

Acidic Diet & Lifestyle

Environmental Pollution & Acidic Diet



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|-------------------------|------------------------|
| ☠ Stress | ☠ Food Coloring |
| ☠ Pollution | ☠ Pesticides |
| ☠ Household Chemicals | ☠ Insecticides |
| ☠ Pharmaceutical Meds | ☠ Herbicides |
| ☠ Artificial Flavors | ☠ Growth Hormones |
| ☠ Artificial Sweeteners | ☠ Industrial Practices |
| ☠ Preservatives | ☠ Coffee |
| ☠ Sodas | ☠ Alcohol |
| ☠ Energy Drinks | ☠ Purified Waters |
| ☠ Carbonated Drinks | ☠ Fast Foods |

Our bodies are designed to maintain a healthy, slightly pH alkaline balance. However, environmental pollution, stress and an acidic diet contribute to over acidity in the body. Over acidity can build up overtime diminishing the body's ability to properly detoxify, neutralize and rid of waste.

Accumulated waste results in poor circulation of oxygen in our cells creating a deficient and acidic imbalance. This imbalance, combined with poor hydration, is a major contributor of stubborn weight loss, fatigue and low body performance.

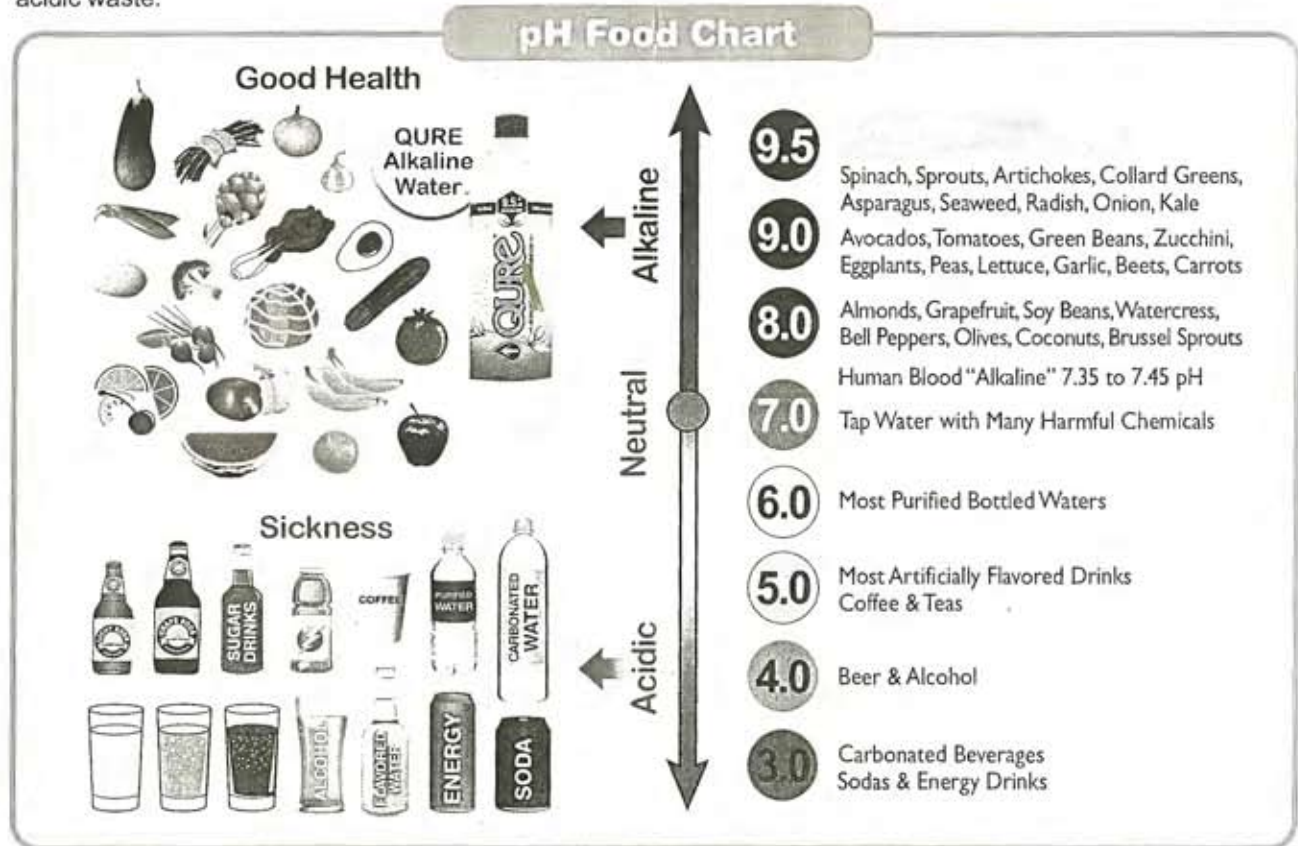
A serious case of over acidity can lead to many ailments and diseases such as:

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|-----------------------|-------------------|
| ☑ High Blood Pressure | ☑ Overweight |
| ☑ High Cholesterol | ☑ Obesity |
| ☑ Over Acidic Stomach | ☑ Kidney Stones |
| ☑ Acid Reflux | ☑ Gout |
| ☑ Constipation | ☑ Ulcers |
| ☑ Fibromyalgia | ☑ Candida |
| ☑ Inflammation | ☑ Psoriasis |
| ☑ Heart Disease | ☑ Bad Skin |
| ☑ Arthritis | ☑ Chronic Fatigue |

Source: DR. Robert O. Young, Ph.D. Author & Microbiologist

The Acid & Alkaline Balance

According to the American Journal of Clinical Nutrition, our bodies are constantly adjusting to maintain a slightly alkaline pH by neutralizing acids. In order to maintain a healthy internal pH balance, we must properly hydrate and consume a mix of healthy nutrients commonly found in foods like organic vegetables and fruits. Most fruits and vegetables are rich in natural alkaline minerals that help our bodies neutralize acids, and aids with replenishing, reducing, compensating, neutralizing and balancing acidity while helping your body rid of acidic waste.



Alkalizing Fruits & Vegetables

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| Apple | Honeydew Melon | Alfalfa | Eggplant |
| Apricot | Orange | Broccoli | Green Beans |
| Banana | Peach | Brussel sprouts | Lettuce |
| Berries | Pear | Cabbage | Mushrooms |
| Blackberries | Pineapple | Carrot | Pumpkin |
| Cantaloupe | Raisins | Cauliflower | Squashes |
| Cherries | Raspberries | Celery | Sweet Potatoes |
| Coconut | Strawberries | Collard Greens | Watercress |
| Grapes | Watermelon | Cucumber | Wheat Grass |

