

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

- Thomas Edison



5.0

ph
A REAL SILENT KILLER

WHAT'S YOUR NUMBER?

In the meantime...I invite you to join the pH challenge and test your pH! See where you stand...are you too acidic? If so, try to eat more fruits and vegetables this month and we will review some healthy tips next month on continuing to raise your pH to a slightly alkaline level, thereby bringing you better health and quality of life! Remember... when your body hums along smoothly and easily, your health and resultant quality of life has a good chance of doing the same. Your pH knowledge will help you create an internal environment that not only fights diseases but thrives! *CW*

Dr. Edlund received her Doctorate degree with Magna Cum Laude honors from Southern California University of Health Sciences (formerly L.A.C.C.) and currently is the clinic director and founder of one of the fastest growing chiropractic clinics in California. Successfully treating thousands of people who had been diagnosed with many illnesses including arthritis, fibromyalgia, headaches, chronic pain, carpal tunnel, allergies, acute injuries, chronic fatigue and TMJ (jaw problems), she is dedicated to teaching her patients a program of true health as well as personal lifestyle guidance to allow their body's to experience maximized living! She is an avid spokesperson for the chiropractic profession, has made many television appearances on news programs and talk shows, is a prominent lecturer and co-author of a best selling book. You can reach her at drdes77@hotmail.com.