

Balancing ACT



Much has been discussed about balance in life. Balancing a career and family, balancing responsibility and relaxation, mental balance, spiritual balance... however not many people understand the importance of balancing the pH of the body.

Most people are familiar with the terms 'alkaline' and 'acid' - but what does this really mean when we're looking at our bodies? What's good? What's bad? What does it matter?

Why is your pH level important?

Our bodies are designed to be alkaline. Too much acid wreaks havoc on our systems and sets the stage for many problems. The body is marvelous and is permanently striving to self-heal. If too much acid builds up, it will ultimately take alkaline minerals from wherever it can find it, including our bones to restore balance - this however, has consequences .

What are some of the issues caused by an acidic pH level?

The first place where the damage occurs is in the cells of organ and glands. An acidic pH causes the process of nutrient transfer into the cell and elimination of waste out of the cell to be compromised. It hinders the action of antioxidant enzymes such as glutathione peroxidase and methionine reductase which neutralize free radicals before they damage cell membranes.

When cell membranes are damaged, the contents of the cell (the nucleus and organelles) are vulnerable. Continual destruction of the cells causes aging and disease.

Alkaline minerals from the diet, particularly vegetables, fruit, nuts and seeds, are stored in soft tissue and the body draws from this reserve to buffer acids from the diet (particularly animal products, soda and most packaged foods) and also acids from normal metabolism. If the alkaline mineral stores in the soft tissue become depleted, the body looks elsewhere to compensate. That 'elsewhere' is our bone calcium. In a state of acid imbalance, the body draws calcium from the bones and is passed via the kidneys to buffer the blood. Maintaining blood's pH in the normal range (7.2 to 7.4) is the body's top priority. The pathway however does not allow the replacement of the calcium from the blood back into the bone, so it's deposited in the walls of blood vessels, joints, cataracts and other tissues of the body where it should not be.



Physiological problems caused by pH imbalance:

- **Osteopenia and eventually Osteoporosis** as bones become weak and brittle (read about it in our last issue here).
- **Joints, heart, blood vessels and tissues** become calcified
- **Steady decline in cell energy** production
- **Normal detoxification pathways become compromised** including kidney, liver, lymph and bowel
- **Oxygen availability to cells becomes compromised.** Although we breathe normally when we are too acid, tissue oxygen is dependent on normal pH. As we raise the pH 1/10 of a point, tissue oxygen increase is 10 fold. Raising the pH 10 points results in a 100 fold increase in tissue oxygen! This has significant positive impact on the brain, mood and all body systems.
- **Antioxidant enzymes don't work properly,** speeding decline of cells throughout the body and brain
- **Candida and fungus** is common in those with long-term pH imbalance

pH –acid imbalance won't immediately result in something for which you'll need to be hospitalized such as organ failure, but long-term acidosis presents a foundation for disease to build over time.

Cancer thrives in an acid pH. Blood pressure, cholesterol, fatigue, arthritis, sluggish bowel and the other common ailments that plague most Americans, are all alleviated by restoring and maintaining a normal pH balance. To do this we have to have the correct diet.

How can we ensure a correctly balanced pH?

Avoid eating acid forming foods such as beef, chicken, turkey, pig, dairy products, sugar, bread, cooked oil, and microwaved "foods". Avoid soda pop as it takes 30 glasses of water to neutralize 1 can of pop! Over consumption of coffee should be considered too, as coffee is acid. **Never eat from a microwave oven which damages our DNA, severely compromising our cells ability to replicate normally.** Eat a predominantly plant-based diet. The more your diet includes raw vegetables, the faster your body will respond. We heal the fastest and have the most dramatic weight loss, the more raw food we eat. Raw food contains enzymes. Cooked food is void of enzymes. You will be surprised how wonderful raw foods can taste, when properly prepared. Drink plenty of pure water! Half your body weight in ounces is ideal.

Vegetables and super foods such as Blue Green Algae and Wheatgrass Juice are ideal for improving our alkaline reserve. However eating enough of these to hold and maintain a healthy pH can sometimes be difficult. Many of us work all the time, leaving little time for what's really important: JUICING and preparing appetizing plant-based meals.

A simple and quick way to shift and maintain normal pH is to take mineral salts of calcium, magnesium, potassium and sodium. You'd do this by simply drinking one or two glasses of water daily with 1/2 teaspoon of these pH Salts.

Clive Buirski's diagnosis of cancer in 1985 set the stage for his diverse experience in clinical nutrition, supplement manufacturing and kinesiology. 27 years ago, Clive had radical surgery that included the removal of 80 lymph nodes along with an adrenal gland and testicle.



Since then, Clive has helped thousands of individuals improve the quality of their health. Clive's

experience in dietary supplement manufacturing and teaching of kinesiology to health care practitioners has enabled him to simplify and fine-tune the nutritional needs of the whole family.

Clive has a nutrition practice in Round Rock, TX and manufactures a line of whole food concentrates. Two key elements of Clive's practice is the use of earthing (grounding) devices and the Amethyst Biomat. Earthing and thermotherapy (Biomat), combined with immune specific nutrition, promotes unparalleled healing potential.

<http://immunologic.net>

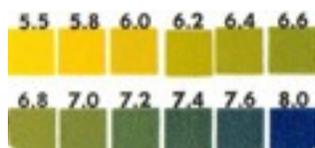
Green Therapy and Natural Health

How can I test my body's pH?



Body pH is measured by testing urine and saliva. The pH balance of soft tissue is reflected in urine, ideally 7.0 to 7.2 and the status of the digestive tract is reflected in saliva, ideally 7.2 to 7.4.

Accurate testing of urine's pH should be before breakfast and before dinner in the evening to demonstrate that we are holding enough minerals during the course of the day. Saliva can be checked any time. Simply tear off about half an inch of pH paper and apply a couple of drops of urine or saliva. The color of the pH paper will match up to the numeric values on the chart as shown here. The general population is so acidic that initial testing may not change the color of the pH tape which is yellow, indicating acid. As our mineral reserve is replenished, pH will reflect a green/blue color on the pH tape.



For more in-depth information on this subject, download this report ([PDF LINK](#))

Delicious Balancing Juice Recipe

- Kale - 3 leaves
- Broccoli - 1 head
- Celery - 2-3 sticks
- Carrots - 2-3 or more
- Beets - 1 small or large (start with a slice or two and work up to using the whole beet. Using too much beet when starting a juicing regimen, can detoxify the liver too quickly and be a little nauseating).
- Ginger - about 2 inch piece
- Mint - small bunch
- Lemon - whole with skin
- Parsley - small bunch
- Celery - small bunch
- Apple - 1

Superfoods such as Blue Green Algae and Wheat Grass powder can be added for extra brain, blood and liver support as these are rich in chlorophyll.

Although Juicing is best first thing in the morning, it can be done anytime. This live, enzyme, chlorophyll rich, multi vitamin - mineral, protein, green drink is the ultimate tool to cleanse and build healthy blood. It's the best way to get iron in a way that the body can use it.

We recommend an Omega Juicer model 8004 from www.discountjuicers.com <<http://www.discountjuicers.com>> This is a top of the line juicer with a 15 year warranty, cost \$250.00 Less expensive juicers like Juiceman Jr. work just fine too, available at most stores, cost about \$60.00

The Omega 8004 is best for getting the most juice from leafy vegetables. Plus it's very quiet compared to ordinary juicers.