

# Radiant Health News

Vol. 5 No. 3

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## Balance Your pH for Better Health

The latest diet fad – the Alkaline Diet – just recently caught up with D. Gary Young, founder and President of Young Living Essential Oils. For years, Mr. Young has taught the importance of alkalinity to good health and has formulated nutritional products to support better alkaline-acid balance in the body.

The Alkaline Diet, built around moderate protein, low to moderate carbs and fats in a 4 to 1 alkaline/acid ratio, is a mirror image of the high-protein, high-fat, low carb Atkins diet. <sup>1</sup> The Alkaline Diet is for people who feel unwell on a high fat, low carb diet. It is also for those leading stressful lives and who consume large amounts of acidifying foods—protein, sugar, processed food, cereals, starches and caffeine with few alkalizing vegetables. <sup>2</sup>

### What is pH and why is it important?

The pH scale is shorthand for the ratio of acid to alkaline (base) activity. Understanding that your pH balance is one of many useful health indicators and not the sole measure of health, pH plays an essential role in the breakdown of food and in providing an optimal environment for the microbes that colonize the intestinal tract. <sup>3</sup>

### pH and digestion

Protein—particularly in the form of red meats—requires huge amounts of alkaline minerals for complete digestive processing. The body first seeks out minerals from foods in the digestive system. If it fails to find alkaline nourishment there, one of the next places it goes searching is to the minerals stored in our bones. It depletes the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making people prone to chronic and degenerative disease. <sup>1,4</sup>

### pH and bone loss

The relationship between bone loss and blood acidity is an emerging area of study. This may be because, as the body is digesting acid-producing foods such as red meat, poultry and eggs, the net dietary acid load increases as pH drops, and the body looks for a way to bring the balance back. Calcium and other elements in short supply can be borrowed from the bone to restore this balance. The result is loss in bone density. <sup>3</sup>

### pH and Immunity

In addition to mineral depletion, many researchers believe that blood and intestinal acidity can be linked to disease through fungus and yeast overgrowth. When the intestinal tract is highly acidic, the unfriendly bacteria and fungi that live in that environment thrive. These organisms secrete mycotoxins, poisonous waste products which must be neutralized by our immune systems. If our bodies become overwhelmed by large quantities of these toxins, our health can be compromised. <sup>1</sup>

### Naturally improving your pH balance

Our bodies will find the balance if we give them what they need through diet and nutritional supplements.

Young Living offers four supplements to address this health issue. First, consider boosting your diet with “green foods” which contain chlorophyll in abundance, such as Young Living’s **MultiGreens**.



AlkaLime® is formulated to counteract acidity in the digestive system.

### Symptoms of excess internal acidity include:

- Chronic fatigue
- Frequent colds, flues, and infections
- Irritability, anxiety
- Headaches
- Aches and pains
- Colitis/ulcers
- Diarrhea/constipation
- Acid indigestion



## MultiGreens "green food"

Formerly known as VitaGreen, **MultiGreens** contains *Spirulina*, sprouted barley and other whole foods which work in the body as strong detoxifiers and immunity-building agents. *Spirulina* is particularly rich in protein and also contains carotenoids, vitamins, minerals and essential fatty acids.<sup>6</sup> It appears to have excellent anti-viral properties, with clinical trials showing some benefit even in patients with HIV.<sup>7</sup>

## AlkaLime effervescent alkaliizer

Second, add **AlkaLime** to your regimen. This precisely-balanced alkaline mineral and essential oil powder will safely reduce the acidity of the digestive system. Formulated with calcium, magnesium and potassium, all much-needed nutrients to counteract acid-ash foods.

## Royaldophilus™ probiotic

Third, to prevent or counteract yeast and fungus overgrowth associated with imbalanced intestinal pH, add **Royaldophilus** to your diet to increase friendly intestinal flora while improving mineral balance. Contains acidophilus and other vital microorganisms to restore proper pH levels in the digestive tract. Especially helpful after taking antibiotics.

## Sulfurzyme® targeted nutrition

Fourth, take Sulfurzyme, which contains MSM, the organic form of dietary sulfur needed by our bodies every day. MSM helps protect and nourish the cells, cell membranes and cellular connections. It also supports the immune system, the liver, circulation and proper intestinal function. Combined with wolfberry, Sulfurzyme supplies the nutrients needed for the assimilation of sulfur.

## Lemon essential oil (*Citrus limon*)

One of the simplest things you can do every day is to add Lemon essential oil to your drinking water. Delicious and full of antioxidants, Lemon has an alkalizing effect.

## Reduce acid-ash foods intake

Finally, it is essential to remove the high acid sources from your diet, because in most situations, no amount of alkalizing can balance a toxically acidic environment. Detoxification is slower in an overly acidic environment as well.<sup>3</sup> For example:

Manage your red meat intake, and keep your servings of acidifying proteins down to 4 oz per meal.

Avoid refined carbohydrates whenever you can and opt for whole grains.

Eliminate all processed foods.

For more details, see the pH Chart and the Chart of Acid and Alkaline Foods on the following pages.



### Resources

- 1 D. Gary Young. Essential Oils Integrative Medical Guide. 2003.
- 2 Wong, Cathy. The Alkaline Diet. <http://altmedicine.about.com>.
- 3 Pick, Marcelle Pick. Acid Blues: The truth behind the buzz about pH balance. <http://womentowomen.com>.
- 4 <http://www.celibre.com/sksacid.aspx>.
- 5 Mercola, Joseph. Osteoporosis Drug Boniva Approved. June 7, 2003.
- 6 Dillon JC, Phuc AP, Dubacq JP. Nutritional value of the algae spirulina. World Rev Nutr Diet 1995;77:32-46.
- 7 Josephs, Allen S. Sip your way to better health. Vitacost.com. May 27, 2004.

## Young Living nutrition for better pH balance

Product Name	Code # Size	Wholesale Pref Cust Customer Prices						
MultiGreens supplement	#3248 120 caps	\$37.75 \$43.71 \$49.67						
AlkaLime supplement	#3199 8 oz.	\$27.50 \$31.84 \$36.18						
Royaldophilus probiotic supplement	#3284 30 caps	\$39.75 \$46.03 \$52.30						
Sulfurzyme supplement	#3243 300 caps	\$54.75 \$63.39 \$72.04		#3241 115 svgs powder	\$41.75 \$48.34 \$54.93	Lemon essential oil	#3578 15 ml	\$9.50 \$11.00 \$12.50
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Lemon essential oil	#3578 15 ml	\$9.50 \$11.00 \$12.50						

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## Balance Your pH for Better Health Supplemental Charts

### Chart of Acid-Ash and Alkaline-Ash Foods

Category	High Acid	Medium Acid	Low Acid	Low Alkaline	Medium Alkaline	High Alkaline
<b>Fruits</b>	Blueberries, Cranberries, Prunes, Sweetened Fruit Juice	Sour Cherries, Rhubarb, Canned Fruit	Plums, Processed Fruit Juices	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
<b>Vegetables Beans/Legumes</b>		Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
<b>Meats</b>	Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Liver, Cold Water Fish			
<b>Eggs/Dairy</b>	Cheese, Custard, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey		
<b>Grains/Cereals</b>	Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted/Whole Wheat Bread, Brown Rice	Millet, Wild Rice		
<b>Oils</b>			Corn Oil	Canola Oil	Flax Seed Oil	Olive Oil
<b>Beverages</b>	Liquor, Beer, Soft Drinks	Coffee, Wine	Tea, Cocoa	Ginger Tea	Green Tea	Herb Teas, Lemon Water
<b>Sweeteners</b>	NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar, Molasses	Processed Honey	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
<b>Nuts/Seeds</b>	Peanuts, Walnuts	Pecans, Cashews, Pistachios	Pumpkin Seeds, Sunflower Seeds, Sesame Seeds	Chestnuts	Almonds	
<b>Misc.</b>	Chocolate	Jam, Ketchup, Mayonnaise, Mustard, and Vinegar	Margarine, Lard			

# Balance Your pH for Better Health

## Supplemental Charts

pH Chart of Personal Care Products

