



Balance



# BALANCE YOUR PH NATURALLY

Your Informational Guide  
to  
pH Balance

**MAXIMIZED BODY CHEMISTRY FOR HEALTH & WELLNESS**

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**Balance**



Congratulations, for taking this step to gain valuable knowledge that, if acted upon, will deliver tremendous benefits to your quality of health and life.

Over acidification of the body (cells, tissues & fluids) is the greatest contributor to illness.

Acidification leads to the buildup of toxins, as well as the growth of dangerous microforms like yeasts (Candida), fungi, and harmful bacteria. This toxicity leads to stress, and eventual sickness. Modern daily diets and lifestyles create this morbid, acidic environment in your body.

I have found a direct correlation between acidification and a whole host of ailments in the body. The pH level (acid - alkaline measurement) of your internal fluids affects every cell in your body.

Your body regulates its pH just like it regulates its temperature. In doing so, it will even create stress on other tissues or body systems if it must. Since your blood **MUST** maintain a very narrow pH range of 7.365 To 7.40, your body will do all sorts of things in order to deal with excess acidity. It will flush excess acids into fat cells (which is why you can't seem to lose those extra pounds)....

Or, perhaps, it will leach calcium (an alkaline mineral) from your bones in order to neutralize acids (a common cause of osteoporosis and osteopenia).

Your body will also stress tissues by flushing acids into them (as is the case with gout) because it can't dump these acids into the bloodstream (which must remain alkaline or you'd die).

Simply stated, chronic over acidity will interrupt all cellular activities and functions - it interferes with life itself.

When the pH of your body becomes (too acidic), you may experience low energy, fatigue, excess weight, poor digestion, aches and pains, and even more serious disorders.



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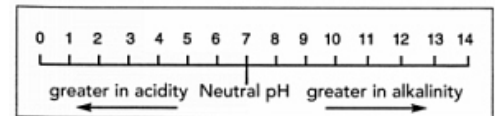
# THE 7 STEPS TO pH BALANCE



## ISSUE 2: TESTING

Today we'll talk a little about how to detect for acidification in your body. It's important to know where your pH stands so that you can get an idea of how you need to proceed.

pH is a measure of acidity and alkalinity. The pH scale goes from 0 to 14. At pH 7, the half way point, there is a balance between acidity and alkalinity.



*The pH scale*

The "p" comes from the word power or potential. The "H" is the symbol for the element of hydrogen. Together, the term pH means "Potential of hydrogen".

The pH scale is logarithmic. So, for example, urinary pH of 6 is 10 times more acidic than 7. This imbalance is relatively easy to correct.

On the other hand, urinary pH of 5 is quite a different story. While it may appear that 5 is only "One point less" than a reading of 6, in actuality it is 100 times more acidic than 7.

To maintain good health the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals. One of the principal systems it uses for this purpose is the renal system (kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 7.0 and 7.5.

By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic.

This low urinary pH is also an indication that the body is saturated and therefore in an acid state. Another indicator of the overall pH balance in your body is the pH of your saliva. When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50. A low saliva pH reading indicates that the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

There is a strong correlation between the pH of the body's internal environment and that of the urine and saliva: urine and saliva become acidic when the body's internal environment becomes acidic.



# THE 7 STEPS TO pH BALANCE



## ISSUE 3: DIET

Hippocrates once said "Let food be your medicine, and medicine be your food"... how wise he was.

Diet is the foundation to health. The adage of "You are what you eat" has always been, and always will be the absolute truth. When it comes to altering the pH of your body, foods play a fundamental role.

Food either creates an acidic or an alkaline ash in your body once it's metabolized. Too many acidifying foods will bring your pH down.

Conversely, alkalizing foods will help to neutralize acids, and bring your pH up. So, it's vitally important to base your dietary choices on how acidifying or alkalizing the foods you eat are.

In an effort to help you as much as possible, we have compiled a list of foods based on their acid-alkaline effect on the body.

This "grocery list" of foods can literally be used as a grocery list. You can make photo copies of this list and highlight the alkalizing foods that you enjoy, and intend on purchasing on your next trip to the super market.

This list is located at the end of this Guide Book.

# THE 7 STEPS TO pH BALANCE



## ISSUE 4: CLEANSING AND DETOX

Do you know what's living inside of you? I'm talking about very unfriendly "critters" that love an acidic body.

These types of morbid microforms proliferate because the (acidic) environment is perfect for them. They also contribute to further acidity because of the toxins they create. Microforms like pathogenic bacteria, yeasts and fungi directly contribute to hundreds of ailments.

**Here's a (short) list of some types of pathogenic bacteria that thrive in acidic conditions and the diseases that they cause:**

Streptococcus pyogenes - Sore throat	Bordetella pertussis - Whooping cough
Streptococcus pneumoniae - pneumonia	Vibrio cholerae - Cholera
Staphylococcus aureus - Various	Treponema pallidum - Syphilis
Enterotoxigenic E. coli - Diarrhea	Mycoplasma - Pneumonia
Uropathogenic E. coli - Urethritis	Chlamydia - Conjunctivitis or urethritis
Uropathogenic E. coli - Pyelonephritis	

**How about yeasts like Candida? This is a list of physical problems thought to possibly be the result of Candida's activity:**

Thrush, Endometriosis, Athlete's foot, Migraine headaches, Fatigue constipation, Bloating, Allergy, Irritability, Depression, Weak muscles, Abdominal pain, Diarrhea, Swelling in the joints, Sore throat, etc.

So, how do these types of microforms "show-up" in your body? Because an acidic environment is PERFECT for them. If you're serious about getting your pH balanced, cleansing your body of these types of "trash" is of paramount importance.

There are many different cleansing & detoxification protocols out there. Some are very helpful, but others are potentially dangerous. Doing a cleanse every 3-4 months is optimal. Let me leave you with a few thoughts... When the pH of your swimming pool is too low, you get a bloom of algae.... all because of the pH.

This is the same in your body. When you keep it clean and balanced, the "bad" organisms won't get a foothold and thrive.



# THE 7 STEPS TO pH BALANCE



## ISSUE 5: STRUCTURED WATER

This topic is extremely vital to your health. In case you didn't know, water makes up over 75% of your body weight... that equates to 10 gallons for a person of 120 lbs. It's easy to understand why it's so important to your health. The body must continuously be in a proper state of hydration. Because 2.5 liters of water is lost each day through normal bodily functions, this must be replaced.

There are two major issues that emphasize the need to keep the body adequately hydrated with water of the best quality, content, and structure so it can maintain homeostasis.

First, the water we put in our body must be able to prevent toxins and chemical substances from accumulating and creating destructive influences on cells. Water must bring all minerals and nutrients required for cell metabolism, and remove any substances that can damage the cell. It must also be able to protect cell walls from damage and invasion.

Second, since water is involved in every function of the body, it must act as a conductor of electrochemical activity, such as neurotransmission, by moving water from one nerve cell to another smoothly and effectively.

Movement of water in the body between cells (extracellular fluid) is caused by osmosis. This is created by magnetic forces in the body, which keep the movement in balance. As water flows, changes in pressure create movement across the cell membranes. Any changes in pressure will allow proteins, minerals and other nutrients being carried by the blood to escape into spaces between vessels and deprive the cells of their vital needs to sustain life.

When water in the blood is contaminated with chemicals, it enters the cells and changes their structure, which in turn could lead to changes in DNA. This is the start of the disease process, which is very similar to the aging process.

Much research has been conducted on the effects of water that is considered structured or clustered. Reports from studies suggest that structured or clustered water can help the body resist disease and slow aging by increasing cellular hydration, replacing essential minerals, and boosting pH.

Water that is structured can retain its magnetic properties because of its high mineral content. The most unique feature of structured water is the formation and organization of its molecules. Unlike regular water, structured water is naturally formed in smaller clusters of 5 or 6 molecules. Because of its natural magnetization, these clusters are more organized and move in an orderly pattern throughout the body. Structured water has a higher density than other water, even to water that has been artificially magnetized.

I recommend to my patients that they use a product called Alkalive pH Booster to structure their water. Not only does it help to structure the water, it brings the pH up to about 9.5, which is 500 times more alkaline than regular drinking water. When you are ready, a member of Team Maximized Health will be happy to assist you in acquiring this product.

Remember... proper hydration is THE MOST CRUCIAL factor in Establishing and Maintaining proper pH! I recommend that you drink one liter of water per 30 lbs. of body weight per day.



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## ISSUE 6: ALKALIZING SUPPLEMENTS

Let me take a minute to congratulate you for getting this far. Knowledge is power, and you're wise to be seeking it in order to live a healthier life.

When it comes to balancing your pH, your body needs a perfect combination of nutrients, including vitamins, minerals, enzymes, fats, fiber, antioxidants, etc. Simply put, no single supplement will balance your pH. You must give your body all of the necessary raw materials (nutrients) in order to achieve pH balance.

Here's a list of what you need in order to supplement properly:

### HYDRATION:

Drink alkaline water, you can buy bottled alkaline water, or you can use alkalizing drops.

### CLEANSING & DETOX :

You need something to help cleanse and detoxify your entire body... colon, liver, lymph, kidneys, etc.

### ALKALINE MINERALS:

These will supply the necessary alkaline buffers to neutralize acids.

### ENZYMES:

They are the spark plug of life. All processed and cooked food is void of them.

### GREEN FOODS :

These supply the necessary minerals, chlorophyll, enzymes, and fiber to maintain your pH. We promote a Green SuperFood formula here in the office that I take every morning.

What I do with my patients that are very acidic is put them on a system of supplements and a cleanse for 9 to 11 days. This allows for the body to cleanse, detoxify, heal, replenish, and rejuvenate.

I have noticed considerably better results with those that will take the time and effort to undergo this type of regimen. So many people like you go on this system, get their body in balance, and rejoice at the way they look and feel afterwards.

Finding the right Cleanse Program or a supplement with the right amount of vitamins, minerals and enzymes can be difficult and confusing. Team Maximized Health will be happy to assist you!

# THE 7 STEPS TO pH BALANCE



## ISSUE 7: BREATHE & SWEAT

Let me thank you for allowing me the opportunity to share my knowledge about proper acid-alkaline balance with you.

It is my deepest desire that you use this information to transform your health and your life. I'd like to discuss a couple of things that I think will dramatically affect your body for the better... sweating & breathing.

First, let's talk about breathing... You must learn to breathe properly. Shallow "Chest breathing" results in lesser energy levels. The best thing you can do to prevent shallow breathing and breath correctly is to sit and stand up straight. Don't slouch over.

The richest blood flow occurs in the lower lungs. When this area fails to be adequately ventilated with air, you end-up oxygen depleted. Proper breathing requires the use of the diaphragm... taking DEEP breaths.

Practice using this breathing pattern to increase your energy and help to exhaust weak acids from your body: Inhale, hold your breath, and then exhale... in the ratio of 1-4-2.

For instance if you inhale for a count of 4, hold your breath for a count of 16 then exhale for a count of 8.

Repeat this 10 times, and do it 3 times per day. In order to effectively detoxify properly, you must activate your lymph system. Your lymph system is responsible for removing the waste products from your cells - it is the sewage system of the body.

It does not have a pump to make it work like the heart. Instead, it relies on the diaphragm. Doing this simple exercise will greatly increase your energy... every time you do it!

# THE 7 STEPS TO pH BALANCE



## ISSUE 7: BREATHE & SWEAT

Now, let's talk about sweating...

Many toxins, accumulated in the system as a result of metabolic wastes and sluggish elimination, are thrown out of the body with perspiration. The skin is our largest eliminative organ, and is often referred to as "the third kidney".

The skin should eliminate 30% of the body wastes by way of perspiration. Hundreds of thousands of tiny sweat glands act not only as the regulators of body temperature, but also as detoxifying organs.

When the kidneys cannot eliminate the normal quantities of urine due to overwork or a weakened condition, the body tries to eliminate such wastes by way of the skin. The chemical analysis of sweat shows that it has almost the same constituents as urine.

I recommend that you take 30 minutes (especially after a workout), and sit in a sauna. Many health clubs have a sauna, and it's well worth the monthly membership fee if all you did was go there to SWEAT. The body, in its wisdom, will store and try to isolate toxins and acids in your body fat. Sweating will help eliminate these toxins.

When you take a sauna and sweat profusely, these toxins are allowed relatively safe passage out of your body without risk of damaging important organs or passing the blood/brain barrier, heart, etc. Thus, many toxins can be partially or completely eliminated this way.

So, this powerful combination of sweating and breathing properly will augment your diet and supplement plan to eliminate acids, and live an alkalized and energized life!

Thank you again for reading through all of this material. I hope you enjoyed learning as much as I enjoy teaching on this subject. I wish you the best, and hope you truly realize maximized health and energy!

# Acid - Alkaline Food Chart



## Extremely Alkaline

Lemons, watermelon.

## Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress. Asparagus, fruit juices, grapes (sweet), kiwifruit, passion fruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

## Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable). Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

## Slightly Alkaline

Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice). Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

## Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

## Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized). Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

## Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb. Liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).



# Acid - Alkaline Food Chart



## Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

## Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

## Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

## Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

## Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

## Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

## Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

## Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type.





**Balance**



Dear Friend,

I hope that you enjoyed this information as well as the Acid - Alkaline Food Chart.

Teaching people about health, and specifically pH balance, is my purpose and passion, so I wanted to give you the opportunity to receive a few more pieces of information.

First, we have list of healthy recipes that go hand in hand with proper pH balance. They are really great and quite tasty. In an effort to save valuable resources we have not included this information in the pH Balancing Guide Book. If you would like to receive the pH Recipe Handout, please email [info@maximizedhealth.net](mailto:info@maximizedhealth.net) with "*please send me a copy of the pH Balancing Recipes*" in the headline of your email.

Second, we have additional Guide Books that offer other wellness solutions, including Cleansing and Detoxifying, as well as Adrenal Gland Fatigue and Improved Energy.

Remember, if you or a loved should ever need help in achieving higher levels of health and wellness — we at Maximized Health are here to serve you!

Yours in health,

Dr. Craig Burns and Team Maximized Health



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