Acid- Alkaline Balance   *Acid runs your Battery not your Body*

Acid-------------------------------------Neutral --Alkaline
  0 pH   6   7pH   8   14 pH

95% of people are too acid: burned out & stressed out

Acid	**Alkaline**
-toxic to all cells, reduces formation of glycogen	-increases glycogen formation
-muscles fatigue easily, slow down	-higher muscle output
-free radical oxidation- you age faster	-antioxidant
-vitamins & minerals are not absorbed	-increased assimilation at cellar level
-friendly bacterial in small intestine die	-reduction of candida (yeast) overgrowth
-ability of intestinal wall to absorb nutrients impaired- deficiencies leaky gut- allergies, arthritis	-less arthritis, parsites canot survive easily
-skin, hair loses tone, texture -premature ageing, bad hair day	- skin more elastic, youthful
-sleep pattern disturbed	-deeper more restful sleep
-cold, infections, headaches	-suffer from fewer colds, headaches, flus
-cells are "stressed" with toxins build-up and not removed	- toxins are removed from cells
-mental energy depleted	--legal natural high
-physical energy is reduced	-abundant physical energy
-osteoporosis- acid leaches minerals out of bones	-chemistry won't support osteoporosis
-cancer- happens in an anaerobic environment	
-angry, argumentative, violent, mental dullness	--increased mental acuity, mental alertness , higher IQ
- one glucose molecule creates 3 ATP	-one glucose molecule creates 34 ATP
- from: stress, excess work, exercise	- from: meditation, massage, yoga

Diet   *Be Energized- Be Alkaline*

1. Eat 75% alkaline food, 25% acid by volume daily
2. Eat Sunrider whole foods – all these foods balance out the body   Spirulina is particularly good.
3. Chew your food well. Saliva is alkaline and you can produce 2 gallons a day
4. 3 times/ day add 1-2 tbs. lemon juice to water
5. Add 2 tbs. of apple cider vinegar to water before meals

Tracking your pH: 4.5-6= acidosis   *7.5-8=alkalosis*

Urine: morning 6.8   evening 7.0-7.4   dependent upon stress & diet of last 12 hr.
Saliva: morning 6.5   "   "   "   "   "   "   "   "   5 day

Diana Walker, Sunrider Leader dwalker@sunwave.net http://www.diana2.com **1-800-840-0014**