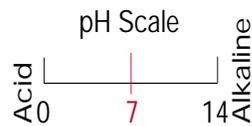


What is the Healthy Habits System?

pH Do You Understand Its Importance?



What Is pH?

Simply stated, pH is scale between 1-14 that is used to measure acidity and alkalinity. A pH of 7.0 is defined as neutral. A pH above 7 is alkaline, and a pH below 7 is acid.

The body is alkaline by design, but acid by function. Healthy blood runs a little alkaline so it has the reserves to buffer the acidity that is created by physical/mental activity, stress, the polluted environment, our vitamin/mineral depleted food supply and more. The blood pH cannot vary too much or it causes degeneration.

Just Like A Pool?

If you have a pool or hot tub you may recognize roughly 7.0 as being the optimal pH to discourage the growth of bacteria and algae. Just like a pool, your body needs to maintain an optimal pH so that it may ward off terrible disease and dysfunction. More and more research is telling us that an improper pH balance can lead to a number of degenerative diseases and premature aging.

In most of the body and in the blood, the optimal pH is roughly chemically neutral. A Urine pH of about 6.4 and a saliva pH of about 6.8 is considered ideal. Think of it like this: the Urine pH is indicative of how well the body is doing at removing acid waste, whereas the Saliva pH is indicative of how much acid waste is remaining in the system. If someone were to have a Saliva pH of 6.8 and a Urine pH of 6.4, it may be concluded that the body is doing a relatively good job of removing waste while also remaining close to chemically neutral, i.e., 7.

Hard to Ward Off Acidity

Why is it so difficult to ward off acidity? While alkalinity is essential for healthy body function, virtually every normal and necessary metabolic process in the body produces acidic by-products that can lower (acidify) the body's

pH. Acids are produced by a number of everyday things. Processed foods, consistent exposure to pollution, toxins and stress are only a few examples of things that contribute to the body's acid and/or toxic load. Your body continually strives to correct this acid/alkaline imbalance, in the same way it strives to maintain body temperature. A normal, healthy body balances pH levels by buffering and eliminating harmful acids through the lungs, kidneys, colon and skin. However these acid buffering organs may find it difficult to deal with the high level of everyday poisoning that results from today's environment.

In some instances, the body does not have enough acid neutralizers to balance the acids produced. If the body finds itself in an overly acid situation it may be forced to borrow alkalizing minerals, such as calcium, from your bones, as it attempts to restore pH balance. Over time, this pH imbalance can lead to a build up of metabolic wastes, as well as serious depletion of essential bone-building and health maintaining minerals. There is a definite need in today's world to alkalinize the body.

The pH of your body is a delicate thing and it needs to remain in balance. Someone who is overly alkaline or overly acid may also be setting the stage for terrible health problems. There is a way to maintain proper pH balance. Use our pH test paper to test your urine and saliva about 10:00 am prior to eating. Use the results to **take control of your body's pH by using Healthy Habits pH stabilizing calcium and vitamin C formulas.**

Vitamin C

Every health watcher should understand pH and how it affects your health, especially your ability to assimilate vitamins and minerals. If you are too acid, you should try vitamin C in the ascorbate form. If you are taking a low level vitamin C, included in a multi-vitamin formula, it may not be a big deal, but if you are taking a vitamin C individually, it is important that you know if you are too acid or too alkaline so you can take the formula that is correct for you. If you are too alkaline, the ascorbic acid vitamin C may be okay; if you are too acid it may not be okay! The usual form of vitamin C sold today is ascorbic acid. **Read your labels!**

Call 800-327-3884



8:00AM - 5:00PM MST (M-F)



How to Know What is Right

Calcium

If you are too alkaline, you may need a pH-lowering calcium formula. If you are too acid, you may need a pH-raising calcium formula. We believe that different calciums are better for different people. Many companies sell calcium carbonate because it is inexpensive. When you pay less you get less! Read your labels and educate yourself! Don't waste your money on poor quality supplements.

Too Alkaline

When you are too alkaline and you take too much of the wrong kind of calcium, it may not be assimilated and therefore may plug up your circulatory system, like hard water does to pipes. It may also migrate into your soft tissues, causing stiffness and joint pain. Too much of the wrong vitamin C and you could be moving your pH in the wrong direction. The remedy is to use the correct form of vitamin C and calcium to lower your pH.

Too Acid

When you are too acid, you may have a calcium deficiency, but if you take the wrong kind of calcium and/or vitamin C, you can make the problem worse. Being too acid is where your problems begin. It can lead to a number of problems. The remedy is to use the correct form of vitamin C and calcium to raise your pH. You should also avoid acid foods and eat alkaline foods.

Which is Best for Me?

One of the simple ways to know which vitamin C and which calcium formulas are best for you, is to use pH tape and test your urine/saliva about 10 a.m.

How to Select the Best Vitamin C and Calcium for Your Body Chemistry

Your Urine pH (UpH) and Saliva pH (SpH) determine what forms of vitamin C and calcium are best for you. This information is very important. If you are a health watcher, you should use these tips to gain and maintain wellness.

If the pH info to the right seems complicated, just remember all you need to do is get some pH paper and test your urine and saliva close to 10 a.m. and then choose the box that applies to you. Notice how much better you feel!

1. If both UpH and SpH are equal to or higher than 7.0:

- a. Use acidifying vitamin C formula. (C-Complex #1060)
- b. Use a pH balanced calcium formula. (Healthy Bones #1080)

Example	
UpH	7.0
SpH	7.5

This profile means trouble ahead.

2. If both UpH and SpH are lower than 7.0:

- a. Use alkalinizing vitamin C formula. (Ester-C™ Plex #1070)
- b. Use alkalinizing calcium formula. (Alka-Cal #1040)

Example	
UpH	6.0
SpH	6.5

This profile is cause for alarm.

3. If UpH higher than SpH and SpH lower than 7.0:

- a. Use an acidifying vitamin C formula. (C-Complex #1060)
- b. Use an alkalinizing Calcium formula. (Alka-Cal #1040)

Example	
UpH	7.0
SpH	6.5

This is a serious profile.

4. If UpH lower than SpH and SpH is equal to or higher than 7.0:

- a. Use alkalinizing vitamin C. (Ester-C™ Plex #1070)
- b. Use a pH balanced calcium formula. (Healthy Bones #1080)

Example	
UpH	5.5
SpH	7.0

Use proper food combining.

5. If UpH is higher than SpH by 1.0 or more:

- a. Use a mixture of acid/alkaline Calcium formulas. (Healthy Bones #1080)
- b. Use both acid/alkaline vitamin C formulas. (C-Complex #1060 and Ester-C™ Plex #1070)

Example	
UpH	7.0
SpH	6.0

This is a serious profile.

6. If the UpH is lower than SpH by 1.0 or more:

- a. Use a mixture of alkaline/pH balanced calcium formulas. (Healthy Bones #1080 and Alka-Cal #1040)
- b. Use both acid/alkaline vitamin C formulas. (Ester-C™ Plex #1070 and C-Complex #1060)

Example	
UpH	6.0
SpH	7.0

Use proper food combining.

pH TEST PAPER #6879 • 1 pkg
\$14.95

