

Why “Guess” when you can be Sure?

How important is Correct Body pH?

The pH is a snapshot of the energy flow in your body

There is no truer statement when referring to our pH:

“We are not just what we eat, but what we assimilate.”

Dr. Carey Reams discovered the amazing system of reading and balancing your own pH in order to bring the body into balance. The importance of pH balancing has become very popular. Until these numbers are brought into balance, the body cannot truly achieve maximum health naturally. Understanding your pH tells how fast or how slow the food is moving thru our body and how well our systems are working to be able to assimilate the foods we eat. It also tells us what minerals the body can assimilate or not assimilate because of that internal speed. This is different than metabolism. We want to look at a cause and effect relationship between our food, our mineral interaction, and our well being. As Dr. Reams would say, "Why guess when you can be sure!" The Reams method takes away the guesswork.

pH: is a *logarithmic* number

6 means (10 to the 6th power) 10,000,000 amount of friction = faster speed

7 means (10 to the 7th power) 100,000,000 amount of friction = slower speed

When the body processes are moving too fast – end up with deficiencies

When the body processes are moving too slow – end up with sluggishness & toxicity

MINERALS:

We’re going to look at how our pH (speed) affects the body’s ability to pick up and use the minerals from our foods.

Example: conveyor belt: Too fast – body can’t pick up minerals

Too slow – never reaches the absorption process, too sluggish

COMMON MYTH:

We need to be alkaline! An alkaline body is moving too slow – sluggishness... toxicity result

How did we get this misunderstanding?

Most of our lifestyles create acidity in our bodies: most of our foods lacking nutrients, not enough good water, stress, pesticides, toxic chemicals everywhere, not enough sleep, lack of proper exercise, inhale, thoughts of worry, fear, anger, anxiousness. This creates an imbalance in our liver’s ability to pick up the minerals from our foods, this gives us an acidic pH.

What tended to counter this acidic body? Alkaline rich foods, alkaline water. We feel soooooo much better because we are coming into balance, the body processes slow down and we pick up the nutrients our body needed. Because people felt so much better with more alkaline foods, mineral water, and alkaline rich mineral supplements etc., they thought that if they continue this intake they would continue to feel well, not realizing that they began tipping the scale on the other end. So what happens when we get too alkaline? Again our body can’t utilize the nutrient because we are getting too much and everything slows down and we becomes very toxic. We they then start to feel bad

again. Those with the least or no health challenges are balanced right at 6.4.

BALANCED pH – 6.4

- It is critical that the pH of the body is balanced at 6.4 in order for the body to be able to utilize the minerals in our foods and liquids.
- The healthy range is very small: between 6.3 and 6.6; 6.4 pH is perfect
- Below 6.4 – acidic – the nutrients are moving too fast thru the body = serious deficiencies
- Above 6.4 – alkaline – the nutrients are moving too slowly thru the body = toxic
- The blood is different: 7.35-7.45 or we will die
- Gastric juices 2-3 pH – moves very fast thru the digestive system (slow down – fermentation)

BENEFITS of a 6.4 pH

- The least amount of health challenges are found in those with 6.4 pH
- They have resistance to disease, not attract insects when in nature
- Able to withstand higher and lower temperatures
- Radiant skin and hair
- Have calm energy
- Mental clarity
- Sleep well etc, etc.

These are the same benefits with find with early regeneration with SR foods. This is very significant!

MINERAL ACCEPTANCE CHART -

Acidic – mineral deficiency

Alkaline – congestion sets in

What's acceptable to you?

HOW TO TAKE YOUR pH

- Don't take first void in the morning – body has been working on reconstruction – healing and cleansing cycle all night.
- Best – 2 hrs. after a regular meal, less time with a Sunrider meal
- Obviously use different strips for your saliva and urine
- Check the chart immediately – match to the color, determine acid, alkaline, or perfect
- Make a common question in your vocabulary: What is my pH? Keep strips handy!

URINE pH – Small & Large Intestines (absorption and elimination) When you take the pH of the Urine # - you are getting a picture of the lower digestion processes - small and large intestine (absorption and elimination)

SALIVA pH – (Liver) When you take the pH of the Saliva - you are getting a picture of the ability of the liver to make and utilize the metabolic enzymes.

- Both high and low readings indicate that the body cannot get the minerals needed either way & creates a mineral deficiency in the body. The body then has to take goes for the minerals in the bones, teeth, and tissues to keep the blood pH perfect causing a breakdown and weakness in those areas.
- Without these minerals, every system of the body is incapable of functioning at 100%
- Each combination of acidic and alkaline creates it's unique set of symptoms.
- The naturopathic way to helping the pH is to take calcium lactate if too alkaline; if too acidic take calcium citrate, and always calcium gluconate Fortunately there is an easier and better solution.

- Without proper pH balance, digestion, absorption & elimination are moving at the wrong speed which means even the best source of nutrients are not being utilized.
- When the pH is balanced, the rest of the body can achieve balance.
- Because most of our western style of eating; It is vital that our food intake be in a 20% acid 80% alkaline ratio.

IF TOO ALKALINE – Too slow

SYMPTOMS: – under active

- Digestion issues - bloating, gas, burping, indigestion, heartburn
- Weight problems
- Elimination-constipation
- Skin problems
- Gall bladder stress
- Chronic infections
- Parasites, body odor bad breath, burping, belching
- Women: Irregular periods, grouchy, nervous (MS signs)
- Men: Prostate problems
- Lung stress
- Muscle pain
- Tooth decay
- Poor utilization of Vit A & E
- Pancreas problems (possibly)
- Constipation/diverticulosis
- Indigestion or bloating
- Manganese deficiency (reproductive problems in men and women)
- Congestion of soft tissue and breakdown of hard tissue
- Note parasites and fungus can be in both alkaline and acid bodies

RECOMMENDATIONS: Speed up the body processes: LOWER THE pH

- Sunrider Basic 5 Foods – Balanced Nutrient Dense whole foods
- Quinary – 5 Life support systems
- Assimilaid – Digestive System
- Alpha 20-C – Liver (Immune System)
- Fortune Delight – Cleanses the Digestive System
- Calli – Nourishes the Cleansing organs: Kidneys, colon, liver, lungs, skin
- Vitadolophilus – good bacteria
- Herb Cal - has 5 blended forms of calcium plus dandelion and alfalfa.
 - Vegetable fibers
 - Clean the colon – for the toxic build up
 - Flax seed oil or olive oil – more essential fatty acids
 - Seed foods
 - Distilled water – Reverse Osmosis - pull out the toxic mineral salts
 - Exercise – creates acid in muscles –
 - Vit. C – acidifying
 - Dried fruit, yogurt, buttermilk, bran, prune juice, vegetable fibers, sour foods
 - No nuts, No cheese, No peanut butter, No chocolate, No black pepper
 - Raw & Enzyme right foods – easy to digest
 - Epsom salt bath
 - Vigorous Energy

IF TOO ACIDIC – Too Fast

SYMPTOMS:

- Digestion too fast - not picking up nutrients, not digesting
- Elimination too fast
- Mineral deficiency
- Bone degeneration
- Muscle wasting
- Weight gain
- Fungus & viral proliferation
- Low energy
- Thinning of skin
- Bladder and kidney problems
- Periodontal breakdown
- Intestinal polyps
- Depression, anxiety, nervousness, mood swings
- Cold sores
- Heartburn
- Diarrhea
- Colitis/Crohn's
- Note parasites and fungus can be in both alkaline and acid bodies

RECOMMENDATIONS: ALKALIZE - Slow down the body processes

- Sunrider Basic 5 Foods – Balanced Nutrient Dense whole foods
 - Quinary – 5 Life support systems
 - Assimilaid – Digestive System
 - Alpha 20-C – Liver (Immune System)
 - Fortune Delight – Cleanses the Digestive System
 - Calli – Nourishes the Cleansing organs: Kidneys, colon, liver, lungs, skin
 - Vitadolphilus – good bacteria
 - Herb Cal - has 5 blended forms of calcium plus dandelion and alfalfa.
-
- Alkalizing foods
 - Vit. D
 - Cod liver oil
 - Lime juice
 - Distilled water with fresh lemon juice
 - Eliminate meat & dairy
 - Manganese rich foods (reproduction)
 - Digestive enzymes
 - Baking soda bath
 - Low impact exercise

SUMMARY

Without a proper PH balance, digestion and elimination are moving at the wrong speed.

Acidic – moving too fast

Alkaline – moving too slow

Which means, even the best source of nutrients cannot be assimilated. Without nutrients, every system of the body will be incapable of functioning at 100%.

When the pH is balanced, the rest of the body can achieve balance.

5 PATTERNS – CAN BE 5 HEALING STAGES:

<p>pH - Speed of movement of food thru the body Saliva - Liver -metabolism (break down nutrients) Urine - Small Intestine (absorb the nutrients) Large Intestine(eliminate the wastes)</p>	<p>STAGE #1 - BALANCED Least amount of problems 6.4 pH of Urine and Saliva</p>
<p>STAGE 4 “circulation”</p> <p>High – Low pH URINE ALKALINE - SALIVA ACID Slow – Fast</p> <p>Urine Alkaline: Too Slow thru Intestines absorb./elimin. Saliva Acidic: Too Fast thru Liver-breakdown nutrients</p> <ul style="list-style-type: none"> • Digestion: Digestion is inadequate since food is moving too fast through the digestive tract, resulting in indigestion and heartburn. Malnourishment may occur due to the overly rapid digestion causing mineral deficiencies. • Emotional Stress: very nervous, depression, anxiety, mood swings • Muscle cramping, a calcium deficiency • Reproductive & Adrenal Problems • Organs Damaged: kidneys, bladder, heart, liver & lung problems 	<p>STAGE #2 “toxic”</p> <p>High-High pH ALKALINE-ALKALINE Slow-Slow</p> <p>Urine Alkaline: Too Slow thru intestines: absorpt./elimin. Saliva Acidic: Too Slow thru liver: breakdown nutrients</p> <ul style="list-style-type: none"> • Colon: Very Toxic Colon, Expect Constipation, Expect parasites living in the putrefaction, yeast and bacteria growth. Bowel is reabsorbing its waste. Toxic bowel will spill over into a very toxic lymphatic system with congestion in sinus and upper respiratory infections. • Digestion: The higher the pH the greater the digestive symptoms. • Female: Expect PMS heavy menses as the uterus is receiving toxins from the other parts of the body. • Skin: Complexion problems, body odor, bad breath • Structure: Expect back problems, spine curves to left. Body tends to be overweight. • Liver: Lack of oxygen - 2nd most critical need.
<p>STAGE #5 “cholesterol”</p> <p>Low-Low pH ACID -ACID Fast-Fast</p> <p>Urine Acid: Too Fast thru Intestines: absorpt./elimin. Saliva Acid: Too Fast thru Liver: breakdown of nutrients</p> <ul style="list-style-type: none"> • Colon: Expect colitis, IBS, Crohn’s, and lower abdominal pain • Body processes moving Too fast – can’t pick up nutrients • Blood: anemia and deficit iron, B12 etc. • Circulation: Leads to strokes, high blood pressure, vascular problems and vessel fragility. Unused minerals turn to salts, dehydrating body, vascular problems and fragility. Body’s protection-cholesterol • Female: Expect fungus and yeast infections. Menses will be light and can lead to early menopause. Reproductive and adrenal problems. • Digestion: If very low, diarrhea • Organs: Liver and lung problems,, muscle cramping • Nutrition: Expect deficiencies in Vit D, Iron, B12 and potassium, calcium • Emotional: Mineral shortages=nervousness due to calcium utilization problems. Emotional stress including depression, anxiety, nervousness, mood swings 	<p>STAGE #3 “joints”</p> <p>Low – High pH URINE ACID – SALIVA ALKALINE Fast - Slow</p> <p>Urine Acidic: Too fast thru Intestine:absorption/elimination Saliva Alkaline: Too slow thru Liver breakdown nutrients</p> <ul style="list-style-type: none"> • Energy: The farther apart the pH the greater the energy loss • Digestion: Expect bloating, gas, discomfort, Large Gut • Skin: rashes, dry skin • Whole Body: Fibromyalgia

10 REASONS I HAVE CHOSEN SUNRIDER FOODS FOR MY VITAL NOURISHMENT:

1. Every product is designed to restore the BALANCE in the body
2. The more Sunrider I eat the more balanced my pH remains
3. The beverages clean the liver, colon, kidneys, lungs and skin - a daily detox
4. Quinary makes sure all the systems are strong and in balance
5. If the digestive system needs more help (Intestines) I can eat more Assimilaid
6. If the liver needs more help, I can eat more Alpha 20-C
7. If I need more Calcium Herb Cal quickly does the balancing.
8. The more I study in the Naturopathic world, the more I value the treasure we have with Sunrider
9. Everything the naturopathic world tries to do to create health, Sunrider has already conveniently, safely, packaged it for us in such a way that we can easily consume,
10. As we super hydrate, enjoy the wonderful tastes, of concentrated, nutrient dense, whole foods, that restore the balance in the body, the disease, symptoms, weaknesses quietly go away.

Thank you!