

REGAINING YOUR HEALTH & THE pH CONNECTION

If you can regain, and then MAINTAIN your body's pH levels to a healthy state, you will have set up possibly the VERY best fortress against disease that is available to you.



At Back2Strength, we emphasizes the inherent recuperative powers of the body to heal itself without the use of drugs or surgery.

The practice of chiropractic focuses on the relationship between the structure of the spine and the nervous system and how that relationship affects the preservation and restoration of health.

The nervous system controls every cell of your body. Nerve impulses flow from the brain, down the spinal cord, and to every organ and tissue.

Impulses sent back to the brain confirm that the body is working as it should. Poor spinal alignment and/or mobility can interfere with this exchange of information by irritating adjacent nerves. The result of choked or irritated nerves is degraded or distorted messages to and from your brain.

Chiropractic care helps restore the integrity of the nervous system by reducing interference caused by poor spinal alignment and/or mobility. Chiropractic adjustments are safer than back surgery, muscle relaxers and even aspirin!

When we think of "malnutrition," we recall television and magazine images of underfed, emaciated children, from third-world countries. However, in the United States alone, over 90% of our population is ALSO malnourished to some degree! How is this possible, when we boast more food options in America than anywhere else in the world?

Simple! The vast majority of the foods we eat are processed foods. In other words, they are: bleached, de-mineralized and depleted of most of their natural nutrients. So while we eat all of these mostly *empty calories*, to our heart's content, *or rather our heart's discontent*, our bodies are growing fatter and sending out signals that we are STARVING!

The evidence that the Western diet is largely responsible for just about every single metabolic and degenerative disease known to man, is indisputable.

In a country that boasts the very *best* healthcare in the world, why do we maintain the HIGHEST rates of: obesity, arthritis, cancer, heart disease and strokes anywhere? Mostly, due to the foods we consume.

So what do you do? Where do you start?

You start with balancing your pH levels, and this is done, in most part, by the foods you eat.

If you remember nothing else about what we suggest here, remember this...

If you can regain, and then MAINTAIN your body's pH levels to a healthy state, you will have set up possibly the VERY best fortress against disease that is available to you.

Before we get into the "hows," let's begin with a little *ed-you-cation*...

What does pH mean?

pH is the *scale* that measures the acidity or alkalinity of our body. In fact, when most of us think of pH, we think of our fish tanks, swimming pools and hot tubs, and the countless hours we spend ensuring these levels are where they should be. *But what pH means to our body is so much more important!*

A pH range can scale from 1 to 14, with 1 being the most acidic, 14 being the most alkaline, and 7 being *neutral*. The ideal **blood** pH range for your body is between 7.4 – 7.5, (just slightly alkaline), and your body will drop just about everything to maintain this level. Why is this important?

Because, a pH level that is consistently acidic (*a condition called: **acidosis***) is the breeding ground for most metabolic and degenerative diseases. The closer our blood pH is to the ideal alkaline target, the more difficult it is for ANY disease, to flourish.

HEALTH FACT:

No matter your age, or what stage of disease you are in, if you start eating a healthier diet, focused on a healthy pH balance, YOU WILL START TO FEEL BETTER.

How pH effects our system

All humans live and die at the cellular level. Our body is made up of trillions of cells. All of the living matter in our bodies is made from cells. Every move you make, every thought you think is impossible without your cells. When these cells are unhealthy, your physical and mental abilities suffer.

Cells are meant to be slightly alkaline, and must maintain this slight alkalinity in order to stay healthy and alive. Moreover, healthy alkaline levels provide the NEEDED oxygen required by our body's cells to stay healthy and to successfully fight disease.

In 1931, Otto Heinrich Warburg, Ph.D. won a Nobel prize for showing that cancer thrives in anaerobic (without oxygen), or *acidic*, conditions. Two factors ALWAYS present in cancer are: an acid pH and lack of oxygen. Conversely, cancer cells have a very difficult time surviving in the presence of cells that are properly oxygenated. This can be said of any virus, bacteria, fungus and/or parasite existing in your body.

If you have a health problem, you are very likely suffering from acidosis. Perhaps a more accurate statement would be:

If you have a health problem, it is most likely caused by acidosis.

Again, this is because disease flourishes in an acidic state and cannot survive in a properly alkalized state.

A prolonged state of acidosis can result in, or severely worsen, conditions, such as: rheumatoid arthritis, osteoporosis, osteoarthritis, diabetes, lupus, fibromyagia, tuberculosis, osteoporosis, high blood pressure, and cancers.

What causes acidosis?

Acidosis is the PRIME indicator of a mineral deficiency. When your body is deficient in minerals and other nutrients, such as: calcium, it will "borrow" the calcium from your bones, teeth and organs. *This sounds like the "red carpet" treatment for all arthritic diseases!*

Further aggravating the situation, is the consumption of copious amounts of over-the-counter and prescription drugs, to alleviate the symptoms of health problems caused by acidosis. Most of these medicines are KNOWN TO DEplete many of the minerals and vitamins your body needs to recover! That is not to say that you should stop taking any prescription medications you may currently be taking. This could be very dangerous. However, your health DEMANDS your ACTIVE involvement, and that means asking questions, and doing your research before putting potentially lethal substances in your body.

Testing your Ph Levels

You can test your pH levels in the privacy of your own home. To do this, you will need to purchase pH paper, or litmus strips from your local health food store, or pharmacy.

There are two at-home methods for testing: saliva and/or urine testing. The results of urine testing indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals, are referred to as acid buffers, or electrolytes and are used by the body to control acid levels. In other words, MINERALS, *ESPECIALLY CALCIUM*, ALKALINIZE THE BODY! You can also test your saliva's pH; however, the pH levels

of your saliva can fluctuate more than urine levels throughout the day, and are therefore a bit less accurate.

Before we continue, you need to know that a urine test only reflects the food or drink you have recently consumed, or in the case of first-morning urine, the work your kidneys have done, the night before, in buffering your body's acids.

This is an important distinction, because urine testing is only an INDICATOR of your overall body's pH range. In other words, certain parts of your body require a more acidic level, while others necessitate a more alkaline level. The most important level however is the blood pH, and that NEEDS to remain slightly alkaline, as mentioned above.

Your physician can draw blood for a more accurate and comprehensive pH test if you prefer. For most of us however, urine testing is a very adequate way to gauge your body's pH levels.

Morning urine tends to be more acidic than any other time of the day. If the first urine is not acidic, it can be a sign that acids are remaining in the body because the kidneys are not flushing them out properly.

Therefore, ideally, you want your first-morning pH between 6.5 – 7.5, with an occasional, albeit, not regular higher reading. This reading range indicates that your overall metabolic pH is slightly alkaline and that the small amounts of acids that build up,

from normal metabolism, are being properly excreted. If, however, your morning urine reading is below 6.5, than you need to make some changes to begin alkalizing your diet.

Before we begin...

BE CONSISTENT! Do not think for one moment that eating all the right foods for a week or two, and then resuming your old eating patterns is going to permanently negate an overly acidic system. This has to be a LIFETIME COMMITMENT. Also...

BE PATIENT! It has taken you years of IMPROPER nutrition to develop chronic acidosis, and any health conditions related to acidosis; it will take some months, if not longer, of diligence to get your body's pH balance within a healthy range again. The GOOD NEWS is you will most likely begin to feel the effects of a properly alkalized diet within days.

Finally, recall that acidosis is a "prime indicator of a mineral deficiency." However, it is important to note that both vitamins and minerals are micronutrients, and need to work together for optimally cell health. And while our bodies can manufacture SOME vitamins on its own, minerals must come from our diets or supplements. Why? Because minerals originate from the Earth and cannot be created by any living plant. Conversely, plants, though not mineral makers, DO get their minerals from the soil. Therefore, what minerals we consume from our diets alone come directly from plant sources, and indirectly from animal sources.

Let's begin! ...

The first step: Buy yourself a notebook. Keep a journal of your morning and daily pH readings, as well as all of the foods and drink you consume. Use one piece of paper for each day. Note the date at the top, and the times of each entry. Also note how you feel. How you feel after consuming food or drink is an important indicator of the *rightness* of the food. For instance, food should never leave you feeling tired. You should feel energized, awake and alert.

The second step: In addition to your first-morning urine test, take several pH readings throughout the day. Depending on what you eat, these frequent readings may be "all over the place." However, slightly alkaline readings are a good sign. Record these readings, in your journal. The best rule of thumb is to test 2 hours AFTER, or ½ hour before a meal.

The third step: Eat at least 70% of your foods from alkaline sources, and the other 30% from acid sources. Some *stricter* adherents to pH diets recommend an 80-20% ratio of alkaline/acid consumption. You will be able to determine soon enough what works, and what doesn't. Note - YOUR BODY WILL GIVE YOU THE VERY BEST FEEDBACK!

Acidic sources include: Red meats, chicken, fish, poultry, whole grains, soda, caffeinated beverages, etc. Whereas alkaline sources include most all: vegetables, fruits, some nuts, lentils, chickpeas, sweet potatoes, etc.

The forth step: Eat PLENTY of RAW fruits and vegetables. Most foods lose much of their minerals and nutrients in the cooking, baking and frying process. So, whenever possible, eat them raw. Fruits may seem contraindicated, given their obvious acidity; however, it is

NOT the acidity of the food OUTSIDE of the body that counts, rather it is the alkalinity of the residue left after the digestive process has used up their acidity. *Oranges, lemons and limes, for instance, are some of the most alkalizing foods you can consume.*

Chew your food! Chewing your food is the first step in the digestive process. This means taking smaller mouthfuls. When you chew your foods properly, it mixes with the digestive enzymes in your saliva. Digestion is a complex process that extracts the nutrients and other useful materials from the food you eat, while discarding the rest as waste. Chewing your food properly helps your body get more out of the foods you eat. Moreover, chewing properly speeds up the digestion process, as well as creating less strain on the digestive track.

All beef, poultry and fish are naturally acidic. For most of us, there is no need to cut these out of our diet, just keep the portions small and reasonable and eat according to the 70 – 30% alkaline/acid ratios previously mentioned.

GET RID OF THE TABLE SALT AND REPLACE IT WITH UNREFINED SEA SALT!!!!!!!

Salt is an ESSENTIAL nutrient. However... *We are NOT referring to table salt!* Today's table salt has nothing in common with natural, unrefined sea salt, an essential nutrient. Unrefined sea salt once sold for its *weight in gold*. It is LOADED with trace minerals, and is one of the most alkalizing foods on the planet. Table salt, on the other hand, leads

the list of the most HIGHLY ACIDIC FOODS we consume, and the Western diet includes A LOT OF IT! Table salt is bleached, de-mineralized sodium chloride. With the exception of added iodine, table salt has no nutritional value. Some of the benefits of unrefined sea salt include: stimulation of saliva, the balancing and replenishing of the body's electrolytes, providing high resistance to infections and bacterial diseases (remember: acidosis is in large part due to a mineral deficiency), helps to balance alkaline/ acid levels, helps to restore good digestion, greatly helps to reduce toxins in the body, and...

SUPPLIES 82 VITAL TRACE MINERALS VITAL TO CELLULAR MAINTANENCE!

Drink PLENTY of water! Second only to oxygen, water is your body's most important life source. Let's make it even simpler: *Poor hydration results in lower Ph levels.* So, how much water should you drink daily? You should drink between ½ oz & 1 oz of water for every pound of body weight. (E.g., A 150 lb woman should drink between 75 - 150 oz of water every day.) Most of us are not used to

consuming this much water, so spice it up with the juice from a lemon, an orange or a lime. This will increase the alkalinity of your water. SPECIAL NOTE: TRY TO AVOID TAP WATER! If at all possible, purchase mountain spring water, or get a distiller or filter for your kitchen faucet to remove excess chemicals and metals that may be in your city's water system.

Invest in a GOOD multivitamin & mineral supplement. Taking vitamins and mineral supplements will not make up for an unhealthy diet. Moreover, vitamins will always be an INFERIOR substitute for nutrients from fresh fruits, vegetables, whole grains, and meats; HOWEVER, a general multivitamin and mineral supplement can be a very helpful safeguard. There are many decent products on the market: Though we sell many at our online store, *OakwayHealthCenter.com* the one we most recommend is: **Nutrient 950 by Pure Encapsulations.** *Nutrient 950* is a complete hypoallergenic, high-nutrient, bioavailable multi-vitamin, multi-mineral and trace element supplement.

Nutrient 950 offers an advanced mineral delivery system, and the

highly desirable coenzyme forms of B vitamins to promote optimal absorption of the nutrients. In addition, it provides a high profile of free radical scavenging antioxidants. This is a gentle, hypoallergenic formula that is well tolerated by sensitive individuals.

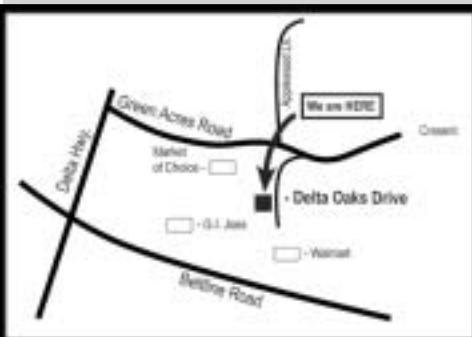
DO YOUR RESEARCH!!!!!!

To get you started, we recommend you read: *The Acid-Alkaline Food Guide: A Quick Reference to Foods & Their Effect on pH Levels*, by Susan Brown, PhD, CCN. You can purchase this at your local bookstore or at Amazon.com for \$7.95. There are many other *pH books* available, as well as loads of information accessible online. Most have some very helpful information; however, *caution is the byword.* There is also a lot of bad, as well as conflicting, information out there. Take what makes sense, go with it and LEAVE the rest. You may have to conduct a bit of research, and some personal experiments before you are comfortable embarking on this new way of eating fully.

Once you undertake this adventure, you will soon begin to feel the effects of a healthier you.

Natural, unprocessed foods, prepared in your own kitchen, by your own hands will begin to tantalize your tastebuds like they've never been tantalized before. Once you're on the "ground running," it will be very easy AND fun to...

~ Eat to your heart's CONTENT! ~



At Back2Strength...

Our Mission is to relieve pain, restore function and reduce the need for spinal surgery.

Come on in and take a tour of our facilities!