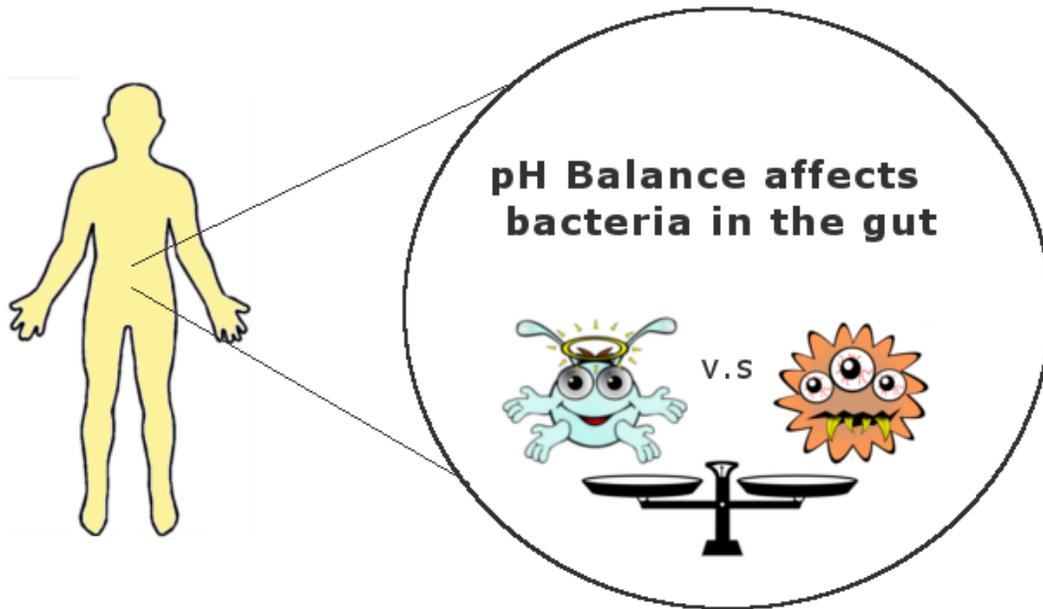
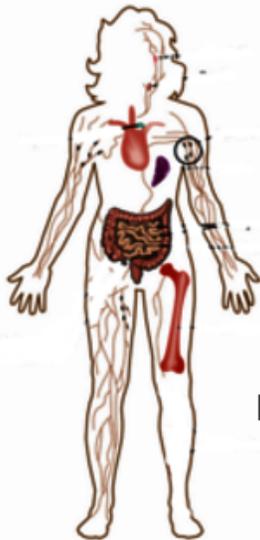


# Healthy pH Balance a Matter of Life or Death

- Leo McDevitt
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An alkaline pH balance in the gut supports beneficial probiotics



**Lymph System** - Creates immune cells

**Intestines** - Destroys invading bacteria

**Bones** - Create white blood cells

**The immune system works best at an alkaline pH**

## **A healthy pH balance means a healthy immune system**

The body's immune system is our only line of defense against a world filled with bacteria, viruses, fungus, yeasts, and molds. The onslaught is constant, beneficial and harmful bacteria wage a constant war for supremacy in your intestines, airborne mold assaults your sinuses, and yeast tries to grow on you whether you like it or not! The pH balance in your intestines is what determines whether the good bacteria will win, or the bad.

To win the battle, your immune system has to be able to defeat these invaders 100% of the time. Should the immune system have a weak moment, or become compromised, the misery of disease is sure to follow. Worse yet, is a compromised immune system that attacks itself, resulting in autoimmune diseases such as allergies.

## **How pH balance Affects the Immune System**

The immune system depends on several systems in the body in order to function at peak efficiency. Some of the systems that the immune system depends on are: the digestive tract, lymph system, blood, and interstitial fluids (between cells). Most of the body's systems depend on an alkaline pH balance for proper function, except for the inside the stomach and urinary tract which normally have an acidic balance.

The cells that make up these systems "breathe" in nutrients, water and oxygen and they "exhale" acidic metabolic wastes. Cells will exhale wastes when the environment inside of them becomes more acidic than the environment outside of them. If the body's environment becomes too acidic, the cells can't exhale wastes.

In short, a pH imbalance can cause the cells to suffocate, and when that happens, the functions of the body that depends on those cells start breaking down. When the systems that support the immune system become weakened by this suffocation, the function of the immune system will break down. Continuous cell suffocation will result in cell death, and body death will invariably follow. —

## **The Alkaline Way to pH Balance**

In *The Alkaline Way: Integrative Management of Autoimmune Conditions* Dr. Russell Jaffe, a pioneer in immunological research, explains how maintaining an alkaline pH balance supports a healthy immune system, and prevents autoimmune diseases:

The goal of this approach is to reverse intracellular acidosis, which impairs electron transport, reduces energy production, and impedes detoxification. Immune responses directly and indirectly generate substantial amounts of acidic products.

Essentially, the immune system itself generates acidic wastes! These acidic wastes must be dealt with in order to keep the immune system functioning efficiently. Dr. Jaffe's *Alkaline Way* depends on four things to maintain the body's alkaline balance:

- Alkaline Foods
- Alkaline Water
- Mindfulness/ Meditation
- Exercise

Each part of the Alkaline Way is important. Alkaline foods and water provide buffers – alkaline compounds that the body uses to counteract cell-suffocating acidic wastes. Mindfulness reduces stress, which is important because stress does contribute to body acidity. Exercise reduces stress, and maintains a healthy heart which is necessary in order to maintain the movement of blood that carries nutrients and oxygen to the cells, and removes wastes from them. =

## **How Alkaline Water helps you achieve a healthy pH Balance**

Alkaline water is rich in important alkaline minerals, and research proves that drinking alkaline water is the best way to get your minerals. Studies have shown that waterborne alkaline minerals are 30% better absorbed than food based minerals. Along with the minerals, alkaline water will help raise the pH balance of the stomach and intestines, which can result in long-term improvements in digestive health. As a matter of fact, in Japan, alkaline water is actually prescribed by doctors for an upset stomach!

### **References**

- [1] Dr. Darrell Wolfe (2006) *The Importance of Your Body's pH Balance* The Wolfe Clinic
- [2] Dr. Russell Jaffe (Nov 2010). *The Alkaline Way: Integrative Management of Autoimmune Conditions* Townsend Letter Group (Retrieved 2/22/11 from Ebsco Host)