

Simple Tips For Staying Healthy

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Science has proven that most diseases, in order to survive, need an environment that is oxygen-deficient, with a body pH that is acid, is full of sugar, and out of balance. Unfortunately, many people in the US contribute to that body environment with the consumption of processed foods, GMO's, refined sugars and flours, and a lack of exercise. Our external environment also exposes our bodies to chemical cocktails in the products we use on our bodies and in our living environments, which are absorbed into the body and add to the imbalance.

How do you keep your body balanced and stay healthy?

1. Keep your body pH slightly alkaline. Most disease states can't exist when the body's pH is slightly alkaline. Bacteria, viruses and fungi can't reproduce. When the pH is balanced, the body is healthy.
2. Reduce or eliminate sugar from your diet. Sugar interferes with immune function, and people who consume the most sugar have the lowest intakes of essential nutrients. Bacteria and yeast feed on sugar and when these organisms get out of balance in the body, infections and illness are more likely.
3. Oxygenate your body. Oxygen is one of the primary catalysts for energy and optimal health in the human body. It plays a vital role in every metabolic process in the body. Noted 1931 Nobel prize winner, Dr. Otto Warburg, even discovered a close connection between oxygen and cancer in his studies which found that cancer cells are anaerobic and actually thrive in an oxygen-deficient environment. He also discovered that slightly alkaline pH in the body meant higher levels of oxygen uptake.
4. Help your body avoid and eliminate toxins and waste. Toxins are absorbed by the body and waste builds up in the body. Both need to be flushed. Toxins and waste build up contribute to body imbalance.

So how do we keep the body pH slightly alkaline, with low sugar, oxygenated and balanced? It is fairly simple.

1. Eat alkaline foods - more plant based foods, especially dark leafy greens, fruits and vegetables.
2. Avoid processed foods and GMOs. Most contain chemicals, hidden sugars and contribute to an acid state.
3. Read labels. Look for the hidden sugars, especially high fructose corn sugar and other refined sugars.
4. Reduce animal based foods, which contribute to an acid state, and when eating, combine them with high alkaline foods to balance and maintain alkaline pH.
5. Avoid or protect your body from chemicals. If you are around chemical products, use proper protection, such as gloves, glasses and respirators, and cover your skin.
6. Cleanse. Do a regular cleanse to eliminate the build-up of toxins in the body.
7. Hydrate your body. Drink plenty of water to improve oxygenation, bodily function, and waste removal. Lemon water is especially good in helping to cleanse the body.
8. Breathe. Take time to breathe. Healthy breathing is slow (about 12 breaths per minute), from the diaphragm (rather than the chest), through the nose (rather than mouth) and is quiet and light.

9. Daily exercise. Aerobic exercise helps your body utilize oxygen and remove waste through the lymphatic system. The lymphatic system has no pump, so lymph gets circulated and flushed primarily through movement. Walk for 15 minutes a day to keep the lymphatic system circulating.
10. Drink one or two glasses of organic apple cider vinegar and water daily. Mix one to two tablespoons of vinegar in eight ounces of water. In the beginning, if you must sweeten a bit to drink, add a little organic honey.

Oxygenation, a healthy body pH, reduction of sugar, and balanced body are essential to health and vitality. Just a few of the potential benefits – enhanced brain function, stress reduction, increased energy, and a longer and healthier life.