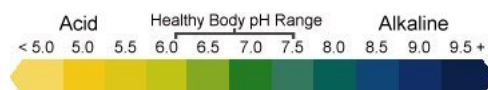


THE CAUSE OF DISEASE

Have you ever wondered if many of the diseases raging through our society have a common cause? Many doctors, herbalists and nutritionists believe that the explanation may come down to three words: acid alkaline imbalance

Acid Alkaline Imbalance

Over acidity, which can become a dangerous condition that weakens all body systems, is very common today? It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment, which allows normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition. An Acid Alkaline Balanced diet, according to many experts, is a vital key to health maintenance.



Most people who suffer from unbalanced pH are acidic. This condition forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs and bones to buffer (neutralize) the acid and safely removes it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity – a condition that may go undetected for years.

Mild acidosis can cause such problems as:

- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- Weight gain, obesity and diabetes.
- Bladder and kidney conditions, including kidney stones.
- Immune deficiency.
- Acceleration of free radical damage, possibly contributing to cancerous mutations.
- Hormone concerns.
- Premature aging.
- Osteoporosis; weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid buildup.
- Low energy and chronic fatigue.
- Slow digestion and elimination.
- Yeast/fungal overgrowth.

Testing and treatment

Testing is done with saliva on pH paper and depending on findings is treated with a variety of different foods and/or supplements.