

Keeping Your Health in Your Own Hands

AWARENESS is the first important step in the process of change and by observation of your own blood you can decide to take action. The use of the microscope to observe the **QUALITY** of the blood is unlike any Western Medical procedure or technique and therefore "unconventional", but the educational demonstration is motivational.

STRATEGIES and EDUCATION are the second steps in making a shift in your health. There are some simple strategies which when repeated over and over until a habit is formed will serve to improve anyone's health. Simple things like drinking enough water (not bottled water) and consuming enough minerals and healthy fatty acids can create a new level of energy and vitality in you. Educating yourself is paramount.

ACTION PLANS are the final component in order to achieve great results. The education will lead to setting up an action plan and goals program in order to measure progress. I recommend a simple journal/diary during the process so you will remember how far you have come. **With the right coach to guide your path, success is yours more easily than you might think.**

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Call for your own microbiological demonstration of your blood... you'll be glad you did. You'll get valuable insight into your health.

Natural Health Coaching

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Rick Panson

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(212) 533-5256

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and natural raw-living foods"**

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- Detoxification and Maximum Nourishment
- Sprouting, Blending and Juicing for Health
- Chlorophyll Therapies and Water Ionization

**"The answer to cancer may lie in a single
droplet of blood". - University of Pittsburg**

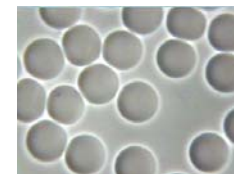
WHAT'S BLOOD GOT TO DO WITH IT? EVERYTHING!

Blood is your "River of Life", is it polluted or is it clean, healthy and balanced?

Healthy Balanced Blood

Healthy blood in live analysis should have the red blood cells which are perfectly round and

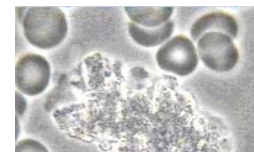
- residing freely in their own space
- not overlapping or sticking together
- gently repelling each other due to their negative electrical charge
- uniform in size, shape, and density with clean and clear surrounding fluid plasma



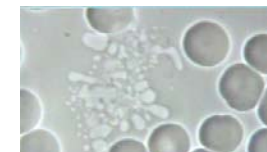
Un-Healthy Out of Balance Blood



Rouleau (Sticky red cells)



Acidic crystal formations



Candida or yeast overgrowth

WHAT DOES YOUR BLOOD LOOK LIKE?

Each day there is *always* a production of acid by the body's metabolic processes and to maintain balance, these acids need to be excreted, neutralized or metabolized. Various acids produced by the body are classified as respiratory (or volatile) acids and as metabolic (or fixed) acids. The body normally can respond very effectively to perturbations in acid or base production.

For acid-base balance, the amount of acid produced per day must equal the amount excreted (or neutralized/day) per day.

Respiratory Acid

The acid is more correctly **carbonic acid (H₂CO₃)** but the term 'respiratory acid' is usually used to mean carbon dioxide. It is called a "volatile acid" meaning in this context it can be excreted via the lungs. But CO₂ itself is not an acid in the Bronsted-Lowry system as it does not contain a hydrogen so cannot be a proton donor. However CO₂ can instead be thought of as representing a potential to create an equivalent amount of carbonic acid. Carbon dioxide is the end-product of complete oxidation of carbohydrates and fatty acids. Of necessity, considering the amounts involved there must be an efficient system to rapidly excrete CO₂. Basal CO₂ production is typically quoted at 12,000 to 13,000 mmols/day whereas net production of "fixed acids" is about 70 to 100 mmoles of H⁺ per day in an adult.

The amount of CO₂ produced each day is huge compared to the amount of production of metabolic (or fixed) acids.

Metabolic Acids

This term covers all the acids the body produces which are non-volatile. Because they are not excreted by the lungs they are said to be 'fixed' in the body and hence the alternative term fixed acids. **All acids other than carbonic acid are fixed acids.** This non-volatile acid load is excreted by the kidney. Fixed acids are produced due to incomplete metabolism of carbohydrates (eg lactate), fats (eg ketones) and protein (eg sulphate, phosphate). The above total for net fixed acid production excludes the lactate produced by the body each day as the majority of the lactate produced is metabolized and is not excreted so there is no net lactate requiring excretion from the body.

The routes of excretion are the lungs (for CO₂) and the kidneys (for the fixed acids). Each molecule of CO₂ excreted via the lungs results from the reaction of one molecule of bicarbonate with one molecule of H⁺. The H⁺ remains in the body as H₂O.

Ionized Water for ACID-ALKALINE Balance

The case for ionized alkaline/anti-oxidant water couldn't be clearer than here where the abundance OH⁻ ions can easily form water molecules with the H⁺ and the end result is tremendous reduction of bodily acidity. Ionized drinkers gain energy from their water without calories! **I drink KANGEN™ Water.**

OK, so now what? With all that ACID production by our bodies, it's a wonder that any of us can actually be in an "alkaline state", but, the body has very elaborate regulating mechanisms. One of the most profound ways the body regulates is fatigue; by slowing down, the body produces less acid and hence stays in balance at the cost of vitality. By stealing alkalizing minerals from bones (calcium) and tissues (magnesium and potassium) the body also adapts to bring balance back to the internal fluids. Since you are 70% water, water is also one of the top 3 ways to bring alkalinity and hence, better vitality to you, plus the water rinses/x cleanses all your tissues and fluids.

Here are my TOP 3 suggestions for acid/alkaline balance.

- 1) **BREATHE DEEPLY** and focus on exhaling all that nasty, acidic, carbon dioxide since it is clearly the largest acid load you experience daily. But seriously, it cannot be overstated that we don't breathe well enough and if it were a "prescription" we might be more likely to subscribe to it, but it is truly the source of all energy in us. To allow the cells ample removal of CO₂ and replacing it with life supporting OXYGEN is the #1 way to alkalize your body and bring the vitality of your system up and into better balance.
- 2) **DRINK IONIZED WATER** as the electrolysis of water has shown to be so beneficial in helping to neutralize much of the respiratory or volatile acid from our bodies. If ionized water isn't an option, then at minimum drink ample (1/2 body weight in ounces-minimum daily) water that is not the acidic bottled water. Tap water is always slightly alkaline and sadly popular filters like Britta produce harmful, acidic water with a pH of 4 which is 1,000x more acidic than your blood. It pays to get pH test drops if you are unsure what the pH of your water is, these can be bought at Live-Live & Organic (pH test strips are for saline solutions like urine and saliva and therefore will not measure pH of plain water) for about \$6.
- 3) **CHLOROPHYLL SUPERFOODS & CHLOROPHYLL made foods** are essential for building long term alkalinity and healthy blood. There is so much good support for leafy greens, vegetables and fruits (all produced from chlorophyll) that even the medical community has been consistent in recommending 5-8 servings of fresh produce daily. Chlorophyll from the cereal grasses (wheat, barley, oats, kamut, alfalfa etc) is one of the most potent sources of sunshine energy locked into a molecule of matter. If you want the radiant energy of the sun, then fill your breakfast/lunch/dinner with chlorophyll rich substance for maximum vitality and healthy balance of pH levels. When you consume the chlorophyll, it is the perfect fuel for cellular metabolism since it has virtually no waste in the digestive process as well as the metabolic process, it quickly just converts to blood