

# The Solution

Alkaline products support healthy pH balance. Optimal pH for humans is 7.365.

The Consumer Health Organization states proper pH is vital to living a healthy life. Studies show human disease thrives in an acidic environment, yet cannot grow in an optimal alkaline environment. Use our pH Test Kit, combined with these alkalizing products and foods to restore your body's pH (alkalinity), health and homeostasis.

## Top Alkaline Forming Products:

**pH Test Strips:** measure and monitor your pH.

**Supreme pH:** approximately 12 drops alkalizes each beverage.

**Earth Greens:** 5.5 lbs. of organic, alkaline, no-heat dehydrated, chlorophyll rich, whole food vegetable nutrition per serving.

**Electromineral Cell Salts +C:** Mother Nature's antacid (neutralizes acidity).

**Omega 3,6,9 Vital Oils:** toxins need to bind to healthy fat to exit the body.

## Top Alkaline Forming Foods:

**10.0 pH:** Spinach, alfalfa grass, raw celery, cucumbers, potato skins, onions

**9.0 pH:** Lemons, watermelons, sweet potatoes, beets, blackberries, figs

**8.5 pH:** Cayenne (chili) pepper, cinnamon, clove, parsley, limes, mangoes, papayas, asparagus, kiwis, pears, pineapples

**8.0 pH:** Alfalfa sprouts, apricots, avocados, grapes, garlic, almonds, tomatoes

