

# HUMAN INTRO

## OUR PH BALANCE

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There is absolutely no supplement program, including the superb **DYNAMITE®** one, that can do its job properly if the diet itself is filled with poor choices. One of the most important, yet usually overlooked, factors in good health is the body's pH.

### *What does pH mean?*

pH stands for "potential of hydrogen." On a scale of 0-14, 7 is neutral while lower numbers indicate acid (stomach acid is about 2) and higher numbers indicate base, or alkaline. Blood itself averages around 7.35-7.45; larger swings can result in death. The American Journal Clinical Nutrition December 2002 [WWW.MERCOLA.COM] reported that pre-agricultural diets were found to be net base-producing (alkaline), while the contemporary American diet tends to be net acid-producing. This can result in a low-grade acidosis which "may result in the dissolution of bone, muscle wasting, kidney stone formation, and damage to the kidney..." in addition to also mentioning osteoporosis, age-related muscle wasting, calcium nephrolithiasis, sensitive hypertension, infertility and age- and disease-related chronic renal insufficiency. They concluded that it took the severe reduction of acid-producing foods such as grains, sugars and separated fats (common vegetable oils) to effect the pH changes necessary for proper blood pH values suggesting that "a mild systemic metabolic alkalosis, which results from a chronic net base-producing diet, is the natural and optimal state of humans." Dr. Joseph Mercola also talks of the importance of an alkaline diet in his book, THE NO-GRAIN DIET. **DYNAMITE® Elixir** is a great way to begin the alkalizing process while aiding digestion.

### *What are alkaline foods?*

The best way in contemporary society to effect a more alkaline diet is to increase our (preferably organically grown) produce consumption up to between perhaps 65-80% of total foods consumed. Even such "acid" fruits as citrus or tomatoes leave an alkaline ash residue in the body. It is wise to choose from, and eat virtually an unlimited quantity of, a variety of deeply colored vegetables to gain the widest possible spread of valuable nutrients. Juicing fresh vegetables can help increase quantities consumed. Limit white potatoes as they tend to be high

in glucose, an excess of which can lead to insulin resistance. At the very least, eat that skin with your small baked potato! While whole fruits are desirable in moderation, fruit juices actually overload the pancreas with sugar and so should be avoided. Dried fruits also, are very high in the glucose factor so should be limited if there is any pancreatic insufficiency present. **DYNAMITE® Regular or Plus** can provide nutrients missing from most diets.

### *What are acid foods?*

We have already learned from the Journal of Clinical Nutrition that grains, sugars, and separated fats should be severely limited. A host of disease states, including allergies and heartburn in addition to what has already been mentioned, simply disappear along with the acid-producing foods. According to NOURISHING TRADITIONS by Sally Fallon and Mary Enig, PhD, research at the Price-Pottinger Foundation shows that organic, whole grains can, however, be made far more digestible through sprouting or fermentation such as sour-dough bread. Since at least some animal products are vital in the human diet (pre-agricultural humans in certain areas lived almost solely on animals), it is important to consume only range-free animal products. Grain feeding of meat, dairy and poultry animals creates the same effects as eating it ourselves including changing their Omega 3 fats to Omega 6 and thus skewing beneficial ratios. Such fats also minimize acidic effects of animal product consumption. Since nuts and seeds, although extremely nutritious, are also acidic in their ash content so they, and their oils, should be consumed only within an appropriate ratio. **DYNAMITE® TriMins and Izmine** provide necessary major and trace minerals to aid in alkalizing our pH and to supply vital minerals missing in our soils and foods.

*According to Diana Schwarzbein, MD,* we should consume only "real" foods which are "anything you could in theory pick, gather, milk, hunt or fish." That eliminates popular soda pop, chemicalized coffees, junk foods, candy, homogenized/pasteurized milk, etc. while leaving room to add even one nutrient-rich "real" food per day until our life-style has changed from acid to alkaline. You will start noticing the difference quickly! ■