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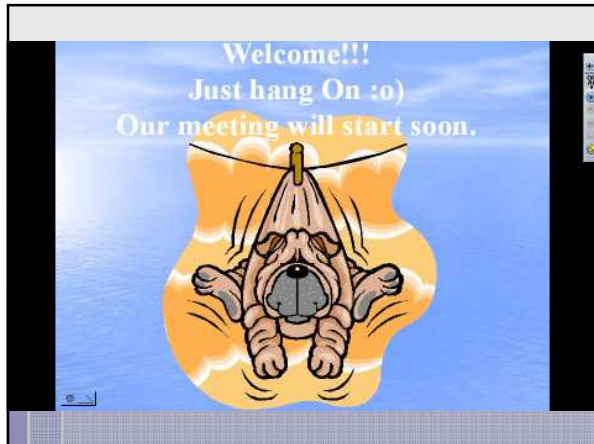
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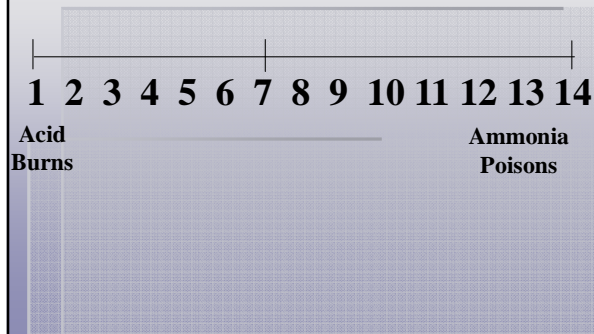
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## Understanding Acid and Alkalinity



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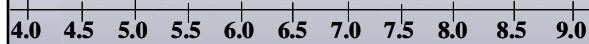
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## Saliva and Urine pH Usually Registers Between 5.0 and 7.5



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**Because the pH scale is logarithmic, a difference of one pH unit represents a tenfold, or ten times change.  
So the difference between 6.0 and 7.0 is 100 units.**



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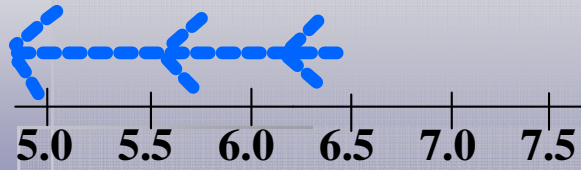
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**If You Eat More Acidic Foods Than Alkalizing Foods Or More Acidic Emotions Than Alkalizing Emotions**



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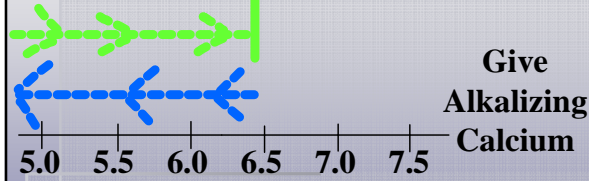
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**Acidic Body Given Minerals Will Use it to Normalize Cell Fluid**



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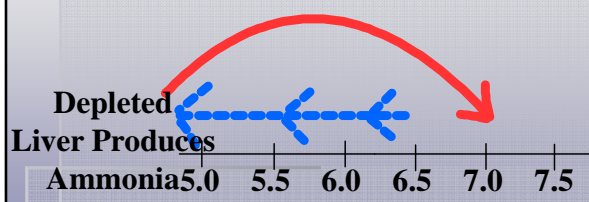
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**When the Body Can NO Longer Rob Minerals to Protect the Tissues.**



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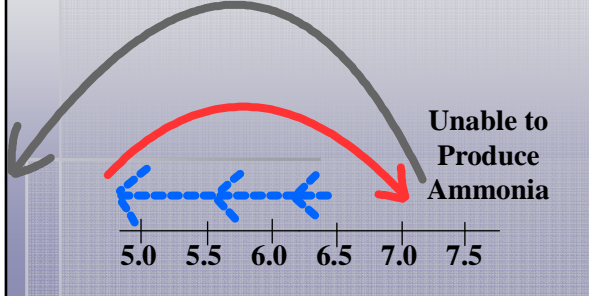
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**Sometimes The Body Cannot Keep up the Production of Ammonia.**



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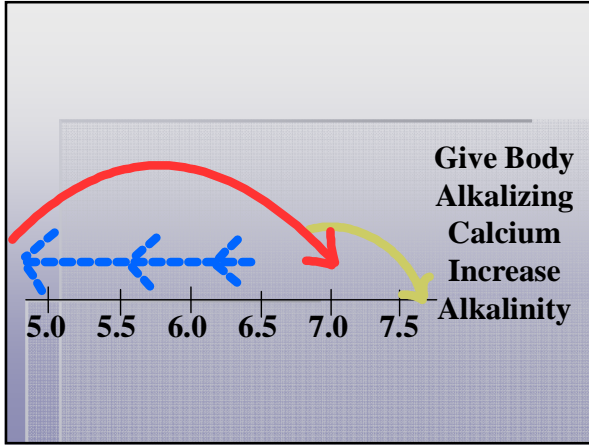
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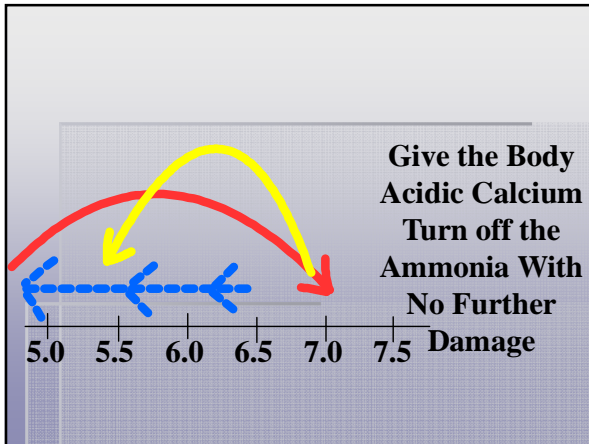
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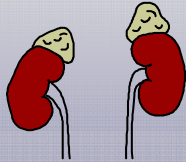
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**Normal Urine pH can be anywhere from 5.5 to 6.8**

Urine pH indicates how the kidneys are using minerals or ammonia in balancing the pH



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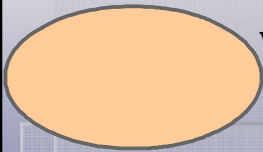
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**Normal pH of the Saliva is 6.3 to 6.6**

Saliva pH indicates what the pH is of the fluid which bathes EVERY cell of the body



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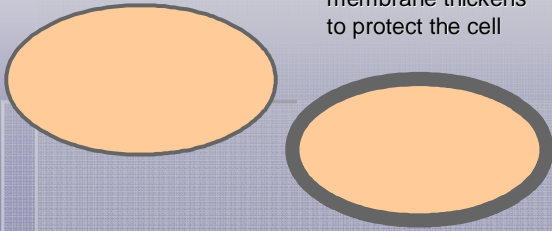
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**Every Cell Contains an outer membrane.**

■ If the pH is normal the membrane is normal

■ If the pH is too acidic or too alkaline the membrane thickens to protect the cell



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## Cancer Connection

- When abnormal cell develops, the body's immune system sends an enzyme to open the pores of the cells which then causes fluid to fill up the abnormal cell causing it to burst.
- The immune system can then carry away the abnormal cell fragments.
- Enzymes can not work in an acidic medium.
- So if the fluid surrounding the body's cells are acidic, the acid will kill the enzyme and it can no longer work on the cancer.

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## Body Fluids pH Norms

- Saliva 6.3 – 6.6
- Cell Fluids 6.3 – 6.6
- Urine 5.5 - 6.8
- Blood 7.35 - 7.45
- Skin 5.5
- Stomach 1.7

Water's pH should be 7.0

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## Acid Causers

- Emotions
- Some medications especially pain medications
- Diet especially Coffee, tea (reg and decaf), Soda.
- Milk products, Milk, Yogurt, Ice-cream, Cheese
- Poor Digestion
- Processed Foods
- Cooked foods
- Juices after a few hours

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## Symptoms of pH Imbalance

- Weak lower back – Bone cancer
- Stiff, Painful, Clicking joints
- Sore muscles
- Mucus Drip – Sinus – Asthma – Respiratory allergies
- Heartburn – Acid reflex – GERD - Ulcers
- Colitis, Crohn's, IBS
- Psoriasis – Gawlding - Discoloring jewelry

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## Minerals Body Uses to Balance pH

- Sodium (not NaCl)
- Calcium
- Potassium
- Magnesium ?

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## Products for Balancing pH

- Liquid Calcium (for those alkaline)
- Skeletal Strength, Cal/Mag, Herbal CA etc (for those acidic)
- Marshmallow and Slippery Elm (for pH in organs, glands, muscles and tubes)
- Cranberry Buchu (Alkalized Bladder)
- Skin (Sunshine Concentrate)
- Una De Gato (Respiratory System and Joints)
- Joint support or Yucca (joints and bursa)
- Safflowers (uric acid)
- LEMONS and Water anytime

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