

## Look who's talking about pH !

### The Acid / Alkaline Balance

pH refers to the "power of hydrogen" and its activity level in fluids. Many people today have an overly acidic pH due to drinking colas, improper food combinations, consumption of processed foods, stress and pollution.

X20 raises the alkalinity of the extra cellular fluid that surrounds your cells. An alkaline, versus acidic environment is believed to be one of the major deterrents to tissue damage, aging and the growth of disease organisms. When your body consists of a more neutral to alkaline environment, the body can then use its amazing God-given ability to heal itself naturally.



Arthur C. Guyton, M.D., probably the most recognized author on human physiology, states in his "Textbook of Medical Physiology":

*"The first steps in maintaining health is to alkalize the body (pH or acid/alkaline balance). This is one of the most important aspects of Homeostasis. Changes in pH alter virtually all body functions."*

Definition: pH is how acidic or alkaline a substance is.

0 - Acid / 7 - Neutral / 14 - Alkaline

Blood pH : 7.4 - Normal Health / 7.2 or lower - Death

*"The cells of a healthy body are alkaline while the cells of a diseased body are below a pH of 7.0. The more acidic the cell, the sicker we become. **If the body can not alkalize the cells they will become acidic and thus, disease sets in.** Most cells will die in the 3.5 pH range. Our bodies produce acid as a bi-product of normal metabolism. Since our bodies do not manufacture alkalinity, we must supply the alkalinity from an outside source to keep us from becoming acidic and dying."*

Adam J Jackson - author 'The Ten Secrets of Abundant Health' and former columnist with The Nursing Times & The Health Guardian:

*"Health is about maintaining balance inside the body. Balancing our diet, balancing our emotions, our physical and our mental activity. However, one aspect that we often tend to ignore is balancing our pH - the relationship of acid and alkaline in the body. Without a balanced pH, our health will inevitably suffer."*

Due to modern living, the battle most people face is to eliminate the excess acidity inside our bodies. Xtreme X20 helps us win that battle!

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Daniel Reid in his book 'The Tao of Detox' explains that the root cause of disease is tissue toxicity (toxaemia), which allows toxins to multiply inside your body. Toxaemia produces two basic conditions which open the door to disease: acidosis (excess acid waste) and hypoxia (insufficient oxygen). In other words, *too much acidity and insufficient oxygen in the tissues and cells of the body are the root cause of ALL disease, including Cancer.* High acid levels encourage morbid, cancerous cell growth whereas high alkaline levels encourage healthy cell growth.

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Dr Günther Enderlein (1872-1968) Founder of 'Pleomorphism'

*"Total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH"*

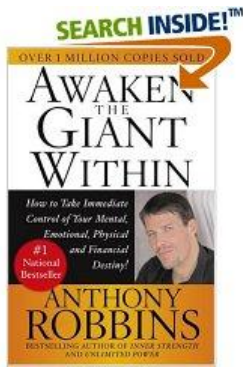
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Sang Whang Author 'Reverse Ageing'

*"What I am telling the world is to drink alkaline water in order to wash out acidic wastes, the universal cause of many adult diseases"*

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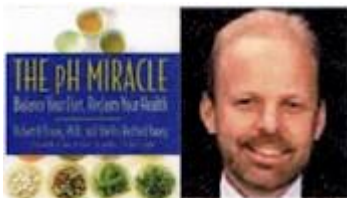


Anthony Robbins - Peak performance expert & international best-selling author - a giant in his field, has advocated the balance of acid-alkaline foods for many years and includes the need to alkalis and hydrate in his Peak Performance seminars



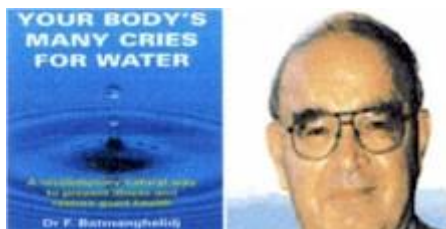
Dr Theodore Baroody, author 'Alkalize or Die

*"The countless names attached to illness do not really matter. What does matter is that they all come from the same root cause: too much tissue acid waste in the body."*



Dr Robert O Young - The pH Miracle

*"The single measurement most important to your health in the pH of your blood and tissues - how acidic or alkaline it is"*



Dr Batmanghelidj - Your Body's Many Cries For Water

*'You are not sick, you are THIRSTY'*

# X 2 0 & p H B a l a n c e

*U n d e r s t a n d i n g p H L e v e l & W h y M a n y P e o p l e H a v e D i s e a s e , I n c l u d i n g C a n c e r .*

According to the research of Dr. Enderlein, total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH. In case you missed it, let me say it again...

Total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH.

pH: What does it mean? pH is the abbreviation for *p o t e n t i a / h y d r o g e n*. The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 **h e a l t h y** 8 9 10 11 12 13 14

Human blood stays in a very narrow pH range right around ( 7.35 - 7.45 ). Below or above this range means symptoms and disease. If blood pH moves to much below 6.8 or above 7.8, cells stop functioning and the patient dies. The ideal pH for blood is 7.4

A healthy blood pH without cancer has acid + alkaline balance almost equal. Actually a healthy body is slightly alkaline measuring approximately 7.4. This ideal blood 7.4 pH measurement means it is just slightly more alkaline than acid.

0 is acid ----- blood pH ( 7.35 - 7.45 ) healthy ----- over 7 to 14 is alkaline

If you have a health problem, most likely you are acidic. Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. So, no matter what type of modality you choose to use to take care of your health problem, it won't be effective until the pH level is up. If your body's pH is not balanced, you cannot effectively assimilate vitamins, minerals and food supplements. Your body pH affects everything.

The body has to have a balanced pH like most living things on earth or it does not function correctly. The alkaline level is very important because research has already proven that disease cannot survive in an alkaline state and yet they thrive in an acidic environment.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumour cells thrive, and make it more susceptible to fatigue and illness.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

There are two factors that are ALWAYS present with cancer no matter what else may be present. Those two factors are *Acid pH* and *Lack of Oxygen*. Can we manipulate those two factors that always have to be present for cancer to develop and by doing so will that help reverse the cancer? If so, we need to learn how to manipulate those two factors.

Cancer needs an acid and low oxygen environment to survive and flourish within. Terminal cancer patients are around 1000 times more acidic than normal healthy people. The vast majority of terminal cancer patients possess a very low body pH. Why?

In the absence of oxygen, glucose undergoes fermentation to lactic acid. This causes the pH of the cell to drop from between 7.3 to 7.2 down to 7 and later to 6.5 in more advanced stages of cancer and in metastases the pH drops to 6.0 and even 5.7 or lower. Our bodies simply can not fight disease if our body pH is not properly balanced.

The normal human cell has a lot of molecular oxygen and a slightly alkaline pH. The cancer cell has an acid pH and lack of oxygen. Cancer cells cannot survive in an oxygen rich environment. At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live. Again, the higher the pH reading, the more alkaline and oxygen rich the fluid is. Cancer and all diseases hate oxygen / pH balance. The proper alkalinity pH of the blood ( 7.35 - 7.45 ) is critical for the overall health of the body. *In other words ... alkaline or die .*

Remember that the pH number is an exponent number of 10; therefore, a small difference in pH translates to a big difference in the number of oxygen or OH-ions. A difference of 1 in a pH value means ten times the difference in the number of OH-ions, a difference of 2 means one hundred times the difference in the number of OH-ions. In other words, blood with a pH value of 7.45 contains 64.9% more oxygen than blood with a pH value of 7.30.

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Fact: If your body's pH is not balanced, you cannot effectively assimilate vitamins, minerals and food supplements. Also, mucus on the small intestine can block your body from vitamin and mineral absorption.

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## A m a z i n g X 2 0

Over 200 diseases are linked to Ionic Calcium Deficiency Disease (ICDD):

Cancer, Diabetes, Arthritis, Heart Disease, Osteoporosis, Eczema, Alzheimer's Disease, Fibromyalgia, High Cholesterol, Muscle Cramps, Kidney Stones, Gallstones, Gout, Indigestion, Chronic Fatigue Syndrome, Lupus, Hiatus Hernia, Hypertension, Heartburn, High Blood Pressure, Acne, and many, many more.

X2O is made up of organic blend of ionic minerals. When immersed in water, it releases ionic minerals which are highly alkaline and this provides vital nutrients, helps oxygenate the body and restores a healthy pH in your body. In this way, it can help provide your body's natural ability to fight off disease.

Scientists have discovered that a low level of oxygen in the body can disrupt the body's ability to function normally and at the same time can severely cripple the immune system, leaving your body vulnerable to disease and premature aging.

X2O greatly increases the oxygen level in the body, thereby allowing the body to rid itself of toxic waste that continues to build up. That's why when you indulge yourself in "junk food" the body diverts oxygen away from the primary metabolic functions and works overtime trying to digest your high caloric intake. That's why when you eat junk food or large meals you feel sluggish afterwards. Your body literally slows down its metabolism to compensate for the overload.

Is your body oxygen poor? Here are a few signs to look for:

muscle aches \* poor digestion \* dizziness \* depression \* irrational behaviour weakness \* acid stomach \* irritability \* memory loss \* circulation problems.

Louis Pasteur said before he died: The germ is nothing. The "terrain" is everything. X2O doesn't cure disease, it simply helps keep the pH level of our body fluids in sync so the body fights disease naturally, like it was meant to. X2O provides a high pH alkaline water which will definitely help our body's "terrain" in preventing and/or curing disease. In other words, most disease CANNOT survive in a body with a balanced pH.