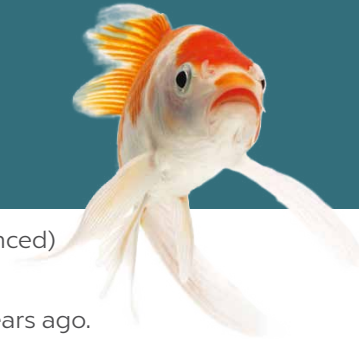


# The Problem

Is your body acidic?

Fish and plants without properly pH balanced water will become sickly or die. The same holds true for all organic matter, even you. Be wise - alkalyze.



In the past, it was common for our ancestors to walk for miles and eat 5.5 pounds of alkaline (pH balanced) vegetation every day. This diet created pH balanced homeostasis that sustained immunity and fought off disease. Today, our lives are too busy for that. Today's nutrient-depleted soil is drenched with toxic pesticides too. We must eat 9 organic oranges, to get the nutritional equivalent of 1 orange from 60 years ago.

Everything, from healthy cells to cancer cells, healthy soil to depleted soil, healthy marine life to sickly marine life, is affected by pH (Potential Hydrogen), or the acidic vs. alkaline level. Poor lifestyle choices create an acidic body (acidosis).

## Effects of Acidosis

### Neurological

- Head pressure
- Tiredness
- Confusion
- Loss of consciousness
- Coma

### Muscular

- Aches
- Spasms
- Weakness
- Swelling

### Intestinal

- Loose stools
- Hard stools

### Respiratory

- Shortness of breath
- Coughing

### Heart

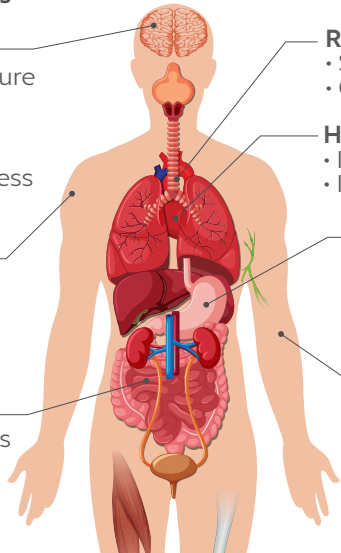
- Irregular heart rate
- Increased heart rate

### Gastric

- Nausea
- Vomiting
- Acid burping
- Heartburn

### Joint

- Swelling
- Discomfort



## Top Acid Forming Foods:

1. Sugar, high fructose corn syrup
2. Shellfish, organ meats, beef, bacon
3. Coffee, sodas, alcohol, energy drinks
4. Processed foods (lunch meat, white bread, etc.)
5. Products with gluten and soy
6. Dairy including whey, cheese, and cow's milk
7. Hydrogenated and partially hydrogenated oils
8. Preservatives (sodium benzoate, etc.)
9. Artificial sweeteners (aspartame, sucralose, etc.)

