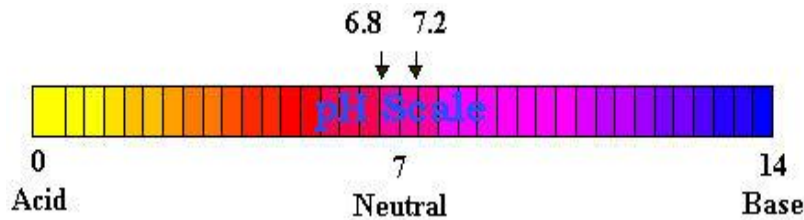


Perspectives on pH



If you are not familiar with pH scales, pure acid is pH 0. Neutral (neither acid nor alkaline) is pH 7. Pure alkaline is pH 14. Consider this:

- pH 7 is ten times more alkaline than pH 6
- pH 8 is 100 times more alkaline than pH 6
- pH 9 is 1,000 times more alkaline than pH 6

For a little perspective, a well known cola has a pH level of 2.5, which means it is:

- over 10,000 times more acidic than neutral tap water
- 100,000 times more acidic than your blood (pH 7.4)

With this perspective it should not be difficult to see why the body's blood is constantly robbing calcium from bones and dumping acid waste in the tissues to maintain its required alkaline state.

Most people live an acidic lifestyle and die from acidic degenerative diseases.