

# Your Body Can Only Heal When it is pH Balanced!

## How can you reduce your risk of cancer, heart disease, and diabetes to near zero?

### Good Health is all about pH Balance!

The term pH refers to the acidity or alkalinity of a substance. Easy to understand examples are swimming pools, garden soil, and fish tanks. pH is measured on a scale of 1.0 to 14.0. Values less than pH 7.0 are acidic, and values over pH 7.0 are basic or alkaline. Pure water has a pH value of 7.0 – a perfect balance of acids and alkaloids.

### What is Your “Power to Heal” (pH)?

The human body is a marvelous creation, designed to be self-healing. When it is balanced and functioning properly, it will repair itself. Your body will automatically correct imbalances and diseased conditions through its homeostatic mechanism (a survival system) which seeks to maintain a constant pH 7.365 to 7.425 in the blood.

The body maintains and protects this pH balance by depositing and withdrawing alkaline or acidic minerals from other locations in the body including the bones, vital organs, soft tissues, and body fluids.

Your “Power to Heal” is at its greatest potential when the pH of the body’s clear fluids remain in the Healing pH Range™ of 7.1 to 7.5. This slightly alkaline condition is vital to the body’s ability to perform cellular repair and maintain natural healing. A fasting

saliva pH test is the quickest, easiest, and most accurate way to establish our immediate healing potential.

### Lack of pH Balance and Poor Health

We read everywhere that cancer cannot exist in an alkaline environment. Nearly all degenerative chronic disease, diabetes, arthritis, osteoporosis, high blood pressure, fibromyalgia, asthma, and tooth decay are associated with excess acidity (pH 5.0 to pH 6.5) in the clear fluids of the body.

The U.S. Center for Disease Control believes that these chronic diseases are among the most preventable. We have found this to be true. Remove a major roadblock to the natural healing pathways in the human body by achieving and maintaining pH balance!

Excess acid in the body dissolves both teeth and bones.

Poor pH balance is known to disrupt digestion and inactivate vital body functions. One encyclopedia puts it this way, “Enzymes and other proteins have an optimum pH range and can become denatured [or altered natural qualities] outside this range.” Can you see how this is important to good health?

### Common Symptoms of an Overly-Acidic pH

- Heart Disease
- Diabetes
- Arthritis
- Osteoporosis
- High Blood Pressure
- Fibromyalgia
- Asthma
- Tooth Decay
- Acid Reflux
- Carpal Tunnel
- Cancer
- Heart Attack
- Stroke
- Candida, fungus, mold and bacterial overgrowth

### Benefits of Long-term pH Balance

- Maximum Absorption of the Nutrients from Food and Supplements
- Thorough Oxygenation
- Faster Recovery from Illness and Injury
- Properly Working Immune System
- More Stamina and Less Soreness from Fun Sweaty Activity
- Balance of Hydration at the Cellular Level
- MORE ENERGY!

## 3 Steps to a Life-long pH Balance and Good Health

1. Test your saliva pH one time every week.
2. Take an effective liquid supplement DAILY to balance pH quickly.
3. Eliminate factors that work against your body’s natural pH balance.

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Science has proven that every single cell in the human body is affected by the pH levels of the clear fluids – including intracellular fluids.

Regardless of the health situation you are faced with, you should monitor your progress toward a proper pH balance by testing your saliva pH level weekly. Your results will indicate your susceptibility to cancer, heart disease, and diabetes.

### Isn't Changing My Diet the Best Way to Balance My pH?

Not always. The average time for a highly acidic individual to balance their lymphatic pH through diet changes alone is 18 to 24 months. This usually involves a radical change in dietary choices and habits, which may not be sustainable, and especially difficult to do when you don't feel well.

If you need to establish healthy pH balance quickly, ask the most knowledgeable person at your health food store for their most effective high-energy balancing liquid supplement. Your pH can balance in 4 to 10 weeks.

### Should I "Alkalize" My Body?

It is better to help your body 'normalize' its own pH levels. Vital organs and muscles need to remain in the slightly acidic pH range to function properly. Clear body fluids need to be maintained in the slightly alkaline pH range.

### What About High-pH Water?

You should be very cautious when drinking ionized or alkalinized water with a pH 8.0 or higher.

Be sure to read the warnings that come with water purifiers that have high alkaline settings. Consuming high-pH water can be a serious health risk when it leads you to over-alkalize your body.

High-pH alkaline water can interfere with digestion. When using an effective energizing liquid supplement in high-pH water the balancing energy of the supplement will be blocked. This type of supplement is best taken with distilled, reverse osmosis, or filtered spring water.

### What is the Bottom-Line?

For achieving and maintaining a healthy, happy life, there is no other health-related number as important as your "power to Heal" or pH. Your weight, cholesterol, blood pressure, glucose, and pulse readings are all affected by the pH of the body's internal environment.

You can reach your health goals. You body can regain its natural healing ability. Don't ever give in to those who tell you that there is no hope for your health condition. You can be pH – healthy for life!

(References available upon request)  
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### Test Your Saliva pH ONCE WEEKLY

1. Every Saturday or Sunday morning before you eat or drink anything, or even brush your teeth, fill a plastic spoon with saliva (doctors use a glass test tube).
2. Immerse a pH test strip in the saliva and stir carefully for 90 seconds or longer.
3. Match the colors of the pH strip to the chart that comes with your pH test strips. Record the reading on your weekly test chart. The Healing pH Range™ is 7.1 to 7.5.
4. Continue to test weekly until you have been in the Healing pH Range™ for 3 or 4 months in a row. Then you can reduce testing to once per month. If you ever test outside the Healing pH Range™, resume weekly testing until you are balanced again.

### The Results of Long-Term pH Balance Can Take Time

When a person is able to maintain the clear fluids of their body in the Healing pH Range™ for several consecutive weeks, we have seen the following health benefits over time (results are typical, but may vary).

#### Month 1:

The body is able to balance its pH with the help of an effective cell energizing supplement. Many health care practitioners recommend the maximum daily dosage as listed on the product label for a "therapeutic dosage".

For any person taking a high energy supplement (at any age), they will want to make sure to drink an abundance of water to maximize the benefits and achieve pH balance more quickly.

#### Month 2:

The body begins to regain its normal healing ability. We see conditions like fibromyalgia and carpal tunnel begin to disappear.

#### Month 3:

The healing progress continues. If uninterrupted, conditions like high blood pressure and arthritis have been known to heal.

#### Month 4:

With the stress of acidosis off vital organs, conditions like type-II diabetes begin to clear up as the body continues to heal itself.