

alkaline

Russell

"Sodium seeks balanced unity in [chlorine](#). It does not seek it in [aluminum](#), [phosphorous](#) or [silicon](#). Nor do any of the elements on the [red](#), **alkaline** side of the [spectrum](#), seek union with each other, nor do those on the [blue](#), [acid](#) side seek union with each other." [[Atomic Suicide](#), page 84-85]

Cayce

"How can I overcome susceptibility to infections such as colds, influenza, etc.? (A) As we have just indicated, by keeping the body **alkaline**. Only in acids do colds attack the body." [[Cayce 3248-1](#)]