

PH PAPERS

The single measurement most important to your health is the pH of your blood and tissues—how acidic or alkaline they are, it's more important than cholesterol or blood pressure. It has been determined that an alkaline body is more conducive to health and well-being and an acidic body is a disease magnet. Like a pool's pH level, when it's low or acidic, you don't go swimming in it as bacteria, parasites and fungi thrive. Populations of bacteria, fungi, etc. may be thriving throughout your body without causing acute disease yet producing abundant amounts of acid waste, like ammonia, which could underlie a variety of degenerative conditions such as arthritis and arterial plaque.

The pH scale ranges from 0 - 14, where 7 is neutral, less than 7 is acidic and over 7 is alkaline or basic. The pH scale is logarithmic, which means each step is ten times the previous. A pH of 5 is ten times more acidic than a pH of 6, 100 times more acidic than a pH of 7 and 1,000 times more acidic than a pH of 8. This explains why a slight change in your pH level can have a huge impact on your internal environment and ultimately, your health. It's best to check your pH levels often and at different times of the day.

Different areas of the body have different pH levels. The blood pH must be kept in a narrow pH range, mildly alkaline, around 7.3. The body will go to great lengths to preserve this, including robbing other tissues or systems. That's why it is important to check the pH levels of saliva and/or urine due to the strong correlation that when they are acidic the body's internal environment is acidic – out of balance.

Studies have found that 80% of Cancer patients have 4.5 or lower pH levels!

Diets high in protein, fats, carbohydrates, sugars, dairy products, coffee and alcohol and low in greens and raw foods stress the digestive system inhibiting proper digestion and overload the immune system with incompletely digested macromolecules and toxins. A high intake of food additives and pesticides will also add stress. This stress can lower your pH level significantly without any external signs.

“It's all about balance. The universe operates by keeping opposites in balance, and the universe contained within your body is no exception. When imbalance occurs, we get the signs of disease: low energy, fatigue, poor digestion, excess weight, foggy thinking, aches and pains, as well as major disorders.” Dr. Robert Young, author of 'pH Miracle'

Our health today confirms this balance. Most people with modern lifestyles and anemic diets are suffering from imbalance. They are obese, or tired, or prematurely aging, the list could go on and on. The top three killers in America: cancer, heart disease, and diabetes have all been linked to diet.

An acidic body is a disease magnet!

The pH level of your internal fluids affects every cell in your body and your body has trillions of cells. Skin cells, blood cells, muscle cells, bone cells, brain cells, etc. all depend on your body's pH balance, healthy cells are the building blocks to a healthy body.

Nova's STARPACKS, BARLEYGRASS ENZYMES PLUS and ALKALINE WATER are recommended for those who desire proper pH balance!