

## **FIVE STEPS TO GREAT HEALTH**

### *A Revolutionary Approach to Overcome Illness*

To reach a state of optimal health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the “itis” conditions such as arthritis, prostatitis, cystitis, diverticulitis, hepatitis, sinusitis, etc. In 2000, according to the Center for Disease Control, more than 1 out of 2 Americans was labeled as chronically ill and that figure has continued to get worse as each year passes.

In this first of a five part series our mission is to empower every person to attain their own limitless healing potential through the use of cell resonance nutraceutical formulations and spectacular therapeutic strategies. The five-step protocol will include the following: 1) Restore an Alkaline Body pH 2) Normalize the Hormone Balance 3) Detoxify the Body 4) Eliminate Chronic Infections 5) Rejuvenate the Body Systems.

The first goal on the way to great health is to restore the body’s pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

Testing the Urine pH – It has been clinically established that the urine’s pH is an accurate reflection of the whole body’s tissue pH. The state of the body’s acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper). The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body. The most important first step for every person is to balance the first morning urine pH, which is a reliable indication of the body’s acid/alkaline status. The “first morning urine” is defined as the first urination after 5AM or upon rising. If the morning urine pH is acidic (a pH below 6.4), this indicates the body is in a state of dysregulation and distress due to lack of sufficient minerals which are needed to carry out thousands of basic cellular functions. Therefore, our first goal is to restore a consistently alkaline morning urine pH of 6.4 to 7.0 using specific minerals which are highly ionized and easily absorbed. The consequence of a low pH is an extracellular environment that precipitates increased potential for infection in the tissue as well as the bone.

Correction of a low pH is obtainable through the proper use of Calcium, Magnesium, and trace minerals that are highly ionized. If you combine these minerals with mycelial mushroom extracts then the provitamin D can be used for transport of calcium and minerals into the cell. This will accelerate the normalization of the first morning urine pH. Rapid improvement of the pH is seen in most cases when no infection is present. However, many Americans over the age of 30 often unknowingly have low-grade, chronic infections (from dental infections, intestinal infection and many other sources). Infections force the body to rapidly use up available mineral stores to fight the infection. If infections are suspected then products that support immune function are essential if the pH level is to be remedied.

Other considerations that promote low pH include consumption of high protein diets that exhaust the bodies mineral reserves forcing a greater need for more calcium, magnesium and trace minerals. The best option is to gradually decrease high protein consumption to normal levels and observe the restoration of pH levels.

When a consistent urine pH in the ideal range of (6.4-7.0) is achieved in both morning and evening measurements then a healthy state is achieved within the body. The need for supplements can then be significantly reduced and the potential for infection drops dramatically. The end result is reduced inflammation and pain with improved energy and mental clarity.

In our next issue we will discuss the importance of the proper Hormone Balance in the Five Steps to Great Health.

*To find out more about the information in this article contact*

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