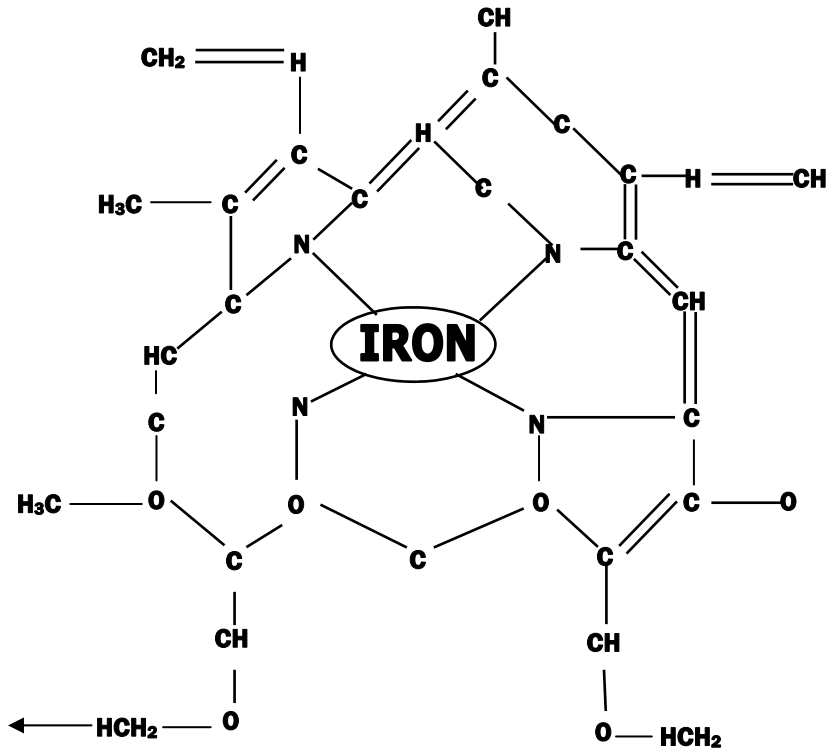
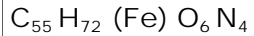
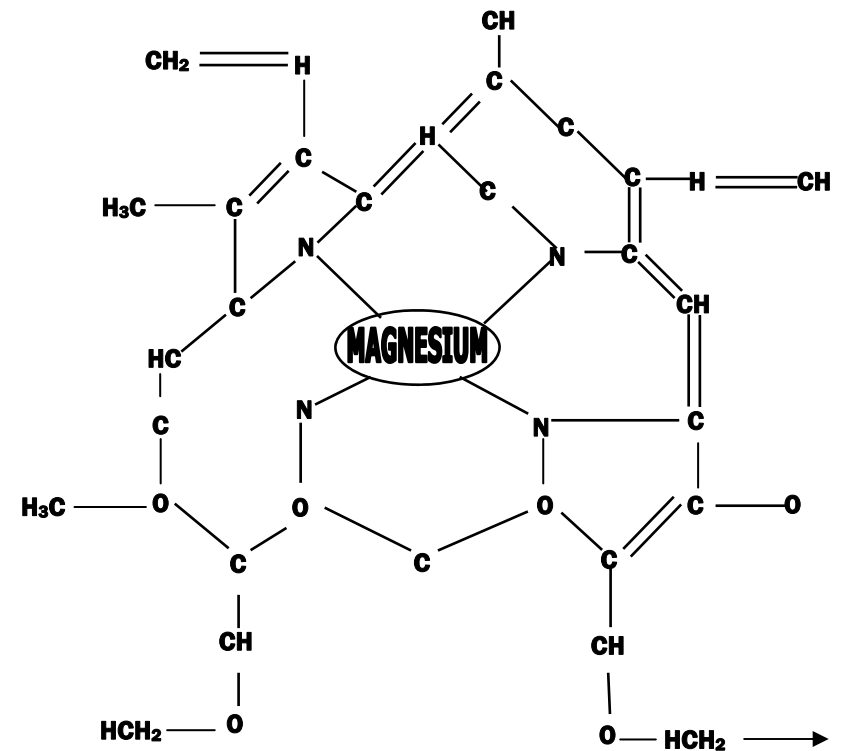


# Molecular Structure of RED BLOOD CELLS



# CHLOROPHYLL



**WOW!**

**ONLY THE CENTER ATOM IS DIFFERENT BETWEEN THESE 2 MOLECULES!  
MOST AMERICANS ARE DEFICIENT IN MAGNESIUM DUE TO A LACK OF CHLOROPHYLL RICH DIETS  
*HEALTHY RED BLOOD... COMES FROM... CHLOROPHYLL !***

## BASIC BIOCHEMISTRY



$\text{NaCHO}_3$   
Sodium Bicarbonate  
or BAKING SODA  
has a pH of 8.3

In other words, your body takes (NaCl or Sodium Chloride)  
**SALT + WATER + CO<sub>2</sub>** (Carbon Dioxide)  
in order to create

$\text{NaCHO}_3$  (Sodium Bicarbonate – BAKING SODA) your alkaline buffer  
and

HCl (Hydrochloric acid) a byproduct of the equation  
(Using BAKING SODA alone eliminates the Hydrochloric Acid component)

Conclusion: Without SALT & WATER you are unable  
to create your proper ACID-ALKALINE BUFFERS

**Not all SALT is created equal!**

**PROCESSED FOODS use UNHEALTHY SALTS!**

LOOK for NATURAL CELTIC SALTS  
which are greyish or greenish in color  
or

salts like RealSalt® or Himalayan Crystal salt with it's  
pinkish/rust colored hues (50+ trace minerals which your  
body needs for great health)

There are lots of salts on the market today and most of them, including  
almost all "sea salts" are highly processed and very unhealthy for your  
body because of the ALCHEMICAL CHANGES due to processing.

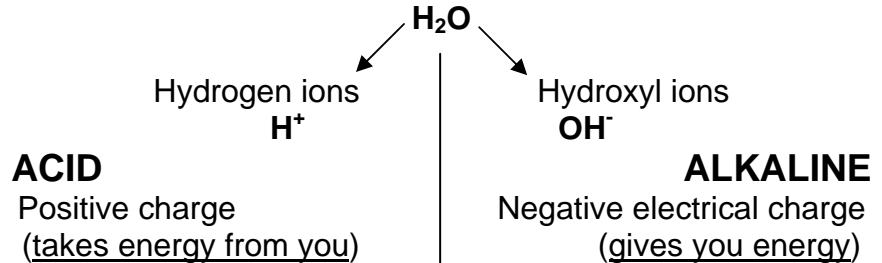
In looking for a great quality salt you want one which has not been  
processed by *bleaching* (avoid white salts as they have MORE OFTEN  
THAN NOT been processed and this includes most sea salt), excessive  
*baking* (to remove moisture at kiln like temperatures which destroys some of  
the quality of a natural salt), and additives of *anti-caking agents* in order to  
keep the salt from sticking together or attracting moisture on humid days.  
Some salts even add sugar to give you that "Kettle-Corn" (salt+sugar) flavor.

## IONIZATION of WATER

(pH stands for "parts Hydrogen")

pH of less than 7 is ACIDIC—pH of greater than 7 is ALKALINE

Here is how ionization "splits" the water molecule by using electricity to break the bonds



**Acid water is good for  
EXTERNAL use ONLY**

**EXTRA  
OXYGEN**

$\text{OH} + \text{OH} = \text{H}_2\text{O} + \text{O}$

In essence when you take highly alkaline water (millions of  $\text{OH}^-$  ions) there will be an abundance of extra OXYGEN in the water as well. Where there is extra OXYGEN there is health and vitality

**Ionized Water has these 4 healthy properties:**

1. **Anti-oxidant** (O.R.P.= Oxidative Reduction Potential) Has an electrical charge which "structures the water" and means it has lots of extra electrons which are what FREE RADICALS are looking to scavenge- **Very Healthy!**
2. **High pH** (Highly Alkaline which allow it to neutralize acids)
3. **Microclustred** (smaller numbers of water molecules bind together makes this water more hydrating)
4. **Highly Oxygenated** (extra oxygen = more energy and much greater health plus more oxygen to burn glucose)