

DISCOVER CORE...AND DISCOVER A BALANCED PH

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Your pH...just what is that?

The pH of your body

Anything that is liquid has relative level of acidity or alkalinity...including your body. We measure this on a scale of 0 to 14, with 7.0 being neutral (or often referred to as "basic")

pH (potential hydrogen) in the human body refers to how oxygen rich the fluid is...the higher the pH reading, the more alkaline /oxygen rich you are. The lower the pH or reading, the more acidic or oxygen deprived you are.

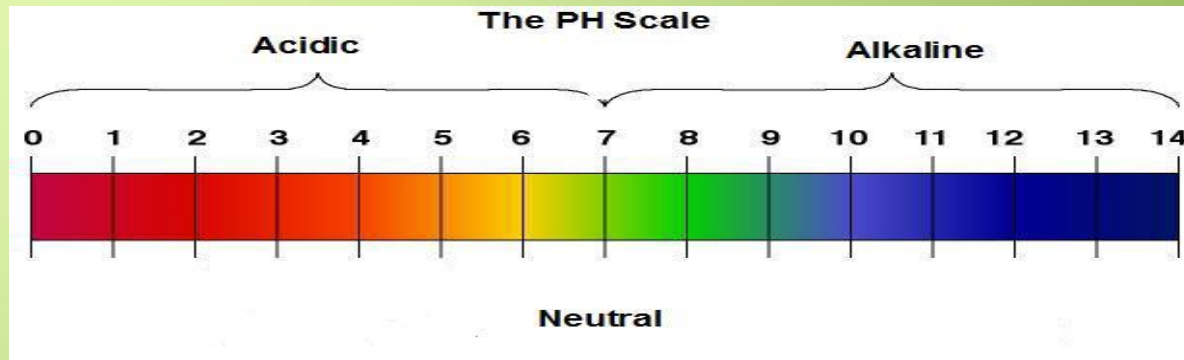
Why work to have a balanced system?

Here are just a few health issues that are often the result of system that is NOT balanced:

- Hormone concerns/disorders
- Cardiovascular weakness
- Weight gain/loss
- Bladder and kidney concerns
- Immune deficiency
- Acceleration of free radical damage
- Structural system weakness, including brittle bones, hip fractures and joint discomfort
- Stressed liver function
- Low energy/adrenal fatigue
- Slow digestion and elimination
- Yeast/fungal overgrowth
- Tumor growth
- Premature aging
- Cognitive impairment



How do you balance your pH for optimal health?



1. Measure your pH
2. Eat the foods and drink the right liquids that create a system that is balanced
3. Decrease your stress and inflammation levels
4. Get enough sleep so that your hormones can function properly
5. Eliminate toxins from the body
6. Eat to protect your liver

Your Liver...



You only have one...the one organ that is responsible for EVERYTHING we ingest. Everything. Your liver is also affected by your body's pH.

Your liver has two choices with everything that passes through it:

Process it so your body can function (balanced)

OR

Turn it to Toxins for the body (acidic)

The importance of detoxifying, cleansing, and eating GREEN...

Eat to heal, rather than eat to harm. This is the best way to detox your liver.

There are many foods out there that work to keep your system balanced, keep your organs working properly, and work to maintain your energy levels.

Would you rather eat to live? Or try one of those detox plans that have you drink nothing other than some maple/lemon concoction for three days? Or even more?

Would you rather not suffer from breakouts, night sweats, digestion complications, just some of the symptoms people tell you are OK if you are "detoxing?"

What are things that NATURALLY help with keeping your system clean?

Why Milk Thistle?



Silybum marianum

- Has been known to protect and promote growth of liver cells
- Fights oxidation (acidosis)
- Enhances protein synthesis
- Helps toxin blockades at the membrane level in the cells
- Has been known for anti-inflammatory and antioxidant effects
- Historically has been used to treat: Heartburn, depression, malaria, diabetes, liver disorders, and allergy symptoms.

Why Dandelion?



- Source of calcium (1 cup – 103 mg)
- Source of Iron (10% of DRV, 1 cup =1.7 mg)
- Antioxidant properties
- Anti-inflammatory properties
- Promotes urine production for detoxification
- Helps support hydration
- Cleansing properties
- Contains copper, manganese, zinc, phosphorus, potassium, magnesium
- Considered a 14% protein
- Vitamin A (beta-carotene)
- Vitamin C (186% RDA)
- B1, B2, B6
- Vitamin K (357% RDA)
- Has been associated with weight loss in women

Why Black Cumin?



- Helps regulate immune system
- Anti-inflammatory
- Anti-microbial
- Helps support balanced blood chemistry
- Helps alleviate nasal dryness
- Supports healthy cardiovascular system
- Has been used to treat obesity
- Helps reduce pain
- May inhibit spasmodic activity
- Aids in opening air passages
- Anti-cancer properties

Sources: A review on therapeutic potential of *Nigella sativa*: A miracle herb Asian Pac J Trop Biomed., International Immunopharmacol, 2005., Plant Foods and Human Nutrition, 2012., J. Diabetes Metabolic Disorders, 2013., Preventative Medicine 2014.

Why Cranberry?



- Excellent source of Vitamin C, E and Fiber
- Help support body's resistance against infectious agents
- Contains Vitamin K, manganese, and a large amount of phytonutrients
- Serves as an antioxidant
- Offers anti-inflammatory and cancer preventing properties (slows tumor growth, has shown positive effects against prostate, liver, breast, colon, and ovarian cancer)
- Helps prevent UTI's
- Can reduce the risk of cardiovascular disease by preventing platelet build up
- Provides oral health benefits (prevents bacteria from binding to teeth, can prevent gum disease)

Sources:

The World's Healthiest Foods, The George Matejlin Foundation. Accessed November 19th 2013. National Institutes of Health Office, Memorial Sloan Kettering University. Oct 25th 2012, *The Canadian Journal of Microbiology*

Why Kale?



- Has been shown to support blood glucose control
- Has potential to lower risk of cancer
- Supports healthy blood pressure
- Supports bone health
- Contains A, C, K, potassium, iron, manganese, phosphorus
- Low oxalate level (calcium and iron are easily absorbable)
- Potential for help with diabetes control
- Supports heart health
- Contains ALA (antioxidant) that can assist with relieve neuropathy issues
- Aids in digestion (high in fiber)
- Helps with healthy skin and hair and growth of bodily tissues (Vitamin A)

Sources: Bellati MS, Andy, *Today's Dietitian*, Vol. 12, Nutrition 411., Medical News Today.

Why Wheat Grass?



- Contains Vitamins A, E B12 C, K
- Source of calcium, selenium, magnesium, iron
- Study from Bar Sela Nutrition (2007) showed that 60% of women taking wheat grass showed reduced harmful effects of chemotherapy
- Ben-Ayre Journal of Gastroenterology showed that wheatgrass aides in the treatment of ulcerative colitis
- Contains 70% chlorophyll (blood builder)
- Can neutralize toxins in the body
- Helps support healthy glucose levels
- Has been shown to cure acne, help in scar healing.
- Can increase endurance

Why Spirulina?



- Contains iodine (thyroid health)
- Considered a complete protein
- Contains essential amino acids
- Contains GLA, linoleic acid,
- Helps support healthy RNA/DNA
- Aides in mineral absorption
- B12: healthy nerve tissue
- Helps support immune system
- Has been shown to reduce cholesterol
- Source of iron
- Anti-microbial

NOTE:

For the educational purposes of this presentation, note that the word "balanced" is used. This refers to when the body is at a homeostatic state, and is neither too acidic or too alkaline. Often, people refer to being a "7" on the pH scale. Keep in mind that women typically should be around a 6.8, where as men can live in the 7.3 range...this is due to hormonal differences. We select NOT to encourage people to become too alkaline, as that too can create health problems in the body. The quest is to stay balanced...but be more alkaline than acidic. Remember that when something is too alkaline, it behaves just like an acid. Clorox is a very high alkaline. Hydrochloric acid is a very low acid. Both will create the same damage in a 98.6 degree environment.

These statements have not been evaluated by the Food and Drug Administration and these statements do not intend to treat, diagnose, cure your disease, or take care of your issues. (But in my opinion can certainly help improve your health!)

Please note that is my professional opinion that you should take your health in to your own hands at all times, and working to include healthy, non GMO products in your daily regimen should be your goal, and your intention. You have the choice to avoid the side affects often associated with unhealthy habits and lifestyle.

What choice will you make?

For more information, resources, and recipes, please visit:

www.drsusansph.com
Where Learning Means Living

Credits

- ▣ Nature's Remedies
- ▣ Dave's Garden (aloe picture)
- ▣ Spirulina solutions (spirulina picture)
- ▣ Earth to Mother (wheat grass picture)
- ▣ Life Foods (Chlorella picture)
- ▣ www.drsusansph.com
- ▣ Pearson Education
- ▣ Trust in Food (Liver picture)