

# 7 Steps to pH Balancing

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## OVERVIEW OF THE SERIES OF LESSONS

I wanted to thank you ... for coming to our web-site by giving you this special report series entitled "7 Steps to pH Balancing" I promise that you're going to be very surprised when you discover the valuable information packed in here. Each [step] ... I'll reveal one of the secrets... each one being a powerful truth to help you realize vibrant health in your body. You'll receive a new secret starting today and continuing for six more [steps]....

### Step 1: UNDERSTANDING pH & HEALTH

Understanding pH & Health. I'll teach you why is so important to get your pH Balanced. You'll discover how acidity stresses your body, and the magic that occurs when your body is balanced.

### Step 2: TESTING

Testing. I'll teach you how to test for acidification in your body. It's important to know where your pH stands so that you can get an idea of how you need to proceed.

### Step 3: DIET

Diet. I'll show you why the proper diet plan is the foundation to pH balance and optimal health. I'll even include a FREE offer (shhhhh... it's a secret you'll soon receive).

### Step 4: CLEANSING & DETOX

I'll teach you why toxins and morbid microforms THRIVE in an acidic body, and how they contribute to further acidification.

### Step 5: WATER

I'll reveal why drinking the right kind of water is so important to your pH. I'll also teach you what true hydration is all about.

### Step 6: SUPPLEMENTATION

Supplementation. I'll show you how you can dramatically increase your body's ability to deal with acidity through proper supplementation.

### Step 7: SWEATING/ BREATHING

Sweating & Breathing. You'll discover why your skin is sometimes called your "second kidney", and how you can expel acids and toxins rapidly. You'll also find out why it's so important to breathe properly, and how the proper breathing techniques can expel acids.

## Step 1: UNDERSTANDING PH & HEALTH

Congratulations ... for taking this step to gain valuable knowledge that, if acted upon, will deliver tremendous benefits to your quality of health and life. What I'm about to teach you over the next seven days comes from over 20 years of experience as a naturopathic doctor. I've taught these life-changing principles to thousands of people all over the world. Thank you for allowing me the privilege of sharing this knowledge with you.

### 1.1. LETS BEGIN

Over acidification of the body (cells, tissues & fluids) is the greatest contributor to illness.

Acidification leads to the buildup of toxins, as well as the growth of dangerous microforms like yeasts (Candida), fungi, and harmful bacteria.

This toxicity leads to stress, and eventual sickness. Modern daily diets and lifestyles create this morbid, acidic environment in your body.

I have found a direct correlation between acidification and a whole host of ailments in the body.

The pH level (acid - alkaline measurement) of your internal fluids affects every cell in your body.

Your body regulates its pH just like it regulates its temperature. In doing so, it will even create stress on other tissues or body systems if it must.

Since your blood MUST maintain a very narrow pH range of 7.365 To 7.40, your body will do all sorts of things in order to deal with excess acidity.

It will flush excess acids into fat cells (which is why you can't seem to lose those extra pounds)....

Or, perhaps, it will leach calcium (an alkaline mineral) from your bones in order to neutralize acids.

Your body will also stress tissues by flushing acids into them (as is the case with gout) because it can't dump these acids into the bloodstream (which must remain alkaline or you'd die).

Simply stated, chronic overacidity will interrupt all cellular activities and functions - it

interferes with life itself.

When the pH of your body becomes (too acidic), you may experience low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders

## 1.2. ACIDITY IN THE BODY

The body becomes imbalanced and overly acidic primarily as a result of three things

### 1.2.1. INGESTING ACIDS

Eating too many acidifying foods create an acid ash in the body. These acids can overload your body's ability to neutralize them.

### 1.2.2. CREATION OF ACIDS

An acidic environment is a breeding ground for toxic microforms. Since these organisms are living, they steal your nutrients, and create resulting acidic toxins.

### 1.2.3. IMPROPER ELIMINATION OF ACIDS

The body uses many systems in order to buffer acids including breath, mineral reserves, and fat. When the body's buffering systems become compromised, excess acids build up.

In order to realize proper pH balance, you must deal with every contributing factor to acidity.

The great news is that when you get your pH in balance, you have really set the stage for optimal health.

Vibrant health and energy are the direct result of a body that's pH balanced.

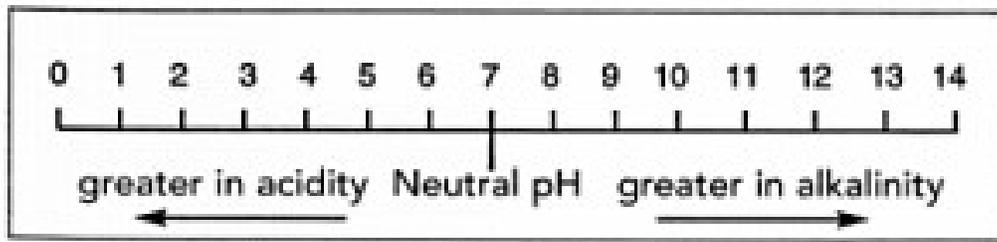
The next step is to discover where your pH is... we'll talk about how to test your pH tomorrow.

## Step 2: TESTING

Today we'll talk a little about how to detect for acidification in your body. It's important to know where your pH stands so that you can get an idea of how you need to proceed.

pH is a measure of acidity and alkalinity. The pH scale goes from 0 to 14. At pH 7, the half way point, there is a balance between acidity and alkalinity.

The "p" comes from the word power or potential. The "H" is the symbol for the element of hydrogen. Together, the term pH means "Potential of hydrogen".



*The pH scale*

The pH scale is logarithmic. So, for example, urinary pH of 6 is 10 times more acidic than 7. This imbalance is relatively easy to correct.

On the other hand, urinary pH of 5 is quite a different story. While it may appear that 5 is only "One point less" than a reading of 6, in actuality it is 100 times more acidic than 7.

To maintain good health the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals.

One of the principal systems it uses for this purpose is the renal system (kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 7.0 and 7.5.

By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic.

This low urinary pH is also an indication that the body is saturated and therefore in an acid state. Another indicator of the overall pH balance in your body is the pH of your saliva.

When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50.

A low saliva pH reading indicates that the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

There is a strong correlation between the pH of the body's internal environment and that of the urine and saliva: urine and saliva become acidic when the body's internal environment becomes acidic.

### Step 3: DIET

I want to let you know that this part in the series includes a FREE offer...

I want to give you a report that lists which foods are acidifying, and which ones are alkalizing. This report also contains 45 great alkalizing recipes.

I hope you enjoy it. By the way, this report includes a ton of information that would otherwise be in this email... it's simply too much to fit.

Hippocrates once said "Let food be your medicine, and medicine be your food"... how wise he was.

Diet is the foundation to health. The adage of "You are what you eat" has always been, and always will be the absolute truth. When it comes to altering the pH of your body, foods play a fundamental role.

Food either creates an acidic or an alkaline ash in your body once it's metabolized. Too many acidifying foods will bring your pH down.

Conversely, alkalizing foods will help to neutralize acids, and bring your pH up. So, as I explain in my book, *The Acid-Alkaline Diet for Optimal Health*, it's vitally important to base your dietary choices on how acidifying or alkalizing the foods you eat are.

As I stated earlier, there's simply too much information on this subject to be covered in one email.

I welcome you to download your FREE copy of "Acid & Alkaline Foods". The report is 28 pages long in PDF format.

If you don't have Adobe Acrobat Reader, you can download it for free by [clicking here](#).

To download "Acid & Alkaline Foods".

[http://www.ph-ion.com/index.asp?PageAction=Custom&ID=221&engine=7\\_steps\\_site&keyword=7\\_steps\\_site\\_m412](http://www.ph-ion.com/index.asp?PageAction=Custom&ID=221&engine=7_steps_site&keyword=7_steps_site_m412)

Tomorrow, I'll show you how cleansing & detoxification is the springboard to pH balance..

#### **Step 4: CLEANSING & DETOX**

Do you know what's living inside of you?

I'm talking about very unfriendly "critters" that love an acidic body.

These types of morbid microforms proliferate because the (acidic) environment is perfect for them. They also contribute to further acidity because of the toxins they create.

Microforms like pathogenic bacteria, yeasts and fungi directly contribute to hundreds of ailments.

**Here's a (short) list of some types of pathogenic bacteria that thrive in acidic conditions and the diseases that they cause:**

Streptococcus pyogenes - Sore throat  
Streptococcus pneumoniae - pneumonia  
Staphylococcus aureus - Various  
Enterotoxigenic E. coli - Diarrhea  
Uropathogenic E. coli - Urethritis  
Uropathogenic E. coli - Pyelonephritis  
Bordetella pertussis - Whooping cough  
Vibrio cholerae - Cholera  
Treponema pallidum - Syphilis  
Mycoplasma - Pneumonia  
Chlamydia - Conjunctivitis or urethritis

**How about yeasts like Candida? This is a list of physical problems thought to possibly be the result of Candida's activity:**

Vaginitis  
Thrush  
Endometriosis  
Athlete's foot  
Migraine headaches  
Fatigue constipation  
Bloating  
Allergy  
Irritability  
Depression  
Weak muscles  
Abdominal pain  
Diarrhea  
Swelling in the joints  
Sore throat

So, how do these types of microforms "show-up" in your body? Because an acidic environment is PERFECT for them.

If you're serious about getting your pH balanced, cleansing your body of these types of "trash" is of paramount importance.

There are many different cleansing & detoxification protocols out there. Some are very helpful, but others are potentially dangerous.

In order to effectively "clean house", I recommend the following to my patients: Embark

on a 3 - 7 day cleanse.

Three days is minimum, and seven is optimal. It's a pretty simple procedure, and here are the guidelines:

1. No solid food
2. If you have a juicer, use it. Juice VEGETABLES only. There's no limit to how much juice you can drink. The more the better.
3. Make juice drinks with dehydrated juice powder. (We make a great one called Alkalive Green.
4. Drink lots of water... a gallon+ per day (preferably alkaline water)
5. Take a fiber supplement to help cleanse the colon.
6. Take cleansing & detoxification supplements to help speed up the process. I recommend doing this at least twice a year.

Doing a 3 day cleanse every 3 months is optimal. Let me leave you with a few thoughts... When the pH of your swimming pool is too low, you get a bloom of algae.... all because of the pH.

This is the same in your body. When you keep it clean and balanced, the "bad" organisms won't get a foothold and thrive.

Tomorrow, we'll talk about the importance of drinking the right type of water...  
ALKALINE WATER.

### Step 5: WATER

This topic is extremely vital to your health. In case you didn't know, water makes up over 75% of your body weight... that equates to 10 gallons for a person of 120 lbs.

It's easy to understand why it's so important to your health. The body must continuously be in a proper state of hydration. Because 2.5 liters of water is lost each day through normal bodily functions, this must be replaced.

There are two major issues that emphasize the need to keep the body adequately hydrated with water of the best quality, content, and structure so it can maintain homeostasis.

First, the water we put in our body must be able to prevent toxins and chemical substances from accumulating and creating destructive influences on cells.

Water must bring all minerals and nutrients required for cell metabolism, and remove any

substances that can damage the cell. It must also be able to protect cell walls from damage and invasion.

Second, since water is involved in every function of the body, it must act as a conductor of electrochemical activity, such as neurotransmission, by moving water from one nerve cell to another smoothly and effectively.

Movement of water in the body between cells (extracellular fluid) is caused by osmosis. This is created by magnetic forces in the body, which keep the movement in balance. As water flows, changes in pressure create movement across the cell membranes.

Any changes in pressure will allow proteins, minerals and other nutrients being carried by the blood to escape into spaces between vessels and deprive the cells of their vital needs to sustain life.

When water in the blood is contaminated with chemicals, it enters the cells and changes their structure, which in turn could lead to changes in DNA.

This is the start of the disease process, which is very similar to the aging process.

Much research has been conducted on the effects of water that is considered structured or clustered. Reports from studies suggest that structured or clustered water can help the body resist disease and slow aging by increasing cellular hydration, replacing essential minerals, and boosting pH.

Water that is structured can retain its magnetic properties because of its high mineral content. The most unique feature of structured water is the formation and organization of its molecules.

Unlike regular water, structured water is naturally formed in smaller clusters of 5 or 6 molecules. Because of its natural magnetization, these clusters are more organized and move in an orderly pattern throughout the body.

Structured water has a higher density than other water, even to water that has been artificially magnetized.

I recommend to my patients that they use a product called Alkalive pH Booster to structure their water. Not only does it help to structure the water, it brings the pH up to about 9.5, which is 500 times more alkaline than regular drinking water.

Remember... proper hydration is THE MOST CRUCIAL factor in Establishing and Maintaining proper pH!

I recommend that you drink one liter of water per 30 lbs. of body weight per day.

Tomorrow, we'll talk about how supplementing your diet with alkalizing nutritional supplements can speed-up the process of balancing your pH.

## Step 6: SUPPLEMENTATION

I want to start off by saying that this information about alkalizing supplements may come off as a sales pitch. And in some ways, I guess, it is. I really don't intend it to be though.

You can receive some benefits of taking almost any alkalizing supplements... it's simply a question of how much value you'll be getting.

When it comes to balancing your pH, your body needs a perfect combination of nutrients, including vitamins, minerals, enzymes, fats, fiber, antioxidants, etc.

Simply put, no single supplement will balance your pH. You must give your body all of the necessary raw materials (nutrients) in order to achieve pH balance.

Here's a list of what you need in order to supplement properly:

### HYDRATION:

Drink alkaline water, you can buy bottled alkaline water, or you can use alkalizing drops.

### CLEANSING & DETOX :

You need something to help cleanse and detoxify your entire body... colon, liver, lymph, kidneys, etc.

### ALKALINE MINERALS:

These will supply the necessary alkaline buffers to neutralize acids.

### ENZYMES:

They are the spark plug of life. All processed and cooked food is void of them.

### GREEN FOODS:

These supply the necessary minerals, chlorophyll, enzymes, and fiber to maintain your pH.

What I do with my patients that are very acidic is put them on a system of supplements and a cleanse for 3 to 7 days. This allows for the body to cleanse, detoxify, heal, replenish, and rejuvenate.

I have noticed considerably better results with those that will take the time and effort to undergo this type of regimen.

...[M]y Complete pH Balancing System, which contains 11 supplements as well as pH

Stix to test your pH. ...[M]y book [is] [The Acid-Alkaline Diet For Optimal Health](#), ...

I have had literally thousands of people like you go on this system, get their body in balance, and rejoice at the way they look and feel afterwards.

You can order The Complete pH Balancing System [here](#).

[http://www.ph-ion.com/index.asp?PageAction=VIEWCATS&Category=277&engine=7\\_steps\\_site&keyword=7\\_steps\\_site\\_m711](http://www.ph-ion.com/index.asp?PageAction=VIEWCATS&Category=277&engine=7_steps_site&keyword=7_steps_site_m711)

Tomorrow, the last [step]...of this series, I'll teach you a few little known tips on proper breathing as well as how SWEATING will help you to expel acids.

### **Step 7: SWEATING/ BREATHING**

Let me thank you for allowing me the opportunity to share my knowledge about proper acid-alkaline balance with you for the last seven days.

It is my deepest desire that you are already using this information to transform your health and your life. I'd like to discuss a couple of things that I think will dramatically affect your body for the better... sweating & breathing.

First, let's talk about breathing... You must learn to breathe properly. Shallow "Chest breathing" results in lesser energy levels. The best thing you can do to prevent shallow breathing and breath correctly is to sit and stand up straight. Don't slouch over.

The richest blood flow occurs in the lower lungs. When this area fails to be adequately ventilated with air, you end-up oxygen depleted. Proper breathing requires the use of the diaphragm... taking DEEP breaths.

Practice using this breathing pattern to increase your energy and help to exhaust weak acids from your body: Inhale, hold your breath, and then exhale... in the ratio of 1-4-2.

For instance if you inhale for a count of 4, hold your breath for a count of 16 then exhale for a count of 8.

Repeat this 10 times, and do it 3 times per day. In order to effectively detoxify properly, you must activate your lymph system. Your lymph system is responsible for removing the waste products from your cells - it is the sewage system of the body.

It does not have a pump to make it work like the heart. Instead, it relies on the diaphragm. Doing this simple exercise will greatly increase your energy... every time you do it!

Now, let's talk about sweating...

Many toxins, accumulated in the system as a result of metabolic wastes and sluggish elimination, are thrown out of the body with perspiration. The skin is our largest eliminative organ, and is often referred to as "the third kidney".

The skin should eliminate 30% of the body wastes by way of perspiration. Hundreds of thousands of tiny sweat glands act not only as the regulators of body temperature, but also as detoxifying organs.

When the kidneys cannot eliminate the normal quantities of urine due to overwork or a weakened condition, the body tries to eliminate such wastes by way of the skin.

The chemical analysis of sweat shows that it has almost the same constituents as urine.

I recommend that you take 30 minutes (especially after a workout), and sit in a sauna. Many health clubs have a sauna, and it's well worth the monthly membership fee if all you did was go there to SWEAT.

The body, in its wisdom, will store and try to isolate toxins and acids in your body fat. Sweating will help eliminate these toxins.

When you take a sauna and sweat profusely, these toxins are allowed relatively safe passage out of your body without risking damaging important organs or passing the blood/brain barrier, heart, etc. Thus, many toxins can be partially or completely eliminated this way.

So, this powerful combination of sweating and breathing properly will augment your diet and supplement plan to eliminate acids, and Live an alkalized and energized life!

Thank you... again for reading through all of this material. I hope you enjoyed learning as much as I enjoy teaching on this subject. I wish you the best, and hope you truly realize vibrant health and energy

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**An information bulletin from**

### **The 5 Ps:**

***Personal Pollution Protection and Prevention Programs of DELTA LIFE SKILLS***

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