

## **pH BALANCE**

If you have health problems, most likely you are suffering from pH imbalance. Research shows that unless the body's pH level is balanced, the body cannot heal itself. So no matter what means you choose to take care of your health, it won't be effective until the pH level is balanced. If your body's pH is not balanced you cannot effectively assimilate vitamins, minerals and food supplements. Your body pH affects everything.

pH imbalance will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumour cells thrive and make it more susceptible to fatigue and illness.

An pH imbalance can occur from an acid-forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain sufficient minerals to compensate, a build up of acids in the cells will occur.

### **pH imbalance can cause such problems as:**

Cardiovascular damage, weight gain, obesity and diabetes, bladder conditions, kidney stones, immune deficiency, acceleration of free radical damage, hormonal problems, premature aging, osteoporosis and joint pain, aching muscles and lactic acid build up, low energy and chronic fatigue, slow digestion and elimination, yeast/fungal overgrowth, lack of energy and fatigue, lower body temperature, tendency to get infections, loss of drive, joy and enthusiasm, depressive tendencies, easily stressed, pale complexion, headaches, inflammation of the corneas and eyelids, loose and painful teeth, inflamed, sensitive gums, mouth and stomach ulcers, cracks at the corners of the lips, excess stomach acid, gastritis, nails are thin and split easily, hair looks dull, has split ends and falls out, dry skin, skin easily irritated, leg cramps and spasms.

**Eat 80% Alkaline and 20% Acid to maintain a healthy balance once your pH is rebalanced.**

*We recommend 'Follow Up' RBTI Tests be done to assist you in monitoring and maintaining your correct pH balance for optimal health and wellbeing.*

ALKALINE



ACID



Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blackberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks