



Commonly Accepted Healthy pH Levels

- | | |
|--------------------------|--------------------------------|
| Saliva 6.4 to 7.4 | Urine 6.8 to 8.0 |
| Blood 7.3 to 7.4 | Muscle 6.9 to 7.2 |
| Stools 6.0 to 8.4 | Stomach Acid 1.0 to 3.5 |

Get a good supply of pH strips and routinely check your acid / alkaline readings. The levels listed above can change quickly based on what you eat, drink or are doing. With a little observation you can see just how affective your routine, supplements and diet actually are. Accurate pH testing is a major key to maintaining your health and well being.

Urine pH Test: Test your urine pH balance first thing in the morning and after meals or anytime you are interested in finding out where your urine pH stands.

Saliva pH Test: Wait 2 hours after meals to test your saliva pH or check it first thing in the morning. Here is how to test it; swish your mouth with saliva three times and spit it out. Finally, swish it one more time and test your saliva. This procedure will give you the most accurate pH reading.

Raw foods that alkalize the body:

- Oranges
- Tangerines
- Lemons
- Grapefruit
- Limes
- Garlic
- Onion
- Tomatoes
- Blueberries
- Bell pepper
- Radishes
- Coconut
- Apples
- Watermelon
- Grapes
- Cherries
- Kiwi
- Carrots
- Broccoli
- Cauliflower
- Red cabbage
- Green beans
- Romaine Lettuce
- Avocado
- Blackberries
- Raspberries
- Strawberries
- More...



pH Balancer 8.0

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PURE BODY INSTITUTE
OF VENTURA



PRESENTS

Correct pH may be the best
indicator of health



*For a life form to persist
its systems must be balanced at
their correct pH level.*

The pH Story

The pH scale's purpose is to determine if a body or system is acidic or alkaline. Experts agree that the more alkaline the human body is the better chance it has of being healthy.

The initials pH stand for "**potential hydrogen.**" Hydrogen is a common chemical that is found throughout the universe. Stretching from 0 to 14, the pH scale finds extreme acidity at 0 and total alkalinity at 14.

Whenever acid comes in contact with organic material, hydrogen is released. The amount of hydrogen can be measured based on its abundance. The more hydrogen present the more acidic the condition will be and the lower the pH level.

An organism's quality of life can be calculated by how acidic or alkaline it happens to be. Any life form that is immersed in total acid (*at pH level 0*) will quickly succumb to its corrosiveness. The longer a body is in contact with acid the more it is damaged and the longer it will take to recover.

With some exceptions, life flourishes if its pH is at or slightly above 7.0.

"The enemies of your health want every dollar you have and because of that, endlessly fight to control your choices." **Roger Bezanis**
Author, Diagnostic Face Reading and Holistic Healing



The majority of the "**foods**" that are being pushed on us are acid producing and harmful. These acid forming foods create intense cravings. The fast-food mega-giants use sugar, salt, sodium, caffeine, alcohol and preservatives to produce silent addictions, guarantying our daily and even hourly allegiance.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." **Mark Twain**

In the face of this dietary ambush it is up to us to alkalize our bodies 24 hours a day. Proper body function is impossible unless appropriate pH balance is maintained.



Suggested Reading

Fully master the function, diagnosis and healing of your body get "**Diagnostic Face Reading and Holistic Healing**" today!



pH Balancer 8.0 should be used by anyone who:

- Eats cooked food
- Eats fast food
- Does not chew their food well
- Craves or eats candy
- Has a saliva pH below 6.5
- Has a urine pH below 6.8
- Suffers from low energy
- Feels tired or run down
- Has a nagging body issue of some sort
- Drinks alcohol
- Drinks coffee
- Craves or uses salt
- Uses ibuprofen or other OTC drugs
- Eats very little fresh fruit
- Is concerned about their pH
- Uses tobacco

Anyone answering yes to 2 or more of the above questions should use pH Balancer 8.0

How to use pH Balancer 8.0

When you wake.....2-5 tablets
Mid-morning.....2-5 tablets
Mid-afternoon.....2-5 tablets
Early evening.....2-5 tablets



You can take varying amounts (*great or lesser tablets*) as needed or as directed by your practitioner or health care provider. Many people find great success with combining Liver Balance Plus and Kidney Rescue with pH Balancer 8.0. Get your own pH strips and use them to test your urine and saliva often.

Only use pH Balancer 8.0 six (6) days a week. Always take one day off a week from all of your supplements unless otherwise directed.

The pH Balancer Formula

- L-Taurine
- Cinnamon
- Hawthorn Berry
- Safflower
- Fritillaria Bulb
- Pleurisy Root
- Wasabi Japonica
- Magnesium
- Potassium
- Dioscorea
- Wild Cherry
- Allium Cepa
- Barberry Root
- Bilberry Fruit
- L-carnatine
- Turmeric Root
- L-arginine
- Wood Betony

