



Restore Your Alkaline Advantage

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Discover Miracle Products

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Introduction

One of the most important aspects of human physiology is homeostasis, which is the natural force to keep the internal makeup of the body in a stable balanced, harmonious state. All of life, in its myriad of appearance, is in a constant state of striving for the fullest expression of life. Part of this involves controlling the relative amounts of acidic and alkaline chemicals, also known as bases, in the body. Maintaining the right balance of acids and bases in the body is critical for cells and proteins to function properly.

It amazes me how little attention the value of balanced pH has garnered from the mainstream medical arena. Faulty regulation of your body's pH can result in serious health consequences if not addressed. Enzymes and minerals require a specific pH level for uptake and to work efficiently. Increases or decreases in pH denature enzymes, halting important metabolic processes. This also affects the body's ability to uptake essential minerals.

One of the most fundamental approaches to health and healing includes the restoration of body pH. Proponents of an alkaline diet say a low body pH can increase the risk of osteoporosis, cancer, heart disease and arthritis, according to the Wolfe Clinic. High acidity may also cause fatigue, muscle cramping and low energy. All these conditions relate to improper enzyme function and mineral deficiencies.

The balance of acids and bases in the blood is tightly regulated. The balance of these chemicals is usually measured on the pH scale. Acidic compounds have a low pH and alkaline compounds have a high pH; neutral pH is defined as 7. The blood normally has a pH of between 7.35 and 7.45. If the pH of your blood drops below this, you have acidosis, whereas an abnormally high blood pH is termed alkalosis.

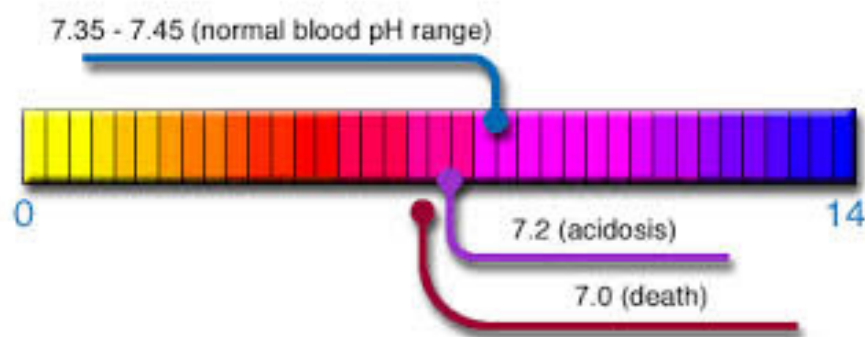
Low-grade metabolic acidosis as it is termed, is another symptom of an over acidic body. It has been cited as a leading cause of multiple health issues such as the development of kidney stones, loss of bone mass, and the reduction of growth hormone, therefore resulting in a decline in lean muscle mass and an increase of body fat. Since low-grade metabolic acidosis affects the body at a cellular level it is also responsible for an increase in the manufacture of free radicals, and a loss in cellular energy production. In addition to these serious concerns, viral and bacterial growth is able to thrive in an acidic body,

possibly leading to a wide variety of diseases. On the other hand disease is rare in pH balanced body; cancer, for example, cannot develop in pH balanced environment.

In this report we will explore the simplest and most effective solutions for maintaining balanced pH, with special emphasis on the essential nutrients that enable the physical body to thrive.

Why is pH Balance Important for Our Health

Your body must accomplish many millions of complex functions through the course of each day, dependent upon every cell to relay the necessary information. Your cells achieve this through subtle pulses of electricity, known as piezoelectricity. All of the organs in your body emit subtle fields of electrical current. In fact, nerve signals are nothing more than electrical charges. What generates the electrical power in your body is a very fine balance that exists in your bio chemistry. One of the most important systems that depend on this delicate bio chemical balance is your blood stream. This is where pH comes into play.



Have you ever wondered if the diseases in our society have a common connection? Many doctors, herbalists and nutritionists believe that the connection may come down to one key factor: Acid / Alkaline balance.

High acidity can become a dangerous condition that weakens all major body systems. It makes your internal environment conducive to disease. A pH balanced environment, on the other hand, allows proper metabolic functioning and gives your body resistance to disease. A healthy body maintains alkaline reserves that are used to meet emergency demands.

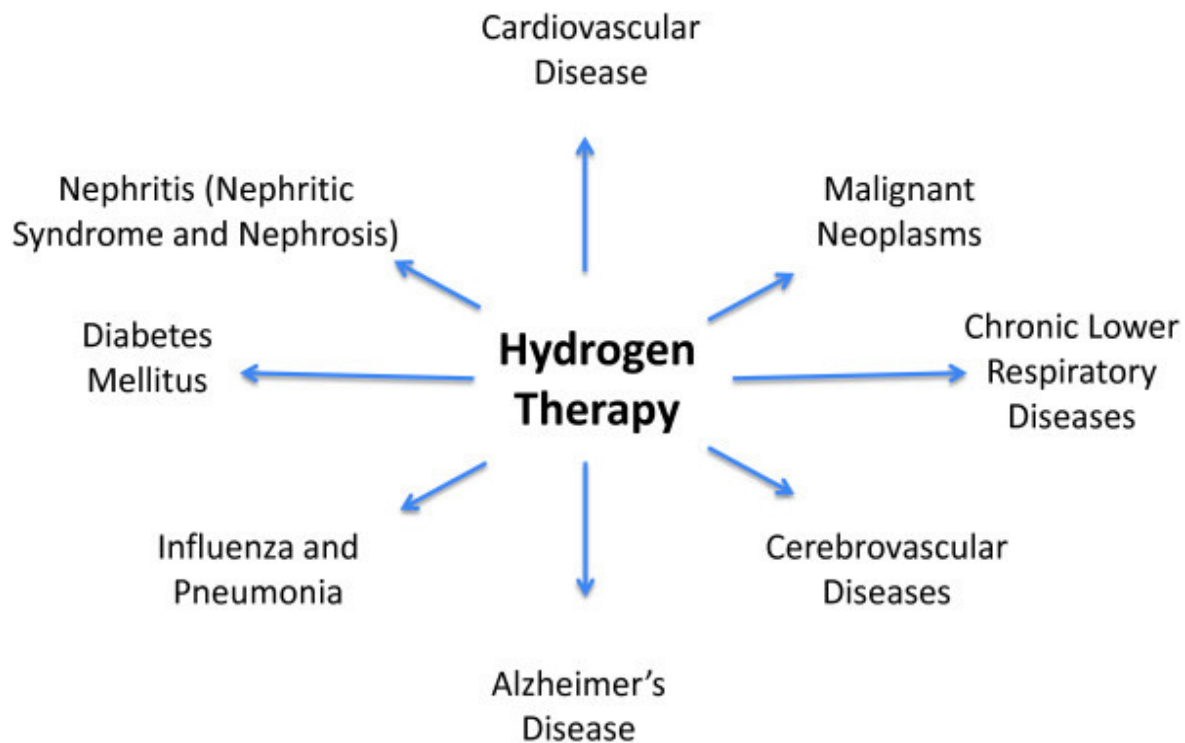
Very few medical practitioners in Western medicine are aware of how your internal pH balance plays a major role in causing almost all disease. So let's begin with some very basic information on the subject of pH.

What is pH?

pH is a logarithmic measure of hydrogen ion concentration, originally defined by Danish biochemist Søren Peter Lauritz Sørensen in 1909. Increased hydrogen ions (less bonding) result in a drop of the pH (more acidic), while a decrease results in a pH rise.

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 - the lower the pH the more acidic the solution; the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7, which is neutral. pH has a logarithmic function (mathematical - meaning ten-fold). In other words, a change in pH from 7 to 6 means 10 times more acidic. A further drop to a pH of 5 equals 100 times more acidic.

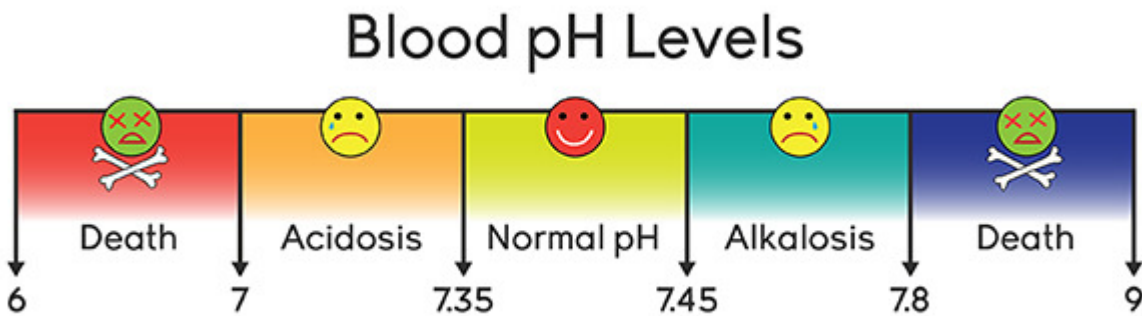
According to the Compact Oxford English Dictionary, the "p" stands for the German word for "power", potenz, so pH is an abbreviation for "power of Hydrogen".



Any change in the pH of the body results in a change in the electrical chemistry. Extended pH imbalances of any kind are not tolerated well by the body. Consider that the entire metabolic process depends on a balanced pH.

The management of the pH factor is so important that the body has developed stringent procedures to monitor acid-alkaline balances in every cell and bio-system.

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. If blood pH moves below 6.8 or above 7.8, cells stop functioning and the body dies.



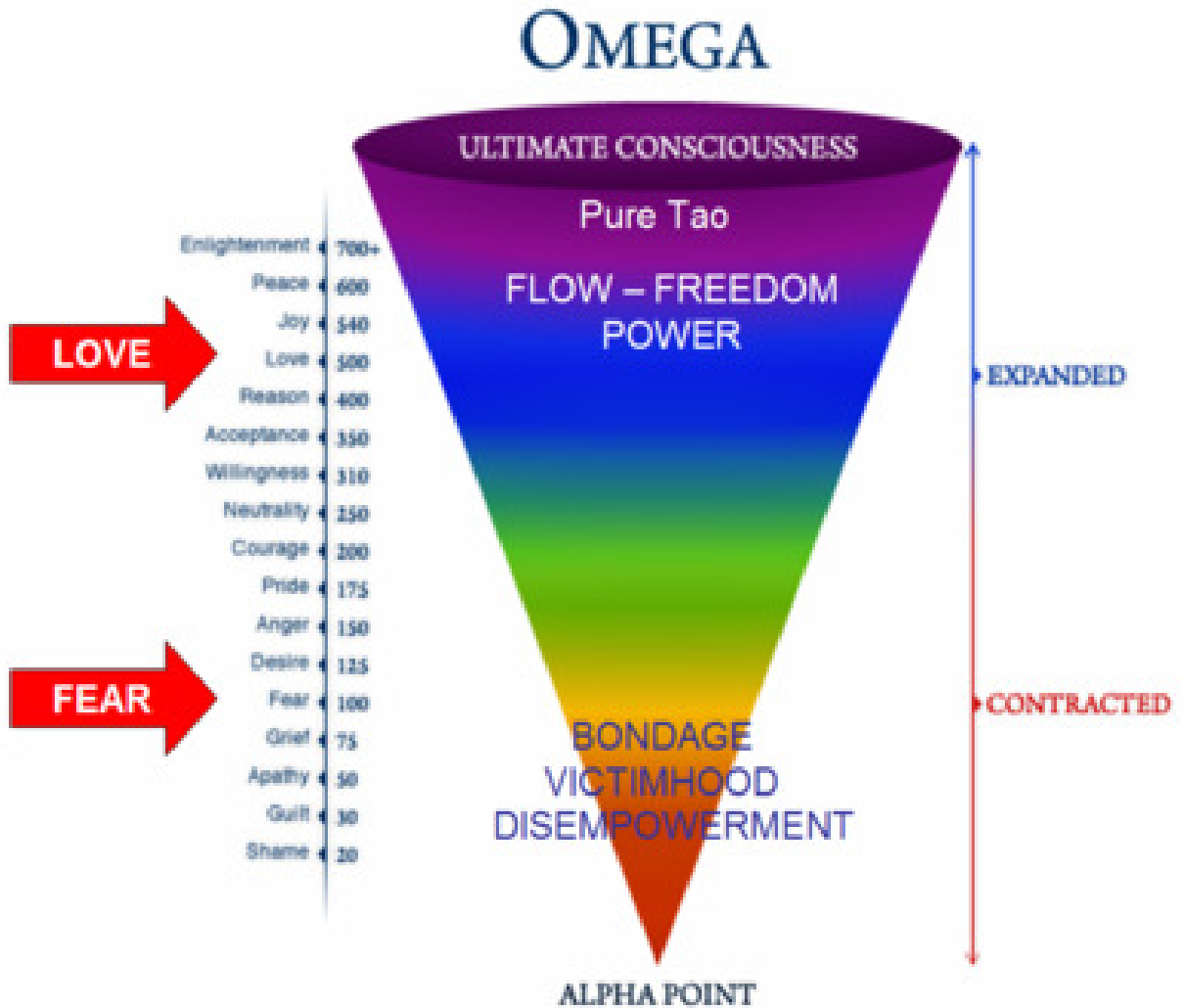
Water & pH

The most abundant compound comprising about 80% of the body is water. All that water has a biological purpose; it is the basic component of the various mediums that allow nutrients and various chemicals to be transported from one place to another. These water-based mediums can have either acid or alkaline properties. The body has an acid-alkaline (or acid-base) ratio, which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.

Emotions & pH

Alkaline Nation provides a blog that explains the emotional connection very well; the synopsis follows. Your state of mental health is closely aligned with your

state of physical health. When you feel better, often your attitude is also better. Change physical health, and you'll often impact mental health. The reverse also holds; change the mental, and you'll change the physical.

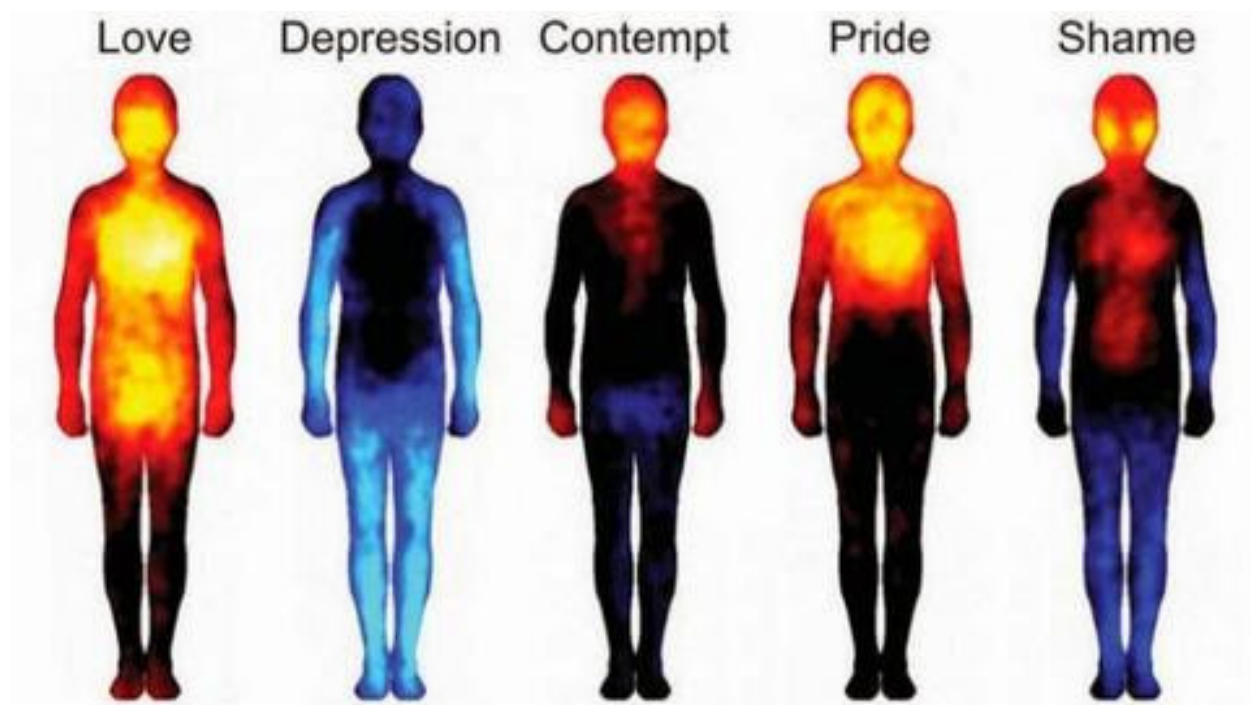


As you see in the diagram, positive thoughts are expanding while negative thoughts are constricting. They even affect your body temperature distribution based on the emotion you are feeling. Positive thoughts are expanding to attract more positive experiences, while negative thoughts are repelling and constricting – focusing on negative emotions attracts more negativity. That is why we naturally gravitate towards happy people. Those who are genuinely happy most of the time are not that way because nothing ever goes wrong in their lives. They choose what

they focus on and how they interpret what happens to them. Consider all experience as either an opportunity or challenge. We can become much sicker faster by having negative thoughts than by drinking acidic water or eating acidic foods. We see it all the time how happy-go-lucky people who eat “junk” food seem to never get sick, while the health-conscious ones can be doing all the right things but their negative thoughts are keeping them from optimal health.

Your mental state, in many ways, if it’s negative, can create more metabolic acids than the food that you’re eating or the water that you’re drinking. In fact, dwelling on negative emotions can create much more metabolic acids than eating sugar, dairy, and animal protein. That’s why those with “acidic thoughts” suffer a lot more than those with an acidic lifestyle.

Thoughts, words or feeling states become matter when they are repetitive and can affect our physiology in a negative or positive way.



Emotion is "energy in motion." When someone experiences negative emotions they are producing metabolic acids at a high rate. The rate of acid production is greater than someone who is working out. That’s how your thoughts become biology or metabolic acids that can make you sick, tired and fat. When you start producing acids with your thoughts this will activate the alkaline-buffering system

to neutralize these acids. If these acids are not buffered and/or eliminated, they can create serious health challenges in your body. Positive emotions, such as love, peace, hope, faith, and forgiveness, can all be alkalizing to the blood and tissues. The negative emotions of anger, resentment, and fear - are the most powerful and acidifying of all emotions. The fear of the unknown is probably the most powerful and acidic of them all. Fear is so devastating to the body, even if you're on an alkaline diet, overcoming a serious health challenge is practically impossible.

If you're not feeling your best although you are eating a balanced diet of alkalizing foods and drinking nutritious alkalizing water, it's time to pay a closer attention to your thoughts and the emotions they generate. Since your thoughts govern your emotions, it is up to you to choose to focus on as many positive thoughts as possible and feel calm loving and secure/safe emotionally more often than not. This does not happen by chance – there is a constant barrage of negative fear based information coming at us from multiple sources if we allow it. It happens by choice. You have to choose your thoughts constantly and only entertain the thoughts that serve you best but this does not mean living in a state of denial. If the situation you are living in is unhealthy and does not support your highest good, then it may be necessary to remove yourself from the situation in order to restore inner peace.

We can choose our own perception by choosing to cultivate these positive feelings daily:

- Love and Warmth
- Appreciation and Gratitude
- Childlike Curiosity
- Excitement and Passion
- Determination
- Flexibility
- Confidence / Faith
- Cheerfulness
- Feeling Healthy
- Sense of contribution

Breathing & pH

Fundamentally, all regulatory mechanisms (including breathing, circulation, digestion, hormonal production, etc.) serve the purpose of balancing pH, removing the normally metabolized developed acids and toxins from body tissues/systems without damage to living cells.

A good way to avoid upsetting this delicate bio chemical balance is to take a look at the things that jeopardise the maintenance of the ideal pH level in your body. What is the main offender in this case? The answer is the creation of acid in your body.

Soon we will explore what causes acid but first it's important to understand what can happen in the blood when your pH drops to less than ideal.

Red blood cells are the transporters of oxygen to all the cells in your body. As red blood cells move into the tiny capillaries, the passages they have to move through are very small. In fact, the diameter of the capillaries gets so small that the red blood cells sometimes have to pass through these capillaries one red blood cell at a time!



As a result, it's important for the red blood cells to be able to flow easily and quickly through your body. A negative charge on the outside of each healthy red blood cell allows them to remain separate from each other. This negative charge is dependent on pH balance.

Acid actually removes the negative charge from red blood cells, causing them to clump together and not flow as easily. This makes it much more difficult for the cells to flow easily through the bloodstream and even harder to move freely

through those small capillaries. This means less oxygen gets to your cells. Acid also weakens the red blood cells and they begin to die; their death creates even more acid!

When pH is off balance, microbes in the blood can change shape, mutate, undergo pathogenesis and grow. Even enzymes that are constructive can become destructive and oxygen delivery to cells is compromised. A vast amount of research is revealing that low oxygen delivery to cells is a major factor in most if not all degenerative conditions.

Nobel laureate, Dr. Otto Warburg of Germany, won his Nobel Prize for his discovery of oxygen deficiency in the cancer growth process. As previously stated, when pH is off and our bodies become more acidic, our cells are getting less oxygen. Cancer thrives under an acid tissue pH/oxygen deficient (anaerobic) environment. Is it any wonder today that cancer rates are up?

**Every single person
who has cancer has a
pH that is too acidic.**

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

Each and every cell in your body must breathe fully and the oxygenation of each cell depends upon having an optimum pH balance. To get the idea of how important oxygen is to your life, just stop breathing for a minute.

In William Philpott M.D.'s book, 'Biomagnetic Handbook' he makes an important body pH/electrical connection.

“As the pH of the blood goes more acid, fatty acids which are normally electro-magnetically charged on the negative side switch to positive and automatically are attracted to and begin to stick to the walls of arteries which are electro-magnetically charged on the negative side. It should start to make sense that a society which overemphasizes food that could push blood to be more acid will have a high rate of heart disease. And so it goes.”

What Health Issues are Related to Acid pH?

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a groundbreaking book, "A New Health Era" in which he maintains that all disease is caused by autointoxication (or "self-poisoning") due to acid accumulation in the body:

"Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so." William Howard Hay, M.D.

More recently, in his remarkable book Alkalize or Die, Dr. Theodore A. Baroody states:

"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!" Theodore A. Baroody, N.D., D.C., Ph.D.

Even Mild Acidosis Can Cause Problems

Such as:

- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- Weight gain, obesity and diabetes.
- Bladder and kidney conditions, including kidney stones.
- Immune deficiency.

- Acceleration of free radical damage, possibly contributing to cancerous mutations.
- Premature aging.
- Weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid build up.
- Low energy and chronic fatigue.
- Slow digestion and elimination.
- Yeast/fungal overgrowth.
- Lower body temperature.
- Tendency to get infections.
- Loss of drive, joy, and enthusiasm.
- Depressive tendencies.
- Easily stressed.
- Pale complexion.
- Headaches.
- Loose and painful teeth.
- Inflamed, sensitive gums.
- Mouth and stomach ulcers.
- Cracks at the corners of the lips.
- Excess stomach acid.
- Gastritis.
- Nails are thin and split easily.
- Hair looks dull, has split ends, and falls out.
- Dry skin.
- Skin easily irritated.
- Leg cramps and spasms.

So we can see that a balanced pH is extremely important. The slightest variation will cause serious illness and disease. The body will do whatever necessary to maintain this balance, and it continually abducts acid neutralizing minerals (such as magnesium and calcium) in its attempt to maintain a healthy balance.

Understanding this makes you realize why most elderly people experience osteoporosis after a lifetime of consuming acid-producing foods. As far as diet goes, only fresh fruits and vegetables are alkaline producing to help your body maintain a healthy pH balance.

An acid pH, or "acidosis," is the term used to describe the imbalanced acidic condition of all our body fluids. Virtually all cellular functions of the body are sensitive to the pH of their fluids. If the pH deviates too far to the acid side, cells become poisoned in their own toxic acidic wastes and die.

When pH goes off...

- MICROBES** in the blood can change shape, mutate, become pathogenic.
- ENZYMES** that are constructive can become destructive.
- OXYGEN** delivery to cells suffer.
- ORGANS** of the body can become compromised, like your brain, or your heart.
- MINERAL** assimilation can get thrown off.

What Causes Acid pH?

The reason acidosis is so common in our society is mostly due to the typical Western diet, which is far too high in acid-producing animal products like meat, wheat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are extremely acid-forming (not to mention the neurotoxin hazards!). One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle. Stress and physical activity (insufficient or excessive amounts) also cause acidification.

Research shows that when food is metabolized and broken down, it leaves certain chemical and metallic residues, a noncombustible "ash" which, combined with our body fluids, yields either acid or alkaline potentials of pH. Certain foods are "acid-forming" in nature, whereas others are known to be "alkaline-forming."

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.



Although lemons are acidic, once digested they provide an alkalizing effect for the body.

The body becomes imbalanced and overly acidic primarily as a result of five things:

1. An acidic, low-oxygen environment in the body which is a result of eating diets that are heavy in sugars, dairy, meats, refined grains, fast foods and processed foods. These foods are all lacking in essential micro-nutrients; they leave behind an acidic ash following digestion.
2. A lack of the proper building blocks for the cell membranes that don't allow for the transfer of oxygen and nutrients into the cells. Cell membranes are made up of lipids (fats), and the body will use whatever form of fats that you are consuming,

even if they are toxic and will clog the cells. Eat healthy fats, such as hemp seed oil, coconut oil, olive oil and butter.

3. A lack of permeability of the cell membrane will cause a build-up of cellular toxicity which further damages the respiratory mechanisms within cells; not allowing the cell to breathe and remove waste, forcing the cell to switch over to the fermentation process of energy production in order to survive.

4. Poor blood and lymph flow due to the lack of movement and exercise.

5. Extended indulgence in toxic emotions.

Which Foods Are Acid-Forming And Which Are Alkaline-Forming?

Researchers find that most people are at least slightly acidic; their pH is low. Most of us habitually consume a diet high in meat, high in carbohydrate, high in fat and very little, if not completely inadequate amounts of fruits and vegetables. That means that most of us will experience a continual acid pH and the older we are, the more "acid" we tend to become.



Fruits, vegetables, nuts and seeds all contain protein. For example, peas contain around 9g per cup & prunes contain 3.7g protein per cup.

The following chart is intended only as a general guide to alkalizing and acidifying foods.

| PH FOOD COMPARISON CHART | | | | | |
|---|--|--|--|---|---|
| HIGH ACID | MID ACID | LOW ACID | LOW ALKALINE | MID ALKALINE | HIGH ALKALINE |
| ASPARTAME BARLEY BEEF BEER BRAZIL NUTS BREADS BROWN SUGAR COCOA COTTONSEED OIL FLOUR (WHITE) FRIED FOODS HAZELNUTS ICE CREAM JAM / JELLY LIQUOR LOBSTER PASTA (WHITE) CHEESE SEAFOOD SOFT DRINKS SOYBEAN SUGAR TABLE SALT WALNUTS WHITE BREAD WHITE VINEGAR WINE YEAST | BASMATI RICE ALMONDS CHESTNUT OIL CHICKEN COFFEE CORN CRANBERRY EGG WHITES FRUCTOSE GARBANZO BEANS GREEN PEAS KETCHUP MUSSELS MUSTARD LECUMES PASTA PASTRY PEANUTS PECANS PISTACHIO SEEDS POMEGRANATE POPCORN PORK PRUNES RYE SOY MILK SQUID VEAL | AMARANTH BROWN RICE BUTTER COCONUT CREAM CURRY DATES DRY FRUIT FIGS FISH GELATIN GOAT CHEESE HONEY MAPLE SYRUP MILLET PINE NUTS PUMPKIN SEED OIL RHUBARB SPINACH STRING BEANS SUNFLOWER OIL VENISON (DEER) VINEGAR ZUCCHINI BALSAMIC VINEGAR BLACK TEA BUCKWHEAT | ALFALFA SPROUTS AVOCADO OIL BANANA BEET BLUEBERRY BRUSSEL SPROUTS CELERY CHIVE CILANTRO COCONUT OIL GRAIN COFFEE GRAPES HEMP SEED OIL LETTUCES OATS OKRA OLIVE OIL ORANGE QUINOA RAISIN SPROUTED SEEDS SQUASHES STRAWBERRY SUNFLOWER SEEDS WILD RICE TAHINI | APPLES APRICOTS ARUGULA CANTALOUPE CARROTS CASHEWS CAYENNE CHESTNUTS CITRUS DANDELION DANDELION TEA EDIBLE FLOWERS ENDIVE GARLIC GINGER (FRESH) GINSENG TEA GRAPEFRUIT HERBAL TEA KOMBUCHA KIWI MANGO PARSLEY PASSION FRUIT PEPPER RASPBERRIES CUCUMBER AVOCADO | BAKING SODA CHLORELLA LEMONS LENTILS LIMES MINERAL WATER NECTARINE ONION PERSIMMON PINEAPPLE PUMPKIN SEED RASPBERRY SEA SALT SEA VEGETABLES SEAWEED SPIRULINA SWEET POTATO TANGERINE PLUMS VEGETABLE JUICES WATERMELON ASPARAGUS BROCCOLI KALE CELERY ARTICHOKE BELL PEPPER |

How Do I Know If I Have Acid pH?

pH measures the balance between positively and negatively charged ions in the body fluids; blood, urine and saliva. A low pH number indicates that your body fluid is on the acidic side. A high pH number indicates you have alkalinity. This delicate balance is an important indicator of overall health. Ideally the body is neutral or slightly alkaline.

The results of testing can provide indication of overall kidney and pancreas function. These are the 2 organs that produce bicarbonates to buffer cellular acids. When showing acidic, the immediate indication is that there is inflammation in the

body. If chronically acidic it is an indication that the kidney and pancreas are struggling to keep up with the acidic load.

Blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

Urine pH levels can indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because these along with bicarbonates are used by the body to control acid levels. When acid levels begin to increase, the body becomes less capable of excreting acid. It must either store the acid in body tissues, or buffer it - that is, borrow minerals from organs, bones, etc., in order to neutralize the increase in acidity. Urinary pH should fluctuate between 6.0-6.4 in the morning and 6.4-7.0 in the evening.

Saliva pH should stay between 6.7 and 6.9. The results of saliva testing can indicate the activity of digestive enzymes in your body, especially the activity of the liver and the stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems and your tissues. Some people will have acidic pH readings from both urine and saliva - this is referred to as "double acid."

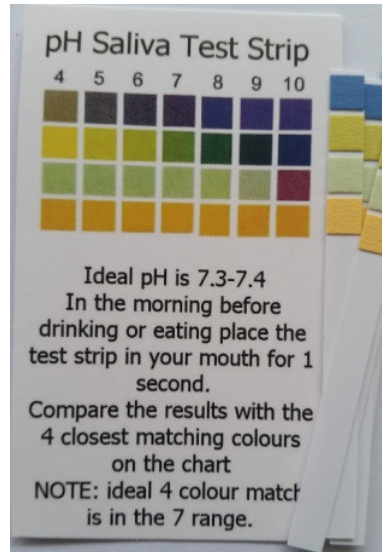
How to Use Saliva pH Test Strips

Test Strips can determine your urinary or saliva pH. When urinary pH is continuously between 6.4 and 7.0 (depending upon the time of day), you're functioning in a healthy range. Saliva pH should stay between 6.7 and 6.9

Testing saliva is most accurate when used first thing in the morning before eating or drinking anything.

1. You may want to generate saliva and swallow a few times to clear the pallet but avoid drinking anything including water.
2. Place the colour pads onto the tongue and make sure the pads are in contact with saliva. After a few seconds remove the strip and allow a few more seconds to dry.

3. Place the strip next to the colour chart on the container.
4. Pay close attention to the second green pad down from the top. This is often the pad that provides the strongest indicator.



Baseline Approach
The colours are ideal when closely matching the 7 strip column.

How to Use Urine pH Test Strips

1. Start with the first urine in the morning before eating or drinking,
2. After a steady stream has started, wet the test strips colour pads for 1-2 seconds
3. Gently shake off any excess fluid on the test strip and allow a few seconds to dry
4. Compare the colour of your test strip with the colour chart provided on the container.
5. The number that corresponds to the colour matched pads is the pH reading.

pH Balance And The Mineral Connection

Due to agricultural soil depletion and over-acidic food consumption, mineral deficiency is a critical problem facing most people today. Mineral deficiency is fundamental to the amount of life energy or, more specifically, electricity, in our bodies.

Body mineral content and balances control the amount of electricity in our bodies and the speed at which the electricity flows is controlled by the body's pH balance.

If your pH is too acidic, your body borrows minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize and remove the acid. Although high acidity may not be outwardly noticeable, it can severely affect overall health in a negative way. Alkalinity in the body is a rarer situation but just as potentially serious. It often takes longer for a person who is over "alkaline" to achieve balance than one who is "acidic."

Minerals Buffer Acids

A recent study conducted at the University of California-San Francisco on 9,704 postmenopausal women showed that those who have higher acidity levels (also called chronic acidosis) from a diet rich in animal foods are at greater risk for lower bone density levels than those who have "normal" pH levels.

The researchers who carried out this study hypothesized that many of the hip fractures prevalent among older women correlated to higher acidity from a diet rich in animal foods and low in vegetables. The body apparently borrows calcium from the bones in order to balance pH, and this calcium borrowing may result in a decrease in bone density. -American Journal of Clinical Nutrition, Jan. 2001, Vol. 73, No.1, pp. 118-122.

Minerals have different pH levels at which they can be assimilated into the body. Minerals on the lower end of the atomic scale can be assimilated in a wider pH range, and minerals higher up on the scale require a narrower and narrower pH range in order to be assimilated by the body. For example:

Sodium and magnesium have wide pH assimilation ranges.

It narrows somewhat for calcium and potassium.

Narrows more for manganese and iron.

More for zinc and copper.

More for iodine.

Iodine, which is high up on the atomic scale, requires near perfect pH for its assimilation into the body. Iodine you may know is one of the most important minerals for proper functioning of the thyroid, however the thyroid cannot access iodine unless the body pH is near perfect. This is one reason we are strong

advocates for the nascent form of iodine, as it is in the perfect form required for uptake by the thyroid.

Minerals are key in your body's ability to utilize vitamins. Minerals are co-enzymes which help vitamins function. In the absence of minerals, vitamins can't do their job. Many minerals are referred to as trace minerals, which might seem as though they are not significant but nothing could be further from the truth. Minerals and their deficiencies have been directly related to a wide range of adverse health conditions. Here are some examples:

Magnesium is quite possibly the most important mineral for the reduction of coronary heart disease. (The latest "cutting edge" research shows that heart disease is really a function of heart muscle acidosis.) Also, magnesium helps conduct electrical messages between all the neurons of the body.

Boron is a vital trace mineral that is required for the normal growth and health of the body. Many conditions like arthritis and osteoporosis are naturally managed by Boron as it is known to improve the absorption of calcium and magnesium. It helps women preserve and make estrogens plus reduces menopausal symptoms. It helps men keep testosterone.

Copper is another vital trace mineral, a component of many enzymes, including ones necessary for formation of red blood cells and deficiency is implicated in aneurysms (brain, aortic, etc.). It also provides an antioxidant action, to help protect cells against free radical damage.

Potassium and magnesium (along with sodium) are some of the most important minerals for rebalancing the electrical properties of the cell, for eliminating excess acidity, and for helping to balance calcium. People get irrational when potassium levels are low.

Rubidium is an alkaline trace mineral related with caesium and Rubidium has been investigated for its antidepressant effect. The typical daily dietary intake of rubidium is 1 to 5 mg. Foods high in rubidium include coffee, black tea, fruits, vegetables (especially asparagus), poultry and fish. Rubidium is a relatively nontoxic element and has not shown to be of toxicological concern from the nutritional point of view

Sulphur is stored in every cell in the body, with the highest concentrations being in the joints, hair, skin, and nails. As part of four amino acids, sulphur performs a number of functions in enzyme reactions and protein synthesis. It is necessary for formation of collagen, the protein found in connective tissue in our bodies and is crucial to cellular respiration as it is needed in the oxidation-reduction reactions that help the cells utilize oxygen, which aids brain function and all cell activity.

Selenium is an essential mineral found in minute amounts in the body. It is one of the essential body substances that can be used in a preventive manner for many diseases, including cancer, arteriosclerosis, stroke, cirrhosis, arthritis and emphysema.

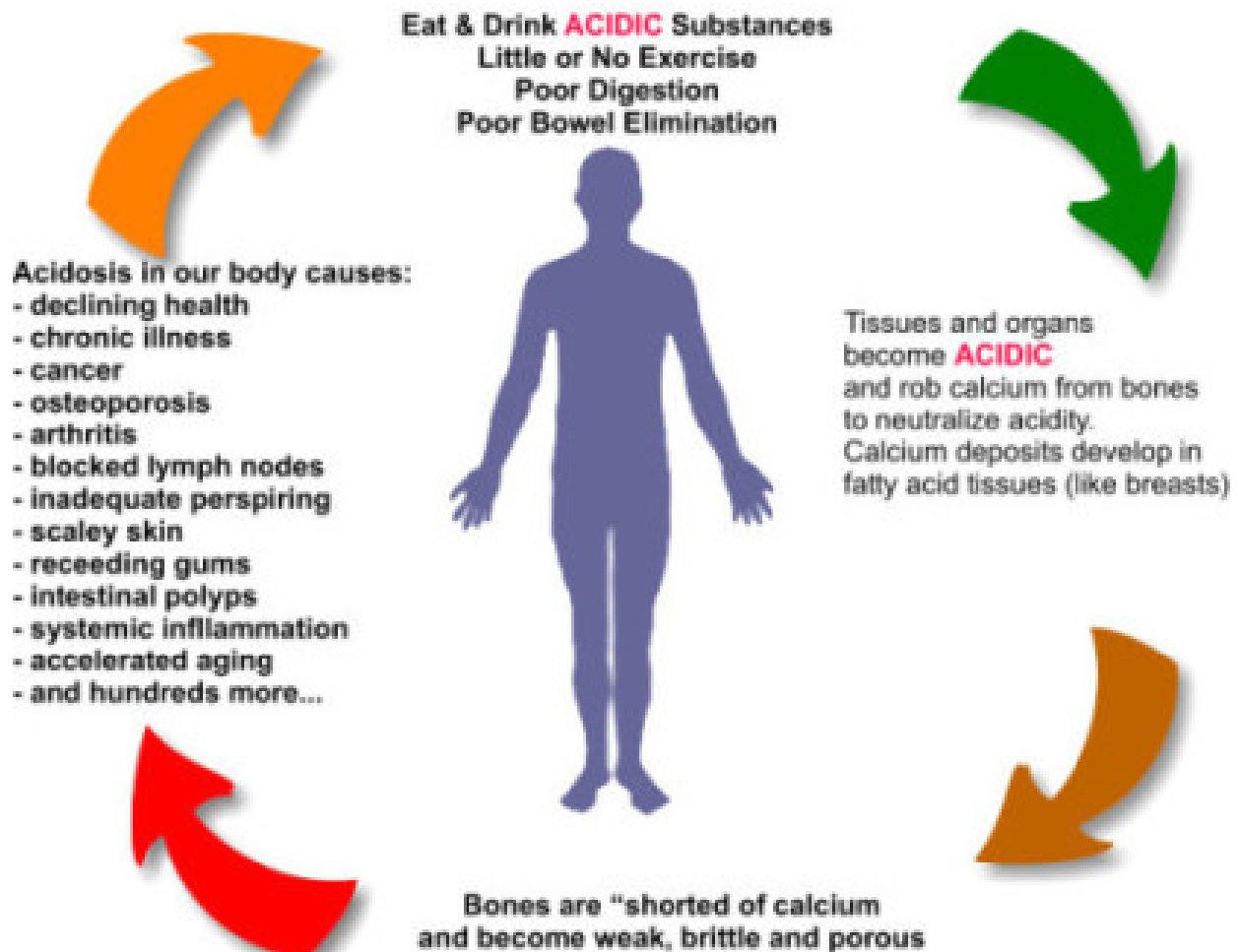
Zinc is an essential trace mineral occurring in the body in larger amounts than any other trace element except iron. Zinc is involved in over 200 brain enzyme interactions. Deficiency symptoms include loss of taste and smell.

Manganese plays an important role, as an antioxidant, in the prevention of toxic oxygen forms. It may play a part in the degenerative process called aging. It also plays a role in activating numerous enzymes that are necessary for utilization of choline, biotin, thiamine and Vitamin C complex. It is a catalyst in the synthesis of fatty acids, cholesterol and mucopolysaccharides.

Vanadium is a trace mineral that is needed by the human body in small amounts. Supplementing a diet with sufficient chromium and vanadium can help prevent diabetes and has been seen to reverse diabetes in those already diabetic, as vanadium is reportedly able to replace insulin in some cases..

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for a pH imbalance. Even the right herbal program may not work if your body's pH is out of balance.

THE “ACIDOSIS” CYCLE



Is Drinking High pH Alkaline Water Good for You?

A glass of water at pH 9 can have low, medium or high alkalinity and everything in between, depending on what’s dissolved in it. It is what is in the water that makes all the difference. We need to realize that you can have high pH water but very little, if any alkalinity; meaning the water hardly buffers the body’s acid condition at all because alkalinity does not depend only on pH - *pH measures the degree of alkalinity but not its power*. It is not enough to just drink high pH alkaline water, in fact pH is not a big factor at all when one is trying to alkalize the body; water must have the essential bicarbonates and electrolytes to alkalize the body’s tissues. LifeForce fx delivers!

It's not high pH alkaline water we need, its water with high levels of alkalinity.

The key to addressing metabolic acids and building alkalizing reserves in our body fluids and tissues is the amount of alkalinity (alkaline mineral compounds) that is consumed.

Keeping pH Balanced for Excellent Health

A healthy diet should consist of 80% alkaline-forming foods and 20% acid-forming foods.



A pH balanced environment supports normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves can become depleted leaving the body in a weakened condition.

LifeForce fx can provide your body with alkaline reserves, increase your energy and help you reclaim your health!



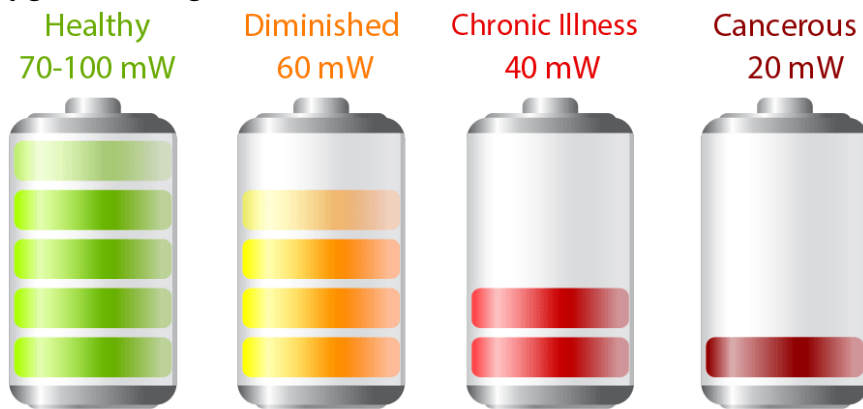
LifeForce fx contains an abundance of pH balancing nutrients: potassium bicarbonate, magnesium carbonate, magnesium chloride, magnesium ozonate, sodium bicarbonate, sodium tetraborate (boron), MSM, organic lemon peel & lemon myrtle.

This proprietary formula is completely natural and free from sugar, gluten, GMO and artificial preservatives, flavourings or colouring.

Oxygenate Alkalize & Increase Cellular Voltage

When cells lose their oxygen, they are losing their pH and voltage at the same time. When cell voltage is low and oxygen decreases, we see an increase of anaerobic bacteria in the gut, which thrives in the low oxygen environment. Bicarbonates, mainly produced in the kidneys and pancreas, are the primary transporters of oxygen in the body and are used to buffer acidity. LifeForce fx contains essential bicarbonates: potassium bicarbonate, sodium bicarbonate and magnesium carbonate.

It is important to understand that the voltage of cells and tissues is synonymous with their pH. The lower the voltage goes, the lower the pH goes, and the lower oxygen levels go as well.



Wherever the body has low voltage, the cells begin to have problems.

The lower the voltage (pH), the more serious the problems.

Put the Spark Back into Your Battery!

LifeForce fx provides your body with the vital electrolytes in one easy drink without the need to consume various supplements or foods to make sure you supply your body with all of them. Bicarbonate and mineral rich water is the healthiest water to drink.

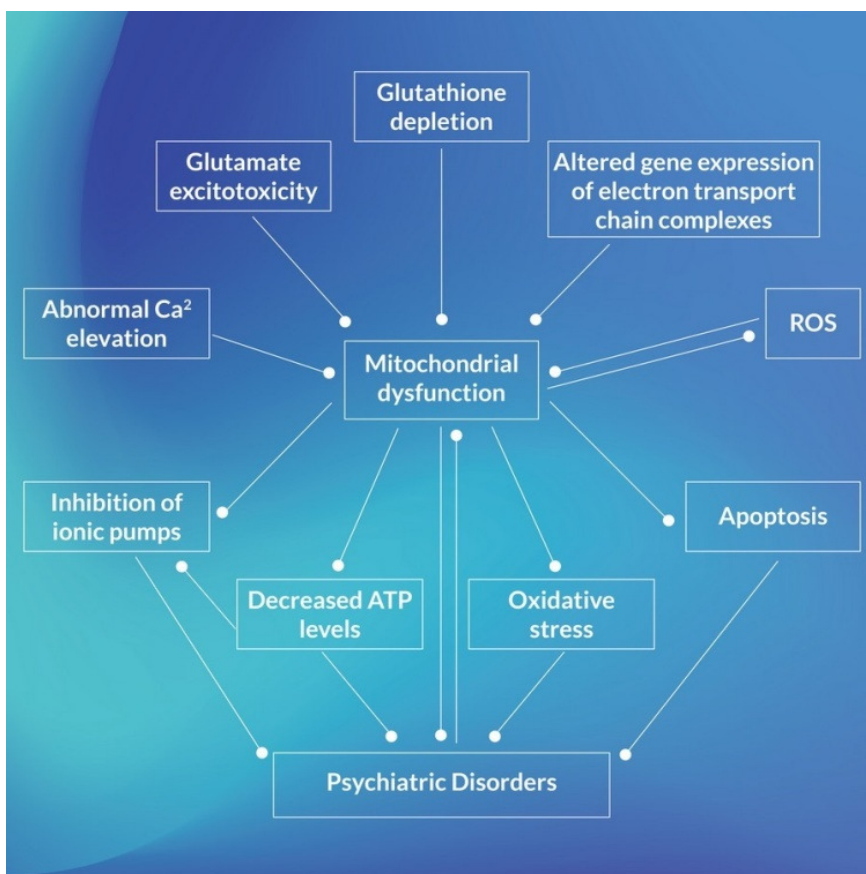
Keeping our pH within a healthy range also involves necessary lifestyle and dietary changes that will protect us over the long term while the use of LifeForce fx can give us a quick jump-start toward increased alkalinity by increasing both carbon dioxide and oxygen levels.

Power Up Your Mitochondria

Mitochondria are the ‘power generators’ of the cells and your life depends upon them. Drinking water enriched with LifeForce fx enables alkalizing nutrients to be efficiently absorbed through the cell membrane into the mitochondria. This provides a tremendous boost to cellular power and facilitates the removal of acids.

Magnesium functions as a bicarbonate co-transporter into cells and bicarbonate acts as a transporter of magnesium into the mitochondria.

Most alkalizing protocols only alkalize the stomach which is not ideal. By nature the stomach requires hydrochloric acid for digestion in order to digest foods. Prolonged stomach alkalizing contributes to overall poor digestion and potential damage. LifeForce fx contains an abundance of magnesium which fortifies hydrochloric acid production; necessary for digestion, while the bicarbonates alkalize cells and tissues.



Nothing will do more to overcome acidosis, mitochondrial decay and general low levels of cell energy than taking high levels of magnesium bicarbonate into the cells.

**LifeForce fx
has you covered!**

In the words of Dr. Sircus:

“There are good reasons many believe that there is nothing in mainstream medicine that addresses de-acidification, detoxification, fixing nutritional deficiencies, modulating and boosting the immune system, and increasing full body circulation. Medical science has failed in its attempts at curing degenerative, metabolic, or autoimmune diseases. Without removing toxins and acids from all organs, cells and tissues, and without providing the essential nutritional building blocks like magnesium, the body will not be able to heal completely.”

Dr. Mark Sircus, Ac., OMD, DM (P)

Director International Medical Veritas Association



LifeForce fx provides a sound strategy for increasing cellular voltage, restoring pH balance and hydrating the trillions of cells that comprise your body.

Summary

This information shows just a fraction of how minerals and pH imbalances can affect your health. Much of this information is documented in professional journals, available if you search. It appears that due to politics and the influence and strength that the medical/drug industrial complex has over the suppression of information, these things stay hidden from public view. Unfortunately for the public, most medical personnel training does not include nutritional or natural medicine remedies.

Supplementing with LifeForce fx opens a whole new world of possibilities for improving health, longevity, and vitality. Now that we understand how important it is to maintain a healthy level of these important nutrients for pH balance in our body, we can make choices that provide the best support for our bodies on a cellular and molecular level.

*Doctors can not cure your disease.
Only your immune system can cure your disease.*

Restore Your Alkaline Advantage

<https://miracleproducts.shop>

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