

### ***pH Balance and Why You Need to Test Yours:***

If you tend toward acidity, more than likely you will experience almost constant symptoms:

-You ***tire easily*** and are fatigued, yet you ***cannot sleep*** at night.

-Have a hard time thinking clearly or you are forgetful...***brain fog***.

-You're ***Pessimistic, Cranky, High Temper.***

-Have ***digestive problems***, acid reflux, heartburn, irritable bowel, or Crohn's disease

-Get '***colds***' and the ***flu*** a lot.

-***Allergies*** to the environment and to foods.

-***Joint Aches, Arthritis, Fibromialgia, Candida Overgrowth***

-***Brittle Bones, Osteoporosis***

Because Ph BALANCE is at the cellular level, you have to change the environment and nutrients that your cells receive and that is done through eating foods that heal and making sure that you supplement with appropriate minerals. You can no longer depend on the nutrients in the food we eat. In 1940 one-half cup of green beans was a serving and would provide the needed nutrients from that veggie. However due to the fact that the soils our foods are grown in now are worn out and nutrient deficient, it would take 4 cups of green beans grown today to receive the same nutritional benefit. NO one is going to eat the amount of food it would take to receive the same value of nutrition, so we HAVE to supplement in this day and age.

Calcium is a great alkalizer!! It occurs naturally in high alkaline foods, and of course can be taken as a supplement. People that eat a high acid diet are pulling the minerals from their bones and other organs in order to keep their pH levels from becoming lethal, (see levels below) which your body will do to fight for life. Therefore we see growing numbers of cases of osteoporosis. Women are so surprised when they are taking 1,500 of calcium a day and not seeing improvement in their bone density. Of course, the high acid foods like the pop and coffee they drank all week, the pizza, the white flour pasta and cereal, the high protein diet they are on to loose weight, all sucked up that calcium and a bunch more from their bodies and left them more brittle boned than before. All the while they were faithfully taking their calcium supplement that their Doctor told them to.

We hear weekly from people who are seeing amazing results simply by bringing their body into pH balance. It's interesting to see the wide range of problems that are helped. This goes to the root of the problem not just the surface.

To find out if you are acidic you need to get some pH test strips from your local pharmacy. They are over the counter and do NOT require a prescription.

A neutral pH is considered 7. A pH above 7 is alkaline and a pH below 7 is acid. The pH of blood is 7.4. This means that it is slightly alkaline. This alkalinity has to be kept almost constant; even minor variations are dangerous.

If the blood lowers to pH 6.95 (barely over the line of the acid side), a coma and death result.

And if the concentration in the blood changes from 7.4 to 7.7, tetanic convulsions occur.

Although only a blood test can reveal the blood pH, it is possible to **monitor the pH of the body with a simple home test kit** of litmus or nitrozone paper. Testing a **saliva** and **urine** daily average for three days should reveal a pH of **between 6.8 and 7.1**. Some variation will occur depending on recent type of food and drink intake. The test is best done on an empty stomach when you first wake up and have had nothing to eat or drink for 12 hours.

**pH Trivia** ->-> Different body pH values are: stomach juice = 1.5, urine=7.0, saliva=7.1, and blood=7.4.

### **ILLNESS ELIMINATION Through Diet**

*"Let your food be your medicine and your medicine be your food".*

This was said by Hippocrates the Father of Medicine. See the articles below for detailed info on how to use food to heal your body rather than eating things that create an atmosphere for illness and candida overgrowth.