

Alkalize Your Way To Better Health

pHenomenal Water

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Introduction

Health is a dynamic state that is continuously changing. Striving for optimal health becomes a way of living. Since the body responds to each substance ingested, you can understand why having a healthy diet and lifestyle can profoundly impact your health over time. It's also important to realize that the body responds to feelings, thoughts, and attitudes, and recognize how these factors impact health. The body's pH level can be more acidic or alkaline depending on several factors, although it constantly tries to maintain an alkaline state.

Alkalizing the body by learning to manage your emotional state and choosing to consume certain types of foods and drinks is paramount to maintaining good health, and for helping the body fight against disease. This eBook was created to help you understand the health advantages of having an alkaline body pH and how you can reduce harmful acidity in your body.

An explanation of pH and how it affects your health

The term pH stands for parts hydrogen, percentage hydrogen or potential hydrogen. The pH scale has a range from 0 to 14. A pH reading below seven on the scale indicates increased acidity, and a reading above seven indicates increased alkalinity; seven is neutral. pH is a measurement of the amount of hydrogen ions in a solution. The more hydrogen ions in a solution, the more acidic it is.

The body is designed to rid itself of acidity caused by excessive hydrogen, and has several ways of doing this. However, it can become overloaded. The higher the acidity level in the body the less oxygen that is available to cells. Conversely, the higher the level of alkalinity in the body the more oxygen that is available. A well-oxygenated body will have better circulation and a higher energy level than one that is poorly oxygenated.

What is a healthy pH level in the body?

When we are referring to the pH of the body, we are discussing the amount of hydrogen in the body's fluids and tissues. The body maintains a tight pH balance, although pH levels are variable throughout the body for several reasons. As an example, the bowels, skin, and vagina are slightly acidic to guard against harmful bacteria. The urine is typically more acidic and the saliva more alkaline.

In a healthy body, the pH of the fluid inside each cell and between cells should be slightly alkaline. The average range of a healthy urine pH is 6.7 – 7.5, and for saliva, it is 6.4 – 6.8. The blood pH balance is critical to health and must remain slightly alkaline and in the range of 7.365 – 7.45. The body works hard to maintain a blood pH in this range to prevent a health crisis. However, many people are more acidic than alkaline, and this is primarily caused by following the "Standard American Diet," a diet containing more acid forming than alkaline foods.

What foods cause the body to become acidic?

Foods such as dairy, meat, refined sugar and highly processed food products are a typical part of the "Standard American Diet," and create an acidic condition within the body. Many processed and fast foods also contain hydrogenated oil; this is an oil that has had hydrogen bubbled through it.

Hydrogenated oil is extremely acidic, and although is ideal for extending the shelf life of foods, it is very harmful to health. Hydrogenated oil has recently been taken off the FDA's GRAS (Generally Recognized as Safe) list, and as of June 2018, the FDA will require all food manufacturers to remove it from their products.

How do we know if a food will acidify the body?

You may be curious how to know if food will have an alkalizing or acidic effect in the body. When foods are digested and metabolized, they create either an alkaline or acid ash. Scientists can determine the mineral content of food by incinerating it and analyzing the mineral content of the ash produced. Incinerated food that produces an ash high in minerals is likely to produce an alkalizing effect in the body. It's not necessarily true that naturally acidic foods such as lemons or pineapples cause an increase in acidity in the body.

Non-dietary factors that contribute to acidity in the body

Toxins such as heavy metals, pharmaceutical medications, chemicals, pesticides, plastics, chemicals, food additives, viruses, and bacteria create acidity or acidosis in the body. The body is also constantly coping with acidity that forms as a result of metabolic activities, exercise, cellular breakdown, and even breathing.

As a part of life we all face stress, but it's how we each respond to the stress in our lives that can impact our health. Some people don't realize how their emotional state is impacting their health, and that the physical body responds to emotional and mental activities. When experienced over and over, negative emotions such as anxiety, worry, fear, and hate take a toll on the body by lowering immune function and creating exhaustion. Being exhausted and burned out from stress and emotional overload creates acidity in the body and deprives the cells of the oxygen and nutrients they need to function normally.

It's not surprising that many people suffer from high levels of acidity. A body in a chronic state of acidosis sets the stage for chronic, degenerative, and autoimmune health problems. Therefore, the body tries very hard to maintain alkalinity and uses buffering systems that prioritize organ functions and cellular activities to preserve life.

How the body protects against the damaging effects of acidity

Some medical professionals claim the body is able to mitigate the effects of acidity in the body without health consequences; however, other research shows that health gradually declines as the body works harder to remove acid from the body. Gout and kidney disease are examples of the results of consuming an acid-forming diet, thus proving a connection between food and pH level and supporting the idea that it makes sense to reduce acid formation in the body. Fortunately, the body's buffering systems counter acid accumulation by neutralizing them.

The fat buffer system

To prevent acid accumulation in bodily fluids such as the lymph, blood, and between cells (in extracellular fluids), the body uses fat (low-density lipoprotein or LDL) to bind acids and store them if the acid cannot be eliminated through the urine. If the body becomes overloaded with acids and unable to eliminate them properly, the fat-bound acids may be stored in body parts such as the stomach, thighs,

hips or other areas. The body places the fat-bound acids in these storage areas to protect the vital organs; however, this process promotes obesity.

The alkaline salt reserve buffer system

The body uses alkaline salt reserves to buffer acidity. Alkaline salts such as calcium, sodium, potassium, and magnesium found in body tissues can be used when the body requires them to neutralize acids. If excess acid is present in the body, these salts can be drawn upon to neutralize the acids by binding with them. The colon, skin, lungs, and kidneys can then eliminate the bound acids. However, if the body's tissues cannot supply the alkaline salts when needed, the body will take magnesium salts from the muscles and calcium salts from the bones to restore the balance between alkalinity and acidity. Unfortunately, the process of removing alkalizing salts from the bones can lead to osteoporosis.

The lymphatic buffer system

The body uses the lymphatic system to remove toxins and acidic deposits from its tissues, and muscle movement stimulates the lymphatic fluid to move throughout the body. However, if a person is inactive, this fluid is unable to circulate properly and promotes acid deposition and accumulation in the tissues. Circulating lymph fluid that can do its job properly moves the waste back into the blood where alkaline salts must then be used to neutralize the acids.

Signs and symptoms that indicate the body is too acidic

Over time, acid can accumulate in tissues and create destructive imbalances in the body's systems. What is happening is that cells are being poisoned and starting to die because they are deprived of oxygen. Unhealthy cells such as cancer cells, bacteria, viruses, and other harmful microorganisms don't survive well in an oxygen-rich environment. In an oxygen-deprived and acidic body, eventually chronic degenerative disease takes hold and accelerates the progression towards death.

Some of the first signs of acid build-up in the body are illnesses such as cold and flu, pain and inflammation, allergies, rashes, and bowel problems such as constipation or diarrhea. An acidic body pH places a heavy burden on the digestive system, liver, and kidneys and significantly compromises health and well-being. People differ from one another, and each body may have its own specific weakness in any organ system. These weakened parts of the body are likely to be the first place where the signs and symptoms of disease will present itself.

Yeast, fungus, molds, and parasites thrive in an acidic body

An acidic body is an ideal host for yeasts, molds, fungus, and parasites. These disease-causing organisms live very well in an oxygen-deprived (anaerobic) environment, the terrain provided by an acidic body. The wastes they produce poison the body's cells as they derive their energy from the body's proteins and fats.

Evidence that high acidity promotes common diseases

Several health conditions are believed to be caused or exacerbated by having a higher than normal acid level in the body and a reduced level of oxygenation. Scientists know that diabetes is one such condition that involves excess hydrogen production in the body. People with diabetes experience higher levels of lactic acid in their bodies and have reduced blood oxygen levels; this scenario leads to poor blood sugar

control, inflammation, and circulation among other problems. Similarly, gout sufferers also have high levels of acid in their bodies; uric acid crystals accumulate in joints causing pain and inflammation. Cancer and bacterial infections are examples of additional health conditions that involve high levels of acidity and lack of oxygen. Bacterial infections cannot thrive in an oxygenated environment and an underlying cause of cancer is usually low cellular oxygenation levels.

Reading pH values to determine the body's acid and alkaline balance

The saliva and urine pH can be tested with litmus strips (pH paper) to determine level of acidity. Testing these fluids indicates how much hydrogen is present and how well the body is excreting acids. However, the body is constantly trying to maintain balance, and the level of acidity in the body will vary throughout the day, and according to what was eaten or drank last. Therefore, when using pH strips to test the saliva or urine, it is more accurate to take several readings (four or more) spread throughout the day, and then calculate an average pH measurement. It's best to test urine pH using the second urine of the day and before eating or drinking. The pH level of the urine should be between 6.8 and 7.5.

Testing your urine pH after drinking pHenomenal water

Keep in mind, as the body self-regulates by using alkalizing buffering systems, the saliva and urine pH can read at a higher level of alkalinity (above a 7.0 pH) when in fact the body may be in an acidic state. When drinking pHenomenal water, it is common to observe a decrease in pH level (more acidic pH reading) when using pH testing paper, because the body is ridding itself of acid through the excreted urine.

The benefits of having an alkaline body pH level

Maintaining a state of alkalinity in the body may help to prevent disease and extend the life of your organ systems and improve their ability to function properly. You'll receive the added benefits of feeling and looking better, and will have more energy. You have the power to make choices that can shift the pH level of your body towards an alkaline state. If you are struggling with health problems and chronic illness, alkalizing the body is the first step in improving your health by supporting your body's ability to function normally. The body was designed to be alkaline, but is acidic by function; this means that the body works best in an alkaline state, but it must constantly strive to maintain balance because of the processes of bodily functioning and life that produce acid.

How to improve the body's pH balance and become more alkaline

We can help our body maintain a more alkaline state by consuming healthy foods and beverages that provide nutrients that help to flood the body with oxygen. Avoiding chemicals, toxins, and getting adequate sleep is also vital for helping the body remain alkaline.

Which foods are alkalizing?

An alkaline diet will consist of items such as green juices and smoothies, leafy greens, sprouts, wheatgrass, healthy fats such as avocados, fruits, and vegetables. These foods flood the body with alkalinity and oxygen by providing vitamins, minerals, health-promoting plant chemicals called phytonutrients, and the superfood and antioxidant plant component, chlorophyll. This alkalizing diet

dramatically contrasts with the types of food and drink products commonly consumed on the Standard American Diet.

Are all acid forming foods bad?

Your goal should be to consume a predominantly alkalizing diet; this does not mean that you cannot ever eat acid forming foods (because some healthy foods are acidic). For example, healthful foods such as nuts, grains, and beans produce acid in the body. However, these foods will likely produce lower amounts of acid in the body than highly processed fast foods and junk foods.

Lifestyle habits to support an alkaline body pH

It's not just your diet that affects the body's pH level. Since most of the body is composed of water, drinking alkaline water is one of the easiest and most effective ways to shift the body's pH to a more alkaline state. Staying well hydrated is also critical for good health. Additionally, exercising, getting proper sleep, and avoiding toxic habits such as smoking cigarettes and excessive alcohol consumption helps the body maintain an alkaline state.

Managing emotional stress helps the body and mind remain healthy and alkaline. The body releases acid forming hormones such as cortisol and adrenaline during periods of emotional stress. You can improve your cellular health by finding effective strategies to manage stress. Strategies used to manage stress and help the body release tension on a day-to-day basis may include doing breathing exercises, spending time in nature, practicing yoga and meditation or receiving stress management counseling.

How traditional alkaline water products are made

Traditional alkaline products (made by adding alkaline minerals to water) form mineral hydroxides; this is what creates the alkaline state of these products. However, the mineral hydroxides have weak bonds that gradually break down and therefore the water reverts to its previous pH. For example, it is quite common to perform a pH test on a common brand of alkaline water which states a 9.5pH and find it has dropped to a 7.5-8pH since it was manufactured. Taking in an excess of alkaline minerals can contribute to a condition called metabolic alkalosis. Metabolic alkalosis can ultimately produce symptoms which include hand tremors, nausea, vomiting, muscle twitches, and tingling sensation in the face and extremities.

What you should know about home and portable alkaline water systems

Kangan water systems are costly, and the water they produce is notably unstable; it must be used within hours before it reverts to a neutral pH. The water these machines produce has been temporarily rearranged using an electrical charge. Although water that passes through a system is "split" into alkaline and acid water, both of those waters, if left alone for a period of time will revert to the water's original pH. Other water systems also work by introducing alkaline minerals to the user's water and function similar to a Kangan system by ionizing the water.

How pHenomenal is created to be different and work more effectively

Although alkaline minerals are part of the manufacturing process of pHenomenal, they are filtered out before bottling, and the levels that remain are far below labeling requirements. As long as pHenomenal

(mixed or concentrate) is kept from long-term exposure to air, it can retain its pH indefinitely. Air contains hydrogen and since pHenomenal's mechanism of action is to bind to hydrogen (inside the body or out) the pH would lower over time.

How exactly does pHenomenal water work to improve your health?

The most alkaline water product available on the market today is pHenomenal. The pHenomenal solution consists of alkalizing hydroxide molecules. Different from a water molecule containing two hydrogen atoms and one oxygen atom, pHenomenal contains hydroxide molecules composed of one hydrogen atom and one oxygen atom. The oxygen atom contains an empty bonding site (valence) that can bind to any acidic hydrogen atoms it contacts. For this reason, pHenomenal is able to exert an alkalizing effect by binding with free hydrogen atoms in the body. When the hydrogen binds to pHenomenal's hydroxide molecule, the result is the formation of a water molecule which can be easily excreted from the body.

What sets pHenomenal water apart from other alkaline water products?

Unlike all other alkaline water products on the market, pHenomenal does not contain any added minerals in order to be effective.

Rather than introducing alkaline minerals to the body, it works by finding, binding with, and neutralizing hydrogen even if it is stored, thereby lowering acid levels. This unique product was created using a double-patented process, and it's this mode of action that makes pHenomenal far more effective than any other alkaline product available. pHenomenal is non-caustic, stable when stored properly, and because it is a concentrated product it is more cost-effective than other water products or systems. Additionally pHenomenal has a significantly stronger oxidation reduction potential than any other alkaline water product; this means that it has a greater potential to function as an antioxidant in the body. Phenomenal cannot contribute to metabolic alkalosis (an excess of alkaline minerals), it can only interact with hydrogen that is present in the body. Therefore, if there is no acid for it to neutralize, it will pass through the system unused.

What health benefits can you expect from drinking pHenomenal?

- **Rapidly remove acidity from your body before it causes damage to your health**
- **Recover from exercise more quickly because pHenomenal removes lactic acid accumulation**
- **Enjoy increased energy and clearer thinking due to an enhanced oxygen level**
- **Optimize organ function and reduce cellular stress**
- **Help your body reduce inflammation levels and defend itself against illness and disease**
- **Experience the benefits of living an alkaline lifestyle – but exponentially more so with pHenomenal**