



pH Imbalance

Most of our diets include so many refined, processed foods and sugar. Not to mention having to deal with the chemical pollutants in the air we breathe and the food we eat. I believe these factors and excessive stress are the main reasons that the occurrence of disease continues to escalate. Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to these simple words: **pH Imbalance**

Disease is our body's way of telling us that something is out of balance. It is a cry for help. I believe that our bodies are capable of healing themselves when given the right tools, care and attention. The problem in our society is that we tend to address the symptoms of the imbalances, instead of treating the causes.

Acid Alkaline Imbalance

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment which allows 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 are depleted leaving the body in a weakened condition. A pH balanced diet, according to many experts, is a vital key to health maintenance. The amount of processed and refined foods we consume has continued to increase over the last several decades including foods treated with preservatives, chemicals, pesticides and hormones. Not only are the chemicals creating havoc and toxicity in our systems, but the continual consumption of the processed and refined foods is also throwing off the delicate pH balance of our bodies.

In this remarkable book *Alkalize or Die*, Dr. Theodore A. Baroody says:

*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.

That's why it's essential to balance your pH consistently. **78 Micro Nutrients**® has a pH balance is 6.7 to 7.3. The closer you get to this point, the healthier you will be. However, if you have too low of a pH level, you may be experiencing some serious health issues.

These health problems could include low energy and fatigue, irregular bowels, joint stiffness, sore muscles, lack of sexual drive and potency, sleep difficulties, memory loss, premature aging, poor circulation, breathing problems and even a weakened heart.

Recent studies show that too much acid can wreck your enzyme balance. That means vitamins; minerals and nutrients are not absorbed properly. But the good news is, you can take **78 Micro Nutrients**® supplements to help you fight over acidity and balance your pH effectively.

Balance your pH Naturally And Enjoy Vibrant Living!

78 Micro Nutrients® users routinely report:

- ✓ **Higher energy levels**
- ✓ **Stronger immunity**
- ✓ **Regular elimination**
- ✓ **Improved digestion**
- ✓ **Less joint pain**
- ✓ **Better breathing**
- ✓ **Deeper sleep**
- ✓ **Reduced acid reflux**
- ✓ **Great blood pressure**
- ✓ **Normal cholesterol**
- ✓ **Sharper memory**
- ✓ **Dozens of other benefits**

Fact

#1 — Most Americans are at significant risk for over acidity due to poor diet. Fact

#2 — Acid can build up in your body quickly and without you realizing it. Fact

#3 — Your body can't handle over acidity over the long haul without developing serious health problems. Fact

#4 — In order to stay healthy, you need to restore the balance between acid and alkaline levels in your cells, and tissues. Fact

#5 — Natural alkaline solutions like 78 Micro Nutrients® can help you achieve optimum pH balance

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.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH, 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.

It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues, which is an entirely different matter.

Most people who suffer from unbalanced pH are acidic. This condition forces the body to borrow minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity—a condition that may go undetected for years.

A recent seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels. The scientists who carried out this experiment believe that many of the hip fractures prevalent among middle-aged women are connected to high acidity caused by a diet rich in animal foods and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH. — *American Journal of Clinical Nutrition*

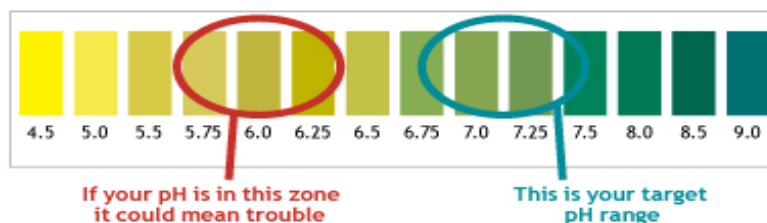
Mild acidosis can cause such problems as:

- **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.**
- **Hormone concerns.**
- **Premature aging.**
- **Osteoporosis; weak, brittle bones, hip fractures and bone spurs.**
- **Joint pain, aching muscles and lactic acid buildup.**
- **Low energy and chronic fatigue.**
- **Slow digestion and elimination.**
- **Yeast/fungal overgrowth.**

What is Acidosis? Acidosis is a condition in which there is excessive acid in the body fluids. It is the opposite of alkalosis (a condition in which there is excessive base in the body fluids).

Test Your Body's Acidity or Alkalinity with pH Strips:

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.



Two ways to test

I. Urine pH

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers are substances that help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can become extreme. When the body ingests or produces too many of these acids or alkalis, it must excrete the excess. The urine is the perfect way for the body to remove any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.5 the body's buffering system is overwhelmed, a state of "auto-toxication" exists, and attention should be given to lowering acid levels.

2. Saliva pH

The results of saliva testing may indicate the activity of digestive enzymes in the body. The stomach, liver and pancreas primarily manufacture these enzymes. While the saliva also utilizes buffers just like the urine, it relies on this process to a much lesser degree. If the saliva pH is too low (below 6.5), the body may be producing too many acids or may be overwhelmed by acids because it has lost the ability to adequately remove them through the urine. If the saliva pH is too high (over 6.8), the body may suffer greatly, e.g. excess gas, constipation and production of yeast, mold and fungus. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

The Good News

We can begin to reverse this depletion process by replenishing the electrolyte minerals in our bodies. By eating more pH-alkaline forming foods (fresh fruits, fresh vegetables, fresh juices, sprouted seeds, alkaline grains), we can also begin to use **78 Micro Nutrients®** to help maintain a balanced pH.

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blackberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream

**Herb Teas,
Lemon
Water**

Green Tea

Ginger Tea

BEVERAGES

Tea

Coffee

**Beer, Soft
Drinks**

pH Balance Chart

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