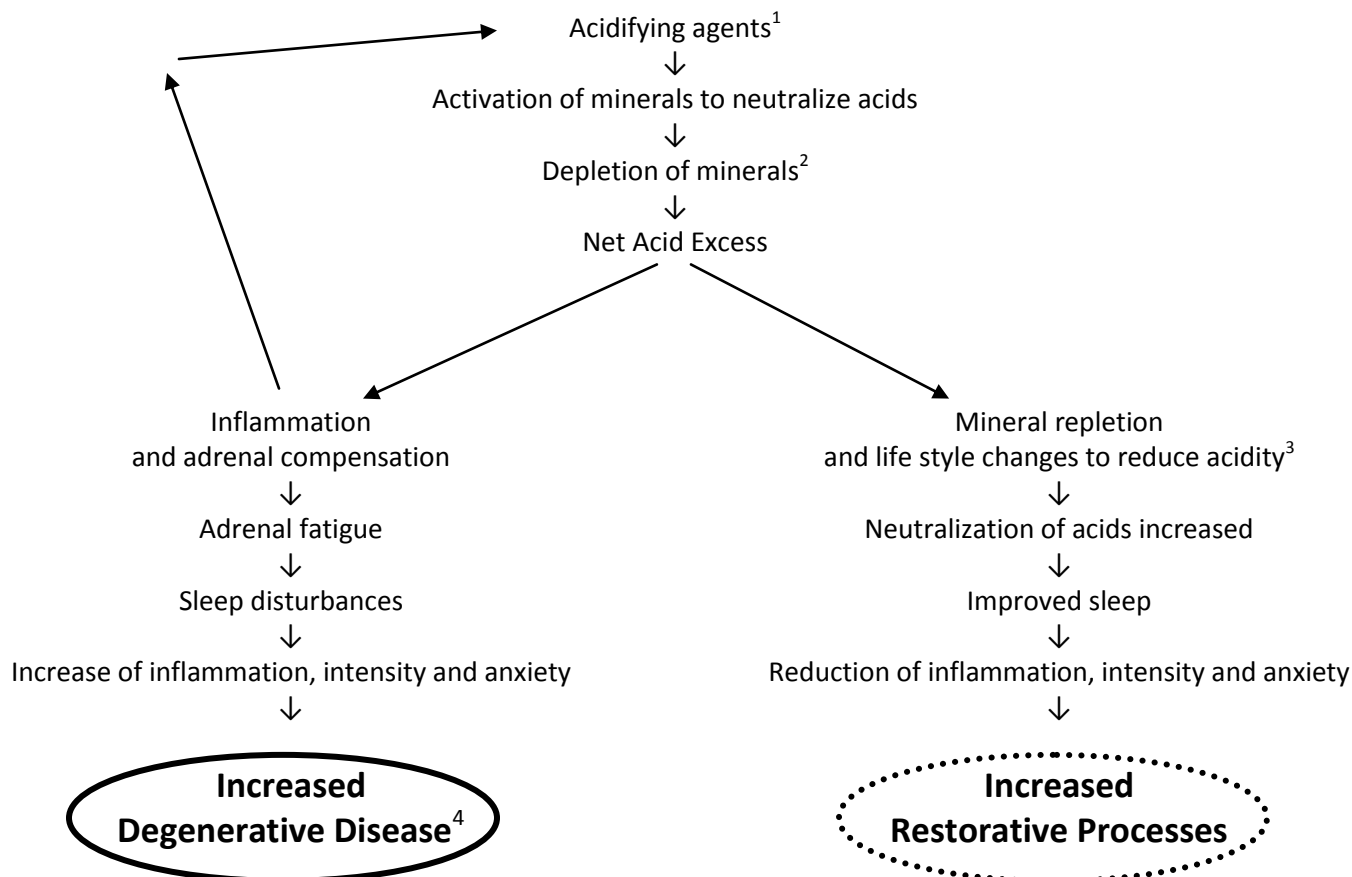


## pH - Mineral Status

### Net Acid Excess

07/28/09, 11/23/12



1. **Acidifying agents:** red meat, soft drinks, coffee, alcohol, sugar, fast foods, refined carbohydrates, interrupted sleep, pesticide exposure and mental/emotional stress.
2. **Signs of mineral depletion:** tension, muscle soreness, stiffness, loss of flexibility, loss of sleep quality, inability to relax, soreness after exercise. Dehydration occurs because there are insufficient electrolytes to hold water in the body.
3. **To reduce acidity:** Increase intake of protean and vegetables, drink at least 64 oz. water each day; reduce red meat, soft drinks, coffee, alcohol, sugar, fast food, and mental/emotional stress; avoid interrupted sleep and pesticide exposure.
4. **Degenerative Disease:** If the body becomes too acid cells are poisoned by their own toxic waste. If left unchecked all cellular activities, from the beating of your heart to the neurons of your brain, are affected. Although it may go unnoticed for years, an imbalanced pH can lead to the progression of all degenerative diseases including *cardiovascular disease*, *cancer*, and *diabetes*, as well as the frustration of excessive *weight gain*.