

## **The Influence of pH Balance in Healthy Living**

by Dr. Mark Gustafson

Many people today are making positive changes in their lives, taking personal responsibility in restoring body balance and finding the keys to restoring good health. Life-changing stories are centered around removing chemicals from the home while getting excess acids out of the body.

***Chemical-free living involves several unique objectives. First***, it's imperative to identify common household products that may frequently expose our children and families to chemicals, and then replace those products with all-natural products. Chemicals and persistent toxicants can accumulate inside our bodies if the liver doesn't break them down. They can store in our body's fat cells or damage our delicate cells' lipid membranes. We know that frequent or long-term exposure to chemicals can damage our DNA or other cell components.

***Second***, removing excess acids from the body can largely impact health in profound ways. This starts by determining our body's pH using a simple and cost-effective test that anyone can do in their home. It quickly tells you about a common health threat known as metabolic acidosis. Dozens of diseases have a hidden link to excessive acids in the body, contributing to poor circulation, chronic pain and fatigue. Each of our body fluids has a pH, which stands for "potential for Hydrogen." Although the blood has a narrow pH range and strives for a consistent, normal level of 7.46, the saliva and urine may test in acidic ranges below the normal pH values of 6.5 to 7.0. A urine pH below 6.5 indicates toxicity in the body, while an acidic saliva test may indicate that emotional stress is a factor in the healing process.

***To determine consistent pH levels, test samples of your saliva and urine seven days in a row after fasting daily for 12 hours and before eating or drinking anything.*** If your pH approaches the acidic side of the pH color-coded barometer when comparing your pH test strip to the normal ranges of 6.5 to 7.0, that indicates metabolic acidosis. For example, a pH of 6.0 is 10 times more acidic than a 7.0, known as pH neutral. When severe health complaints persist, it may be due to the body being up to 100 times more acidic than normal if the pH is 5.0, for example. When our pH is too acidic, the body's oxygen level is sub-optimal as well.

Dozens of health conditions, including asthma, chronic tiredness, depression, acne and allergies, are present due to an acidic environment in the terrain and can be improved or eliminated by modulating the pH back to the proper range of 6.5 to 7.0. Even serious health conditions such as cancer, autoimmune diseases and certain mental health conditions are linked to extremely acidic levels below 5.0. One major point in understanding pH is that most diseases have an infection component, including virus, bacteria, fungi or parasitic activity, which are pathogens that thrive in a very low oxygen or acidic environment. One key to reducing micro-organism overload is to cleanse the blood, improve oxygen in the body and modulate pH.

It's imperative that we allow our main organs to detoxify and cleanse daily. Recognizing that all pain in the body is a detoxification reaction, many chronic health issues or acute diseases result from congestion or toxicity of our cleansing organs. These vital

detoxification systems include the colon, kidneys and bladder, liver, lungs, and the skin. The organs of elimination benefit from a reduced chemical burden to the body. Benefits at the cellular level are noted which are likely to result in more energy and vitality for improved energetic body balance.

*"As a doctor concerned about the present dangers of exposure to chemicals affecting our families," Dr. Gustafson explains, "There are products available that provide a beneficial solution to safeguard our homes using all-natural products while cleansing our bodies for optimal health and wellness. We have seen very positive results with patients using these products with a high compliance based upon the simplicity of the system."*

Dr. Mark Gustafson

#### **Academy Health Svcs Comments:**

**It would be an excellent, suggestion to have a lab (via your doctor) give you a full blood analysis of you bodies pH, since this test cannot be done at home by yourself as easily as the urine pH test mentioned above.**

**Cancers thrive at pH ranges of 4.0 – 4.85 pH, people who have a near normal "neutral" range of pH do not seem to ever have or get cancers.**

**What is your pH range? Curious Now?**

**Contact us at Academy Health for solutions as to how to raise your pH levels or to obtain your pH Test Kits.**

- **Litmus Paper Test Kits with dispenser (15ft) are available from Academy Health Services \$7.00 + Shipping (NJ Residents add 6% Sales Tax)**

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