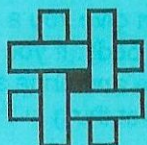


ptd



What is pH?

IN SCIENTIFIC CIRCLES, pH stands for "potential of Hydrogen," but as far as your body is concerned, it can mean your "picture of Health." By understanding how the pH levels of your body fluids affect your health, you will be able to learn just how healthy you really are.

The relative acidity or alkalinity of substances is measured in terms of pH. The more acid a solution, the lower the pH number, and the more alkaline, the higher the number. The pH scale goes from 0.00 (completely acid) to 14.00 (completely alkaline). Distilled water, with a pH of 7.0, is right in the middle—neither acid nor alkaline. An acid solution can be made more alkaline by adding alkalizing minerals—such sodium, calcium, or potassium—that "buffer" the acid, and an alkaline solution can be made more acid by adding acidifying substances.

The pH of a solution can be determined by using strips of chemically treated paper. When immersed in the solution, the paper changes color to show the degree of acidity or alkalinity.

pH and Your Health

All of the fluids of your body operate best at particular levels of pH ranging between slightly acid and slightly alkaline. Only stomach fluids are highly acid. Blood has a slightly alkaline pH of 7.35 to 7.45. It is crucial for your blood to stay within that narrow range. If the pH of your blood should fall much below 7.35 or rise much above 7.45, your body could not survive very long.

How can I determine the pH of my body?

Simple tests of your saliva and urine that you can perform yourself can give you a good idea of the pH levels of your body. If you are truly healthy, both your saliva and urine should register around pH 7.0 the first thing in the

morning (as soon as you get up after at least five hours sleep). However, even though you usually feel good, if your diet consists mostly of meat, pasta, convenience foods, starches, and coffee or cola drinks, your early morning urine will probably register as low as pH 5, or possibly as high as pH 8.

Testing urine and saliva after sleeping at least five hours gives you an idea of how your body is operating. Urine pH tells you how your body is responding to the food you ate the day before. Saliva pH tells you how your body has adapted to the food you have eaten in the past weeks and months.

If you have not been eating foods that contain alkalizing minerals, your body has adapted its functions to keep the pH of your

"Fresh fruits and vegetables contribute the usable alkalizing minerals you need to restock your alkaline reserve."

blood and other vital fluids as correct as possible. It is often these long-term adaptations—adaptations that are necessary for survival—that eventually lead to symptoms of chronic degenerative diseases such as arthritis, osteoporosis, emphysema, or even cancer.

Where do alkalizing minerals come from?

Alkalizing minerals are stored in many organs and tissues of the body. The liver is the greatest storehouse of sodium; the bones are the greatest storehouse of calcium. Yet these storehouses can be emptied if the minerals that are used aren't replaced. The food you eat determines how well your reserves are replenished. Fresh fruits and vegetables contribute

the usable alkalizing minerals you need to restock your alkaline reserve.

When there are enough reserves to buffer the acid produced naturally by cellular activity and by the food you eat, your urine pH and saliva pH will register around 7.0. Readings of considerably lower or higher pH than 7.0 usually indicate that your buffering reserves have been depleted and your body is being forced to accommodate by other means.

What about the acid in fruit?

Lemons and oranges are obviously acid. However, when we talk about acid food, we are talking about the end product of digestion, not the state of the fruit as it is eaten. When you eat any food, the body uses the nutrients, vitamin and minerals contained in that food and eliminates the parts that are not usable. Yet, there is a part that is digested but not used immediately—we call this residue "ash." It is similar to the ash left after a log has been burned in your fireplace. This ash can be either acid or alkaline. The ash from fruits and vegetables is alkaline although the food itself may have been acid. The alkaline minerals in the ash can be stored in the alkaline reserve to buffer acids in the future. Remember, in order to remain healthy or to improve your health, the pH of your body must be slightly alkaline.

Do I have to become a vegetarian to be healthy?

It isn't necessary to become a vegetarian but you do need to eat vegetables every day. If you eat mostly meats and starches, such as beef, pork, french fries and pasta, you should begin by adding one serving of vegetables and a piece of fruit each day. You should not make a sudden change from mostly acid-ash producing foods to mostly alkaline-ash producing foods. Even though vegetables and fruits provide alkalizing minerals that will adjust the

pH of your body, if your body isn't accustomed to them, a sudden dramatic change can cause unpleasant effects.

The best way to improve your diet is to do it slowly but steadily. If you change your eating habits too quickly, you may experience bladder irritation or other unpleasant symptoms. As you increase the amount of alkalizing minerals available to your body, you will notice a change in your early morning pH readings.

Your doctor can advise you about the foods that will improve your diet, your body's pH, and your health. Your B.E.S.T. doctor can tell you what your pH readings mean and answer your questions about how your eating habits can affect the way you feel and how healthy you are. ♦

The conclusions presented in this brochure are based upon years of research and our own clinical experience. They may or may not be in accord with the majority of medical opinion.



B.E.S.T. Research International
1000 West Poplar Suite B
Rogers, Arkansas 72756
(501) 631-2749

© Copyright 1988, B.E.S.T. Research Inc.
Order #0100-0700