



This flyer is a summary of episode 56 of the Vibrant You Health Show. In this episode, Blake interviews Burt Goulding, Clinical Nutritionist and founder of Positive Power Nutrition. Burt shares about the incredible health benefits of pH balancing, mineral balancing, cellular health optimization and a whole lot more. You can watch this and all episodes of the Vibrant You Health Show at [www.naturespantry.life](http://www.naturespantry.life) under the health show tab.

#### 4 LEVERS OF HEALTH

90% of health issues resolve with pH balancing

95% of health issues resolve with pH balancing and mineral balancing

98% of health issues resolve with pH balancing, mineral balancing, and hormone balancing

100% of health issues resolve with pH balancing, mineral balancing, hormone balancing & energy balancing

#### pH BALANCE

pH is a measure of electrical flow in the body. The pH scale is between 0 and 14. Below 7 is acidic. Above 7 is alkaline. The ideal pH for saliva is 7.1 to 7.5. The ideal for urine is 6.0 to 6.9. Urine only gives you like a 2% view of the pH of the whole body whereas saliva gives you over a 56% view of the pH of the whole body. 94% of adolescents and adults are too acidic. Acidic pH is associated with nearly 90% of degenerative diseases. It's the #1 cause of heart attack and strokes. An acidic environment in the body can result in: depletion of calcium from the bones, fungus growth, blood imbalances, severe aches and pains, low oxygen levels that affect breathing, and tooth decay to name a few. Acidity is the food that cancer eats. Most people are too acidic. Alkaline pH can be an indicator of other body difficulties. An alkaline environment in the body can result in: vomiting, dizziness, chronic digestive issues, over excited nerves, thick blood, edema, night cramps, muscle weakness and bone spurs. In extreme cases, coma can result. When we are pH balanced we feel better, are more energized and have a more positive outlook on life. **What things make the human body acidic:** Coffee, tobacco, alcohol, black tea, carbonated beverages, refined sugars (like white table sugar, high fructose corn syrup, artificial sugars), bottled up unresolved stress.

#### 3 STEP PROTOCOL to get pH balanced

1. Test your saliva pH every week
2. Take a supplement to help like Cell Power
3. Make the diet and lifestyle changes needed

#### How to do a saliva pH test

Saliva test with pH strip first thing in the morning before you eat, drink, brush your teeth or anything like that. If your mouth is too dry, it's ok to drink some water. Drink some filtered or distilled water, wait 5 to 10 minutes and then test. Ideally, use a plastic spoon to put your saliva in (don't use metal spoon because it will change the pH which is an electrical measurement), place test strip in saliva for 30 seconds, dab dry with napkin, and then compare color of test strip to pH scale provided. In the Pacific Northwest, only use the end of the test strip to compare colors with the chart. Write down the pH number soon after testing (if you wait too long the pH strip color will eventually go back to neutral). Keep a record of your pH numbers over time. Test weekly on the same day each week. Once balanced, test monthly. You can buy test strips at Nature's Pantry.

## CELL POWER

You can get pH balanced in four to ten weeks with the help of Cell Power. Follow label instructions. Out of all the over 200 products that say they will help get oxygen in your body, Cell Power is the only one who actually tests to make sure that actually happens. You can test this yourself with a pulse oximeter. We should be 98 to 99%. At 92% a doctor might prescribe you an oxygen tank. PPN does not ship a single bottle of Cell Power that does not have minimum of 450 millivolts, which will energize your cells up to the 50 millivolt level which the cells need for healing. No healing can occur in the body unless you get 50 millivolts at the cell membrane. Proper electrical energy and flow opens the cell membrane so that it can accept nutrients, fuel, water, oxygen, and messenger hormones. And then it will also allow the stored waste in the cell to get out. Along with pH balancing and optimizing cellular function and electrical flow, Cell Power strengthens the immune system, boosts nutrient absorption, increases available oxygen at the cellular level, and improves athletic recovery. Cell Power for children is 1 drop for every two years of age.

## CELLULAR NUTRITION & CELLULAR DETOX *(two sides of the same coin)*

When the cell is full of nutrients, it will not take toxins and the body can remove toxins through the detox pathways more easily. However, when the cell is nutrient deficient, it will readily take toxins. For instance, when the body is deficient in silica, it will take aluminum readily into the cell. Once the cell has taken a toxin, now it won't take the nutrient unless you flood the body with nutrients. This is why megadose vitamin therapy and treatments like Gerson Therapy work because you are flooding the body with nutrients and so cells finally get the message and let go of the toxins and then take in the nutrients. When the cells are full of toxins, they become inflamed, they cannot function properly, they clamp down halting electrical flow and nutrient absorption.

## MITOCHONDRIAL DYSFUNCTION

One of the most predominant drivers of disease is mitochondrial dysfunction. It is estimated that over 3 billion people on the planet are in some state of mitochondrial dysfunction. Mitochondrial dysfunction is where the mitochondria in the cell can't convert glucose or fat into electrical energy (ATP). Cell Power (and Super Silica to large degree) can help provide the electrical energy to charge the cells so that they can function until the person is able to make the diet and lifestyle changes that are needed.

## SUPER SILICA

Silica is an essential trace mineral. Every cell in your body needs silica. Your body will use about 14,000 mcg of silica every day to deal with environmental toxins and poisons that get stuck in the cells. Your body stores silica in the hair and so we are designed to have hair where silica is needed like near the brain, near the eyes and under the arms. In the New Testament, Paul talks about women having longer hair and it's interesting that women actually need an extra emergency supply of silica for going through pregnancy. It is thought that shaving the armpits may contribute to breast cancer, because the body does not have the silica it needs in that area to get rid of toxins from the breast efficiently. Our eyes need silica to take in light effectively, hence why we have eyebrows and eyelashes. Our brain needs silica for electrical flow and for detox among other things. Burt does not recommend shaving your head completely because he believes that could escalate your risk of severe brain problems like Alzheimer's and dementia. We need a ready supply of silica within a 1/4 inch of the brain. We used to get more silica in our bodies because we had more contact with the earth, soil and sand. We plowed fields, worked the soil, gardened, and dug ditches among other things. Sand particles get absorbed by plants, but modern food processing removes or eliminates silica from the plants all together. **Symptoms of Silica Deficiency:** The Silica deficiency scale goes from 1 to 10. As we become more deficient in Silica the body pulls it from less important systems in order to supply it to more important systems. For instance, your body will deplete the hair, skin and nails before it starts depleting the brain and heart. After being exposed to all the poisons during COVID, many people were having issues with hair falling out. This is because the body needs silica to deal with and fight all these poisons, so the body becomes depleted. The deficiency levels hit the below systems in the following order:

- |   |  |
|---|--|
| -1 Weak hair, skin, nails                             | -7 Brain and nervous system (Brain fog, aluminum accumulation, Alzheimer's, dementia, memory loss) |
| -2 Weak collagen layer (sagging skin)                 | -8 Heart rhythm (inconsistent electrical flow, arrhythmia)   |
| -3 Weak bones and sensitive teeth                     | -9 Lack of cellular energy (total exhaustion, fatigue)   |
| -4 Muscle and joint stiffness                         | -10 Immune system (weak immune system and cell to cell communication)                              |
| -5 Weak veins (spider veins and varicose veins)       |  |
| -6 Lack of artery flexibility and intestinal weakness |  |

*Super Silica is the only brand that's been tested and shown to help with deeper than level -4 of silica deficiency. This is where Super Silica really shines because it has been shown to help with all levels of deficiency. If taking both Cell Power and Silica take them every other day. Don't mix them together.*

*DISCLAIMER: This information is not intended to be medical advice. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.*