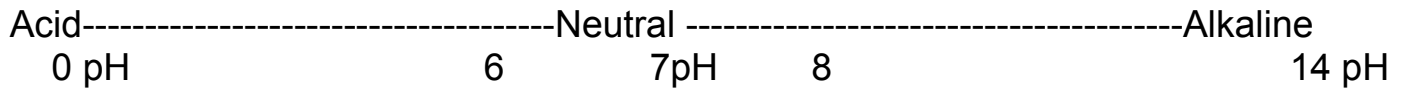


Acid- Alkaline Balance Acid runs your Battery not your Body



95% of people are too acid: burned out & stressed out

Acid

- toxic to all cells, reduces formation of glycogen
- muscles fatigue easily, slow down
- free radical oxidation- you age faster
- vitamins & minerals are not absorbed
- friendly bacterial in small intestine die
- ability of intestinal wall to absorb nutrients impaired- deficiencies
- leaky gut- allergies, arthritis
- skin, hair loses tone, texture
- premature ageing, bad hair day
- sleep pattern disturbed
- cold, infections, headaches
- cells are "stressed" with toxins build-up and not removed
- mental energy depleted
- physical energy is reduced
- osteoporosis- acid leaches minerals out of bones
- cancer- happens in an anaerobic environment
- angry, argumentative, violent, mental dullness
- one glucose molecule creates 3 ATP
- from: stress, excess work, exercise

Alkaline

- increases glycogen formation
- higher muscle output
- antioxidant
- increased assimilation at cellular level
- reduction of candida (yeast) overgrowth
- less arthritis, parasites cannot survive easily
- skin more elastic, youthful
- deeper more restful sleep
- suffer from fewer colds, headaches, flus
- toxins are removed from cells
- legal natural high
- abundant physical energy
- chemistry won't support osteoporosis
- increased mental acuity, mental alertness , higher IQ
- one glucose molecule creates 34 ATP
- from: meditation, massage, yoga



Sunrider Leader
 Diana Walker
www.diana1.com
sunridermom@gmail.com

Diet ***Be Energized- Be Alkaline***

1. Eat 75% alkaline food, 25% acid by volume daily
2. Eat Sunrider whole foods – all these foods balance out the body Spirulina is particularly good.
3. Chew your food well. Saliva is alkaline and you can produce 2 gallons a day
4. 3 times/ day add 1-2 tbs. lemon juice to water
5. Add 2 tbs. of apple cider vinegar to water before meals

Tracking your pH: 4.5-6= acidosis

Urine: morning 6.8 evening 7.0-7.4
 Saliva: morning 6.5 " "

7.5-8=alkalosis

dependent upon stress & diet of last 12 hr.
 " " " " " " " " " 5 day