

WHAT'S YOUR NUMBER?

ph
A REAL SILENT KILLER

very well tolerated by the body. In fact, the body has regulatory mechanisms (breathing, circulation, digestion, hormonal production, etc.) that serve the purpose of managing and balancing pH levels. If the pH deviates too far to the acid side or too far to the alkaline side, cells become poisoned by their own toxins and die.

The Importance of Acid and Alkaline Balance for Health

Nothing does well in an overly acidic or alkaline pH medium. Similar to how acid rain can destroy a forest or how alkaline wastes can pollute a lake, an imbalanced pH can continuously corrode all body tissues, slowly eating into the 60,000 miles of our veins and arteries like rust eating into metal. This continued imbalance in pH will interrupt all cellular activities and functions, from the brain cells firing vital information through our nerves to our circulatory system pumping oxygen fuel throughout our body. Imbalanced pH interferes with our potential for true health and wellness!

Studies have shown that healthy people's body fluids are slightly alkaline while the same fluids of those who are sick are acidic, ranging from slightly acidic to extremely acidic. In Dr. Mark Cochran's book "The Secrets of pH Concerning Health and Disease" he states the body should remain in a slightly alkaline condition in order to avoid disease and premature aging.

Virtually all degenerative diseases including cancer, heart disease, arthritis, osteoporosis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. While the body has a homeostatic mechanism that maintains a constant pH 7.4 in the blood, this mechanism works by depositing and withdrawing acid and alkaline minerals from other locations including the bones, soft tissues, body fluids and saliva. Therefore, the pH of these other tissues can fluctuate greatly. The pH of saliva offers a general window through which you can see the overall pH balance in your body.

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