

Are You ready for the TRUTH on pH balancing...

-and how it can guide your risk of cancer, heart disease and diabetes to near zero?

Good Health is all about pH Balance!

The term **pH** refers to the acidity or alkalinity of a substance. Easy to understand examples are spas, swimming pools, planting soil and fish tanks. **pH** is measured on a scale of 0.0 to 14.0. Values less than **pH 7.0** are acidic, and values over **pH 7.0** are base or alkaline. Pure water has a pH value of 7.0 – a perfect balance of acids and alkaloids.

A common definition of **pH** is “potential Hydrogen”. This definition is reasonably accurate.¹ But for practical purposes, I like to define **pH** in terms of its effect on human health and I frequently call it the “power to Heal.”

What is Your Power to Heal (pH)?

The human body is a marvelous creation, designed to be self-healing. When it is balanced and functioning properly, it will repair itself. Your body will automatically correct imbalances and diseased conditions through its homeostatic mechanism (a survival system) which seeks to maintain a constant **pH 7.365** in the blood.

The body protects this **pH** balance by depositing and withdrawing alkaline or acidic minerals from other locations in the body including the bones, vital organs, soft tissues, and body fluids.

Our “power to Heal” is at its greatest potential when the **pH** of the body’s clear fluids remain in the **Healing pH range™ of 7.1 to 7.5**. This slightly alkaline condition is vital to the body’s ability to perform cellular repair and maintain natural healing. A fasting saliva **pH** test is the quickest, easiest, and most accurate way to establish our immediate healing potential.

“One of the fastest ways to unblock natural healing pathways in our body is by achieving and maintaining proper pH balance.”

Lack of pH Balance and Poor Health

We read everywhere that cancer cannot exist in an alkaline environment. Nearly all degenerative chronic diseases of modern man, including cancer, heart disease, diabetes, arthritis, osteoporosis, high blood pressure, fibromyalgia, asthma, and tooth decay are associated with excess acidity (**pH 5.0 to pH 6.5**) in the clear fluids of the body.²

The U.S. Center for Disease Control believes that these chronic diseases are among the most preventable.³ As Director of Positive Nutrition Institute, I have found this to be true. This educational booklet outlines one way of removing a major roadblock to the natural healing pathways in the human body.

Excess acid in the body dissolves both teeth and bones. Excess alkalinity creates even more severe problems for the body, including vomiting, seizures, chronic indigestion, over-excited nerves, thick blood, edema, night cramps, and bone spurs.⁴

Poor pH balance is known to disrupt digestion and inactivate vital body functions. One encyclopedia puts it this way “Enzymes and other proteins have an optimum **pH** range and can become denatured [or altered natural qualities] outside this range.”⁵ Can you see how this is important to good health?

Dr. Robert O. Young has pointed out that every single cell in the human body is affected by the **pH** levels of the clear fluids of the body.⁶

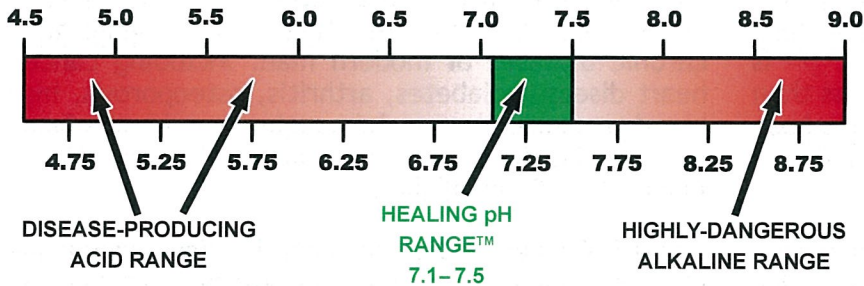
Regardless of the health situation you are faced with, you should monitor your progress toward a proper acid/alkaline balance by testing your saliva **pH** level weekly. Your results will indicate your susceptibility to cancer, heart disease, and diabetes.

3 Steps to Life-long pH Balance and Good Health

1. Test your saliva pH one-time every week.
2. Take Cell Power® DAILY to balance pH quickly.
3. Consider other factors that work against your body’s natural pH balance.

1

Test your saliva pH ONE TIME every week.



Why is saliva pH testing a simple gauge of my health?

The pH level of your saliva is a powerful indicator of health because:

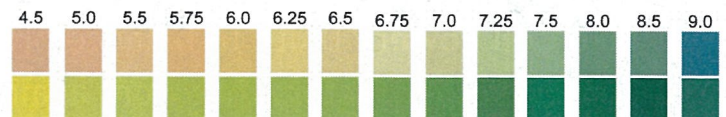
1. Saliva is part of the clear fluids that make up over 55% of your body weight. These clear fluids fill the body and include lymph fluid, intracellular fluid, organ cushioning fluid, spinal fluid, cranial fluid, the fluid that surrounds the heart, and the synovial fluid that fills the joints.
2. The saliva pH test is convenient. Testing is most accurate when done first thing in the morning. However, you get a good indication anytime day or night when it has been:
 - 2 -3 hours after food and beverages,
 - 1 hr after chewing gum /teeth brushing,
 - 5 mins since drinking water.
3. Saliva pH testing can be done at home, in the health food store, the wellness clinic, or the doctor's office. It only takes about two minutes total to test and log your results.

Saliva pH Testing is the simple way to take control of your own health. It is easy to help your family, friends, and neighbors to learn to do the same for themselves.

Here's the weekly plan:

- 1 Every Saturday or Sunday morning before you eat or drink anything or even brush your teeth, place some saliva directly into a plastic spoon (a stainless steel metal spoon may also be used).
- 2 Immerse a pH test strip in the saliva and stir carefully for 30 seconds or longer.
- 3 Match the colors of the pH strip to the chart that comes with your pH test strips (see example below). Record the reading on your weekly test chart. The **Healing pH Range™** is 7.1 to 7.5.
- 4 Continue to test weekly until you have been in the **Healing pH Range™** for 3 or 4 months in a row. Then you can reduce testing to once per month. If you ever test outside of the **Healing pH Range™**, resume weekly testing until you have it under control again.

(My wife and I, and our 5 girls at home, are pH balanced because we have been following this program for 3 years. It's a plan I will follow lifelong. It's always fun when I break out my pH test kit at family reunions too!)



2

Take Cell Power® DAILY to balance pH quickly.

Isn't changing my diet the best way to balance my pH?

Not always. The average time for a highly acidic individual to balance their lymphatic pH through diet changes alone is 12 months. The fastest I have seen it done is 5 months. This usually involves a radical change in dietary choices and habits, which may not be sustainable, and especially difficult to do when you don't feel well.

If you really need to establish healthy pH balance quickly (i.e. feeling tired, not healthy, at risk of major disease), I advise using something as powerful as Cell Power® to help your body get balanced in 2 to 3 weeks.

Should I 'alkalize' my body?

It is better to help your body 'normalize' its own pH levels. Vital organs and muscles need to remain in the slightly acidic pH range to function properly. Clear body fluids need to be maintained in the slightly alkaline pH range.

We have found that Cell Power® promotes an abundance of both free hydrogen ions and hydroxyl ions. This helps the body recover quickly from either high acidity or being overly alkaline.

What about drinking high-pH alkaline water?

You should be very cautious when drinking ionized or alkalized water with a pH 8.0 or higher.

Be sure to read the warnings that come with water purifiers that have high alkaline settings. Consuming high-pH water can be a serious health risk when it leads you to over-alkalize your body.

High-pH alkaline water will interfere with digestion. When using Cell Power®, high-pH water blocks the balancing energy of this dietary supplement.

Cell Power® drops are best taken with distilled, reverse osmosis, or filtered spring water.

What happens when a person balances their pH levels?

When a person is able to maintain the clear fluids of their body in the Healing pH Range™ for several consecutive weeks, we have seen the following health benefits over time (results are typical, but may vary).

Month 1: The body is able to balance its pH with the help of Cell Power® at the therapeutic dosage of:

- Adults: 30 drops per day in 60 fl. oz. or more of pure water. (This can be taken at one time or spread throughout the day).
- Children/teens: 1 drop per day for each year of age (ie. age 13 = 13 drops in 26 fl.oz. or more water).

Month 2: The body begins to regain its natural healing ability. We see conditions like fibromyalgia and carpal tunnel begin to disappear.

Month 3: Healing progress continues. If uninterrupted, conditions like high blood pressure and arthritis have been known to heal.

Month 4: With the stress of acidosis off the vital organs, conditions like type-II diabetes begin to clear up as the body continues to heal itself. ⁷

Additional benefits of long-term pH balance:

As weekly saliva readings are maintained in the Healing pH Range™ month after month, the healing capacity of the body will continue to increase. Individuals often experience:

- Strengthened immune system.
- Peace of mind, less anxiety.
- Lower risk of cancer, diabetes, heart attacks, strokes.
- Lower incidence of candida, fungus, mold, and bacterial growth.

"The pH level of your saliva is a true representation of the acid-alkaline balance of the clear fluids that fill your body."

3

Consider other factors that work against your body's natural pH balance.

Are all acids bad?

No. The human body is designed to work best with a healthy balance of good acids and good alkaloids that keep each other in check. Good (balancing) acid sources include:

- fresh citrus fruit
- fresh onions and garlic
- organic apple cider vinegar
- vitamin C (ascorbic acid)
- all essential fatty acids

Harmful acid sources include:

- Juices from concentrate (choose fresh-squeezed juices only)
- meats from grain-fed cattle (choose free-range, grass-fed beef and bison)

Heavy metal and heavy chemical contamination contribute to acid levels. These are now commonly found in:

- drugs, including prescription and over-the-counter medications
- seafood that contains mercury (includes most saltwater and freshwater fish!)
- high fructose corn syrup (HFCS —has been found to have dangerous levels of mercury in most batches; most are also GMO)

What is the bottom-line?

For achieving and maintaining a healthy, happy life, there is no other health-related number as important as your "power to Heal" or pH. Your weight, cholesterol, blood pressure, glucose, and pulse readings are all affected by the pH of the body's internal environment.

You can reach your health goals. Your body can regain its natural healing ability. Don't ever give in to those who would tell you that there is no hope for your health condition. You can be pH-healthy for life!

Burt Goulding is Managing Director of Positive Nutrition Institute. His lectures, training seminars and radio show interviews are based on 99% success rating in balancing the pH of more than 1,500 people. He can be contacted at: burt@pn-institute.org



Seven highly acid-forming sources to avoid

- 1 Coffee bean (208 acids in the harmful or incompatible range for the human body)
- 2 Tobacco (smoking and chewing)
- 3 Alcohol in all forms
- 4 Black tea (with tannic acid), hot or cold
- 5 Carbonated beverages (colas, fake energy drinks, even club soda)
- 6 White refined sugars (table sugar, artificial sugars, HFCS are worst!)
- 7 Bottled up, unresolved stress (Extreme worry and anger)

Want to know more?

- *The pH Miracle For Diabetes* by Robert O. Young, Ph.D. and Shelley Redford Young, Warner Books, 2004 (see pgs. 1-54, 146-63)
- *Prescription for Nutritional Healing* by Phyllis A. Balch, CNC, and James F. Balch, M.D., Avery, 2000, (see pgs.122-25)

¹ 'The term pH is derived from "p", the mathematical symbol of the negative logarithm, and "H", the chemical symbol of Hydrogen. The formal definition of pH is the negative logarithm of the Hydrogen ion activity.' see <http://www.omega.com/techref/ph.html>

² see *Prescription for Nutritional Healing* by Phyllis A. Balch, CNC, and James F. Balch, M.D., Avery, 2000, pgs.122-25

³ <http://www.cdc.gov/nccdp>

⁴ see *Prescription for Nutritional Healing*, pgs.122-25

⁵ see http://en.wikipedia.org/wiki/PH_7

⁶ see *The pH Miracle For Diabetes* by Robert O. Young, Ph.D., and Shelley Redford Young, Warner Books, 2004, pg.21

⁷ see *The pH Miracle For Diabetes*, pgs. 1-54

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