



THE SD-501 PLATINUM

Alkaline Books *Hydrate your body from the inside out; improve your appearance, mobility and overall health. Knowledge is Power*

It's surprising how many books there are now on Acid - Alkaline balance. What was once obscure knowledge, known only to a handful of pioneers is now becoming more common knowledge in the Natural Health field.

Today I'd like to share a quote from one of the better books. It's called "The Acid Alkaline Diet for Optimum Health" by Christopher Vasey, N.D.

"Acidification of the internal environment leads to great fatigue, even in the absence of any physical or mental effort. Generally the person afflicted no longer has any drive or enthusiasm, tires quickly and takes a long time to recover from exertion. The individual tends to be touchy and irritable, to worry too much, and to sleep poorly, and may even become depressed. The noxious effect of acids on the nerves is easily explained: minerals like magnesium, calcium and potassium that the nervous system needs to function properly are precisely the alkaline minerals the body takes away to neutralize acids."

I have recently been re-reading one of my absolute favorite books; **The pH Miracle, by Dr. Robert O. Young and Shelley Redford Young**. In the very first chapter he hits the nail on the head when it comes to balancing your pH and getting alkaline. Let me share this quote page 6:

Bottom Line: This program will bring you increased quality and quantity of life. I guarantee you'll see immediate improvement. Your energy will increase, you'll find new mental clarity and powers of concentration, you'll build strength and stamina, and you'll lose excess body fat while increasing muscle mass. You'll have bright eyes and clear skin. You'll look better. You'll improve your athletic performance. Your entire body will function more efficiently. Whatever health challenges you've been facing will improve and most likely evaporate altogether. In short, you'll regain all the effortless energy and wellness you thought was lost with your childhood. With the healing, wholeness, and rejuvenation that this program brings, you'll experience, possibly for the first time in your life, vibrant personal health."

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