

Modern research scientists and aging experts have documented that the human body is designed to live for 120 years-- disease-free!!!

This means without wrinkles, age spots, gray hair, thin hair, senility, poor memory, bone and joint disorders, heart problems, lung problems, digestive problems, kidney and liver problems, nervousness, shakiness, vision problems, hearing problems, varicose veins, weakness, fatigue, aches and pains, prostate problems, cancer, or low sex drive.

-so why don't we

An unbalanced pH system, though it may generally go unnoticed and undetected for years, can actually lead to the progression of most, if not all, degenerative diseases including cardiovascular disease (the #1 killer in the U.S.), cancer (the #2 killer in the U.S.) and diabetes, as well as the never ending frustration of excessive systemic weight gain.

Balancing your pH levels may be the single-most important thing, on a purely physical level, that you can do to help your body regain or maintain health. There's an easy way to see if you need this product too, and very inexpensive. You can do a simple urine test to check how your body is functioning.

What is "pH"?

The body is largely made up of water, a medium which is biologically useful in allowing nutrients, oxygen and biochemical's to be transported from place to place.

This water-based medium can have either acid or alkaline properties which are measured by a graduated scale called pH (for "potential hydrogen"), wherein 1.0 to 6.9 is considered acidic, 7.0 is neutral, and 7.1 to 14.0 is alkaline.

The lower the pH number, the greater the acidity, and the higher the pH number, the greater the alkalinity. Ideally you want your morning pH at 6.4 to 7.2

Why Should I Be Concerned About My pH Levels?

Since most of the body is water-based (making up 50—60% of our total body weight), the pH level has profound effects on all body chemistry, health and disease.

An imbalanced pH describes the pH level of the body when it becomes too acidic or too alkaline for long periods of time. Extended pH imbalances of any kind are not well tolerated by the body.

Indeed, the management of "pH" is so important that the body has developed strict accounting procedures to monitor acid-alkaline balances in every cell.

Fundamentally, all regulatory mechanisms (including breathing, circulation, digestion, hormonal production, etc.) serve the purpose of balancing pH, by removing caustic metabolized acid residues from body tissues without damaging living cells.

If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxic waste and die.

Any kind of infection can thrive in an acid body. A lowered immune system results in low resistance to infections, colds, flu, herpes outbreaks, cold sores, cancer, low energy, asthma and allergies. Allergies are also an inflammatory reaction triggered by over-acidity. Other common acidic disorders characterized by tightness, tension, stiffness, twitches and jerkiness include Multiple Sclerosis, Parkinson's Disease, seizure disorders, ADD, ADHD, OCD, alcoholic tremors, stuttering, teeth grinding, TMJ, blood clots, poor circulation, back pain, gout, fibromyalgia, sarcoidosis, tuberculosis, scleroderma, lupus, acid reflux, cancer and the list goes on and on. High acid also allows LDL-cholesterol (the bad cholesterol) to build up faster in your arteries. It can put you on the path to heart death by damaging the walls of your arteries and creating plaque buildup. Type A personalities are naturally more prone to develop these acidic conditions due to their almost-perpetual state of tension and rigidity.

The bottom line is that no illness can be cured without balancing body detoxification by flushing excess acid waste from the body. If we are too acidic, we are unhealthy; and if we are totally acidic, we are dead!

It is important to note that it is not the stomach acid that is the cause of most diseases, but rather the acidic blood, which reflects the state of fluids and tissues of the body that comprise over 70% of what you are.

As a general rule, acid substances tighten; and alkaline substances relax. Minerals are alkaline because they relax the body from tightness, tension, stiffness, spasms, twitches, tics or jerkiness as in nervousness, anxiety, panic attacks, anger, fear, agitation, headaches, muscle cramps, menstrual cramps, arthritis, insomnia, constipation, heart palpitations, irregular heartbeats, high blood pressure, eye twitches, acne, plaque on teeth, plaque on heart and arteries due to cholesterol build-up, plaque on the brain [Alzheimer's], and an accumulation of estrogen building up inside the tissues [estrogen dominance]. Due to the alkalinity of minerals, they loosen tumors, including fibroid tumors, endometriosis, cysts, stones, spurs, moles, warts, skin tags, and other growths, and cause them to release their toxins. The relaxation property of alkaline minerals causes an increase in the bile duct emptying, as is needed with a sluggish gallbladder. Arteries relax and release arterial plaque. Bile ducts and kidneys relax and release stones. The urinary system relaxes and releases fluid retention. Skin relaxes and releases blackheads. The bowels relax and release stubborn fecal matter. Nasal passages relax and release mucus plugs. Blood relaxes and releases clots. Glands relax and release both benign and malignant tumors and cysts. And so forth and so on with each organ system

What is your pH Balance?

The most important foundation for a healthy body is to establish a proper acid/alkaline balance. If the alkaline environment of your body fails and your body starts to become acidic, it becomes harder and harder for your body to uptake the life-giving nutrients in food and food supplements.

Your pH balance shows the overall big picture of how your body is function. The pH of your urine reflects the pH of your body's tissue.

Balancing your pH levels may be the single-most important thing, on a purely physical level, that you can do to help your body regain or maintain health. There's an easy way to see if you need this product too, and very inexpensive. Just order the pH Test Strips and check your levels for a few weeks. What you find may surprise you!

How can you balance your pH?

The bulk of the American diet consists of foods that leave an acidic residue within the body. This occurs when food is metabolized and broken down, leaving certain chemical and metallic residues which yield either acid or alkaline potentials of pH for the body.

It is these residues from our daily dietary choices that appear to most strongly influence body pH levels. When the diet is imbalanced with an excess of these acid or alkaline residues, which most western-world diets are, body pH is directly and immediately impacted, causing body fluids to lie constantly within the acidic range.

And, just like acid rain upon a forest, an imbalanced pH can slowly but steadily corrode your body and lead to numerous health problems.

Is an Imbalanced Body pH really That Dangerous?

Yes, indeed pH balance in body is really important. Nothing does well in an overly acidic or alkaline pH medium, least of all the human body. Just as acid rain can destroy a forest and alkaline wastes can pollute a lake, an imbalanced pH continuously corrodes all body tissue, slowly eating into the 60,000 miles of our veins and arteries like corrosives eating into marble. If left unchecked, an imbalanced pH will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. An imbalanced pH interferes with all life itself!

What Causes pH to Become Imbalanced?

Most diets cause an unhealthy Acidic pH. In fact, diet appears to be the major influence in maintaining appropriate pH levels throughout the body. Research demonstrates that when food is metabolized and broken down, it leaves certain chemical and metallic residues, a noncombustible "ash" which, when combined with our body fluids, yields either acid or alkali potentials of pH. Certain foods are "acid-forming" in nature, whereas others are known to be "alkali-forming."

High acidity enters our bodies by eating processed foods, pre-packaged foods, sugary foods, white flour products [including pastas], dairy products [including milk, cheese, ice cream], alcoholic beverages, drugs, processed table salt, foods grown and processed with pesticides, preservatives, antibiotics, or hormones. Meats, including beef, chicken and turkey, also promote acidity. Because of the acid overload in our environment, most of our drinking water now contains acid. Even stress creates excess acid. If you're not getting enough sleep or exercise or are facing lifestyle

changes, you probably have more acid than your body can handle. Your cells are absorbing acidic toxins much faster than you can get rid of them through your colon, lungs, skin and kidneys.

On the other hand, an alkali is a substance that neutralizes acid, and has an electronegative charge. Increasing alkalinity means increasing oxygen. Since the alkaline [higher pH] blood, contains excess oxygen, the heart does not have to work as hard. Aging is accelerated because natural acid salts build up in the walls of your cells, causing them to stiffen, thicken, wrinkle and dry up. This causes cells to lose their ability to receive essential nutrients and oxygen that are required for health and healing. By the same token, aging is slowed when acid waste is removed from the body.

How Can I Find Out My Body pH?

Use a pH strip which you can get from our office and put it under the mid stream of your first urine in the morning. Your urinary pH should be continuously above 6.4 and below 7.2 in the morning to evening, to indicate that you are functioning in a healthy range; When continuously above this range you're too alkaline, and when continuously below it, you're too acid.

How Do I Rebalance My pH?

Learn about simple things you can do for profound health benefits from the ultimate pH balance at ProActive Chiropractic with Dr. Burdash. You can start with dietary changes by eating more alkaline foods such as most fruits and veggies and less acidic foods like meats, dairy and sodas. You can ask us for an Alkaline-Acid food chart and rebalance your diet to start eating more alkaline foods and reduce the acidic forming foods. Many times you will need help from supplements such as coral calcium, aloe Vera and HCL which we call a pH Kit. We also test the function of your kidneys, brain, hypothalamus, pituitary gland, occipital lobes, stomach spine and other organs that affect your body's pH levels.

ProActive Chiropractic
101 E 5th St. Suite 227 St. Paul, MN 55101
651 778 0080
www.proactivechiropractic.org