pH Salts

ALKALIZING MINERAL SALTS OF CALCIUM, MAGNESIUM, POTASSIUM AND SODIUM

Our bodies are alkaline by design and acid in all of its functions. The body becomes acidic via two processes; 1] from eating most common foods, i.e. meat, chicken, dairy, eggs, sugar, bread, etc. and 2] from normal cellular metabolism. It is important to keep the medium of the cell environment slightly alkaline so that we can; a] allow the transfer of nutrients across the cell membrane into the cell and for efficient waste extraction out of the cell, and b] for antioxidant enzymes such as glutathione peroxidase and methionine reductase to neutralize free radicals before they damage cell membranes.

Once the cell membrane is damaged, the contents of the cell including the nucleus and its organelles, are also destroyed by free radicals. This is how we age, one cell at a time or many cells at a time, depending on the volume of free radical activity. It is the alkaline reserve in the soft tissue (from eating alkaline forming food) that the body is designed to use first to buffer blood. When the body's soft tissue alkaline reserve is exhausted, the body will resort to drawing minerals from our bones to buffer blood (the body's top physiological priority, which if out of range, causes certain death). Calcium is moved from the bones via the kidneys into the blood to ensure blood's stable pH is held in a very narrow range of 7.35 – 7.45. This long-term, abnormal mineral metabolism contributes to loss of bone density and calcification of joints and blood vessels.

The body's alkaline buffering system depends on eating foods that leave an alkaline residue at the end of the digestive process, i.e. lemons, green leafy vegetables, superfoods like Blue Green Algae and Wheat Grass juice for example. Juice extracting is a preferred method for alkalizing the body. However, most people find it difficult to juice extract green leafy vegetables often enough to have a permanent effect on holding the pH in the normal range. Additionally, other key factors such as dental infections can prevent the body from reaching and maintaining a normal pH with a typical healthy diet. It only takes one leaking infected crown or one infected root canal to wreak havoc with the body's alkaline buffering system. Regardless, the body must do whatever is needed to hold blood's pH in range which means using calcium from bone instead of soft tissue mineral reserve. Urine, lymph, tears, interstitial and intracellular fluids can remain acidic for years without organ/gland failure but there will be a steady decline in production of energy and availability of tissue oxygen and unnecessary destruction of cells by free radical activity.

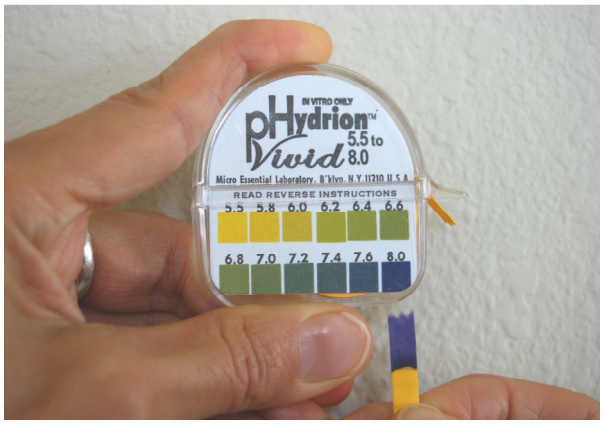
For each tenth of a point that pH moves toward alkalinity, tissue oxygen increases by 10 fold. So, if we are able to move the pH from 6.0 to 7.0 (7.0 being neutral) we would gain a 100 fold tissue oxygen increase. One great benefit of maintaining a healthy pH is elevated mood and overall sense of wellbeing.

Even though most people eat some vegetables, evidence is clear from simple pH testing - families are not consuming enough raw vegetables and other plant foods to efficiently maintain normal pH. Poor pH means poor health especially as we age. Daily live juice extractions is an extraordinary method of supporting a healthy pH. However, due to most families' busy schedules, consistent juicing is not common.

Now there is an easy way to more rapidly shift the pH into the normal range using mineral salts of calcium, magnesium, potassium and sodium, by simply drinking 2 or 3 glasses of water daily with ¼-1/2 teaspoon immunologic's pH Salts. The use of pH Salts does not negate the need to eat plenty of vegetables for fiber, vitamins, chlorophyll and enzymes but is an excellent adjunct to supporting normal pH. The form of these mineral salts efficiently restores pH balance of the body's fluids.

There is a close relationship between sodium and potassium known as the 'sodium/potassium cell pump' that maintains fluid balance in the cell and affords normal nerve and muscle function. In states of potassium or magnesium deficiencies, sodium tends to build up inside cells creating a fluid imbalance. Adequate amounts of potassium are difficult to acquire even from a "healthy" diet. pH Salts provide a balance of potassium, sodium, magnesium and calcium.

Body pH is measured by testing urine and saliva. Healthy urine's pH is between 7.0 and 7.2 and healthy saliva's pH is between 7.2 and 7.4. The best time to check urine is before breakfast and before dinner in the evening however, it's prudent to also check urine during the course of the day. Saliva can be checked any time. Simply tear off about half an inch of pH paper and apply a couple of drops of urine or saliva. The color of the pH paper will match up to the numeric values on the chart as shown here. The general population is so acidic that initial testing may not change the color of the pH tape which is yellow indicating acid. As mineral reserve is replenished, pH will reflect a green/blue color on the pH tape.



Many people are concerned about fungus and candida – these issues usually are resolved as the pH is restored to normal and maintained. Much like the management of a swimming pool, chloride is added to keep the water clean and sparkling. Left long enough, the pool goes green then black at which time it's impossible to swim in, let alone drink from.

To summarize, for our bodies to function optimally, have good mood and tissue oxygen, utilize the nutrients from our food and supplements and expel waste products, our cellular environment must be held in the correct pH range. The status of soft tissue is reflected in urine, ideally 7.0-7.2 and the status of the digestive tract is reflected in saliva, ideally 7.2-7.4.

For optimal results take pH Salts and ionic minerals daily.
ionic mineral drops provides all 72 minerals and trace elements, including 200mg of magnesium per 2ml.

A liter bottle filled with RO purified water with ½ teaspoon of pH Salts and 2 droppers (2ml) Ionic Mineral Drops shifts the water's pH to 7.6.

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