

# pH Balancing Simplified



**Your Health Is in the Balance**

Many herbalists and nutritionists believe that overall health may come down to two small words:

## **Acid & Alkaline**

### *An Important Issue*

Maintaining the proper balance in the body's pH can positively affect all major body systems, especially the digestive, intestinal, circulatory, respiratory and immune systems. This balance protects the oxygen affinity of hemoglobin in the blood. A pH-balanced environment maintains proper metabolic function and allows the body to function optimally.

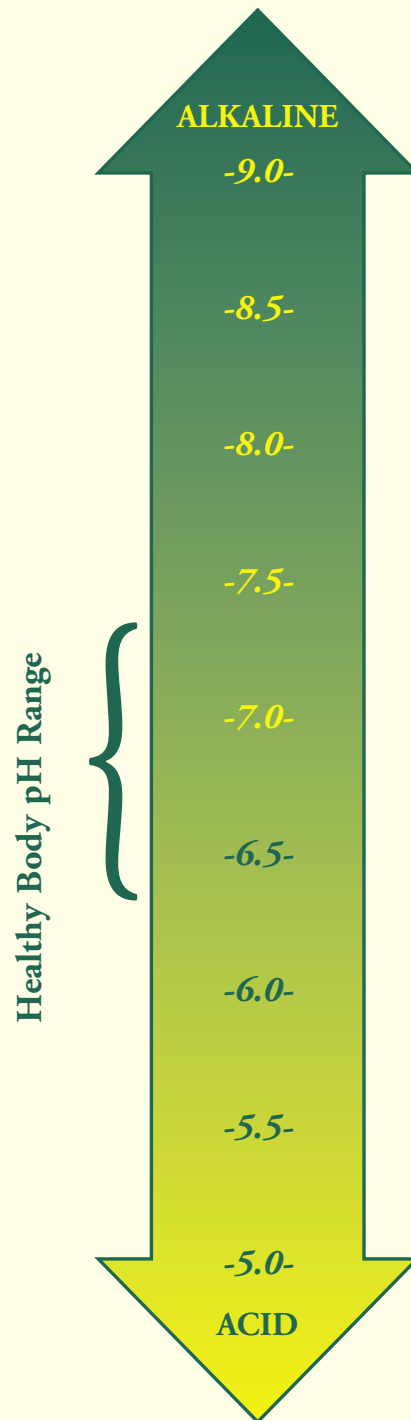
### *Understanding pH*

pH is a measure of the acidity or alkalinity of a solution. The lower the pH number, the more acidic the solution is. The higher a pH number, the more alkaline the solution is.

### *Your Body's Chemistry*

In a healthy young adult, water accounts for approximately 70 percent of the total body weight. This water, also known as the fluid of life, occupies two main compartments within the body; the intracellular (inside the cell) compartment and the extracellular (outside the cell) compartment. It is vital for these two compartments to balance and maintain an ideal pH range. Many vital bodily functions, including digestion, enzyme activity and hormone balance, are completely dependent upon the body to maintain this ideal balance. If the pH is properly balanced, the bodily fluids will clearly demonstrate this factor. Ideally, the pH of the saliva will be 6.5–6.8, and the urine pH will fluctuate between 6.0 and 7.0.

Maintaining a perfect pH can be difficult. Fortunately, the body has three primary systems for maintaining ideal pH: the respiratory system, the urinary system and the gastrointestinal system, including the liver and pancreas. Even with these built-in protective systems, poor diet, stress, dehydration, chemicals and lack of exercise can impact this delicate balance.



### *Test Your Acidity or Alkalinity with NSP pH Strips*

Balanced pH readings in urine and saliva means a balanced body. It is important for you to test your pH level to determine your body's pH.

By using Nature's Sunshine pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. The most accurate time to test the saliva and urine samples is first thing in the morning, before the teeth are brushed or any food or fluid is consumed. If your urinary pH fluctuates between 6.0–7.0 during the course of the day, your body is functioning within a normal range. If your saliva stays between 6.4 and 6.8 (averaging 6.5) all day, your body is functioning within a normal range.



The best time to test your pH is first thing in the morning and at least three hours after a meal. Test your pH two days a week.

**HAVE YOU CHECKED YOUR pH TODAY?**

# What You Don't Know about Your pH Might Surprise You

## *Acidic Tendencies in the Body*

Many people have a pH that is “acidic.” The body may borrow some minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer the acidic level.

## *Alkaline Tendencies in the Body*

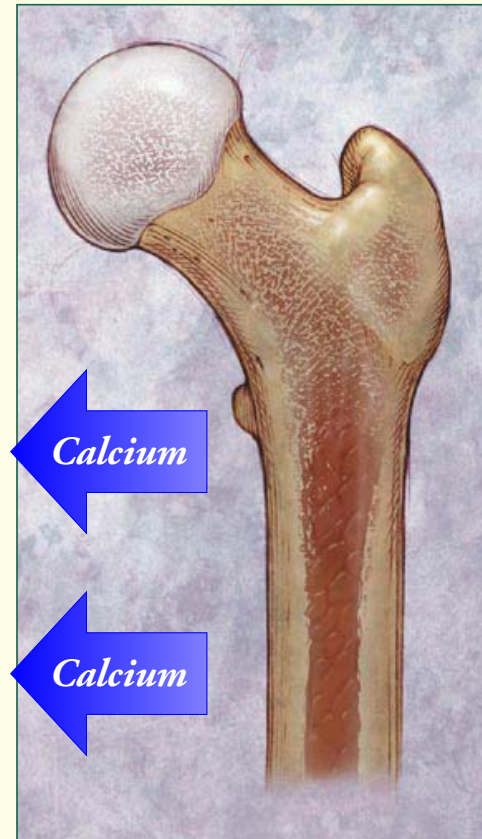
Though less common than acidity, alkalinity in the body may affect the same kinds of functions as acidity. It often takes more support and time for a person who has alkaline tendencies to achieve optimal balance, because the body may be less capable of excreting acids through the kidneys, and the liver and the bowel may compensate by producing other substances.

### **Maintaining balance in the body's pH may affect your health in many ways:**

- Hormone levels.
- Cardiovascular health.
- Weight gain/loss.
- Bladder and kidney efficiency.
- Immune function.
- Free radical damage.
- Structural system integrity
- Liver function.
- Energy levels.
- Digestion and elimination.
- Microbiological environment.

## *Urine pH*

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as “buffers.” Buffers are substances that help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can fluctuate. When the body ingests or produces too many of these acids or alkalis, it must excrete the excess. The urine is the perfect way for the body to remove any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.5, attention should be given to lowering acid levels.

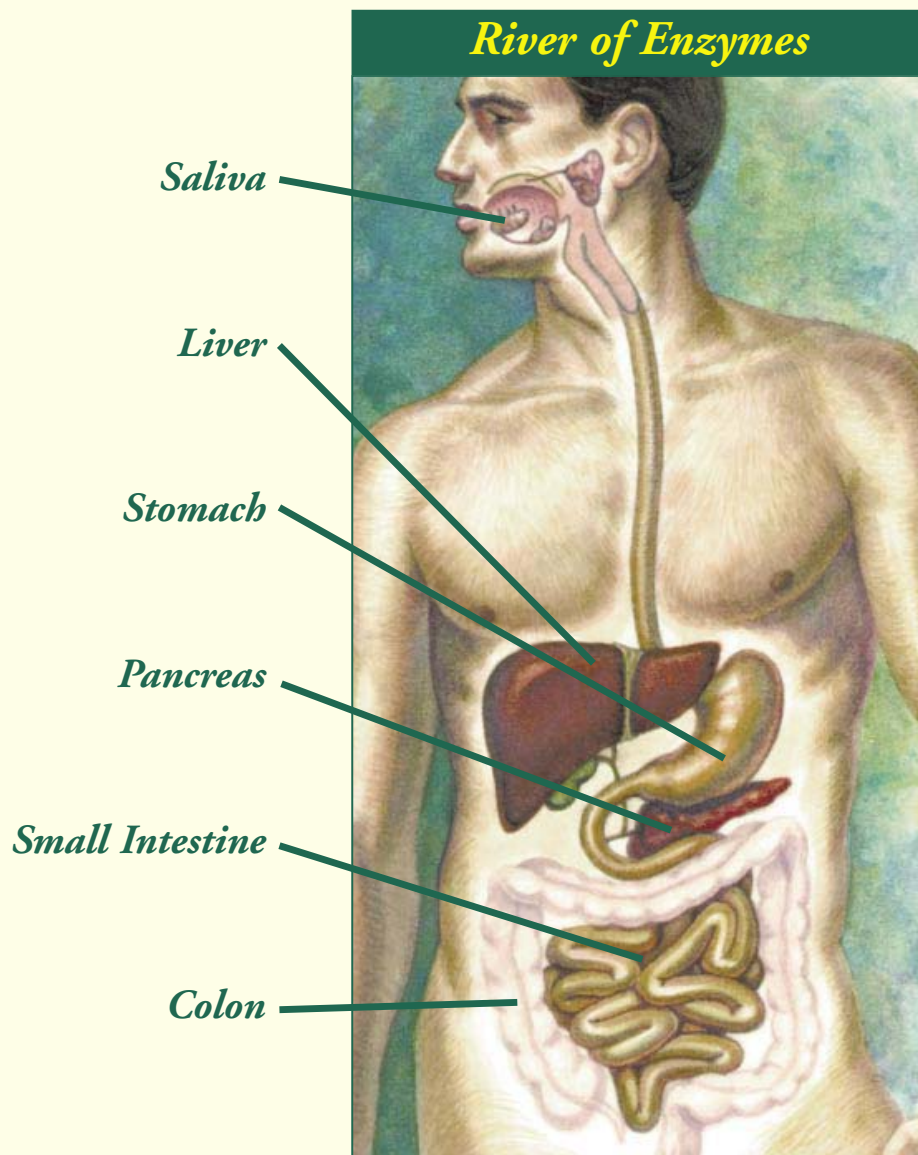


## **The Body's Acid Management—Acids Do Not Stay in the Blood**

- 1. Excretion of Acids—colon, kidneys, lungs, skin*
- 2. Buffering of acids—calcium, magnesium, sodium, potassium*
- 3. Storage of acids—tissue, joints, muscles, arteries*
- 4. Emergency backup system to control acids—liver and bowel produce ammonia*

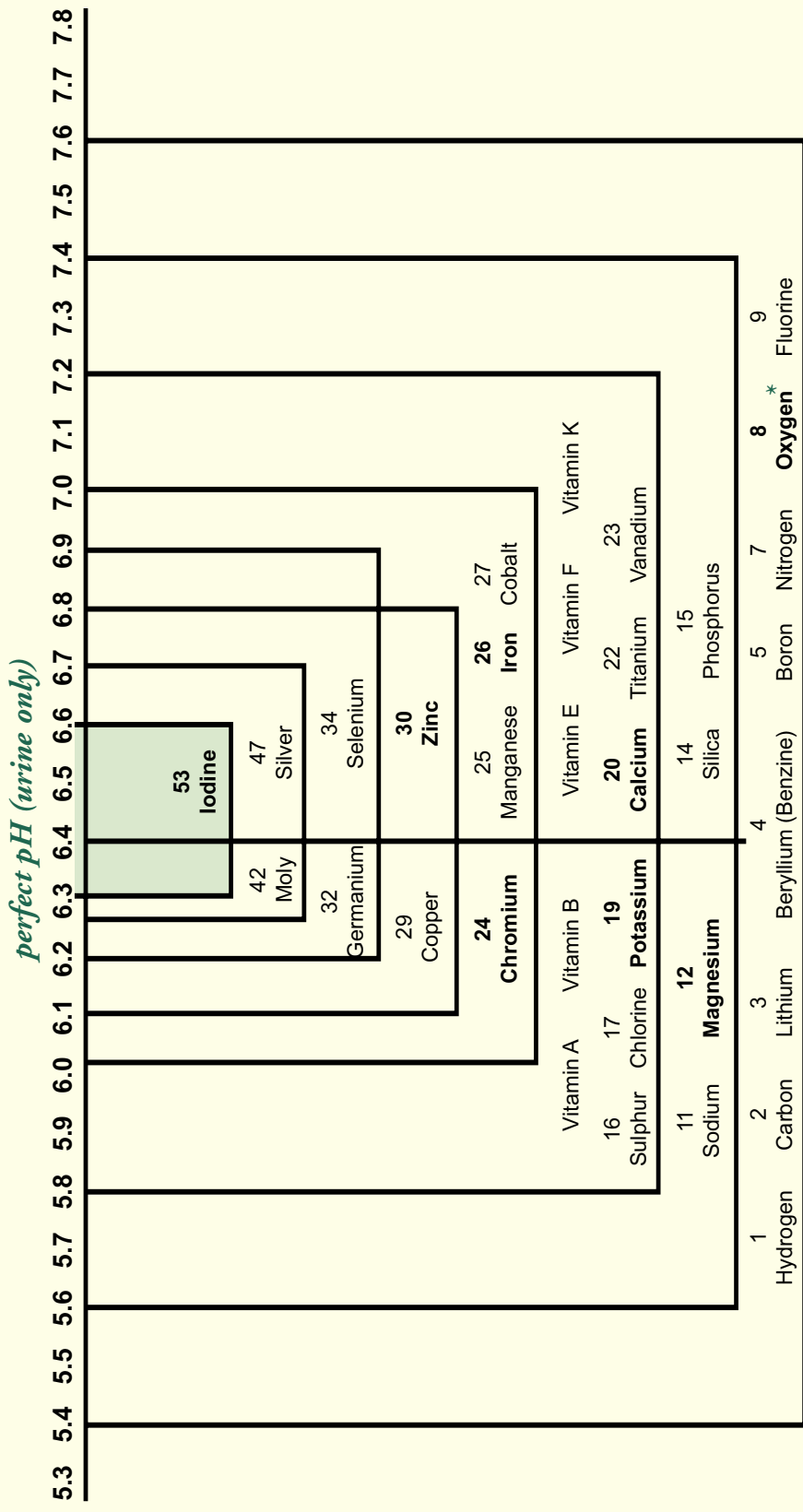
### *Saliva pH*

The results of saliva testing may indicate the activity of digestive enzymes in the body. These enzymes are primarily manufactured by the stomach, liver and pancreas. While the saliva also utilizes buffers just like the urine, it relies on this process to a much lesser degree. If the saliva pH is below 6.5, the body may produce too many acids. If the saliva pH is over 6.8, the body should be aided by diet.



## Mineral Chart of Acceptance

The cells of the body extract nutrients from the blood most effectively when the proper pH is maintained.



*Herbal programs are most effective when pH balance is maintained.*

*What if I have a more “acidic” tendency?*

*Basic nutrition for when urine and/or saliva test below 6.5 pH.*

Start with Steps 1, 2 and 3, and continue adding steps until desired results are achieved. Be sure to monitor your progress with easy-to-use NSP pH test strips.

- 1. Enzymes are essential.** Take 1–2 capsules Food Enzymes or Proactazyme with meals. Take 1–2 High-Potency Protease and Thai-Go (see p. 14) between meals on an empty stomach.
- 2. Easily absorbable magnesium is beneficial!** Take 2 Magnesium Complex with each meal, which provides highly absorbable magnesium. Magnesium is often lost in urine as a consequence of acids in the body. If your urine is 5.8–7.2 (see chart p. 7), take Skeletal Strength daily to support healthy bones.
- 3. Alkaline minerals are essential.** Take 1 oz. Colloidal Minerals or 1 oz. Mineral Chi Tonic once daily.
- 4. Focus on green foods.** Use the pH GreenZone drink mix on p. 14. Or, take 1 teaspoon Liquid Chlorophyll in 8 oz. water up to eight times daily.
- 5. Vitamin A&D** holds calcium in the body. Taking NSP Vitamin A&D will help the body absorb and retain calcium (contains natural cod liver oil).
- 6. What if pH remains in the acidic range?** Use Nature's Sea Calcium (pH of 10) according to label instructions if saliva pH is 5.8–6.5. Use Nature's Sea Calcium cautiously if pH is below 5.8. Monitor your pH daily.
- 7. Cleanse as needed.** Take 2 or more capsules each of LBS II® and Psyllium Hulls at bedtime to maintain regular bowel movements. Use NSP's Tiao He Cleanse or the CleanStart™ cleanse twice a year.
- 8. Strengthen urinary and lymphatic systems' ability to excrete acids.** Take Kidney Drainage and Lymphatic Drainage daily in water.



For extra support for an acidic environment, be sure to follow these steps to help maintain healthy digestion and to re-supply your minerals.



### Other helpful hints:

- Eat more alkalizing foods (see chart on page 15), especially those that contain calcium, magnesium, sodium and potassium. Follow the principles of *Blood Types, Body Types and You* by Joseph Christiano.
- Do not use vitamin C with ascorbic acid. Use Rose Hips or Citrus Bioflavonoids.
- Take Liquid Vitamin B<sub>12</sub> Complete and Bifidophilus.
- A lemon/Thai-Go drink may be helpful to promote alkalinity. (Add 2 teaspoons lemon juice and 2 teaspoons Thai-Go to 8 oz. water and drink.)
- Drink 8 glasses of Nature's Spring water daily.
- Drink 2 oz. alkaline juice made from carrot, celery and beet once a day.
- Alkaline bath soak: 1 cup Epsom salts, 1 box baking soda, 10 capsules Ginger. Soak for 20 minutes, then rinse.
- Strengthen glandular system with Cellular Energy, which contains alpha-ketoglutaric acid.

### *What if I'm in the alkaline range?*

*Basic nutrition for when urine and saliva test above 6.8 pH.*

Start with Steps 1, 2 and 3, and continue adding steps until you achieve desired results. Be sure to monitor your progress with easy-to-use NSP pH test strips.

- 1. Enzymes are essential.** Use 1–2 Food Enzymes or Proactazyme with meals. For stronger enzymatic action, use 1–2 High-Potency Protease and Thai-Go (see p. 14) between meals on an empty stomach.
- 2. Support urinary and lymphatic systems' ability to excrete toxins.** Take Kidney Drainage and Lymphatic Drainage in water according to directions. Then use Lymphomax and Urinary Maintenance to maintain.
- 3. pH GreenZone.** Use the pH GreenZone drink mix (see p. 14).
- 4. Liver detoxification.** Take 2 tablets twice daily of Milk Thistle Combination with N-Acetyl-Cysteine.
- 5. Calcium and magnesium are beneficial!** Use NSP's milk-free Liquid Calcium—this product contains calcium lactate (pH of 3.0), phosphate and citrate. For extra support, take Magnesium Complex to bowel tolerance.
- 6. Vitamin C.** Use Timed-Release (not buffered). This will lower high pH levels. Use 3,000 mg or more—to maximum bowel tolerance. (If diarrhea occurs, reduce intake.)
- 7. Flax Seed Oil.** Use 1 capsule three times a day or 2 tablespoons of oil daily. (Use in salad dressings or add to pH GreenZone.)
- 8. Cleanse as needed.** Use 2 or more capsules each of LBS II and Psyllium Hulls at bedtime to maintain proper elimination. Take the Tiao He Cleanse or the CleanStart cleansing program twice a year.

For extra support for an alkaline pH, be sure to take the following steps to maintain healthy digestion and to re-supply your minerals.



### Other helpful hints:

- Eat more acid-forming foods (see chart on page 15), especially those that contain phosphorus, sulfur and chlorine, including whole grains, beans and other proteins. Follow the principles of the *Blood Types, Body Types and You* by Joseph Christiano.
- Eat a lot of high-fiber foods.
- It may be necessary to avoid red meats, cheese, nuts and nut butters depending on your digestive ability.
- Take 1 tablespoon apple cider vinegar with a little honey three times a day.
- Take Liquid B<sub>12</sub> Complete and Bifidophilus.
- Drink 8 glasses of Nature's Spring<sup>®</sup> water daily.
- Dry skin brushing and bath soak: 1 cup Epsom salts and 10 capsules Ginger. Soak for 20 minutes. Then rinse.
- Strengthen glandular system with Cellular Energy, which contains alpha-ketoglutaric acid.

## *What if my pH is near 6.4?*

*pH Balance Maintenance Program—(if both urine and saliva average between 6.4–6.8)*

### **1. Enzymes** *Without enzymes, the body cannot maintain a balanced pH.*

**Food Enzymes** (Stock No. 1836-9) supplements the body's production of enzymes necessary for proper digestion and thereby supports correct mineral utilization (especially calcium).

**Protease-Plus** (Stock No. 1841-7), taken between meals, supports the breakdown of proteins systemically.

### **2. Calcium and Magnesium** *These are two of the most important minerals in maintaining pH balance.*

Bones are affected by pH perhaps more than any other part of the body. **Skeletal Strength** (Stock No. 1806-7) is highly beneficial.

**Magnesium Complex** (Stock No. 1859-8). Magnesium is a vital element and is essential for over 300 biochemical reactions, including glucose metabolism and production of cellular energy, maintaining regular heartbeat and supporting vein health.



**3. Minerals** *Alkaline minerals are essential to a balanced pH.*

**Colloidal Minerals** (Stock No. 4013-6) and **Mineral Chi Tonic** (Stock No. 1818-3)

provide an array of essential trace minerals.

**Liquid Chlorophyll** (Stock No. 1683-7) offers excellent body-cleansing support while providing vital minerals from green alfalfa plants that are easily assimilated by the human body.



**4. Cleanse as needed** *Use LBS II, Psyllium Hulls, CleanStart or the Tiao He Cleanse.*

**5. Diet** *Eat a balanced diet of 80% alkaline-forming foods and 20% acid-forming foods (see accompanying chart).*

Follow the principles of Blood Types, Body Types and You by Joseph Christiano.

### Summary

1. Maintaining pH balance is the foundation of your health-building program.
2. Follow the principles of eating right for your type to better match the fuel that your body's "engine" specifically needs.
3. Follow your personalized herbal and food supplement program.

## Most Simple Program for Daily Maintenance

### 1. 90 Day Challenge

Mix 2 T (1 oz.) each of VitaWave and Thai-Go with 1 1/2 teaspoons of Nature's Three in a 1/2 gallon of water. Drink this throughout the day. Twice a day, take your enzymes with meals. Take Super Omega 3 EPA and Bifidophilus before bedtime. Follow label recommendations for all products.

### 2. pH GreenZone Cocktail

**pH GreenZone** (Stock No. 1091-5) facilitates energy-yielding metabolism while promoting waste elimination and immune health.

Add 1 teaspoon pH GreenZone plus 1 teaspoon each of Kidney Drainage and Lymph Drainage to 1 quart water, plus sweetener to taste. Drink throughout the day.

This unique blend of nutrition may:

- Aid in weight loss.
- Reduce fluid buildup in tissue.

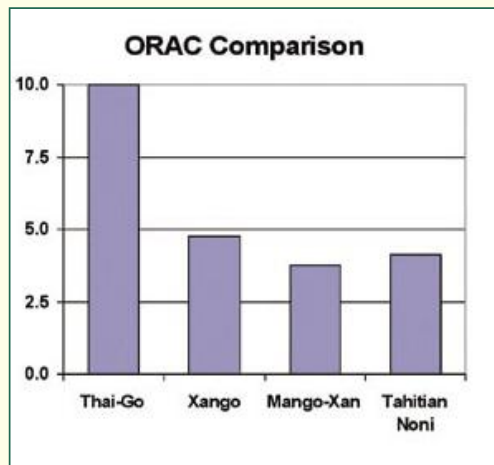
### For additional support, Thai-Go™ Cocktail

2 T	Thai-Go
1 T	VitaWave
1 scoop	Nature's Sea Calcium (if pH is 5.8-7.2) or
1 T	Liquid Calcium (according to pH)
	and stevia to taste

Mix and add to water or juice once or twice daily.

This unique blend of nutrition may support white blood cell production. (See chart.)

Note: Cocktails may be combined.



## Food Effects on Acid–Alkaline Body Chemistry, The Effects of Common Foods on pH Balance

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple syrup, Rice Syrup	Raw Honey, Raw Sugar	<b>SWEETENERS</b>	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates/Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	<b>FRUITS</b>	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives	<b>BEANS VEGETABLES LEGUMES</b>	Cooked Spinach, Kidney Beans, String Beans	Potatoes, Pinto Beans, Navy Beans, Lima Beans, Soybeans	Carob
	Almonds	Chestnuts	<b>NUTS/SEEDS</b>	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Olive Oil	Canola Oil	<b>OILS</b>	Corn Oil, Flax Oil		
		Amaranth, Millet, Wild Rice, Quinoa	<b>GRAINS CEREALS</b>	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			<b>MEATS</b>	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Pork, Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	<b>EGGS DAIRY</b>	Eggs, Butter/Yogurt, Buttermilk, Cottage Cheese, Soy Milk	Soy Cheese, Raw Milk,	Cheese, Homogenized Milk, Ice Cream
Lemon Water Herb Teas	Green Tea	Ginger Tea	<b>BEVERAGES</b>	Tea	Coffee	Beer, Soft Drinks

References: *Acid & Alkaline* by Herman Aihara, *Alkalize Or Die* by Theodore A. Baroody, Ph.D., N.D.

**Eat 80% alkaline foods and 20% acid foods for perfect pH balance.**

*Your Independent Nature's Sunshine Distributor is:*

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**NSP Sponsor ID# 230475**  
**800-728-2425**  
**[www.askmara.com](http://www.askmara.com)**



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*pH testing is not a diagnostic test,  
but a useful tool in evaluating overall health.*