

A is for ALKALIZE!

Eliminate ACIDITY


#1) EXHALE CO₂ FULLY - Deep breathing exercises help open lungs for better elimination of carbonic acid (CO₂+H₂O=H₂CO₃). This can increase your vitality more than anything else!

Your cells require OXYGEN to burn brightly, just as a candle will dim if the glass lowers, you will "dim" if CO₂ is not eliminated well.

#2) DRINK (IONIZED) WATER - Ionized water is the preferred choice today because it is highly alkaline, electron rich, and more hydrating (microclustered). MINIMUM—DRINK 1/2 your weight in oz daily. (IDEALLY: 1oz water per pound of body weight).

Your way to ALKALINITY is to eliminate acidity through proper HYDRATION and cleansing of your elimination organs.

RESPIRATORY ACID is the biggest daily acid by far. EXHALE



Neutralize ACIDS with ALKALINE SALTS

#1) Alkalizing salt of choice is **baking soda** because YOUR BODY MAKES BAKING SODA TOO!

#2) Use Magnesium Oxide (Oxy-Mag) as a powerful alkalizing salt; as is Epsom salt (take a bath in it too).

#3) Consume Potassium rich foods (almonds, avocados, beans, beets, blueberries, garlic, grapes and raisins, pumpkin & sunflower seeds) and lots of leafy greens for this alkalizing salt of Potassium.

#4) CALCIUM is your most important alkalizing mineral. The almonds, beans, broccoli, oats, seaweeds, sesame and sunflower seeds & leafy greens, are best sources.

TEST your pH of SALIVA and URINE until you achieve 6.8-7.2 consistently throughout the cycles of the day, see "Testing Urine and Saliva pH" page.

B BETTER BREATHING, BITING & BOWEL BEHAVIOR!

#1) CHEW-CHEW-CHEW your food well! 25-30 times/mouthful. Better biting and chewing is a huge acid reducer because it allows your digestive tract to much more easily process nutrients out of food you eat. Like the DEEP BREATHING above, this single act is FREE and most of us don't do this well, so focus on it in order to yield superior outcomes. Consume freshly juiced or blended veggies and especially leafy greens every day. When juiced or blended, still use a chewing action in order to savor the flavors and stimulate digestion.

Better bowels can be obtained by better diet! Consume more veggies and greens each day and find a source of wheatgrass (fresh or juice powder) for the ultimate alkalizing bowel cleanser. If we all consumed 100% chlorophyll, then our intestinal tract would be enjoying optimal nutrition in the cleanest and most vibrant form of fresh sunlight energy. The cleansing properties of chlorophyll are widely known. Build Bowel Cleansing into your lifestyle by inducing a BOWEL FLUSH regularly. Use OXY-MAG with lemon juice for a better bowel flush, see page on Magnesium Oxide.

C is for CHLOROPHYLL! and CLEANSING Lifestyle/Diet!

Chlorophyll from grasses feeds more biomass of creatures than any other source of food for Earth's inhabitants as we have evidenced by the size, strength and diversity of all the grazing animals. With chlorophyll and it's array of phytonutrients, there is plenty of calcium for bones as well as protein for muscles... just look at the buffalo, elk, deer, horses, cows and other grazing animals. LOOK at a horse out in a field and what do you see? 1,500lbs of skeleton and lean muscle mass from the calcium and protein rich chlorophyll produced by grasses. The elixir of life and anti-ageing fountain of youth is in this molecule called chlorophyll. This unique molecule is seriously lacking in most American's diets and it is easy to start adding this terrific blood builder, cellular cleanser, alkalizer to your daily habits.

*Ultimately
CHLOROPHYLL
Is the original
form of nutrition
on the planet*

CLEANSING Lifestyle/Diet

Learning how to eat better and to feel maximum vitality is to "tune-in" (like a radio) to your biology as never before. Just like a radio station, when you are "tuned-in" to how your body thrives and flourishes, then you are more likely to feel outstanding and to enjoy optimal health. "C" is for Choosing; choosing better foods and beverages, choosing better health and body products, choosing better quality over cheaper... CHOICE is EVERYTHING... YOU are what you EAT, so be choosy, choose the best consistently! Choose a cleansing and chlorophyll rich diet for ultimate, extreme health. CIAO!

THANKS for sharing your blood... here is a recap for you

Here is a follow up on your microbiology session with me. I hope the information you were given will benefit your path to greater health and “alkaline balance”. I presented a lot of information and this is to help recap what is most important for you to remember.

YOUR BODY is mostly water and it is critical for your health to **maintain the alkaline pH** of that water. You are just like a fish bowl and it is your responsibility to yourself to keep this body of water in a clean and healthy condition if you want to remain healthy.

In order to help you understand the most important things you can do to keep you body pH more alkaline, here are the simple things that have the greatest value with the least amount of time, work or investment. Your health is important, invest time daily for it.



1 BREATHE, focus on the **EXHALE** and then you will eliminate all that acidic CO₂ which is the largest source of your daily acid load. **Remember to do some deep breathing** anytime you are in a stressful situation because it removes the most acid your body creates. Deep breathing exercises will give a great return on your efforts and you can do it anywhere for FREE. It will give you more energy all day.

2 HYDRATE with pure, ionized and alkaline WATER. Most bottled waters are acidic so use filtered tap instead or call me for info on KANGEN electrolysis machines.

Your body needs proper hydration more than anything else each day and a small 3% drop in hydration can cause significant loss of your body’s filtering of toxic and acidic wastes.

It is recommended that you drink a large glass immediately upon waking (see clay-water info below) and again 5 minutes later to bring the water levels back up in the morning.

3 ALKALIZE by using **baking soda** as a powerful alkalizing salt. It is natural to your body and does a terrific job of buffering your body’s acidic nature back to a healthy, alkaline state.

ALKALIZE by using lots of greens and chlorophyll in your daily routine. Grass juice chlorophyll is the ultimate natural health product and I recommend drinking plenty.

ALKALIZE by lifestyle choices that are rooted in faith and confidence that your body is the best healer and you have an innate divine wisdom that can operate all your bodily systems perfectly... provided you give the body what it needs. As Dr. Fred Bisci says “It’s a matter of what you put in and what you leave out that makes the biggest difference in your health”.

ALKALIZING AND CLEANSING TO START YOUR DAY

Wake up each morning and take the time to do some deep breathing as you are still in bed and stretching. This will remove the CO₂ and oxygenate your system thus allowing you to reestablish your internal cellular energy. After urinating, drink 1 glass of clay-water for the detoxification and mineralization of your system. Use 1 tablespoon of dry bentonite clay (from www.wildernessfamilynaturals.com or www.pascalite.com) in 2 quarts of water, but you only need to drink 10-14oz of this each morning. The clay will bind with toxins and safely remove them from your body... follow this clay-water with 12-14oz clean water to be fully re-hydrated.

One half to one hour later, grind 2 heaping tablespoons of flax and chia seeds, then add 2 teaspoons of INFINITE GREENS grass juice powder and 12-14oz ionized water and shake or blend well and drink it for the ultimate in instant breakfast... this is a perfectly balanced combination of healthy fats/oils, proteins and carbohydrates. You will find this can sustain the highest levels of vitality for the longest time and you will feel great all day.

THANKS for your business... my practice grows by your referrals!