

Your Body pH Affects EVERYTHING.

Human blood stays in a very narrow pH range right around 7.3. Below or above this range means symptoms and disease.

When pH goes off, microbial looking forms in the blood can change shape, mutate, mirror pathogenicity, and grow.

When pH goes off, ENZYMES that are constructive can become destructive.

When pH goes off, OXYGEN delivery to cells suffers.

pH Controls the Things You Can't Live Without...

Like your BRAIN. Your brain needs fuel to run, and the fuel it uses is glucose. But unlike other cells, your brain can't store glucose. It depends on the second to second supply from the bloodstream - a bloodstream that is affected by pH, which controls the efficiency of INSULIN, which allows sugar to enter into cells which in turn controls blood sugar levels.

When pH goes off...

- MICROBES** in the blood can change shape, mutate, become pathogenic.
- ENZYMES** that are constructive can become destructive.
- OXYGEN** delivery to cells suffer.
- ORGANS** of the body can become compromised, like your brain, or your heart.
- MINERAL** assimilation can get thrown off.

As the pH of the blood goes more acid, fatty acids which are normally electro-magnetically charged on the negative side switch to positive and automatically are attracted to and begin to stick to the walls of arteries which are electro-magnetically charged on the negative side. (And as science states, opposites attract.) It should start to make sense that a society which over-emphasizes food that could push blood to be more acid will have a high rate of heart disease. And so it goes.

pH control impacts every biochemical process in the body including...

ENZYMES which are part of that biochemical process. There are hundreds if not thousands of enzyme processes which take place in the body. Many are so specific that they are like complex square pegs that need to "fit" into specific square holes in order to carry out their duty. If blood pH is off balance even a little, some important pegs are not "fitting" their respective slots. Enzyme function and thus life itself begins to suffer.

MINERAL ASSIMILATION is affected by pH. Minerals have different pH levels at which they can be assimilated into the body. Minerals on the lower end of the atomic scale can be assimilated in a wider pH range, and minerals higher up on the scale require a narrower and narrower pH range in order to be assimilated by the body. For example....

Sodium and magnesium have wide pH assimilation ranges.
It narrows somewhat for calcium and potassium.
Narrows more for manganese and iron.
More for zinc and copper.
More for iodine.

Iodine, which is high up on the atomic scale, requires near perfect pH for its assimilation into the body.

Iodine you may know, is one of the most important minerals for proper functioning of the THYROID. But, the thyroid doesn't get access to iodine unless the body pH is near perfect.

With a society in a largely pH unbalanced state, one would suspect a lot of thyroid problems. Malfunctioning thyroids have been connected to arthritis, heart attacks, diabetes, cancer, depression, overweight, fatigue and more. Are you starting to see the basic metabolic picture evolving here?

Due primarily to agricultural soil depletion and over-acidic food consumption, mineral deficiency is a large problem facing most people today. And mineral deficiency relates to the quantity of life energy or, more specifically, electricity, in our bodies.

***Body mineral content and balances control
the quantity of electricity in our bodies.***

***The speed at which the electricity flows
is controlled by the body's pH balance.***

pH Balance and the Mineral Connection

There are complex biochemical processes taking place in the body constantly in an attempt to keep blood pH as near perfect as possible. These are known as the pH buffering systems. These buffering systems need a good balance of minerals to work effectively. If we are getting inadequate mineral intake from the food we eat, we are going to start having problems with our pH balancing systems.

And if our pH is unbalanced, what is the result? Well, by now you should start having a good idea. Pick your disease, choose your unbalance. Cancer, arthritis, diabetes, heart disease, chronic fatigue, allergies, obesity, just name it. If you don't feel good, one of the basic things that stands between you and perfect health is your body's pH. Your basic metabolic body balance.

Minerals are as important as, if not more important than, vitamins. Minerals are co-enzymes which help vitamins function. In the absence of minerals, vitamins can't do their job. Many minerals are referred to as trace minerals, which might make it seem as though they are of little importance, but nothing could be further from the truth. Minerals and their deficiencies have been implicated in a wide range of off-balance health conditions. Here are some examples:

Supplementing a diet with sufficient chromium and vanadium can help prevent diabetes and has been seen to reverse diabetes in those already diabetic, as vanadium is reportedly able to replace insulin in some cases.

Copper deficiency is implicated in aneurysms (brain, aortic, etc.)

Magnesium is quite possibly the most important mineral for the reduction of coronary heart disease. (The latest "cutting edge" research shows that heart disease is really a function of heart muscle acidosis.)

Boron helps keep calcium in the bones, helps women preserve and make estrogen, and helps men keep testosterone. Boron affects alertness. Boron can help eliminate arthritis.

Potassium and magnesium (along with organic sodium) are some of the most important minerals for rebalancing the electrical properties of the cell, for eliminating excess acidity, and for helping to balance calcium.

Magnesium helps conduct electrical messages between all the neurons of the body.

People get irrational when potassium levels are low.

Zinc is involved in over 200 brain enzyme interactions.

Drinking zinc mixed with distilled water can stop anorexia nervosa in a day.

Zinc deficiency symptoms include loss of taste and smell.

Zinc deficiency in children results in moodiness, depression, irritability, photo phobia (light sensitivity), antagonism, temper tantrums & learning problems.

Children who do poorly on achievement tests tend to have low iron levels. These children also display disruptive, impulsive and irritable behavior in the classroom. Children who have high lead levels do more poorly overall. Most of these children's mineral imbalances go undiagnosed and instead are medicated with drugs.

Likewise, ADD - Attention Deficit Disorder can often be eliminated by balancing nutritional trace minerals. There is no need to drug our children.

Cigarette smoke is rich in cadmium (the blue color in the smoke). Cadmium is the most neurotoxic substance known to human beings. A low zinc/high cadmium ratio is implicated in learning disabilities.

Zinc is needed to balance cadmium.

Too much copper is an irritant to the brain.

High manganese levels show statistically high correlation with violent behavior., while lithium balances and helps control manganese. The cities of the world with the highest lithium concentration in their water show the lowest homicide rates.

The trace element rubidium cures manic depression.

The right ratio of copper to zinc in the cell acts as an antioxidant.

This information shows just a teeny fraction of how minerals and mineral imbalances can affect your health. Much of this information is buried in professional journals, there for the taking. It appears that due to politics and the influence and strength that the medical/drug industrial complex has over the suppression of information, these things stay buried.

If this type of information, along with the other things we know, could be assimilated into our society, whether through the efforts of individuals or that of our government, and if people like doctors, psychiatrists, and dietitians were to act on it, we could lessen violence in our society, close jails, raise academic achievement, and greatly reduce outlays of public money for Medicare and Medicaid. We could see our health insurance premiums drop to about \$50 dollars a month for a family of four because we could eliminate our need for expensive hospital visits and treatments excepting emergency care for accidents.

Without a doubt, the single most important thing you can do for your health is to supplement your diet with broad spectrum trace minerals. They are that important.

Your Disease is in Perfect Harmony With Your Body

Reference website: <http://biomedx.com/microscopes/rrintro/rr4.html>