



BODY PH



WHAT IS PH AND WHY SHOULD IT MATTER TO YOU?

The term "pH" refers to the potential of hydrogen within substances. The scale ranges from 0-14. The optimal pH for your body is 7.4, which is slightly alkaline.

WHY WOULD A PERSON WANT A MORE ALKALINE BODY?

3 simple reasons:

- 🌱 to have more energy
- 🌱 to minimize your chances of getting cancer
- 🌱 to reduce inflammation.

The main thing that makes you either alkaline or acidic is your diet! Yes, what you eat and drink plays a vital role in the pH level of your body.

Refined food, sugar, juice, sweets, fizzy drinks...

The things we crave.

The things we are addicted to.

The things that you can buy, rip open and consume immediately.

These processed foods...**makes us acidic!**

Acidosis, the presence of excess acid in the body's fluids, is a major factor in stroke, diabetes, heart disease, osteoporosis, arthritis, fibromyalgia, multiple sclerosis, and cancer.

We are mostly unaware of the fact that we are poisoning ourselves and our loved ones.

We often let ourselves go and indulge, thinking that "life is short and we should enjoy it". The truth is, there is no joy in being sick, no joy in pain, no joy in having no energy to enjoy and live life.

It is worth investing in an overall balanced diet to encourage a slightly alkaline pH level for optimal health in your bodily systems.

We must not forget that the underlying common thread in health issues is the inflammation that may accompany unbalanced pH levels, and it is also worth exploring stress levels and pathogens.

HERE'S HOW TO MOVE TOWARDS RESTORING PH BALANCE IN THE BODY:

- ✿ Including 60% alkaline-forming foods to 40% acid-forming foods in the diet will assist in achieving a proper pH balance in the body.
- ✿ Add chlorophyll-based foods and drinks.
- ✿ Use lemons.
- ✿ Consume root vegetables.
- ✿ Stay away from sugar-based products
- ✿ Combine protein with alkaline vegetables to reduce acidity
- ✿ Exercise regularly
- ✿ Avoid smoking
- ✿ And relax...

Get a list of food to help you with your body pH on our website: www.emagenes.co.za

Empower yourself!!!!

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant women, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.