almost useless.

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## DasScrot

This is completely irrelevant. Worse, someone who has type 2 diabetes might read this and stop eating meat because “the studies show” Don’t eat fat or you’ll get diabetes the studies show don’t eat meat or you’ll get diabetes the studies say don’t eat too much fruit or you’ll get diabetes the studies show Great doctor, (or whichever minion was ordained to produce this prandlesome essay), how the \*\*\* do y’all think our species was capable of getting through two ice ages? Fruits and mineral water? Yeah, was it that? Or something else maybe? Hmmm I guess we need another study to tell us how we got through the ice ages! Maybe we need a study to tell us how to make a study to study how humans survived the ice ages.

Fck that noise some studies are valuable, some are harmful, and many are irrelevant. Diabetes is a modern disease, our hunter ancestors from 5000 years ago did not have diabetes. ever it just wasn’t a thing. Yet they ate only ruminant animal meat, fat, bone, and organs and maybe an occasional berry or fruit when they could find it. Fruits today look a lot different from fruit 5000 years ago. Doc, please get back to putting out valuable information. You write about gratitude and positivity one day and then become the town crier on meat and fat the next. Doctor Mercola, you were once capable of producing good and beneficial content are you still?

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## oneandforall

From what I understand, natural excellent salt like MASTERSALT.NL alkalizes the acids. Salt creates hydrochloric acid which enables us to digest better AND it alkalizes th blood with trace minerals like magnesium and calcium and potassium. I believe this is why eggs, meats and cheese taste so good when well-salted. The acid foods taste great with salt which effortlessly alkalizes. So maybe the cure is built in when the food is prepared with salt? I have a feeling it is.

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**sue2613**

I remember a body builder telling me his sweat constantly smelled of ammonia. His diet was very high in meat and protein powders.

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**Guillermou**

Yes, An ammonia level test measures the amount of ammonia in a sample of your blood. It is a normal waste product of the body. Healthy bacteria in your intestines produce ammonia by digesting the proteins in the foods you eat. Normally, your liver converts ammonia into another waste product called urea. Your kidneys eliminate urea in your urine. This process is known as the urea cycle. When healthy, the urea cycle prevents ammonia from building up in the blood. This is very important because ammonia is toxic to the brain. Even small increases in blood ammonia level can cause permanent brain damage, coma, and even death. Liver disease is the most common cause of high ammonia levels. Other causes include kidney failure and genetic diseases, called urea cycle disorders or a very high protein diet.

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**m231231**

Maybe it's only me, but it's tough to keep up weekly. Whatever the 90,000 that are over 100 years old in Japan are doing, I want to do that. Never been there but will. All I can do is eat for one and not two, exercise for two and not one. Trying to lower my pulse daily but seems to be stuck at 55. Seen 53s. Trying to delay using up all the beats. Aiming for 100 years plus. Got a chance.

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## PintoHorse

@m231231. Hi. I imagine that with the Japanese, there's a strong genetic factor. That is, they have been doing whatever in the way of diet and overall lifestyle for countless generations. I hear that Japan's soil is of the volcanic variety, than which there is nothing more high-mineral, anywhere. So I hear, anyway! Also, they do consume seaweed, also high in Ca and other minerals.

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## bpm4539

@m231231 : I lived in Japan for several years about 15 yrs ago. Here's what I can say on your question: in general, they are obsessive about cleanliness; they eat lot of soy products, especially natto (which I ate there for the first time); they eat lots of sea food including seaweed, fish, fish eggs (I didn't even know there is such a thing and people eat it), miso soup, crabs, shrimp, eel (I could not even think of eating this); they drink LOTS of green tea, both cold and hot (there are elaborate ceremonies called tea ceremony, serving the finest green teas), they eat white rice just alone ( without mixing with anything, also my first such experience), they are generally very peaceful, calm people.

And they usually sleep on floor on futon, not on raised beds. The youth are very disciplined. I spent 5 years in a university as a student, I didn't see a single instance of students arguing with profs. Even some rowdy ones behaved like nice guys with their teachers, such a high respect for them. I am not sure the situation right now, but i hear it is going in the wrong direction, like government being pressured to let in more immigrants and so on.

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## Darwina

Bpm they probably are that way because they are a homogenous society who respect and love their culture. Who or what is putting on the pressure to change this? Smoked eel is wonderful and a traditional European food too.

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## **bpm4539**

@Darwina: who are pressuring Japan? The answer is the same globalist evil scums who are out to destroy every country. Here is an excellent interview with an English speaking Japanese international reporter (very hard to find). [www.brighteon.com/cf4ac2c4-4d8d-44d7-98e6-6c249c474418](http://www.brighteon.com/cf4ac2c4-4d8d-44d7-98e6-6c249c474418)

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## **sue2613**

What happened to Nose to Tail?

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## **LadyLifeGrows**

Nose to tail is a truly important concept that modern Americans are too ignorant to follow. The Weston A Price Foundation has some data on organ meats, including Sally Fallon's book Nourishing Traditions. Do what you can to follow Nose to Tail.

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## **Adair62**

The PRAL (Perceived Renal Acid Load) score list of foods is a very handy thing to download. I refer to it often.

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**bpm4539**

In the list of alkaline foods, raisins are mentioned at the bottom, with -21%. Does this mean it's the best food to alkalize our body? I don't understand the significance of that -21%.

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**louisstark**

.8 to one gram of protein per kg "ideal bodyweight" seems high. I would have to eat ten eggs a day. I doubt that formula is followed all over. There are other things to consider than how big a weightlifter you are.

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**willismercola**

My comment from frustration on nearly all commentary regarding good/bad judgements about some chemical level. Many potential tests of bodies or food are damn simple to evaluate fairly well and with good repetition. I just had blood drawn for a test, the nurse said oh you have thin blood. To find this out in a lab would cost big money. To evaluate acidic blood or Ca in urine is close to taking ones temperature. All this attitude for me to want many (100s) of home made or local very cheap tests to help folks estimate possible problems. Cant do any. somebody puts PROFITS or NOT finding useful data as the best way to help govt. Food markets wont even tell you the quality of fish, that test ultra simple, but the person to eat the fish is not supposed to know.

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## **PintoHorse**

I have a big book on minerals written by an author who was no great fan of vegetarianism, so let's get that out of the way first. He noted that far northern peoples had an unusually high rate of deeply wrinkled skin, which this author attributes to calcium loss. Just saying. Also, years ago, when the Atkins diet was popular, in the late 70s, a woman where I work was trying to lose weight, and after a few months her MD warned her to stop with this regimen, because her kidneys were going downhill. FWIW. Maybe her kidneys were weak in the first place, I do not know. I imagine that vegetarians who don't get enough protein will also suffer bone and tooth loss, especially if they have too much refined carb.

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## **dcm588**

Baking soda and water can also lower your body acid level

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## **DwayneOxford**

It would be profitable to develop an accurate body PH test. Litmus paper testing of saliva and urine aren't good because of wide fluctuations caused by what you've recently ingested. Rheams testing of saliva is likewise.

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## Guillermou

Acid-base disorders, including metabolic acidosis, are disturbances in plasma acidity homeostasis. Any process that increases the serum concentration of hydrogen ions is a distinct acidosis. Its origin classifies acidosis as respiratory acidosis that involves changes in carbon dioxide or metabolic acidosis that is influenced by bicarbonate. The ideal level of pH in the blood should range between 7.35 and 7.45, but atmospheric pollution, bad eating habits or stress acidify the body and alter this pH, the blood reacts and steals the nutrients it needs from the rest of the vital organs to compensate for the imbalance.

Metabolic acidosis is characterized by an increased concentration of hydrogen ions in the systemic circulation resulting in a serum  $\text{HCO}_3$  less than 24 mEq/L. Its causes are the accumulation of ketones and lactic acid, kidney failure and the ingestion of drugs or toxins (high anion gap) and the loss of  $\text{HCO}$  through the digestive tract or kidney (normal anion gap). In severe cases, signs and symptoms include nausea and vomiting, lethargy, and hyperpnea.

Diagnosis is clinical and also requires measurement of arterial blood gases and serum electrolyte concentration. Two measurements Diagnosis of metabolic acidosis: 1) Measurements of arterial blood gases (ABG) and serum electrolyte concentration. 2) Anion gap. The cause of the elevated anion gap may be evident in clinical evaluation. Blood tests should include; Blood urea nitrogen, Creatinine, Glucose, Lactate and Possible toxins

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## dad3225

I'm very confused. First you say cheese is acid then you say eat cheese and drink milk to counteract acid. What is it?

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