

## **RECLAIM GOOD HEALTH**

### **WHY BALANCING YOUR ALKALINE/ACID BALANCE IS ESSENTIAL FOR GOOD HEALTH**

You may be putting your lack of vitality, your aches and pains, your creaking bones, your catarrh and phlegm, unexplained weight gain and everything you are suffering down to getting older. There is no need to feel under par or for you to experience any of these symptoms. Do something now to put this right. Over-acidity weakens all body systems and most people's bodies are over acidic and this is conducive to disease. Good health depends on an alkaline environment with alkaline reserves to deal with any urgent demands.

It is vitally important that pH levels (acidity) in the human body are balanced via the bloodstream and the digestive system. More frequently most of us have pH levels that are too low, causing higher acid levels in our body tissues. This is directly connected to the diet and lifestyle of modern day life.

**Why should you want to balance the pH in the body?  
Because you are looking for a way to regain  
good health and enjoy your life.**

When your body is extremely acidic it is more prone to sickness and disease as this is a perfect breeding ground to cultivate most illnesses that mankind suffer. Further all functions of the body are weakened, bones can be leached of calcium and vital nutrients, and aging is hastened, not to mention obesity. Quality of life becomes less and less. Energy levels become low and your get and go has long gone

Aim to have in your diet 80% Alkaline foods to a ratio of 20% Acid forming foods. When your health has improved, you can gently shift this ratio to 70% to 30% respectively.

***It is said that the 'Root Cause' of disease  
is an over-acidic body –starting in the cells-***

- Aching muscles
- Bladder conditions and Kidney stones
- Cardiovascular damage
- Chronic fatigue syndrome
- Conjunctivitis
- Cracks on corners of lips
- Depression and easily stressed
- Dry skin and skin rashes
- Dull looking hair and split ends
- Excess stomach acid/Gastritis
- Gingivitis
- Headaches
- Hormonal problems
- Immune deficiency
- Joint pain
- Lack of energy and fatigue
- Lactic acid build up
- Leg cramps and spasms
- Loose and painful teeth
- Loss of joie de vivre
- Low energy and stamina
- Lower body temperature
- Mouth and stomach ulcers
- Osteoporosis
- Pale complexion
- Premature aging, acceleration of free radical damage
- Sluggish digestion and elimination
- Split and thin nails
- Susceptible to infections
- Weight gain, obesity and diabetes
- Yeast/fungal overgrowth

***All the above conditions can be alleviated  
by balancing your pH through diet & Lifestyle***