

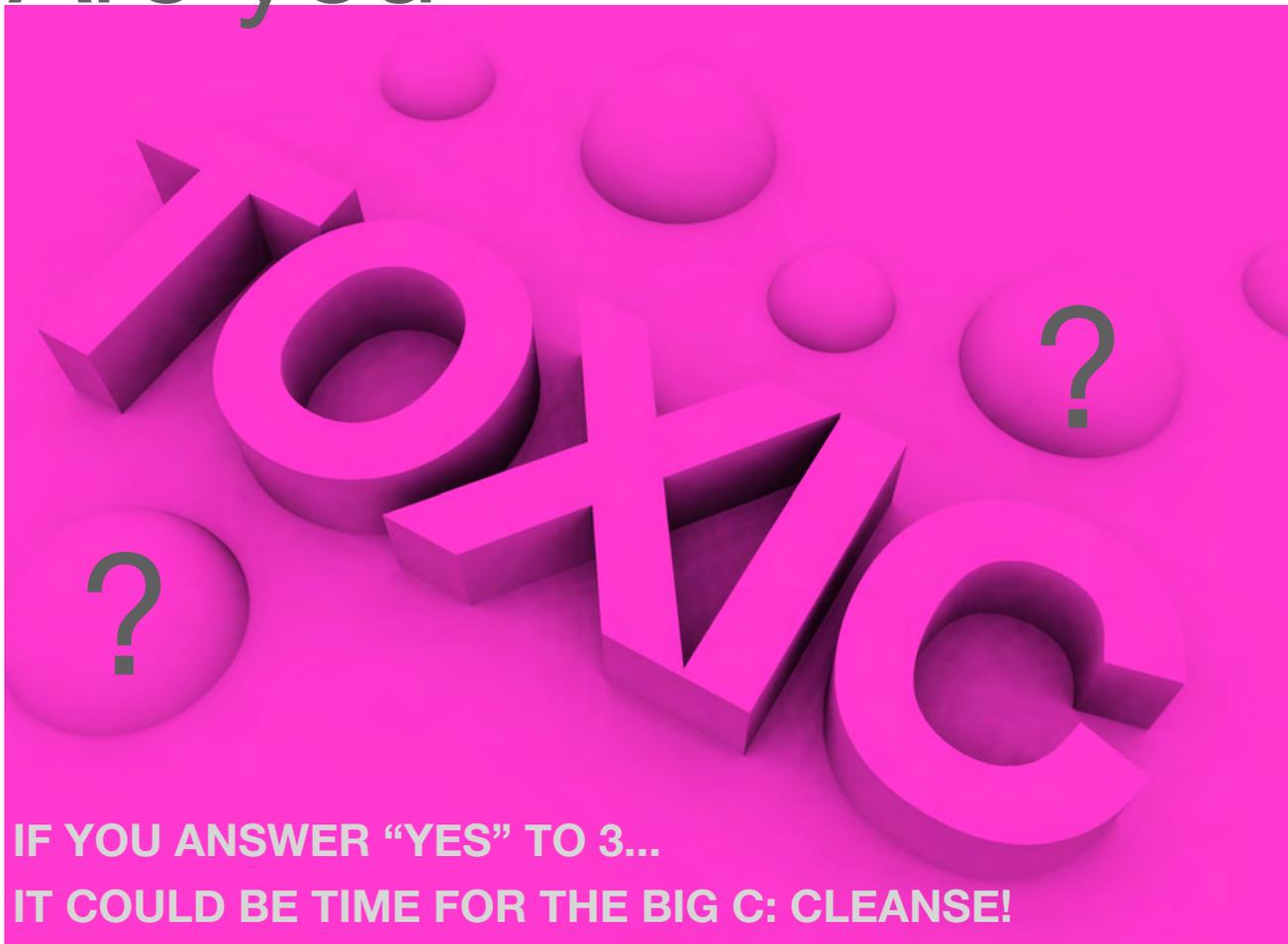
# Who Needs to Cleanse & Alkalize?



YOU DO...

IF YOU ANSWER **YES** TO 3 OR MORE QUESTIONS:

# Are you



1. Do you experience fatigue or low energy levels?
2. Do you experience brain fog, lack of concentration and/or poor memory?
3. Do you eat fast, fatty, pre-packaged or fried food?
4. Do you drink coffee, soda or energy drinks because you feel sluggish?
5. Do you smoke cigarettes?
6. Do you crave or eat sugar, candy or dessert?
7. Do you have less than 2 bowel movements per day?
8. Do you feel sleepy, bloated and/or gassy after meals?
9. Do you experience indigestion after eating?
10. Are you overweight, or do you rarely exercise?
11. Do you have aches, pains or stiffness?
12. Do you take any sedatives, stimulants or synthetic medications?
13. Do you experience headaches more than once a week?
14. Are you exposed to polluted air, chlorinated water or other daily pollutants?
15. Do you have bad breath or excessive body odor?
16. Do you experience mood swings?
17. Do you have food allergies or bad skin?
18. Are you showing signs of premature aging?

# The Problem & The Solution



*Ionically charged Essanté Organics Earth Greens Powder (or Capsules) will micro-cluster to your cells for superior bio-availability & cleansing results.*

*Mix into water or Essanté Organics 7.365 pH Shake to instantly alkalize/pH balance, cleanse & energize your body.*

*Each .70 cent serving contains the nutritional equivalent of 5.5 pounds of raw, whole, alkaline vegetation.*

Every one of the health concerns, in the questions (above) accumulate in the body & each is a red flag indicating toxic build up is occurring. Toxic build up leads to disease. We live in a time when the so-called solution to every condition comes in the form of a synthetic pill, with little or no consideration for the body being treated. These seemingly quick fixes often come with a steep price in the form of staggering side effects. In addition, with

advances in research, it is now proven that an acidic body stores fat, toxins and can create a breeding ground for disease. Therefore, if you answered yes to at least 3 of the questions, an internal cleanse will benefit you greatly. Look inside the product tab of your Essanté Executive's website and discover life enhancing, pH products. pH balanced products offer solutions that can reverse health issues dramatically. Essanté Organics certified Toxic Free™ &

pH balanced products include:

1. Earth Greens Powder
2. Earth Greens Capsules
3. Super Reds Powder
4. Supreme pH Drops
5. Omega 3,6,9 Vital Oils
6. Meal Replacement: 7.365 pH Shake. Chocoholic Kiss. & Vanilla Ice Cream Rave.



# 6 Causes & Solutions To Toxic Build Up

## Is Your Body In Harmony?

### 1. CONSTIPATION

Constipation is a condition defined as difficulty emptying the bowels. It is usually associated with an infrequency in bowel movements. Common causes are: lack of fiber in the diet, lack of physical activity, lack of fruits & vegetables in the diet, medications, milk and processed foods. Essanté Organics makes it easy to address this condition, allowing your body to operate in harmony. Enjoy **EARTH GREENS POWDER OR**

### **CAPSULES and 7.365 pH SHAKE.**

Both nutrient dense products are high in fiber, delicious &

promote elimination. Plus, you'll enjoy other benefits including increased energy & immunity and decreased weight & toxins.

### 2. POOR DIET

Poor diet includes poor beverage choices & foods which are acidic, dead, cooked, clogging, devitalized, low in fiber, high in sugar, fried, over-processed, or junk-food containing preservatives or chemicals. Modern society has drifted further and further away from the proper eating habits of

our ancestors. Our ancestors walked the land and consumed 6 pounds of vegetation a day. Healthy vegetation includes raw, live, whole, organic, pH balanced, alkaline fruits & vegetables.

Unprocessed whole grains, naturally high in fiber, nutrients & enzymes are also an important part of a healthy diet.

Consuming the proper amount of pH balanced, alkaline foods &



*Essanté Organics Supreme pH Drops. 12 odorless, tasteless drops alkalyze & pH balance every beverage & in turn, your body.*

beverages on a daily basis harmonizes & monumentally assists your body in becoming healthy. Essanté Organics makes it easy to consume the nutritional equivalent of 5.5 pounds of raw, live, whole, alkaline, fruits with **SUPER REDS POWDER**. And it's easy to consume the nutritional equivalent of 5.5 pounds of raw, live, whole, alkaline, organic vegetables with **EARTH GREENS POWDER OR CAPSULES**. Where else can you enjoy 5.5 pounds of vegetables for 70 cents per serving, in the time it

take to drink a glass of water? Also consider adding **7.365 pH SHAKE** to your daily diet because it is the healthiest meal of the day and it only costs \$2.80 a meal. This delicious, melt in your mouth shake contains organic & wild crafted vegan protein, vitamins, minerals, enzymes, antioxidants, fiber, metabolic boosters, and more nutrient dense whole food nutrition than any other shake on the market. It's about 100 calories and **7.365 pH SHAKE** contains NO salt, sugar, wheat, whey, dairy, soy, GMOs, preservatives or artificial ingredients.



*Essanté Organics 7.365 pH SHAKE is only \$2.80 a meal! Super Reds Powder is \$1.56 per serving. Order today & put your body back in harmony. Plus you'll experience elevated energy, immunity & antioxidant levels.*

# Are You Getting Fat The Healthy Way With Omegas?

*"Alkalize And Be Energized For Life".  
Essanté Organics, through years of preparation, consulting the most prestigious alkalizing colleagues in the world, formulates and delivers the strongest alkalizing product line known to modern science. Essanté Organics delivers education and pH balanced nutritional products that assist our most precious resource... health.*



*Omega oil deficiency is the 6th largest killer of Americans, more deadly than the intake of trans-fat, according to a Harvard study funded by the CDC and Schools of Public Health.*

**Essanté Organics Omega 3,6,9 Vital Oils Promote:** Energy, Cardiovascular Health, Immunity, Kidney & Brain Function, Memory, Balanced Moods & Emotions, Strength & Stamina, Normal Growth Development, Healthy Skin & Hair, Bone Health, Metabolism, Healthy Reproductive System, Healthy Cholesterol Levels, Hormone Balance, Healthy Blood Sugar Levels, Weight Management, Alkalinity & Elimination.



### 3. OVER EATING

Overeating places a tremendous amount of stress on our digestive system. Most people eat too much food, too fast. In other words, they consume too many calories. Eating too quickly creates havoc because foods are not properly broken down, and when this occurs food can lodge in the lower intestines, in turn, vital nutrients are NOT absorbed. Essanté Organics makes elimination & absorbing nutrients easy with **OMEGA 3,6,9 VITAL OILS**.



Plus it's easy to cut calories by replacing one or two meals a day with **7.365 pH SHAKE**, the healthiest meal of the day. This delicious, melt in your mouth, meal replacement shake contains vegan protein, vitamins, minerals, enzymes, antioxidants, fiber, metabolic boosters, and more nutrient dense whole food nutrition than any other shake on the market. It's about 100 calories and **7.365 pH SHAKE** contains NO salt, sugar, wheat, whey, dairy or soy.

### 4. STRESS

Stress affects every cell & tissue in the human body. Stress breaks down the immune system as well as all major organs. Stress is TOXIC to our bodies. Essanté Organics makes it easy to de-stress with **OMEGA 3,6,9 VITAL OILS** along with **LAVENDER OIL & EUCALYPTUS ESSENTIAL OIL**, each is proven to regulate stress and balance emotions.!

# Would You Wash Your Body With Coffee?



*Many people consume coffee or tea and believe they are consuming water since it's required for brewing, yet this is folly. Would you wash your body or your car with coffee?*

*It's important to cleanse and wash the outside and inside of your body with pure, pH balanced water.*



## 5. LACK OF WATER

Water makes up 70% of the human body. It is second only to oxygen in order of importance to sustain life. Water not only cleanses the outside of our body, it also cleanses the inside of our body. It's important to cleanse and wash the outside and inside of your body with pure, pH balanced water. Coffee, tea, soda, alcohol, etc. are all highly acidic beverages.

**The Consumer Health Organization states being alkaline or pH balanced, (as opposed to acidic), is vital to a healthy life. Think about a fish. What happens if his water is not pH balanced? He will die. What happens to plants if the**

**soil is not pH balanced? They die. The same is true for ALL organic matter, including your human body. 7.365 is perfect pH for humans.** Measure your pH level today with Essanté **pH TEST STRIPS**. If you're acidic, add 12 odorless, tasteless drops of **SUPREME pH DROPS** into water & all beverages to instantly pH balance (alkalize) every liquid and, in turn, your body.

## 6. EATING LATE AT NIGHT

The human body uses sleep to repair, rebuild & restore every organ, system, muscle, tissue and cell in your body. In essence, our bodies use the sleeping hours to cleanse,

detoxify, build strength and increase immunity. Sleep tight with Essanté Organics **SWEET DREAMS ESSENTIAL OIL**.

Visit your Essanté Executive's PRODUCT tab to discover a wealth of 100% Toxic Free™ products that deliver superior results, allowing you & your family to live chemical free. And always remember: **YOUR HEALTH IS IMPORTANT BECAUSE WITHOUT IT YOU CANNOT DO THE IMPORTANT THINGS.**

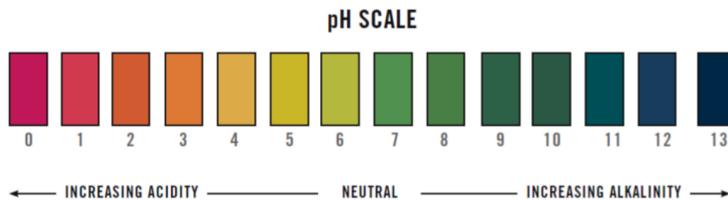
Print and share this document with others and help them find the answer to health. According to the Consumer Health Organization: Being alkaline is vital to a healthy life.



The FDA has not evaluated these statements. Products not intended to diagnose, treat, cure or prevent disease.

# pH Food Chart

(Acid / Alkaline)



Drink Ionized Water  
1 LITER per  
every 30 lbs.  
**DAILY**

Consume  
Freely

pH  
**10.0**  
1,000 x more  
Alkaline

High Alkaline  
Ionized  
Water  
Raw Spinach  
Raw Broccoli  
Artichokes  
Raw Asparagus

Red Cabbage  
Raw Celery  
Cauliflower  
Collard Greens  
Cucumber  
Raw Kale

Dandelion  
Raw Onions  
Lemons  
Limes  
Rhubarb  
Pure Soy Lecithin

Alfalfa Grass  
Barley Grass  
Wheat Grass  
Black Radish  
Soy Sprouts  
Chia Sprouts

Alkaline Buffering  
Reserves:  
oxygen, calcium,  
potassium, sodium,  
and magnesium

pH  
**9.0**  
100 x more  
Alkaline

Avocados  
Borage Oil  
Green Tea  
Most Lettuce  
Raw Zucchini

Red Radish  
Red Beets  
Raw Tomato  
Fresh Beans  
Parsley-Cilantro

Raw Peas  
Raw Eggplant  
Alfalfa Sprouts  
Green Sprouts  
Beet Sprouts

Garlic or Chives  
God/Shave Grass  
Straw Grass  
Lemon Grass  
Cayenne Pepper

Alkaline  
pH

pH  
**8.0**  
10 x more  
Alkaline

Brussels Sprouts  
Endive  
Green Cabbage  
Cooked Spinach  
Cooked Broccoli  
Cooked Asparagus

Lima Beans  
Soy Beans-Fresh  
Navy Beans  
Cooked Peas  
Cooked Eggplant  
Sour Grapefruit

Raw Almonds  
Wild Rice  
Quinoa  
Millet  
Flax Seed Oil  
Coconut Water

Chicory  
Olives  
Bell Peppers  
Watercress  
White Radish  
Lamb's Lettuce

pH  
Neutral

pH  
**7.0**

Bacteria  
cannot exist in  
blood pH  
above 7.3

Optimal  
Blood pH  
7.365

Most Olive Oils  
Pumpkin Seeds  
Primrose Oil  
Marine Lipids  
Sesame Seeds  
Raw Goat Milk

Fennel Seeds  
Sunflower Seeds  
Leeks (bulbs)  
Coconut Oil  
Barley  
Sprouted Breads

Most foods are  
enzyme dead  
when cooked  
above  
118 degrees

pH  
**6.0**  
10 x more  
Acidic

Fresh Water Fish  
Lentils  
Spelt  
Soy Flower  
Wheat Kernels  
Coconut

Macadamia Nuts  
Grapes  
Hazelnuts  
Brown Rice  
Wheat  
Papaya  
Stevia & Agave

Watermelon  
Cantaloupe  
Cherries  
Strawberries  
Plums  
Blueberries  
Raspberries

Dates  
Peaches  
Oranges  
Pineapple  
Banana  
Mango  
Walnuts

Acidic  
pH

pH  
**5.0**  
100 x more  
Acidic

Honey  
Cooked Beans  
Bread  
Organ Meats  
Cocoa  
Soy Milk

White Rice  
Potatoes  
Butter - Corn Oil  
Soft Cheeses  
Milk & Cream  
Cooked Tomatoes  
Sweet Potatoes

Whole Grain  
Rye Bread  
White Bread  
White Biscuit  
Fruit Juice  
Cashews  
Oysters

Rice Cakes  
Powdered Sugar  
Ketchup  
Mayonnaise  
Figs & Prunes  
Rose Hips  
Cooked Corn

**20:1**  
20 parts of  
Alkalinity  
Neutralize  
1 part of  
Acidity

pH  
**4.0**  
1,000 x more  
Acidic

Turkey  
Ocean Fish  
Chicken & Eggs  
Hard Cheeses  
Mustard

Canned Fruit  
Beers & Wine  
Cream Cheese  
Most Pastries  
Popcorn

Peanuts  
Pistachios  
Fruit Drinks  
Beet Sugar

Coffee  
Chocolate  
Cranberries  
Buttermilk

Consume  
sparingly  
or  
**NEVER**

pH  
**3.0**  
10,000 x more  
Acidic

Beef  
Pork  
Veal  
Lamb  
Pickles  
Apple Cider Vinegar

Black Tea  
Soy Sauce  
Hard Liquors  
Canned Foods  
Processed Foods  
Mushrooms

Sweetened Fruits  
Sweetened Juices  
Stress, Worry  
Lack of Sleep  
Tobacco Products

Artificial Sweeteners  
Artificial Flavoring  
Sodas, Sugar  
Lattes, Espressos  
Carbonated Drinks

To work in consort with your amazing human organism, make food choices that allow you to eat 70 - 80% alkaline foods (above pH 7.0) after giving thanks and always with love.