



*The Gift
From Mother Earth*

About The Author

The Founder and President of Mother Earth Labs, CareyLyn Carter-Goff is a Biochemist, Researcher, Author and Speaker on the Power of Humic and Fulvic to Help Maintain or Restore Good Health.



As a Metabolic Disease Specialist for Merck, a US pharmaceutical company, she worked with Leading Metabolic Disease Researchers and Specialist Physicians to educate Other Physicians and Health Care Providers about Preventing Metabolic Diseases, Their Diagnosis and Treatment Protocols for Almost a Decade as new products were in development and introduced.

She herself turned to the power of Humic and Fulvic—she calls it “The Gift from Mother Earth”; hence the company name—when she was confronted with a very serious health crisis. You can read Her Letter To You and more about it under the “Invitation Page” tab on this website.

She founded Mother Earth Labs based on her desire to share with others The Gift that was given to her...Health and Life! ...so that you too can live a long, healthy life free from degenerative disease, or dramatically renew and restore your Health...at a cost that isn't burdensome.

This book, ***The Gift From Mother Earth***, is made available to you free of charge. It contains important information about what you can do to Stay Healthy and Thrive in Our Modern World, and more...We Hope It will Make a Difference in Your Life or the Lives of Those You Love.

Chapter One

A Disease Epidemic

Despite Even the Best-Efforts to Eat a Balanced Diet...**Our Food Sources No Longer Contain the Vitamins, Minerals and Nutrients Our Bodies Need to Stay Healthy and Strong!**

Vitamin and Mineral Deficiencies are Taking a Serious Toll on Our Health...

It is also a Mistake to Think Vitamin and Mineral Supplements are Going to be Effective to Bridge the Gap...

WHY DO OUR FOOD SOURCES LACK NUTRITIONAL VALUE?

Fertilizers and Pesticides Used in Modern Agricultural Practices destroy or severely stunt the microorganisms in the soil that produce Humic and Fulvic Acids...

Humic and Fulvic (not to be confused with Folic)—The Gift From Mother Earth—are produced in soils by beneficial microbes—they make it possible for plants...and us...to receive all the Nutrition, Especially Minerals and Vitamins, Needed to be Healthy and Thrive.

One of Humic and Fulvic's Functions (and there are Many) is to **Transform Inorganic Minerals (Rocks) in the Soil into their Activated, Organic, and Ionic "Cell-ready" Forms...the only Form plants can use...**

...and They Carry them Out of the Soil into the Plant... and to the Plant Cells where they are needed in just about every metabolic "life-giving and sustaining" process.

When we consume plants directly (or indirectly through animal sources such as dairy products)—**Humic and Fulvic carry all 74+ activated Organic, Ionic "cell-ready"**

Minerals, 10 Vitamins, 18 Amino Acids and other Nutrients to our cells where they are needed to support all of our metabolic “Life-giving and sustaining” processes too...

...And Because They are in their Natural Forms, Our Bodies Have no Difficulties Using Them Immediately... We need Humic and Fulvic along with the 74+ Organic, Ionic Minerals, 13 Vitamins, 18 Amino Acids, and Other Vital Nutrients, they Naturally Carry as much as plants to be Healthy and Thrive!

Humic and Fulvic also play other vital roles in our bodies, just as they do in plants, and have been called “Nature’s Miracle Molecules” because like Sunlight, Air and Water...Life just cannot exist without them.

Even Organic farming methods that protect the microorganisms deplete the Humic and Fulvic because they are used by plants faster than they can be replaced naturally. Some Organic Farmers, especially large growers, are now supplementing soils with Humic as part of a Sustainable Agricultural Program.

There are now some developed countries that no longer allow these modern agriculture practices to occur. France is one of these countries. Professor Louis Kervan, Minister of Health for France and a member of the New York Academy of Sciences stated “The present form of agriculture, to which our biological agriculture is opposed, leads to the ruin of soil and health and will eventually begin about the death of humanity.”

Unfortunately, our US crop plants contain only a fraction... as much as 80% less of the Humic and Fulvic and the Vitamins, Minerals and Other Nutrients they contained a century ago less according to the US Department of Agriculture, (USDA)...

...this has far-reaching consequences...

Our Bodies Rely on Minerals—Minerals Are Alkaline—(and vitamins as co-factors to minerals) to Neutralize Acids and Maintain a Healthy pH balance.

Normal Cellular Metabolism Produce Acids as End-Products, also our diets can include highly acidic foods, such as carbonated beverages, or emotional and mental states of anxiety, stress, fear, worry are extreme acid producers.

When our Diets are Mineral-deficient, our bodies become Acidic.

When our Bodies are Acidic, our tissues become Inflamed, cells are damaged and even destroyed, excessive amounts of free-radicals are produced which can lead to a condition called oxidative stress (now recognized as one of the leading causes of heart disease).

In a state of Chronic Acidity, we eventually become prone to Disease.

There are now 157 Degenerative Diseases...

including Cancer, Diabetes, Heart Disease, Alzheimer's, Rheumatoid Arthritis, Asthma, Fibromyalgia, MS, Osteoporosis, Lupus, Parkinson's...the list is long...

... linked to a chronic acidity and inflammation resulting from underlying mineral and vitamin deficiencies.

The cellular environment of the Average American is now Acidic (pH 4-6). This is NOT HEALTHY!

Research has shown a Chronic Acidic Cellular Environment causes Chronic Tissue Inflammation and can eventually Cause a Degenerative Disease...AND Degenerative Disease Cannot Exist When the Cellular Environment is Balanced and Slightly Alkaline(pH of 7.3-7.5)

An Acidic Cellular Environment is a result of Mineral Deficiencies. Minerals Are Alkaline and Neutralize Acids our Bodies Normally Produce in Metabolic Processes. Long-term Imbalanced Emotional or Mental States like Stress, Fear, Worry, or Anxiety are also potent acid-producers.

Our Food Sources No Longer Contain Adequate amounts of Humic and Fulvic, and the 74+ Organic Ionic Minerals they naturally carry, to Neutralize Acids and to Reverse Chronic Body Acidity and the Chronic Inflammation that cause Degenerative Disease.

There are now 157 Degenerative Diseases, including Cancer, Diabetes, Heart Disease, Alzheimer's, Rheumatoid Arthritis, Fibromyalgia, MS, Osteoporosis, Lupus, Parkinson's...the list is long... that are directly linked to a chronic acidity and inflammation resulting from underlying mineral and vitamin deficiencies.

Also, once one of these Degenerative Diseases is present in the Body, the risk for developing another rises dramatically—For example, Diabetics have an 8-fold risk of also developing Heart Disease than people who are not Diabetic.

Other effects of Chronic Body Acidity are:

- Premature Aging—Internally and Externally. Collagen and Elastin fibers in our skin that give it its Natural elasticity and Youthful Appearance, are highly-sensitive to acidity and will breakdown easily so we will appear much older than we actually are. They are also primary components of connective tissue that provides structure for our organs, bones, muscles and joints which will not “work as well” and can even become painful.
- Weight Gain—Our Bodies Make Excess Fat in order to Store all the Excess Acids to Protect Our Vital Organs. This fat is primarily around our mid-sections, buttocks and upper thighs. Dieting can become almost Impossible Because Our Bodies are Fighting us Metabolically all the Way.
- Lack of Energy and Fatigue—We feel Tired all the time because our tissues do not receive all the oxygen and nutrition they need to promote Vitality.

There is Nothing more Profound you can do to insure your Good Health and the health of those you Love than to Restore the pH Balance of Your Body!

Mother Earth Labs will send you testing supplies and instructions free of charge so you can **Measure Your pH to see where you stand.** Please visit our website and request our pH Challenge.

A Disease Epidemic

Reports published and studies conducted by the National Institute of Health (NIH), Centers for Disease Control (CDC), World Health Organization (WHO) continually discuss concern over the widespread and rapid increases of disease.

Those noted include:

- **Incurable infectious diseases** such as new drug resistant strains of Tuberculosis are now found throughout the world including 42 states in America, and other new viruses that are discovered with alarming frequency. Many warn of an impending world-wide epidemic caused by one of these viruses.
- **Cancer** is now expected to affect **1 in every 3 females and 1 in every 2 males compared to 1964 statistics of only 1 in 261 people.**
- **Heart disease now affects over 80 million people and is the leading cause of death in the United States.** Cholesterol lowering drugs have helped control the precipitous rise in death rates in the last 10 years, but their effect is equivalent to saying that now only 1 in 3 rather than every 1 in 2 people will die as a result of heart disease.
- **Autoimmune diseases** such as **Rheumatoid Arthritis** (2.5 million), **Lupus** (1.4 million), and **Fibromyalgia** (3.7 million). Many of these diseases are classified as mysterious syndromes and were unheard of 50 years ago.
- **Diabetes** is expected to double or even triple in the next 10 years according to the International Diabetes Institute and the World Health Organization who report diabetes mellitus “appears to be epidemic in many regions of the world”.
- **Asthma alone now affects 31 million people in the US.** According to a report by the CDC the prevalence of asthma increased 73.9% during 1980—1996. Other types of respiratory illnesses such as chronic bronchitis have also seen similar rises.
- Over 2 million fractures are reported each year as a result of **Osteoporosis.** Half of all women over the age of 50 will experience a fracture due to osteoporosis in her lifetime. Contrary to what many think, Osteoporosis is not just a hormonal disease (hormones do play a role, especially at menopause), but bone loss starts in our 20’s. Our bones are our largest storehouse of minerals which our bodies call upon to neutralize acids.

The incidence of heart disease, cancer, diabetes, asthma, arthritis, osteoporosis, multiple sclerosis, Parkinson's disease, and a host of other illnesses are reported to be advancing in epidemic proportions all over the world. Although disease was clearly present prior to the 1950's and 1960's, its incidence clearly was not. And, it has impacted younger and younger people over this time—the incidence of childhood cancers, asthma, etc. has skyrocketed.

Treating disease symptoms is now the primary focus of our medical community. And, the cost is overwhelming.

There is NOTHING MORE PROFOUND We Can Do to Insure Our Good Health Than to Restore and Maintain the pH Balance of Our Bodies.

Chapter

How Chronic Body Acidity and Inflammation Can Cause Degenerative Diseases

We must be Stewards of Our Own Health—anything less and we will likely be unhappy with the result.

Taking Responsibility for something this important should be easy to readily embrace. And, it is not necessary to have a medical degree to be a good Steward, but it is very important to understand how and why something is a problem, and what alternatives there may be, so informed decisions on a course of action can be made.

Our Physicians are now so focused on treating symptoms. They rarely have the time to focus on disease prevention, and they definitely do not have the time to be your Steward. Some try and focus on underlying disease processes, and try to change behaviors such as educating their patients to quit smoking or making better food choices, but to manage so many patients and follow-up to make sure they are following through is daunting. And, they are not trained this way—they are trained primarily to intervene and resolve acute health situations: from strep throats to heart attacks.

In reading the following information, please bear in mind that you can change the situation—it is not hopeless. But, it is important for you to know how this works and why it is a problem, so you will understand why it is important you change the situation, and possibly be more motivated to do so...For Yourself and Your Health!

It is Very Important to Understand that Diseases are not compatible with a healthy neutral or slightly alkaline pH cellular environment full of oxygen.

Good health depends on maintaining this environment.

Restoring this environment is essential in reversing disease states and restoring good health.

One of the primary determining factors between health and disease is the pH BALANCE of our bodies. And, there is Nothing More Profound You Can Do Than to Restore or Maintain the pH Balance of Your Body.

Cancer cells, viruses, bacteria, yeast, mold, fungus such as Candida thrive in an acidic environment which is by its nature is devoid of oxygen—and they actually produce excessive amounts of acids themselves to ensure their happy environment. They cannot live in a neutral or slightly

alkaline environment. For example, the pH of terminal cancer patients almost always runs between 4.0 and 5.5 (neutral is 7.0 and alkaline is higher than 7) and if the cancer has metastasized it is even lower.

What happens when Our Bodies cannot Neutralize Excess Acid?

Our Bodies have several pathways to neutralize acids. For example, Acids produced in normal metabolic activities can typically be handled by Our Bodies through elimination by our lungs when we exhale. The primary acidic waste from metabolic activities is CO₂ (Carbon Dioxide), which is acidic when dissolved in fluid. CO₂ is dissolved in our blood is carried to our lungs, where there is an exchange with oxygen. We exhale CO₂ and thus remove it from our Body.

The Problem Begins When there is More Acid Than Our Bodies Can Naturally Neutralize or Eliminate...The Problem Gets Bigger as These Acids Build-up, And Cause Cell and Tissue Damage, which creates even more acids the Body Needs to Address in an already compromised state...The Problem becomes Overwhelming when bacteria, viruses, other microbes, invading pathogens take hold because they thrive in the excess Acidity of the Body's compromised state. And, These microbes and pathogen excrete toxins and acids of their own.

Another Pathway Our Bodies Neutralize Excess Acids – Storing Acids is “Less Vital” Tissues

When there is more acid than Our Bodies can eliminate, the body diverts the harmful acids it cannot neutralize or eliminate to store in tissues, such as the skin, joints and bones, in an effort to protect vital organs. This might make the organs temporarily safe, but the diversion can cause joint and skeletal problems such as painful osteo- and rheumatoid arthritis; skin conditions such as dermatitis and eczema; and tissue problems such as chronic fatigue and fibromyalgia.

The acid will affect the cells in these areas and the immune system will begin to attack them as they become “sick” from acid damage because it recognizes them as unhealthy. One of the primary jobs of some immune cells is to remove sick or dead cells and clean up their cellular debris. Diseases such as rheumatoid arthritis and fibromyalgia are called autoimmune diseases because the immune system attacks the bodies own cells. If the acid impairs cells, and the immune system recognizes them as unhealthy and attacks them—ISN'T IS JUST DOING ITS JOB?

Excess Body Fat

Our Bodies will actually produce Fat tissue in order to store excess acids. This fat is usually around our mid-sections—(belly, buttocks upper-thighs). Dieting can become almost impossible because our bodies are fighting us hormonally and metabolically every step of the way! And although food choices do play a role, unless your caloric intake is very high and you eat

poor food choices everyday, Chronic body acidity and years of mineral and vitamin deficiencies play a major role in our obesity problem.

Obesity is now so common, especially in the United States. Interestingly, the Agricultural practices that have created the problem of US food sources lacking the vitamins and minerals we need, and having little nutritional value, is an American one. Many other developed countries no longer use these practices. Hopefully, US growers will eventually adopt more sustainable agricultural practices. Some US Organic Growers already have.

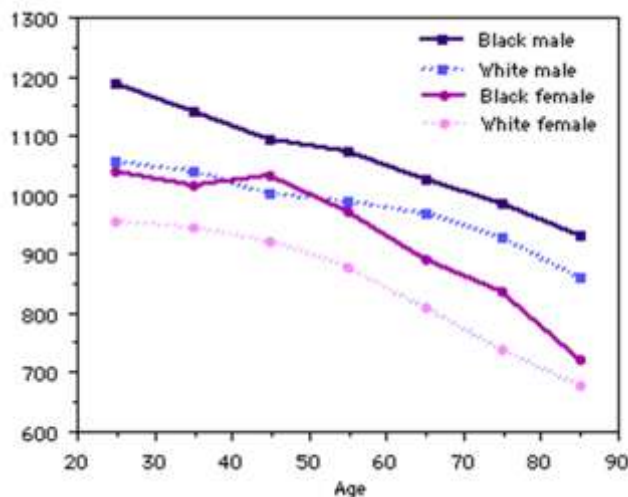
Another Pathway to Neutralize Excess Acids – Demineralizing Tissues

In an attempt to neutralize excess acids, the body draws its store of alkalizing minerals. Calcium, magnesium, sodium, and potassium are drawn into the bloodstream at the expense of the bones and organs that these minerals were taken from.

The bones are often the hardest hit, as they are drained of their necessary calcium and mineral reserves, leading to bone thinning and an increased risk of osteoporosis, rheumatism and fractures. The teeth also suffer as a result of demineralization, making them more brittle and cavity-prone. Bones that hold the teeth in place also demineralize, creating the necessity to extract teeth due to pockets where bacteria overgrowth cause abscesses.

Osteoporosis is the name of the disease characterized by “brittle-bones”. And, contrary to what many think, it is not just a women’s disease or a disease limited to the elderly. Although declining hormone levels in menopause do play a role, Osteoporosis is primarily a metabolic disease caused by chronic body acidity.

The findings of this Study conducted by Dr. Susan Ott, a Physician and Leading Researcher on Osteoporosis at the University of Washington, show **how bone density declines beginning in our early 20’s—not just at Menopause. This is the age when our bodies start to become acidic.** Young Children rarely test acidic, but the average onset age of Acidity has become younger and younger over the last decades.



There other studies like this with similar results.

Bone Density declines in Men too and at a similar rate, and in all ethnic groups as shown in this study.

Men don’t experience as many fractures as women, because their bones are typically denser to start with, but they still lose Calcium and minerals from their Bones at a similar rate to women, with the exception of the first few

years after menopause when bone loss accelerates. After these few post-menopausal years, bone loss typically slows.

OSTEOPOROSIS (not Osteoarthritis) is a disease characterized by bone loss—bones become so brittle they easily break and can do so spontaneously.

Osteoporosis IS NO LONGER A DISEASE THAT AFFECTS JUST THE ELDERLY OR JUST WOMEN. A recent seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who have chronic acidosis are at greater risk for bone loss than those who have normal pH levels.

The scientists who carried out this experiment believe that many of the **hip fractures prevalent among middle-aged women (not elderly women)** are connected to chronic body acidity. This chronic body acidity is caused by years of vitamin and mineral deficiencies and diets high in animal proteins (meats) and low in vegetables. This is because the body borrows calcium from the bones in order to balance pH. — *American Journal of Clinical Nutrition*

What Happens to Our Bodies in a State of Chronic Acidity

Chronic Acidity literally destroys the body from the inside out, paving the way for disease to take over.

Over-Production of Damaging Free Radicals and Oxidative Stress

Our Bodies Naturally Produce Free Radicals in Metabolic Processes and the Antioxidants Our Bodies Naturally Produce Can Typically Handle this Challenge. If you have ever seen a downed power line sparking and bouncing around after a storm (hopefully only on TV), it is similar to the action of a free radical in our body—it ricochets around...its unbalanced electrical charge zapping cells, damaging cell membranes and affecting a cell's membrane electrical potential.

When Our Bodies are in a state of Chronic Acidity, more free radicals are produced than our Body can normally handle. Oxidative Stress is a result of too many oxidants (free-radicals) and causes a great deal of cell, tissue and organ damage. Acidity also causes cell and tissue damage which produces more Free Radicals...more Free Radicals cause even more cell and tissue damage that creates even more free radicals...Toxins also create free radicals.

If cells cannot repair the damage caused by an overabundance of free radicals and acidity, the immune cells recognize, attack and destroy them. Chronic Acidity continually injures cells and tissues and creates free radicals. It is easy to see that in time more free radicals are being produced than our normal store of antioxidants can handle and

the problem can worsen. More free radicals, more tissue damage. More chronic acidity, more tissue inflammation, more free radicals.

Free-radicals are highly reactive molecules or fragments that contain one or more unpaired electrons. They circulate through the body causing great damage as they bond to and injure tissue. In addition to destroying tissue, they magnify the probability that injured cells will become susceptible to a great number of infections and diseases...or mutate and cause Cancer.

It is well-known that many diseases especially Cancer and autoimmune diseases like Rheumatoid arthritis as evidenced in the Annals of Rheumatic Diseases, create their own free-radicals.

There are three identified categories of free-radicals, and numerous identified free-radical scavengers. Each one of the free-radical scavengers eradicate a different category of free-radicals.

Humic and Fulvic are Classified as Super-Antioxidants and are Nature's Most Ferocious Free Radical Scavengers. Pharmacological studies have shown the reason Humic and Fulvic are considered Super antioxidants / free-radical scavengers is because they contain within their molecules the ability to either donate or accept electrons and eradicate all three free-radical categories. Vitamins A, C & E and Selenium they carry are also antioxidants and to help reduce radical damage.

Scientists have also found that Humic and Fulvic show significant success in preventing free radical damage to pancreatic islet B cell, which is implicated in diabetes mellitus. These cells are also highly-sensitive to acids. What they discovered was that the Fulvic fraction significantly increases superoxide dismutase (SOD) activity. Clinical studies show that Fulvic diminish the development and progression of diabetes and assisted in the treatment.

It is interesting to note that prior to the advent of synthetic insulin, alkalizing powders (inorganic minerals) were the "Gold Standard" used to treat Diabetes.

Dramatic increases in free-radicals in our air, food, and water in recent years also put a tremendous strain on our body's ability to neutralize free-radicals.

Immune System Suppression, Immunity Challenges and Microbial Overgrowth

Our Bodies Naturally Maintain a Healthy Microbial Balance—and we need their beneficial effects. When we receive all the Nutrition Our Bodies Need, Our Amazing Immune System functions in tip-top shape and can produce enough healthy immune cells to help maintain this balance and also meet the challenges of invading pathogens.

Problems arise when we lose this balance.

Chronic Body Acidity is one way we lose this balance, prescription medications and toxin exposure are others.

Organic Minerals are critical in the production process of Healthy Immune Cells—and we already know how important they are as alkalizing agents to

restore the pH Balance of Our Bodies. **Chronic Body Acidity also results in the production of fewer number and weaker immune cells at a time when we need them most to help “clean-up” the cellular debris from damaged cells and tissues caused by acidity, oxidative stress, and free radicals, and to also protect us from pathogen challenges.**

Chronic Body Acidity also taxes our weakened Immune Systems by creating environments where microbes, pathogens and Cancer cells thrive (it may surprise you to know our bodies produce Cancer cells regularly, which Healthy Immune Cells recognize and destroy).

Dangerous microorganisms circulate throughout the body, seeking out these weakened areas. When they are successful they multiply rapidly and can easily overwhelm an already overtaxed and weakened immune system and we can become sick. Pathogens such as bacteria, fungi, molds and parasites, which feed off of the acid damaged diseased tissues and organs further break down tissues themselves or by the toxins they excrete. They interfere with normal biological processes, leaving behind a wake of toxins and acidic waste. And, since this waste is acidic, it further perpetuates the acidic state.

Fulvic and Humic are Natural Anti-microbials (similar in strength to penicillin without the resistance-building typical of antibiotics. There are Fulvic and Humic-based anti-bacterial cleaning products used in hospitals and the food preparation industry.

The National Institute of Health in 2002 concluded that Humic and Fulvic exhibit effects both as a preventative and a curative from a broad range of viruses. They also indicated that if taken before the introduction of the virus, patients exhibited a strong prophylactic (prevention) effect.

One of the most exciting aspects of Humic and Fulvic is the powerful and diverse spectrum of immune responses it stimulates in the human body. It increases the body's ability to go after viruses, pathogens, and bacterial infections of all kinds. It does this in several ways:

- by providing the building blocks, minerals and vitamins, to produce healthy immune cells with the strength and numbers necessary to meet the challenges chronic acidity and inflammation creates.
- and by directly stimulating the production of cytokines, including interferon-gamma, interferon-alpha, interferon-beta, and tumor necrosis factor-alpha all important in helping the body to fight cancer and pathogen challenges.

Candida Overgrowth and Infection

Candida overgrowth is almost a given in chronic acidic conditions. Candida infections can become systemic (throughout the body). Candida also excretes

toxins and its own acidic wastes to further support an acidic, toxic environment where it thrives.

Candida albicans is an opportunistic yeast that normally inhabits the mouth, throat, intestines and genitourinary tract of most humans and is usually considered to be a normal part of the bowel flora (the organisms that coexist with us in our lower digestive tract). The job of *Candida albicans* is to recognize and destroy harmful bacteria: Without it, we would be defenseless against many pathogenic bacteria. In a healthy person, *Candida albicans* numbers in the millions and is controlled by a properly-functioning immune system and "friendly" bacteria.

However, *Candida* may become pathogenic when there is a disturbance in the balance of flora (the number of friendly bacteria is decreased), the immune system is weakened, or other conditions for yeast proliferation occur (diet high in sugar, improper pH in the digestive system).

Candida albicans will shift from yeast form to mycelial fungal form and start to invade the body. In the yeast state, *Candida* is a non-invasive, sugar-fermenting organism, while in fungal state it is invasive and can produce rhizoids, very long root-like structures. Rhizoids can penetrate mucosa or intestinal walls, leaving microscopic holes and allowing toxins, undigested food particles and bacteria and yeast to enter the bloodstream. This condition is known as Leaky Gut Syndrome and that is an explanation for many food and environmental allergies.

Candida overgrowth can exhibit a variety of symptoms such as overwhelming fatigue and which symptoms are present is highly dependent on the individual. Some of these include:

- Dysfunctioning Glandular and Organ Symptoms such as Hypoglycemia, Cold hands or feet or Low body temperature.
- Gastrointestinal symptoms such as Bad breath (halitosis), Bloating, Gas, coating on tongue, Heartburn and indigestion, obesity
- Allergic symptoms such as chronic bronchitis, hay fever, nasal congestion, shortness of breath
- Emotional and Mental symptoms: Depression, Fatigue, irritability, difficulty concentrating, insomnia,
- Skin symptoms: Acne, anal itching, athlete's foot, dermatitis, psoriasis
- Genitourinary symptoms: Bladder infection (recurrent), recurrent vaginal yeast infections, burning, itching or discharge

Humic and Fulvic have been highly successful in treating and stopping *Candida* overgrowth and infections in its tracks by giving the immune system a boost and by reversing the acidic conditions that create an environment where *Candida* fungal colonies thrive and proliferate. Many people suffered with these symptoms of "unknown causes" for years. Reports showed Humic and Fulvic Supplementation resolved these symptoms in most cases. Humic and Fulvic Supplementation combined

with some dietary modifications helped to resolve even the most tenacious Candida cases.

Mother Earth's pH Balancer Liquid Alkalizing Formula and ***Comprehensive Wellness Formula*** also contain herbal ingredients and phytochemicals targeted to reinforce Humic and Fulvic's ability to eliminate Candida overgrowth.

Respiratory Bacterial and Viral Infections

Medical studies show that difficult respiratory illnesses common in children are more easily resolved with Humic and Fulvic dietary supplementation.

Research by Dr. David L. Hahn of Dean Medical Center, Madison, Wisconsin shows that asthma patients have been found to have a high level of antibodies for Chlamydia pneumonia, which seems to be a commonality among asthma sufferers. Chlamydia microbial overgrowth is common in chronic acidic conditions.

Hospital studies have shown that Humic and Fulvic are effective therapy for asthma, respiratory tract viruses, retroviruses, influenza viruses and even the common cold and flu. People who take Humic and Fulvic report they rarely get colds or the flu, and suffer very little from allergies.

Studies have shown that Humic and Fulvic coats viruses to make them visible immune cells, as well as making it more difficult for them to attach to healthy cells and multiply. It has been shown to reduce viral counts in many patients with a variety of viral infections including hepatitis and HIV.

Although they are not antibiotics in the technical sense of the word, as prescription drugs are, their antibiotic-like effect is comparable to the power of penicillin in equally small amounts. The most powerful antibiotics ever produced by the pharmaceutical industry, the quinoid group (Cipro is one of the drugs in this group), are derived from high quality Humic extracts. Pharmacologists found that substances from this groups includes quinonoids, quinolones, quiones, etc. are not only the world's most powerful antibiotics, but some of them fortify and increases overall health by increasing resistance to disease.

The race is on at pharmaceutical companies to find more applications that are patentable from Humic and Fulvic. Dozens of synthetic substances have been patented thus far. One pharmaceutical company has patented a Humic / Fulvic based drug that purifies blood for transfusions, killing the HIV virus without damaging blood cells.

Unlike antibiotics, Humic and Fulvic may be used indefinitely without creating any antibiotic resistant strains of disease which are common problems with pharmaceutical drugs.

Humic and Fulvic have also been shown to increases the size of the thymus gland—such an increase corresponds directly with immunity and longevity. The

thymus gland is most prominent at puberty, after which it disappears or shrinks. Lymphatic Organs, such as the Thymus and Thyroid glands, are highly-sensitive to acid and respond well to reversing chronic acidity. It is not surprising the Thymus Gland starts to shrink as our bodies have become more acidic.

Digestive and Colon Health—Autointoxication

This topic is so important it is being addressed separately to other aspects of organ and tissue toxicity discussed below.

Our digestive system works to digest food with digestive enzymes and other secretions, absorb nutrients and water, and expel acidic wastes and toxins.

When digestion, especially colon function, are not working well, the body operates in a state known as Auto-Intoxication—meaning the body is working hard to get rid of toxins and acidic wastes, but they are being recycled through absorption from fecal material in the colon rather than expelled.

The colon is the last chance to absorb water and minerals to maintain the body's fluid and electrolyte balance, and vitamins from undigested food, and the formation and elimination of feces—which contain acidic and toxic wastes.

Fecal Material can easily become compacted—or worse, impacted—as our body tries to reclaim the vitamins and minerals missing from our diets, or water when we don't hydrate properly, or our food does not contain adequate fiber. More water is lost during vitamin and mineral absorption. Our bodies over-secrete mucous to try and pass compacted fecal material.

When our digestive enzymes are not working properly more food is undigested, and can putrefy and can become highly-acidic and toxic when it remains in our digestive tract too long as is the case when fecal material becomes compacted or impacted. Bacteria, yeast, and fungus thrive in this environment and themselves secrete acidic toxins. **All of this is being re-absorbed back into the body.**

The Goal of Digestive Therapy is to Help Restore its primary functions by providing all the Dietary Vitamins and Minerals, and Fiber our bodies need, along with Proper Hydration to Naturally eliminate acidic wastes and toxins. Expensive colon cleansing products and systems are rarely necessary when we have adequate vitamin, mineral, fiber, and water intake. Our Bodies were designed to handle this just fine given these important components.

Humic and Fulvic provide all the Vitamins and Minerals our bodies need, to help maintain the Fluid and electrolyte mineral balance and reduce the need to absorb vitamins and minerals—and all the toxins that comes with them—from fecal material. Less water will also be lost from fecal material because water is necessary for the colon to absorb the vitamins and minerals which helps prevent compaction or impaction.

Also vitamins and minerals are essential in the production of digestive enzymes. When we do not have adequate intake of vitamins and minerals, our Bodies do

not produce the digestive enzymes we need to properly breakdown our food (see above).

Suppressed Metabolic Activity and Inadequate Blood and Tissue Oxygenation

Vitamins and Minerals deficiencies, especially trace minerals, affect our Bodies Ability to Carry Out the Metabolic Activities that keep us alive—Normal Metabolic Activities also produce acidic by-products. These can accumulate in our cells when the fluid outside of the cell is acidic and the cell's electrical potential is reduced because of the acid.

Once Acids start to accumulate in our cells, oxygen is depleted—oxygen is critical for normal energy production (aerobic-“with oxygen”-respiration). When oxygen levels are too low, energy production (cellular respiration) converts to an anaerobic-“without oxygen”-state that produces an even stronger acid (Lactic Acid) than CO₂ as a by-product—the same that is produced in muscle cells that you feel after activity that is too vigorous...your muscles can really hurt for days (we typically cannot feel it's effects in other tissues because they are not innervated like muscle tissue) and is why there is much publicity about “staying in the aerobic zone” when exercising.

Oxygen is essential for our body's cells to carry out their normal metabolic functions. Our bloodstream transport oxygen from our lungs to all parts of our bodies. Our bodies will do everything possible to maintain the pH of the blood within a very narrow pH slightly alkaline range of 7.35 to 7.41. If the blood's pH is out of this range for long and the body can't return it to this state, death from clinical acidosis soon follows.

Body Acidity decreases the oxygen affinity of hemoglobin in the blood. All biochemical functions are severely comprised if oxygen supplies are decreased to living tissue. Acidic **pHs decreases the amount of oxygen that can be delivered to cells, making normally healthy cells unhealthy and they will eventually die.**

Low cellular oxygenation levels damages cellular respiration (energy-producing) enzymes resulting in a low hydrogen potential in newly formed cells. This is important because our cells are being replaced all of the time by new cells. These new cells do not function as well (similar to immune cells) and they do not produce as much energy. This energy is vital to fuel every biological activity and function in our bodies, not to mention helping us to feel alive and energetic.

In 1931 Dr. Warburg won his first Nobel Prize for proving cancer is caused by a lack of oxygen respiration in cells. He stated in an article titled The Prime Cause and Prevention of Cancer that "the cause of cancer is no longer a mystery; we know it occurs whenever any cell is denied 60% of its oxygen requirements." Cancer cells thrive in an acidic environment which is by definition devoid of oxygen.

As mentioned previously Cancer cells and other microbes thrive in anaerobic “without oxygen” conditions created by excess acidity. Their energy production processes produce Lactic acid which is much more acidic than the CO₂ produced by normal cells. Lactic acid is much harder to eliminate from the body. It is interesting

to note that one type of white blood cell destroys a circulating cancer cell by injecting it with Oxygen. Oxygen raises pH, and shifts energy production from the cancer cell's "normal" anaerobic (without oxygen) state to an aerobic (with oxygen) state and the cancer cell dies.

Oxygen supplements are not the answer, a person needs just to breathe to get the amount of oxygen needed. Liquid oxygen supplements that only release oxygen into the blood, which most of them only do, can't get oxygen into the cells where they are needed. This can only be done by reversing an acidic cellular environment.

Because Diseases are not compatible with a healthy neutral or slightly alkaline pH cellular environment which is by definition full of oxygen, good health depends on maintaining this environment.

Restoring this environment is essential in reversing disease states and restoring good health. Giving Our Metabolism a Boost, Reversing Body Acidity, and Improving Blood and Tissue Oxygenation is Important in Deacidifying, Detoxifying and Cleansing all the cells, tissues and organs in our bodies.

Studies show Humic and Fulvic helps to improve cellular oxygenation by helping to oxygenate the blood and Help Boost Metabolism by providing all the Vitamins and Minerals and other nutrients needed to support all metabolic activities, improve membrane electrical potential, and restoring a healthy fluid pH Balance which by definition is oxygenated.

Electrical Potential and Cellular Release of Acids

An normal Electrical Potential enables our cells to transport Nutrients Inside and Acidic Wastes Outside the Cell Through the cell's membrane—without this Electrical Potential, cells are not able to properly receive nutrition they need or remove wastes and will die.

An Acidic Cellular Environment and Oxidative Stress lowers the Electrical Potential of our cells—and is one of the reasons acids accumulate inside our cells. A lowered Electrical Potential traps acids inside our cells—acids can't get out and nutrients can't get in as easily.

Humic and Fulvic and the Minerals they Carry Impart an Electrical Potential to Our Cells—they are Nature's Most Potent Electrolytes (Polyelectrolytes) because of ability to carry a positive or negative charge depending on a particular cell's need. They are like "mini-batteries" imparting energy and vitality, which results in the increase of the vibratory level of our cells and our entire body—a difference you can feel.

Humic and Fulvic's Electrical Potential Boost improves the Ability of Our Cells to Release Accumulated Acids and Helps Our Cells Receive the Nutrition They Need. Coupled with their ability to improve blood and tissue oxygenation, The Minerals and Vitamins they deliver to the cells provides the metabolic boost to

Regenerate, Balance, and Energize Cells and Cellular Metabolism to function at peak performance and start to eliminate the acids accumulated in cells.

It is essential the electrical potential of all cells remain balanced and “charged” for proper cellular function. An electrolyte is a substance that will conduct and transfer electrical current. Humic and Fulvic are polyelectrolyte meaning it can provide positive charges or negative charges as needed.

Within the complexities of the Humic and Fulvic, the individual molecules are similar but not identical. This variation in make-up allows a variety of possible reactions, ionically positive or negative, or in some cases alternating, to assist the balance.

WHY ELECTROLYTES ARE IMPORTANT

The value of an electrolyte can be shown by an experiment that was done by researches on a giant amoeba, which is a microscopic single cell animal.

Under a microscope the electrical potential of the amoeba, which is normally 20 millivolts, was depressed to zero. The researches then noticed astonishing changes as the amoeba became dysfunctional, the outer membrane then ruptured in several places, and internal components began to flow into the surrounding fluid. At that point researchers visually concluded that the form and structure of the amoeba had disintegrated and was for all purposes dead.

Upon increasing the electrolytic charge, the form of the amoeba reconstructed and became active and healthy again. This same test was repeated many times with the same results.

This study determined that likely results could be expected by any loss of electrical potential on the cellular level in our own bodies, such as caused by an unbalanced diet, an acidic pH, low cellular oxygenation, loss of sleep, stress, overwhelming emotions, infections,

Also, because of its unique polyelectric properties, Humic and Fulvic can influence the formation or transmutation of new species of metal ions. **This means that Humic and Fulvic can convert existing minerals into new minerals that are needed by a particular cell.** The conversion of Silica into Calcium is an example of its transmutative power.

Tissue and Organ Toxicity

Toxins are in the foods we eat, the water we drink, the air we breathe – practically everywhere. But, if we are acidic, ACID is the Most Potent Toxin in Our Body...And it is Everywhere in Our Bodies...

When we Receive all the Nutrition Our Bodies Need so our cells are functioning in tip-top-shape, our tissues and organs, which are made up of cells, also function well. With proper Nutrition and Hydration, Our Amazing Bodies do a Remarkable Job ridding our Bodies of Normal Metabolic Wastes and many of the toxins we are exposed to. Our Liver, kidneys, colon, lungs, skin, lymphatic organs are the primary detoxification centers of our body or where toxins and acidic wastes are expelled.

One of the major problems associated with Chronic Body Acidity is Our Bodies inability to eliminate acidic wastes and toxins from our bodies (we saw above the problem on the cellular level and with our digestive systems)—they build-up and the problem worsens. A detoxification or cleansing of the body organs is an attempt to jump start the efficiency of Our Organs, and start to rid the body of a buildup of acids and toxins.

By Providing All 74+ of the Ionic Minerals in a Concentration High Enough to Neutralize Toxic Acids, **Humic and Fulvic** Jump start Cellular Metabolism to Help our Organs Function Well so they can do Their Job and Eliminate Wastes, Acids, and Many Toxins from Our Bodies.

Humic and Fulvic are also in themselves one of Nature's most powerful detoxification agents—so much so they are now even being used in some environmental applications. They safely neutralize many Toxins, chelate heavy metals (“mineral metals”) which they can either transform into biologically useful minerals or bind them and safely remove them from the body.

Humic and Fulvic have the ability to complex and remove toxic heavy metals, inorganic minerals, and other pollutants from our bodies. They detoxify pollutants, including herbicides, radioactive elements, chlorination by-products, and toxic metals.

Other Problems with Chronic Acidity

Chronic Acidity Accelerates Aging

Keeping the body in an acidic state for a prolonged period of time can dramatically accelerate aging. Cellular structures become altered. Cell membranes become narrower and weaker. The cells eventually begin making “mistakes” as they try to repair and regenerate themselves.

Chronic Acidity inhibits the production of collagen and elastin. Collagen is the principal protein of our bones, cartilage, tendons and skin and provides rigidity. Elastin is a protein that gives our skin, blood vessels and organs

elasticity. Without collagen and elastin, the body loses its youthful appearance, as it is no longer able to sustain moisturized and wrinkle-free skin.

There is also a direct correlation between free-radicals and premature aging. Free-radicals attack the collagen and elastin, break bonds and disrupt their 3-dimensional molecular structure causing them to break-down.

Internally, the body is also aging more rapidly. The premature cell death impairs brain function, as the neurons can no longer properly conduct impulses. We begin to experience memory loss and the abilities to learn and reason decline.

Organ Tissue Lesions and Tissue Hardening

Excess acids within the body attack the tissues and organs, resulting in inflammation, lesions and hardening of organ tissues. The skin and kidneys are especially sensitive to the harmful acids. Hives, eczema, blotching and itching can occur from acidic sweat passing through the skin's pores. The kidneys can become inflamed, which can lead to frequent urinary tract infections.

Hardening of tissues and inflammation are also contributors to cardiovascular disease, and resultant increased risk of heart attack or stroke.

Humic and Fulvic and Their Minerals play a key role in the regulation of blood pressure, blood pH for proper Oxygenation, and normal heart contractility. **Humic and Fulvic** naturally carries all the minerals in their proper proportion that our cardiovascular systems need to function optimally. Many people with Hypertension report blood pressure normalization after starting to take Humic and Fulvic. Also, **Humic and Fulvic** chelate and remove "mineral metals" from our bloodstreams and other cardiovascular tissues that can contribute to arterial plaques.

Weight Management

Appetite centers in the brain are stimulated when nutrients are required—including missing trace mineral elements and even water. If we are vitamin and mineral deficient, these appetite centers are over-stimulated, and we are compelled to eat more than we should.

Also, in a state of Chronic Body Acidity, our Bodies will produce Excess Fat primarily around our mid-section to store excess acids and protect vital organs. Dieting is very difficult because your Body is fighting you hormonally and metabolically every step of the way.

Leading Weight Loss Programs try and supplement Vitamins and Minerals while recommending foods such as fruits and vegetables which are not acid producing (including citrus fruits) to balance the diet, and do not allow consumption of Diet soft drinks which are highly acid producing.

Humic and Fulvic provide all the Vitamins and Minerals the Body Needs to Prevent stimulation of appetite centers in the brain that result from vitamin and mineral deficiencies and the need to produce excess body fat to store acids.

Chronic Fatigue

Chronic Acidity depresses metabolism by lack of nutrients and oxygen. With a decreased metabolic rate, our bodies do not produce enough energy which affects our overall Energy, Mental Clarity and Alertness, and ability to perform mental and physical tasks.

Humic and Fulvic carry An Organic Vitamin B “cell-ready” Complex, A D, and E and the minerals our metabolic processes need to increase the ability and efficiency of cells to generate and use energy, ward off fatigue, and improve mental and physical performance.

Balancing Your Body's pH is One of the Most Profound Things You Can Do to Help Insure Your Health and Vitality.

This is so Important. And Because This is So Important to Your Health and the Health of All Our Brothers and Sisters, Mother Earth Labs provides the Testing Supplies and Easy-to-Follow Instructions Free of Charge so that there will be nothing preventing you from finding out where you stand.

Please visit our website at [compartmentalization](http://compartmentalization.com) and request Take the pH Challenge.

TAKE THE pH CHALLENGE

Know the pH of your body and what to do to balance or maintain it
pH level has profound effects on all body chemistry, health and disease. All regulatory mechanisms (including breathing, circulation, digestion, and hormonal production) serve the purpose of balancing pH by removing caustic metabolized acid residues from body tissues without damaging living cells.

It is so important you know the pH of your body that Mother Earth Labs developed The pH Challenge. The pH Challenge is easy and free of charge. You will receive everything you need including instructions in the mail. If you find your pH to be acidic, it is imperative to your health you take steps to balance and maintain it.

You can buy your own pH measuring strips and measure the pH of your saliva as long as you do it first thing in the morning. You can also measure the pH of your urine, or both.

There is a section later that discusses some of the most powerful things you can do (and they are not hard) to help ensure you live a long and healthy life free from disease. If you or a loved one suffers from disease already, these things may *even save a life*

Chapter **Physical Balance**

By now it is Probably Evident that Balancing Your Body's pH is One of the Most Profound Things You Can Do to Help Insure Your Health and Vitality.

But, there is more to Balance than Just the Physical Body.

The Hallmark of Excellent Health is Balance—on all of our energetic levels: physical, emotional, mental, spiritual, and beyond. You may have heard them referred to as distinct bodies so they can be described and talked about, such as our emotional body or our mental body, but energetically they are one—a whole.

Let's First Examine What We Can do to Balance Our Physical Bodies (it's the Western Way).

What You Need to Know About Vitamin and Mineral Supplementation

Everyone knows Vitamins and Minerals are essential to Maintain Good Health because they are involved in just about every metabolic process in our bodies, production of all hormones, immune cells, and the normal function of all our organs just to name a few functions, not to mention they are essential in Restoring and Maintaining the pH Balance of Our Bodies.

Because Our Food Sources Lack the Vitamins and Minerals (Nutritional Value) We Need to Stay Healthy and Strong, Vitamin and Mineral Supplementation has Now Become a Given in Our Modern World to Bridge the Gap.

The Goal of Vitamin and Mineral Supplementation is to Provide All the Vitamins and Minerals Our Bodies Need...

- in **Just the Right Form** so Our Body can use them easily and they work well with it's Intricate Design...
- in **Just the Right Proportion** with Each Other...
- and, in **Just the Right Amount**...

...to Bridge the Gap Between What Vitamins, Minerals and Other Nutrients Our Food Sources Contain and What Our Bodies Actually Need to Stay Healthy and Strong.

This May Seem Like an Overwhelming Task given there are **10 Vitamins, Over 74 Minerals, 18 Amino Acids and Other Elements** that we would need to Supplement.

It would be Overwhelming if we had to do it ourselves...but fortunately, **Mother Earth has already done it for us.**

What is the Right Form?

The Very Best Source of Vitamins and Minerals—Is from Nature—from Organic plant sources (fruits and vegetables directly, or indirectly through animal sources such as Dairy products)—because the All the Nutrients including Humic and Fulvic and the over 74 Minerals, and 10 Vitamins, 18 Amino Acids and Other Nutrients They Naturally Carry are already in the Right Ionic, Organic Forms, and Proportions that our bodies need and can use without any difficulty...

Vitamin and Minerals found in most Supplements on the Market today (pills, powders, or liquids) are not in Forms our Bodies can recognize and use easily—Vitamins are typically synthetic (not Organic) and minerals are micronized Inorganic Rocks (not Organic Ionic)—our Bodies have a very difficult time converting them into forms it can use.

Most Supplements are not even absorbed through the intestinal walls into our bloodstreams, and are just passed through our intestines. What little is absorbed and can't be converted into a form our bodies can use, are simply excreted by our Liver or Kidneys and lost. Either way

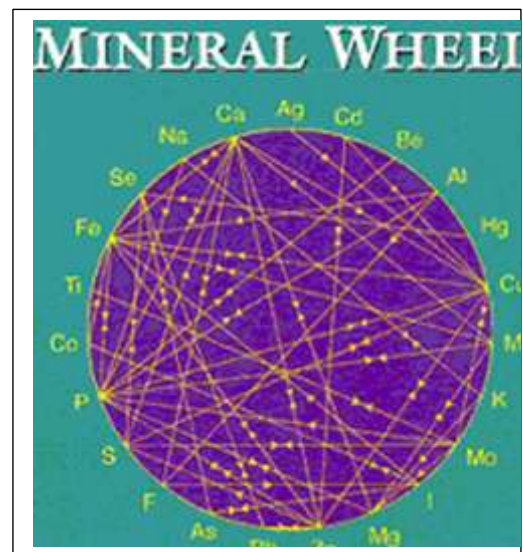
Liquid Vitamin and Mineral Supplements that are synthetic or inorganic, can even become toxic, or cause other health risks such as kidney stones, because they are absorbed more easily than pills. If our liver and kidneys cannot remove the proportion our bodies can't transform and use from the amount absorbed, fast or well enough, they are stored in our tissues. Inorganic Minerals are stored as toxic "mineral metals" in our tissues.

The Right Proportions

Each cell in our bodies requires a complex interaction of over 74 minerals to function optimally—vitamins are in this mix too.

For every mineral, such as Calcium, there are several other minerals that must be present in the proper amount and in turn, those minerals must have other minerals present, or the original mineral will not do the job required by the human body.

Minerals in the Soil or in Most Pill Supplements are Inorganic which the Human Body cannot assimilate and use very easily. Minerals must be in their Organic, Ionic "water-soluble" Form so Our Bodies Can Use them otherwise they are usually just excreted by our kidneys or liver and lost, or worse stored in our tissues as "mineral metals".



The goal of Mineral Supplementation is to insure adequate concentrations of ALL 74+ Minerals in forms that our Bodies Can Use and each and every Mineral in Balance to really be effective.

Also, Vitamins act as co-factors to Minerals and must be present in their own proportions and concentrations.

The mineral wheel diagram shows the complex interactions that minerals have with each other. And this diagram has been simplified to show interactions of just 23 minerals.

The symbols for each mineral are the same as those found on the Periodic Table of Elements: Ca is Calcium, Fe is Iron, P is Phosphorus, Cu is Copper, Zn is Zinc, etc.

Some minerals require other minerals to be present in order to do their job (single arrows on the lines of the mineral wheel.)

Other minerals interfere with another's bio-availability (double, opposing arrows on the lines of the mineral wheel).

Supplementation—A Daunting Task?

Considering there are more than 74 minerals, 10 Vitamins, 18 Amino Acids and other elements our bodies need that must be Supplemented:

...it would be overwhelming,

...almost impossible,

...not to mention very costly,

....and probably counterproductive,

to try and supplement all of them on our own...

...Thankfully Mother Earth has already done it for us! It is with The Gift from Mother Earth—Humic and Fulvic.

Humic and Fulvic Naturally Carry all of the Vitamins, Over 74 Minerals, and Other Vital Nutrients we need...Activated so our cells can use them...in just the right forms...in just the right proportions...and transported to our cells right where we need them...to Help Keep Us Healthy and Strong...

...Leading Scientists and Researchers from all over the world have long recognized the Potential Power of Humic and Fulvic as a Nutritional Vitamin and Mineral Supplement...as well as Their Power to Reverse Chronic Acidity and Inflammation and Prevent or Even Reverse Degenerative Diseases...but the concentration of Humic and Fulvic that can be derived from Plant Sources alive today is very small...

...Humic and Fulvic Supplements from Plant Sources such as Coral Calcium, Icelandic Moss, and Others are on the market, but these have very low concentrations...*any product that advertises it contains Over 74 minerals is a Humic and Fulvic Supplement ... and although they May Provide Some Benefit, the Concentrations are Too Low to Really Experience the Power of Humic and Fulvic to supplement all the Vitamins, and 74+ Organic, Ionic Alkalizing Minerals you need to Receive to Support Optimum Health and Vitality ... And To Really REVERSE CHRONIC ACIDITY AND INFLAMMATION ...AND RESTORE AND MAINTAIN THE pH BALANCE OF YOUR BODY!*

Fortunately, Advances in processes based on Nanotechnology have enabled us to extract and purify Humic and Fulvic from Deposits of Ancient Plant Material at Concentrations that are Truly Remarkable.

Deposits contain a massive quantity of plant material that has been compressed over millions of years.

It would be impossible to duplicate this quantity using plant sources alive today to produce highly concentrated Humic and Fulvic that achieves Real Biological Activity.

The best sources of Humic and Fulvic are from deposits of ancient fresh-water vegetation from the late Cretaceous Period that are distant from large population centers where ground waters are still pure—and there are only a handful of these in the World.

Humic and Fulvic in all of Mother Earth's Products are derived from deposits located in the wilderness Fruitland Formation of North America—well known to be among the finest fresh-water Humic deposits in the world because of its very high Humic and Fulvic content and its purity.

The Concentration of Humic and Fulvic, along with the 74+ Organic, Ionic Minerals, 10 Vitamins, 18 Amino Acids and Other Vital Elements They Naturally Carry in **Mother Earth's Humic and Fulvic Products is over 1,000 times more concentrated than any Supplement on the market today derived from Plant Sources alive today, such as Coral Calcium, and is guaranteed to contain at least 100,000 ppm of Fulvic** compared to 50 to 500 ppm contained in supplements from Plant Sources alive today.

Almost Two Decades of research and clinical and institutional studies have proven that **100,000 ppm is the "Gold Standard"** Concentration of Fulvic Required to achieve real benefit, and even more can safely be taken if necessary because they are Non-Toxic Even at High Concentrations.

Humic and Fulvic contain all the "Plant-Sourced" Organic Vitamins and Organic Ionic Minerals and Nutrients Our Bodies Need...in Just the Right Forms...in Just the Right Proportions...and with Humic and Fulvic derived from deposits...in Just the Right Amount to Support Optimum Health.

RESTORING AND MAINTAINING PHYSICAL BALANCE... **How Do We Turn The Tide?**

There are many things we can do to maintain or achieve Physical Balance again. And, reduce the likelihood we, and those we love, do not have to endure the debilitating, and even life-threatening effects of degenerative diseases.

Some of these do involve lifestyle modifications, but when have the information about why they are important, sometimes they are easier to incorporate into our fast-paced lives.

Further, once we start to see and feel results, it energizes us. It is important to remember that we are responsible for our good health and we are our own guardians. When we give our guardianship power away, we should expect less than optimal results.

The First Step

Take the pH Challenge. The pH Challenge is a service provided by Mother Earth Labs free of charge to help our brothers and sisters, and their families, with information. You can access everything you need on the website www.motherearthlabs.com. You will receive pH testing strips and instructions on how to measure your pH, all free of charge.

The Next Step

Determine a course of action. If you test well, Congratulations!. Make sure you are doing what you need to do to maintain good health—eating the right foods and drinking lots of pure water for starters, and taking Humic and Fulvic supplements that support health maintenance.

If you test acidic, you are not alone. Most Americans test between 4.0 and 6.5!

If you decide to change the course, below are some ideas that may assist you to bring balance to your physical body.

ADOPTING AN ALKALINE (Less Acidic) LIFESTYLE: PHYSICAL COMPONENTS OF DE-ACIDIFYING

Adopting an Alkaline Lifestyle is key to restoring and maintaining a Healthy pH Balance. A Healthy pH Balance is necessary to Help Prevent the degenerative diseases caused by chronic acidity.

Remember to be patient with yourself when trying to reverse years of chronic acidity and don't overdo it. Be aware of your body. Once you start adopting an alkaline or less acidic lifestyle—you can experience detoxification symptoms as your body starts to release it's acidic stores, especially if done too quickly. If you are monitoring your pH, you may even notice an increase in urine acidity during this time. Urine is one of the primary pathways to release built-up acidic wastes.

IMPORTANT NOTE: You should always consult with your physician prior to starting any nutritional health supplement or exercise program

especially if you are on prescription medications for chronic illnesses, or if you are pregnant or nursing. The Gift from Mother Earth does not contain any herbals or botanicals. For those products that do, care has been taken to select herbals and botanicals without any known interaction with prescription medications, but there is always a possibility, however remote a drug interaction can occur.

Humic and Fulvic Supplementation

It is vitally important to supplement the vitamins, minerals and nutrients missing in our food sources to Bridge the Gap—Minerals and Vitamins are necessary to restore pH Balance. The Best and Most Effective Way is With a Superior-Quality Concentrated Humic and Fulvic Supplement.

Eating the right foods is important, but until our food sources contain all the vitamins, minerals, and nutrients we need to restore and maintain the pH Balance of Our Bodies necessary to Help Prevent Disease, this alone will Never Be Enough.

The Humic and Fulvic Products offered by Mother Earth Labs Exceeds All Benchmarks of a Superior-Quality Humic and Fulvic Product, and whichever product you select will contain at least 100,000 ppm per ounce of Fulvic—the Concentration Gold Standard. All will help you to Balance the pH of Your Body and which you Choose will depend on your unique circumstances.

The pH Balancer Liquid Alkalinizing Formulas are ideal for those who need pH Restoration Support. They combines Humic and Fulvic with a Select Group of Herbals and Botanicals well known for their support in the vital areas to help jump start the deacidifying and detoxifying process. pH Balancer is sold in 3 different formulas based on Your pH range.

Another good choice is The Gift from Mother Earth which contains only Humic and Fulvic along with the Vitamins, Minerals, Elements, and Amino Acids they Naturally Carry. The Gift from Mother Earth contains all the alkalizing minerals, but will provide a slower pH Balancing effect. Many people on prescription medications prefer this product because it does not contain added herbals or botanicals.

Whenever you purchase a Humic and Fulvic Supplement from Mother Earth Labs, pH testing strips are also provided free of charge. Remember it is important to monitor your progress as the Steward of your Good Health so you know what you are doing is working and if any adjustments are needed.

IMPORTANT NOTE: The pH Balancer (Fulvic and Humic and Organic Mineral Supplementation) should not be taken with meals. Acids produced in the digestive process are essential to ensure food is properly digested. Alkaline substances neutralize this acid and food

that is not digested properly can create health problems. It is important to take the pH Balancer or any other Alkalizing element in between meals. Alkalizing elements can then be reserved for neutralizing acids in the body rather than normal digestive acids.

Make Better Food Choices

Eat a Diet Rich in Alkaline Producing Foods—A listing of acid and alkaline foods can be found at the end of this report: 60-80% alkaline to 40-20% acidic is best. The following guidelines may help: If you are very acidic, work your way up to a 70% alkaline diet. If you have a chronic illness, 80% alkaline is recommended. 60% alkaline is good to maintain a healthy pH Balance.

It is important to understand which foods are alkaline producing and which aren't so you can consume more alkaline and less acid producing foods. Also, what is alkaline producing and what is acid producing may also surprise you. For example a lemon is one of the most alkaline producing foods. It is acidic if you were to measure it's juice, but the citric acid is metabolized to produce more alkaline substances than acid. It is important to know which foods are alkaline and which are not.

Reduce or eliminate consumption of unhealthy fast and fried foods—These fried foods create so much acid in our bodies. All the grease, fats and oils used in cooking for starters create all of this acid. French fries or greasy hamburgers are basically acid pills. Not only will your body thank you, your waistline will too! Remember, obesity is not just a calorie problem, but it's also a metabolic and hormonal problem. Excess fat is produced to store the body's excess acid. It's easy to tell how acidic a meal is by how you feel an hour or two after eating—if you are tired and feel run down chances are your meal was very acidic.

Making Better Food Choices On the Go If your life is so hectic (more on that later) and you have little time to prepare good food, there are better alternatives and you would be surprised that they cost just about the same as typical fast food. Even fast food restaurant chains offer more healthy choices. Many good restaurants now have "Take-out" drive-up services: Applebee's, TGIFridays, Chili's, Olive Garden, just to name a few. These services are almost as convenient as typical fast food drive-through restaurants—you can call ahead—and order good, healthier food off the menu FOR JUST ABOUT THE SAME COST as fast food at fast food restaurants. They are packaged and ready for you when you drive up

and many deliver to your car. Not to mention, one entrée order will typically feed two people and by adding a salad (these are also prepackaged in grocery stores with dressing on the side), voila—instant, healthier (and delicious) meal. And especially when one entrée order is split between 2 people, the cost is typically less than preparing a similar meal at home!

Eat more FRESH fruits and vegetables every day

And, select Organic Fruits and Vegetables if at all possible. Organic fruits and vegetables have a higher vitamin, mineral and nutritional content than their counterparts, and there are not the pesticide residues that are toxic.

If you test highly acidic or suffer from degenerative disease, eating primarily fresh fruits and vegetables is a critical step you MUST take. If you are healthy and want to stay that way, this is also a critical step you must take. Fresh (BEST) or steamed is important because the more packaging and processing, the less nutritional value a product contains.

Sometimes it is hard getting all the servings you should have in a day so supplementation is an alternative for some missed servings, as well as insuring you are getting what your body needs. Mother Earth's *Comprehensive Wellness Liquid Nutrition Formula* contains an impressive array of Organic Whole Foods that can substitute for two servings of fruits and vegetables a day.

Fruit and vegetable drinks are substitutions as long as they are 100% juice. The least amount of processing the better—even juices from concentrate are processed and probably contain sugar (please take a moment to read labels to find the ones that are best). You can now buy orange juice that is fresh and not from concentrate.

Eat a large salad once a day, but make sure not to overload it with acidic dressing. Oils and vinegar (except Apple Cider Vinegar) are acid producing to varying degrees, so go easy on them. Salads are now on the menu at most fast food restaurants.

Eating more fruits and vegetables also provide fiber that helps to eliminate wastes. Waste products in our body are highly acidic.

The purpose of the colon in addition to escorting waste out of your body is primarily vitamin, mineral, and water absorption when the body is missing these nutrients or dehydrated to help maintain the critical fluid and electrolyte balance of the body.

When water is absorbed from the colon, waste toxins go with it. When water must be utilized by the body in this way, waste becomes compacted and more and more builds up. The water absorbed carries more and more toxic wastes back into the body.

Proper nutrition and hydration with adequate fiber helps to keep things running smoothly in the colon.

Cut Down on Protein Consumption—Eat less Meat—especially red meat. All animal protein is acid causing, especially red meat. Fish and Chicken are better choices. If you do eat meat, make sure it is accompanied by a large portion of steamed vegetables.

Keep portions of meat on the small side. Try to avoid combining them with starches such as bread and pasta due to digestive issues that can make them have a greater acidic effect. If you enjoy pasta dishes try whole wheat pasta, chose red sauces and eliminate meat from the dish and substitute with vegetables.

Organic meats are best because they are not fed hormones (see discussion under toxins below).

Other examples of foods high in protein include eggs, dairy products, grains, beans (a handful of kidney beans has as much protein as a lamb chop), and cereals (oatmeal is one of the highest protein containing foods), and nuts.

Many people would be surprised to know our bodies are designed to function optimally on a diet rich in fruits and vegetables and small amounts of meat or other protein sources and fats.

Take time to enjoy and chew food as long as possible before swallowing. We are frequently in a hurry when we eat, and don't really take the time to enjoy the food we eat. Being conscious of what we eat also involves being conscious of how we eat. By chewing each bite 15-20 times, slows down the eating process so we actually eat less because we stop sooner. It also allows the enzymes in saliva more of a chance to do their job properly and can even make something that is on the acidic side, less acidic. Improperly digested food can create problems in the digestive track.

Eliminate Toxic Food from the Diet—Most of our food pre-packaged is highly processed and anymore it generally requires a Chemistry degree to read food labels and understand what you are eating. Much of our fresh food is laden with pesticide residues.

It is important to avoid highly-processed and packaged food. Check the nutrition labels—if it takes a degree in Chemistry to know what you are eating, don't eat it.

It is important to locate food sources that are Organic if at all possible. Organic practices don't deplete the soil of minerals as much or kill the microbes needed to produce the Humic and Fulvic substances vital for plants to thrive. It is interesting that healthy thriving plants are not as prone to pathogens, fungus, and pests so pesticides and fungicides aren't typically necessary. There are earth friendly methods for pest control available to Organic Farmers use should the need arise.

Biotech companies have been aggressively promoting the use of genetically modified food. It's a financial goldmine for them. Unfortunately, there are several problems with genetically modified food. Even scientists at the FDA resisted them until pressure led them to approve it. Every independent study has shown problems. Abnormal cell growth being high on the list, "milk from rbGH-treated cows contains an increased amount of the hormone IGF-1, which is one of the highest risk factors associated with breast and prostate cancer, among others. Soy allergies skyrocketed by 50% in the UK, coinciding with the introduction of GM soy imports from the U.S."

Foods are not required to be labeled as GM (Genetically Modified) foods. The only way to make sure you are not eating food that has been genetically modified is to eat organic food or food labeled non-GMO.

If you do eat meat, buy organic meats and milk, or meats and milk that do not contain growth hormones. There is a great deal of controversy about their use—but one of the 6 hormones fed to beef cattle is a "known carcinogen", another is "reasonably expected to be a carcinogen". European Union countries do not allow importation of any US beef where growth hormones have been used.

80% of all beef cows in the US today are injected with growth hormones. Beef cows treated with growth hormones give 15%-25% more beef, and dairy cows about 10%-25% more milk so it is easy to see why beef growers and dairy producers would want to use them. Currently no growth hormones are approved for use in chickens or pigs.

The problem with organic foods is they cost somewhat more, but the benefit to your health and the health of your family is well worth the incremental cost.

Water—Proper Hydration with Pure Water

Proper Hydration is a key component to Helping Your Body Achieve and Maintain a Balanced pH. Our Bodies are 55-80% water depending on your age, sex, Body Mass Index (BMI), etc. Acids are primarily dissolved in the fluids of our bodies and drinking plenty of water helps us to eliminate toxins and acidic wastes. Blood and Lymph Volume are also dependent on water intake and excretion which can make it easier for acidic wastes and toxins to be expelled from our bodies.

How Much Water to Drink: There are no hard and fast rules about how much water you need everyday because there are many factors that influence your hydration needs. For example body size and weight, the climate where you live (hot weather generally requires more hydration than cooler weather because you sweat more), how much you exercise, consumption of alcoholic beverages or caffeine, body acidity or health conditions are some of these factors.

A good estimate is to take your body weight in pounds and divide that number in half—this gives you the amount in ounces you need (8 ounces equals one cup). For every 20 minutes of exercise add another 8 ounces, if you drink alcoholic beverages—drink at least the same amount in water.

If you are on a detoxification and cleansing program you should also increase your water consumption to help your body “flush” out the acids and toxins at least by 8 to 16 ounces. Your urine should have a faint yellow color and very little smell. Urine that is dark and that has a strong odor is a good indication you are not hydrating properly.

If you have any heart, kidney or adrenal problems, or your health care provider has you taking diuretics, you need to consult with your doctor about how much water to drink each day.

Don't drink all of the water you need per day all at once. Divide the amount you need and drink several glasses of water throughout the day. This is especially important if you engage in lots of heavy exercise. Also drink only a moderate amount of water during mealtimes—too much water can dilute stomach acids and digestive enzymes and interfere with food digestion.

What You Need to Know About Water and the Importance of Finding a Pure

Source: As most of us know our water, especially in most metropolitan areas, is far from being pure—the EPA has “acceptable limits” on the thousands of toxins in our water at which levels they are considered “safe”. How would you feel if you knew the water you drink from your kitchen tap has, on average, been flushed 3 times?

Toxins and pathogens in water have led to many diseases. The French do not drink chlorinated water. They ozonate their water to purify it. Does this make a difference? Absolutely. "We are quite convinced... that there is an association between cancer and chlorinated water." (quote from the Medical College Of Wisconsin Research Team)

Chlorination: We don't use chlorine because it's safe; we use it because it is cheap. We essentially still pour bleach in our water before we drink it. The long-term effects of chlorinated drinking water have recently been recognized. According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."

It may cause much heart disease too. Dr. Joseph Price wrote a highly controversial book in the late sixties titled *Coronaries/Cholesterol/Chlorine*, and concluded that nothing can negate the incontrovertible fact, that a primary cause of arteriosclerosis, heart attacks and stroke, is chlorine.

The Famous Chicken Study: Dr. Price later headed up a study using chickens as test subjects, where two groups of several hundred birds were observed throughout their span to maturity. One group was given water with chlorine and the other without. The group raised with chlorine, when autopsied, showed some level of heart or circulatory disease in every specimen, the group without had no incidence of disease. The group without chlorine grew faster, larger and displayed vigorous health. Can you believe that this study was so well received in the poultry industry that most large poultry producers use dechlorinated water?

When chlorine is added to our water, it combines with other natural compounds to form Trihalomethanes (chlorination byproducts), or THMs. Humic and Fulvic that is naturally occurring in our bodies from the fruits and vegetables we eat is a very good example of this and why you should never take a Humic and Fulvic supplement with chlorinated water. As mentioned previously eating a salad with a glass of tap water will do the same thing. These chlorine byproducts trigger the production of free radicals in the body, causing cell damage, and are highly carcinogenic.

Most tap water and even bottled water (many bottled water brands are just tap water) is polluted, yet the majority of people and even athletes who are very careful about the food they put in their bodies are careless about their water.

The average water quality of tap water in the US is 600 parts per million of contaminants, and some cities are even worse than that. The Environmental Protection Agency reported that about 85% of tap water in America is now contaminated. More than 55,000 of the regulated chemical dumps across the country have leaked and are leaking into our ground water. Even radioactive waste from the most regulated dumps are leaking into the ground water, and all this contamination is beyond help.

There are more than 60,000 chemical contaminants of water and any municipal water supply is likely to harbor at least 1,000. The Office of Technology Assessment reported that out of 954 US cities, almost 30% of them are seriously contaminated. Water authorities do what they can, but the problem is way too expensive to make our tap water healthy enough to drink. Most tap water is not drunk anyway and ends up going down the toilet, or drain, or used to water the lawn, or wash the car.

Our tap water is only treated to minimum standards using sedimentation, filtration, chemical conditioning, and disinfection with chlorine and small particles of toxic aluminum called aluminum osmosis. Toxic metals, industrial chemicals, pesticides, the toxic chemicals used to treat the water, and dead bacteria killed by the chlorine and aluminum are still in the water when it comes out of the tap!

Bottled water or "Mineral Water" is tap water usually put through minimum filtration to make it taste better. "Spring Water" may be from a spring, yet most springs are seriously polluted! The bottled water industry is not regulated by the FDA; it is a totally self-regulated industry! Tap water has more standards and regulations than bottled water. Remember the Perrier disaster when they had to recall 72 million bottles of water because traces of benzene got into the water? Many companies use benzene or other solvent hydrocarbons to clean their bottling equipment on a daily basis. The FDA does not require water companies to test for benzene, solvents, feces, heavy metals, or even bacteria.

Water purified by distillation or better by reverse osmosis will help insure you have a clean water source. **The public is becoming more educated about the need for a clean water source, so much so that now even Wal-Mart sells water purified by reverse osmosis in bulk very inexpensively.**

Finally, there are even better water purification systems available, even ones that can ***produce clean water at varying pH levels***. While some are very expensive, there are some very good options that are fairly inexpensive. Drinking lots and lots of pure water is especially important in helping your body maintain a healthy pH balance, and eliminating toxins and wastes. If your body

is very acidic or you are suffering from a degenerative disease commonly linked to Chronic Acidity, a fairly minor investment in a water purification system that can also alkalize water may be one of the most important steps you can take to help restore your health.

Ionized Water. Water from a Water Ionizer is the best source of pure water—good Water Ionizers can even adjust the pH of the water and deliver Alkaline Water. Alkaline Water can have dramatic effects on your body's pH. It also has a very interesting component of actually lowering the millivoltage of the water and restructuring the water molecules (tetrahedrons) to a lighter more absorbable form. You can really taste and feel the difference of ionized water in your mouth.

There are several very good Home Water Ionizers on the market today. Tyent's technology is among the best and costs under \$2,000. Many more expensive ionizers have similar technology, but are sold as multi-level marketing products and can cost over \$5,000 to pay all the commissions for a comparable machine. If you are interested in finding out more about a water ionizer, we can help. Tyent does not allow discounting, but they do allow commissions to be used for filters and accessories. And because we believe so strongly that a water ionizer is so important to your health and your success in Restoring and Maintaining your pH Balance and Staying Healthy, we will donate our commission towards supplies for you. You can request more information at info@motherearthlabs.com.

If you consider the cost of purchased water over time (purchase only reverse osmosis or distilled water), it will pay for a home water ionizer with the added benefits of better water and being able to adjust alkaline pH levels.

Drinking alkaline water, organic mineral supplementation with Humic and Fulvic Acid, coupled with consumption of more fresh fruits and vegetables, are the most powerful steps you can take to influence the acidity of your body and have significant effect the body's pH.

Soft drinks and Acidity / Diet Soft Drinks, Acidity, and Obesity

Ever wonder why people who drink Diet soft drinks aren't thin? Ever wonder why breaking a soft drink addiction is so hard? Many people think they are just addicted to the caffeine in soft drinks. But, it's not just the caffeine, as anyone who drinks caffeine-free soft drinks will tell you. Stopping soft drink consumption is hard and some people will tell you it's as hard as quitting a drug addiction.

It turns out that soft drinks contain acid—some have a pH as low as 2.5 which is classified as a very strong acid. It would take 24 glasses of water to neutralize the acidity of only one soft drink in your body. If your body didn't have emergency response mechanisms to neutralize the acidity that occurs after you drink a soft drink, you would die in minutes. Unfortunately these same emergency mechanisms cause a series of hormonal responses that result in a feeling that many describe as a rush. Our bodies become addicted to this rush

and begin to crave the soft drink. This may be why it is so hard to quit, in addition to breaking the caffeine addiction.

Patients suffering from Fibromyalgia who drink carbonated beverages heavily, but who otherwise follow dietary guidelines, have reported significantly less pain after becoming educated about the effects of carbonated beverages and discontinuing any use of carbonated beverages.

So why are people who drink Diet soft drinks rarely thin? Like any drug addiction, over time it takes more and more soft drink to get the same rush. More and more soft drink creates more and more acid. Recent studies have shown that in an effort to protect the body and its vital organs from the acidity, the body produces more fat. Acid is stored in the fat to be eliminated at some later date (if that ever comes)—and the fat is generally deposited around the mid-section. As discussed above, weight management becomes much easier once a person begins to reverse chronic body acidity.

Many experts feel that another reason people who drink Diet soft drinks are obese is because the artificial sweeteners create cravings for other sweets among other things. This is undoubtedly true; just ask anyone who is on a calorie controlled diet that drinks Diet soft drinks because they have no calories. Cravings for sweets and carbohydrates are more frequent and stronger. People must work harder to combat cravings, and people who drink diet soft drinks while dieting have a higher failure rate—on the Jenny Craig program diet soft drinks are not allowed. For those who can overcome cravings and stick to their diets, they do not lose weight as fast as their counterparts who abstain from diet soft drinks. These recent studies show why. Their bodies are metabolically fighting them every step of the way.

Every time you drink Diet Soft Drinks, just remember that even though it may not have calories, IT WILL MAKE YOU FAT, not to mention it's overall effect on your health. The bottom line is that if you drink carbonated beverages....Stop.

Aspartame (NutraSweet) in Diet Carbonated Beverages

There are other problems with Diet soft drinks that pose great health risks. Anyone who consumes aspartame (NutraSweet) needs to understand there is significant evidence that Aspartame (NutraSweet) causes brain cancer—it is able to penetrate the blood brain barrier and is a powerful neurotoxin. This was even known at the time, and definitely after, it's FDA approval.

Coincidentally, there has been a precipitous rise in brain cancer cases (Astrocytomas and Glioblastomas) since its introduction in 1982 that is alarming. The US Air Force has formally warned their pilots about this danger and asked them to abstain from consumption of any food product containing this substance. NutraSweet (Aspartame), including Splenda (sucralose) and other artificial sweeteners have been called by many leading experts "sweet poison". Also, the very limited safety studies conducted on these substances were completed by the manufacturers who had a large financial stake in their approval. The

manufacturers or those with product rights are pharmaceutical companies who have a great deal of clout at the FDA.

Avoid Alcoholic Beverages. Wine, Spirits, and Beer consumption elevate the acidity of your body. Many of us enjoy alcoholic beverages on their own, as well as a method to reduce stress or unwind after a hard day (some everyday). Alcoholic Beverages create a lower vibrational energy in our bodies (beer and spirits more than wine) that can have significant effects on our overall well-being when used regularly. It can also affect the well-being of others who are close to us. Drinking a glass of wine a couple of times a week should not present a problem for most and there are even studies supporting health benefits, but if you are compelled to drink more than that, you may want to consider cutting back if possible or even abstinence. Only you know what is best for you.

Other Suggestions for an Alkaline Lifestyle

Following are some other suggestions you can do to help alkalize your Body:

- **Exercise.** Even going for regular walks can have a dramatic impact. Any exercise program should be adjusted to your level of activity and health and you should consult with your physician on the level of exercise appropriate for you.

If the main goal is to improve health most experts agree that moderate exercise for 30 minutes every other day is all you need. This amount of exercise has been linked with improving cardiovascular function, lowering cholesterol and blood pressure, losing weight, and reducing stress.

A moderate exercise intensity means that your heart rate is between 60 and 80 percent of your maximum heart rate. Less than that and you aren't taxing the cardiovascular system enough to really see improvement. More than that and you simply can't keep up with your body's demand for oxygen and a stronger acid (Lactic Acid) is produced as a by-product of energy production rather than CO₂. It is important to keep exercise within a healthful range. You will know if you "overdid it" if your muscles really hurt from Lactic Acid and are sore the next day. A small amount of soreness is normal especially if you have been sedentary.

To determine your heart rate range, subtract your age from 220, then multiply the result by 0.6 to determine the low and by 0.8 to find the high end of your heart rate range. While exercising, you can stop and check your pulse every so often to determine if you are in this range then adjust the intensity of your exercise as needed. Count how many beats in a six second period and multiply by 10.

Movement stimulates the lymphatic system organs and lymph circulation which contains immune cells. It also stimulates the movement of blood. Both lymph and blood transport acidic wastes to specific organs so they can be expelled from the body.

Sweat helps to eliminate toxins and acidic waste through the skin.

Exercise reduces stress which is highly acid-producing.

Breathing oxygenates the blood.

- **Pamper Yourself** Pamper yourself with regular baths. They are very relaxing and with Alkalizing Epsom Bath Salts they also help to extract acids from your skin. Buy a good loofah sponge. Removing dead skin cells helps to insure the maximum amount of surface area is exposed to eliminate the most acid. Bath Salts coupled with a good soak helps to draw the acids out stored in the skin, especially in fat cells, and give a relaxing experience—relaxation is also an amazing component of reducing the acidity of our bodies.
- **Avoid Toxins**—Everybody knows that toxins are detrimental to health. The air we breathe, the food we eat, the water we drink is full of them. There are so many known carcinogenic toxins we are exposed to everyday, it's no wonder our bodies have a hard time handling the load.

Over the last 50 years there has been an exponential increase in the amounts of toxins, stresses and pollutants that reek havoc on our bodies. Our bodies were not designed to be able to handle toxins, pollutants, high stress lifestyles, poor quality over processed junk foods that is chalked full of pesticides and chemical, pathogens, electromagnetic stress, lights and man made prescription medications, chlorinated and fluoridated water. All these things weaken the immune system, and alter the internal environment in the body to an environment that promotes disease.

Take the time to make an assessment of the toxins you may be exposed to on a daily basis and try to eliminate them. Below are some suggestions.

- **Brush Your Teeth With Baking Soda.** Baking soda is alkaline and really cleans your teeth. If using baking soda alone is difficult, use toothpaste with a baking soda base.
- **Use Earth Friendly chemicals** to clean your home. It not only benefits you by not breathing toxic fumes or absorbing toxic chemicals through your skin, but it benefits Mother Earth too.
- **Take clothing dry cleaned out of plastic coverings** before wearing to be aired out as much as possible to reduce solvents (formaldehyde among others) which are exceptionally toxic to our bodies and would otherwise be absorbed by your skin.
- **Change the air filters in your home regularly.** Use the best quality you can afford. If you have black streaks around your registers, it probably means you haven't changed your filters in awhile. Changing air filters every month may even improve allergic conditions. At minimum twice a year, but every 2-3 months is best depending on your heating and air system.
- **Purchase organic or earth friendly cosmetics and toiletries** whenever possible. Your skin is highly absorbent to toxins.
- **Turn off the fresh air intake in your automobile while driving in the city.** Many vehicles are equipped with a choice of fresh or recirculated air. If you are driving in traffic, turn it to the recirculated air setting so you are not breathing excessive exhaust fumes from other vehicles.

- Artificial Sweeteners are Highly Toxic Substances...Avoid them whenever possible. Aspartame penetrates the blood-brain barrier and is a powerful neurotoxin. Many feel it is not coincidental the incidence of brain cancers in the American population has skyrocketed since its introduction. Splenda has been marketed as safe despite its highly chlorinated molecule—its short-term safety trials (the only studies done) on rats and rabbits were also conducted by its manufacturer which has a financial stake in the outcomes (similar to the safety studies on Aspartame). While some industry experts claim the molecule is similar to table salt or sugar, other independent researchers say it has more in common with pesticides. That is because the *bonds* holding the carbon and chlorine atoms together are more characteristic of a chlorocarbon than a salt — and most pesticides are chlorocarbons. Splenda is now found in over 3,500 food products.

If you need sweeteners, there are alternatives to sugar such as honey or Stevia. Stevia is sugarless with no calories, will not effect blood sugar levels like sugar does, is 100% Natural, 250 to 300 times sweeter than sugar, heat stable to 200 degrees Celsius (392 degrees Fahrenheit), Non-toxic and extensively tested in animals and used by humans with no adverse effects.

- **If you Smoke—Quit.** Cigarettes contain a laundry list of toxic substances, smoking is proven to cause Cancer, and it makes it more difficult to remove the acids created in normal metabolic processes in the form of CO₂ from our bodies, as well as carry oxygen to oxygenate our tissues.

Smoke contains carbon monoxide which binds more tightly to the hemoglobin molecule of our red blood cells than either oxygen or CO₂. Oxygen can't get in and CO₂ (waste) can't get out as easily. The lungs are one of the primary pathways acidic wastes are expelled from the body (when CO₂ is dissolved in liquid, it is acidic), and if you smoke it will be very difficult to restore or maintain a healthy pH Balance.

Also, like any addiction, it lowers our vibrational energy or consciousness and our experience focuses on our addiction and getting “our fix” which can be quite strong and compelling.

- **If you Take Drugs—Quit.** There is nothing more acidifying to Our Bodies than a serious Drug Addiction. If you have ever seen pictures of someone before and after they became addicted to drugs, it is very clear. The difference can be astonishing—sometimes it is even difficult to tell they are the same person.

Like a cigarette addiction, a drug addiction lowers our vibrational energy or consciousness and our experience focuses on our addiction and getting “our fix” which can be quite strong and compelling—sometimes even overwhelming. Overwhelming to the point that we would do things to ourselves and to our fellow brothers and sisters to get “a fix” that we would never even dream of doing when sober. And, the toll it takes on our physical bodies is nothing compared to the spiritual toll and our connection to Light.

If you do have an addiction, nothing can help you unless you are ready to make the shift. When you are ready, there are many resources that can help you be successful.

- **Prescription Medications**— Prescription medications have beneficial and even life-saving effects. They are also acid causing and toxic—every prescription medication has side-effects caused by toxicity—but usually the benefit outweighs their risk.

It is important to work with your health care provider to ensure you are taking the dose that imparts the greatest benefit to you. Many times people are provided a starting dose that is much higher than necessary. Make sure you visit your health care provider after taking any new prescription medication for follow-up tests to make sure the amount you are taking is correct or if any adjustments are necessary.

Also, after lifestyle changes have beneficial physical results such as weight loss, many people can take smaller doses of their medications and some can even gradually stop taking them. As a good Steward of Your Own Health it is important you make sure there is follow-up on a new prescription and on-going monitoring. Important: never adjust your prescription medication doses on your own. Do so only as instructed by your health care provider.

Sleep—Getting enough sleep influences all aspects of our energetic being and its physical affects are very acid-producing, such as fatigue, irritability or stress.

Sleep deprivation results in decreased performance and alertness and reducing nighttime sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32%. Memory and our ability to think and process information is also impaired. Disruption of a bed partner's sleep due to a sleep disorder may cause significant problems for the relationship (for example, separate bedrooms, conflicts, moodiness, etc.). It can also affect our safety and those around us. For example, The National Highway Traffic Safety Administration (NHTSA) estimates conservatively that each year drowsy driving is responsible for at least 100,000 automobile crashes, 71,000 injuries, and 1,550 fatalities. Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.

Research shows that the immune system needs 9 1/2 hours of sleep in total darkness to recharge completely. Most adults don't even come close to this amount and are sleep-deprived. Long-term sleep deprivation causes a further disruption in the pH Balance of our bodies which can contribute to the development of a degenerative disease.

Long-term sleep deprivation can also contribute to Psychiatric problems, including depression and other mood disorders, and a Poor Quality of Life.

Chapter **Emotional and Mental Energetic Balance**

The Hallmark of Excellent Health is Balance—on all of our energetic levels: physical, emotional, mental, spiritual, etc. You may have heard them referred to as distinct bodies so they can be described and talked about, such as our emotional body or our mental body, but energetically they are one—a continuum—a whole.

Disease can begin as an energetic imbalance in our “less energetically dense” bodies—such as mental or emotional beings—that may over time eventually manifest in the physical body as a physical imbalance. An imbalance that persists over time in our physical bodies can manifest as disease.

The reverse is also true. Physical imbalances and disease can also further affect the balance and health of our Emotional, Mental, and Spiritual Beingness—just ask anyone who actually has a disease. It can become a real balancing act.

Most everyone can identify with the following simple example that illustrates how our thoughts—our Mental Energetic Being—can actually cause a physical response in our bodies.

Imagine there is a big, yellow lemon in your hand. While you’re looking at the lemon in your hand, think about what it would be like to take a big bite. Take a moment to really imagine how sour it would taste. Now imagine yourself actually taking a bite and tasting all that sourness. Did you notice a physical response while you were thinking about the lemon, and how sour it is?

Just thinking about holding a lemon in your hand, without even getting to the thought of how sour it is, can cause a physical response in your salivary glands to excrete saliva. Notice also your emotional response.

For real healing to take place, it is important to address all aspects of our Energetic Being as a whole, because it is a whole. If we attempt to balance just our physical bodies, it is likely that if a physical healing does occur, it may be temporary because its real cause is not addressed.

It is a very interesting notion that these Energetic imbalances cause our body’s cellular environment to change which can eventually cause a physical disease. And, Balancing them may even Prevent or Reverse Disease.

This w-holistic approach to Health and Well-Being that includes healthier diets and lifestyles will become even more important in each of our futures, especially as we embrace becoming the Stewards of our own health. It may even become more important in the Western health care delivery system.

Stress and Anxiety—and Our Energetic Beings

Anxiety and Stress are mental and emotional energetic imbalances with very real physical implications, and they are one of the most potent acid producers in the body.

Anxiety (noun) anx-i-e-ty **1. feeling of worry:** nervousness or agitation, often about something that is going to happen **2. something that worries somebody:** **3. a medical condition marked by intense apprehension or fear of real or imagined danger**

Stress (noun) stress **1. strain felt by somebody:** mental, emotional, or physical strain caused, e.g. by anxiety or overwork. **It may cause such symptoms as fatigue, raised blood pressure or depression and illnesses.**

Most of us know what being “Stressed Out” feels like. Anxiety and Stress start as a thought process. We start thinking “fear-based”, What-if thoughts. These thoughts then create “fear-based” emotions.

Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose. ~ Unknown

Interestingly most of these thoughts are about situations and events that have not happened and may never happen, although some believe that by thinking them increases their likelihood.

I'm an old man and I've had many troubles, most of which never happened.
- Mark Twain

When we think these thoughts and feel these emotions, **our bodies respond with a cascade of biochemical and hormonal reactions.** Our bodies are “programmed” this way because our ancestors had to fight or run when faced with survival dangers.

The mind is its own place,
and in itself,
can make a Heaven of Hell,
and a Hell of Heaven.
-John Milton

The end result of these biochemical and hormonal reactions are acids, such as lactic acid and others—if you have ever experienced sore muscles after strenuous exercise, you know what lactic acid feels like in your muscles. When faced with these end-products occasionally, our bodies can handle them and they are removed through our kidneys and liver. However, in a state of chronic anxiety and stress our bodies become challenged and they start to build-up.

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important. ~ Bertrand Russell

“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.” *Marcus Aurelius*

Acids build-up in our tissues. Everyone knows that acids burn and damage tissue. Tissue damage causes inflammation. Immune cells target the damaged tissue to remove it. Interestingly, inflammation and immune cell activity actually produce more acid. Also, in a state of chronic body acidity, the immune cells our body does produce are weaker and fewer in number.

The greatest weapon against stress is our ability to choose one thought over another. -William James

Pretty soon there is so much damaged tissue, inflammation and acid, our immune cells, weaker and fewer in number, become overwhelmed. They cannot address pathogens such as viruses, invading or otherwise, that they normally handle without our even knowing it, and our bodies become more susceptible to colds and flu. All of this acid, inflammation, lack of sleep, and stress leave us feeling run-down, tired. We become susceptible to colds and flu viruses.

When we are in a chronic state of anxiety and stress, our eating habits change. Our food choices, such as fast food, also create acids in our bodies. Our body will actually begin to put on weight so the excess acids can be stored away from vital organs—no, it's just not a calorie issue. Weight gain can cause more anxious thoughts and emotions and stress.

"One-quarter of what you eat keeps you alive. The other three-quarters keeps your doctor alive." (Hieroglyph found in an ancient Egyptian tomb.)

Many people resort to alcohol or drugs, including prescription drugs, to numb their stressful experiences so "they can cope". Alcohol and drugs cause their own emotional and mental issues, and unfortunately alcohol and drugs rank among the most acid-producing substances we can ingest.

"When it rains, I let it". - 113 year old man in response to a question about the secret of his longevity

Our bodies and immune systems are amazing, but they do have their limits. Over time our bodies just can't handle the onslaught and become so weakened, that we become susceptible to disease. Where we are or have become most vulnerable is where typically where the disease manifests, and then takes on its name—such as diabetes, cancer, heart disease, etc.

Wait, we're not done....if you have ever lived with a disease, or know someone who does, you know all about the emotional and mental issues having a disease can cause. The word Cancer can strike fear even in the most enlightened mind. You can imagine the thoughts and emotions someone might have when faced with Death or when your body doesn't function like it's supposed to. It's easy to see how the imbalances of a physical disease can create more imbalances in our Mental and Emotional Energetic Beings and even create a situation that may preclude Healing....if we let it.

A certain amount of periodic stress can actually be good to help us perform at our best, and when we do perform well it is satisfying.

However, as we discussed previously, when Stress is a constant companion, and strong, it negatively affects all of our Being and is one of the strongest producers of acid imaginable; and stressful feelings self-perpetuate creating more stress, and can make you sick.

Stress is so acidic that people who are "Stressed-out" are tired, get colds and flu easily, and find it more and more difficult to keep up. Someone who is "Stressed out" rarely feels a great deal of life satisfaction and well-being.

If you feel stressed all the time... you need to realize your health, happiness, and your life is at stake. **You must do everything you can to Remember Your Power to Think or Feel Differently about Anything...Anybody...Anytime...even About Yourself and your Life's Situation and Do It...Embrace JOY and PEACE NOW...** You are the Only One who can change things for Yourself...only You Have the Wisdom to know how and what to do to Make It Happen for You.

We are the Healers

"It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within." Albert

The only person who can ultimately Heal you, is you. Sure, you can enlist the aid of others to help you overcome thought patterns and emotional patterns that create imbalance, illness, and disease. Doctors, spiritual guides, life coaches, gurus, etc. may give you very helpful, and powerful suggestions to help you develop strategies that work for you—but they can't do it for you.

It is you who must recognize the problem, decide to live differently, and actually take the steps to balance your own Energetic Beingness. You can't just take a pill. Pills work on symptoms—which may assist you in the beginning so your focus is not so much on your symptoms—but they rarely work on the source of the imbalance.

It may require a shift and making small changes may only as hard as you think they are going to be. Once you start, it may surprise you just how easy it is. As your body starts to feel better, your emotional and mental self starts to feel better. You start to think about yourself and your circumstances differently. You feel and acknowledge the creative power you had all along...then nothing can stop you.

Embracing your power will have profound effects on all aspects of your life—relationships, spiritual, career, financial, etc. And that which you once thought as being painful or difficult, you now think as being joyful or easy, because it is—it was only your perception at any given point in time that made it a certain way.

A Balanced State of Being

As we touched on at the start, we are Energetic Beings. It is not a new concept that everything in the physical world around is not really solid. It is comprised of an Energy whose substance has characteristics of both an energetic and material substance at the same time. A tree, a table, our bodies; it is very hard to really distinguish the Energy or the energetic and material substance of our bodies, from a table, or a tree—they all possess the same Energy-which many call Source Energy.

"Man can no longer live for himself alone. We must realize that all life is valuable and that we are united to all life. From this knowledge comes our spiritual

We understand the importance of being in Balance on all our many “levels” of Energetic Beingness—mental, emotional, spiritual, physical (to name a few), but all these “levels” are one and exist as a whole. Our Energetic Beings are just a multi-dimensional energetic continuum that emanates from the consciousness of God, the Energetic Source of All That Is, to our own consciousnesses, and visa versa. In a way we can look at this as we are less dense energetic spiritual beings who are also having a more dense energetic physical experience, and visa versa, or that there is no distinction at all, except we need a distinction to talk about it with each other.

The bottom line is we consciously (or unconsciously) influence them to be in balance or out of balance, and Healing involves balancing all aspects of our Whole Energetic Being by identifying and releasing the patterns that are preventing balance.

Emotions are wonderful; joy, anger, happiness, sadness. They are a duality—without sadness, we would not know or appreciate what happiness is about, but Balance is the key. As we have shown previously our emotions and thoughts are felt in the physical body. Inharmonious emotions, thoughts, and feelings create disharmony and acid in our bodies and can even cause disease if they are strong enough and held onto long enough. When a strong emotion occurs, it is felt throughout the entire body and not just localized in a particular area. Harmonious emotions, thoughts, and feelings create a harmony in our bodies. A Balanced Emotional State of Being, which includes health in our bodies, occurs when these dualities are in balance most of the time.

When we are out of Balance in our Physical, Emotional, Mental, or Spiritual Being, (including over or under functioning in one of those areas) our Experience may be more difficult than it needs to be or perhaps intended to be—we feel blocked, things are not flowing.

Our Life Experiences help us, and especially our Relationships (our interface to other Energetic Beings / the mirror of our own Energetic Being), to learn how to stay in Balance—and Balance is not static—like a tight rope walker adjusting all the time to stay balanced while walking on a wire, or a gymnast on a balance beam. If we are willing to learn, listen a lot, be humbler, less influenced by our ego and it's perceptions, refrain from judging everything, and seek out higher understandings, our Spiritual experience in this physical body will become much more fulfilling and purposeful. As we become more Balanced, we feel it, know it, and sense it and we actually energetically vibrate stronger at higher, “less dense/mass”, energy level.

We are all also Energetically connected to each other and everything—different and one—and we influence each other all the time. Our Energetic selves are not all contained within the confines of our physical bodies. You can actually feel them interacting with others to the extent you want to be conscious of them. For example, many have felt an uncomfortable feeling of someone else standing too close to us or “in our space”—our physical bodies didn't come in contact, but we certainly felt their presence.

Or, how we can feel another's energy when interacting with someone who is very positive or very negative; we can allow their energy to influence our energy and feel uplifted or the opposite (“slimed”) if we choose. This is important to remember because our energy affects others too. We have the choice to leave a wake of light or slime as we move throughout our days. And, interestingly the choice we make on which Energy

to send outwards to others, comes back to us (usually in greater quantity than was originally emanated) and again influences us.

Guard well within yourself that treasure, kindness.
Know how to give without hesitation, how to lose
without regret, how to acquire without meanness.
[George Sand](#) (1804 - 1876)

Some Suggestions that May Help to Bring Energetic Balance

As each of us are having different experiences, we will each know how to identify where we may be out of balance, and what we need to do to bring ourselves back into balance.

Below are just some suggestions gathered from a variety of sources that may assist you on your path.

Being Present

Being in the present implies we are on a journey in time—we have a past and we have a future. Most of us have a hard time living in the present moment for any length of time. Stress and anxiety are all about living outside the present moment in a future a state of fear from perceptions of events that haven't even happened yet. Bitterness is all about living outside the present moment in the past with perceptions about events that happened which cannot be changed. Either way the net effect is a lowered quality of life.

It is important to remember the thoughts you think now, today, in this moment and the feelings you have now, today, in this moment will be part of your tomorrow. Being Present gives us the opportunity to think and feel different thoughts and emotions now, today, in this moment that create our tomorrows.

Being present in our relationships also makes them richer and more satisfying to us and others. Think of how you feel when you are expressing your thoughts and someone is actively listening and intent on what you are saying. Think of how you feel when the opposite occurs. Sometimes people care about you and would normally be attentive, but they are distracted by their own thoughts about what they need to get accomplished by the end of the day or the phone calls they need to make, or something else on their minds. It is hard to stay present all the time.

Children are great teachers in being present (and many other topics as well)—this state is not hard for them at all. Take care in interacting with children and when you have the opportunity engage in undistracted play with them, be open and you will learn much.

Service to Others

Being in service to another, helps to promote higher energetic balance in both lives—the giver and receiver. Being in service to others doesn't necessarily mean taking a vow of poverty and giving all your possessions away, or needing to volunteer for everything.

Page 48 Generosity is giving more than you can, and pride is
taking less than you need.
[Kahlil Gibran](#) (1883 - 1931)

Being in service can mean engaging in simple daily random acts of kindness. Watch what happens when you send an email to an old friend telling them you have been thinking about them. Smiling at someone in the grocery store or holding a door for someone. That someone could be “having a bad day” and by your random act of kindness, they decide it may not be so bad and their day gets better. Also, their subsequent interactions with others improve. In this way You are a Healer—for both of you and the other lives each of you touch.

The opposite is true also. Watch what happens when you make an unkind remark, get angry on the freeway and expressing this anger with a variety of hand gestures, or yell at someone. It takes a very strong, balanced, person to not react when an unkindness is received and give back something different.

It is so important to cultivate this ability—the ability to give back something different than what we may have perceived was given—it helps the giver and receiver. It helps other person, and it helps us by demonstrating to us that we really do have the power of stewardship of our thoughts and emotions. It may also give us the opportunity to see how our perceptions are sometimes wrong.

Our energetic vibratory level affects those around us. We have all experienced being around someone who is vibrating at an energetically high level; we feel it, it changes our vibratory level—it increases the energy around them. Conversely we have all experienced being around someone whose energetic vibratory level feels like it is sapping the energy out of you—it decreases the energy around them.

Next time you feel your energetic level low, try shifting your focus outside yourself and what is going on in your life and commit a random act of kindness. Send out positive energy to another person, such as a smile. What you will probably receive is a smile in return. Sending out your positive energy does uplift you, and receiving it back from someone else elevates it more. It builds upon itself. Keep sending it out and pretty soon, things may not seem as bleak as you originally thought.

We make a living by what we get, we make a life by what we give.

[Sir Winston Churchill](#) (1874 - 1965)

Balancing our Thoughts (Mental Energy)

For everyone it is a very good exercise to monitor our thoughts to get an idea of what we are thinking about—our thoughts are highly creative in our lives. Listen to the tape that is playing in your head—it can give you very good insight on the balance of your mental energy and what you are manifesting in your reality.

What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.” ~ Buddha

This is especially important when you notice changes in your emotions and physical body. If you are feeling happy and your body is relaxed, this is a

good indication the thoughts you are thinking are uplifting your energy and thoughts you may want to cultivate. If you are feeling angry or anxious regularly and your body is tense, this is a good indication that you may want to adjust the thoughts you are thinking.

Tension is who you think you should be. Relaxation is who you are. ~Chinese Proverb

You do have the power to immediately stop the thoughts you are thinking and the feelings you are feeling. If we allow it, our thoughts about any given situation or person can feed upon themselves, and eventually explode into an incendiary conflagration of thoughts and emotions of enormous proportions (some describe this as a loss of sanity—temporary or otherwise).

At these moments, we can decide to act in ways that we otherwise wouldn't when we are experiencing calmer thoughts. It is typically easier to think about and assess outcomes of our actions and decide how we want to think or feel, before our thought processes have escalated upon themselves and "gotten away" from us. In other words, it is easier to stop the thought processes that we allow to occur, than we allow to create overwhelming feelings, that we allow ourselves to feel in the beginning...at their start.

Frequently, these types of thought processes are fear-based (fear of loss—financial, relationship, fear of failure, etc.), and are recurring. There are reasons we feel we need to allow ourselves to experience them, identifying deep fears and addressing them would represent a higher healing. In the meantime, since they are recurring, this gives us the ability to seek out and try different techniques we may discover to stop them if we no longer have the need to want to experience them.

Forgiveness. Often when we have these recurring thoughts, they are about someone. Seeing these "toxic" people as great teachers is a very important step. At the same time, it's important to remember our Stewardship of our own thoughts and feelings—the only one who has the power to make you think thoughts and feel feelings is you. "Toxic" people cannot make you think thoughts and feel a certain way—you do.

Forgiveness is almost a selfish act because of its immense benefits to the one who forgives. AND The hatred you're carrying is a live coal in your heart - far more damaging to yourself than to them.

Lawana Blackwell, *The Dowry of Miss Lydia Clark*, 1999

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

[The Dalai Lama](#) (1935 -)

Many of the problems we see as problems we are experiencing with others can actually be reflections of ourselves and present an opportunity for reflection and change within ourselves. Seeing things in this light and forgiving them is healing—you forgive them and yourself at the same time.

Other people are phenomenal mirrors of ourselves and it can give us insight on what may be out of balance in our lives. A good question to ask yourself is, “Is there anything I see in this person that I can see in myself?” We may actually possess the same behavior pattern that we see as offensive in someone else. If so, it is good to identify that pattern and introspect. Asking someone close to you if they feel you sometimes have difficulties with a particular behavior pattern can help, but try to remain open and not become offended or defensive if they say yes or maybe. Seeing these “toxic” people in this way can make it easier to forgive them and in turn forgive yourself—it is a healing process.

Happiness is having a large, loving, caring, close-knit family in another city.

[George Burns](#) (1896 - 1996)

Another technique is loving insulation/detachment—using your power to decide how you are going to think and feel about anything and anyone. There may be “toxic” people in your life whose behavior patterns can be their expressions of deep emotional or mental issues. These people consciously and routinely try to create contention and cause disturbances in other people’s lives—and they can be very clever how they go about it. Assuming you must interface with these “toxic” people, they can also be great teachers.

Imagine an energetic field around you with an intention that it shields you from these energies and strengthens you to remain at peace. You can even imagine these energies interacting with your energetic field—slowing them down so you can see them, watch them dissolve into the white light, and the added white light strengthening you. It can be very empowering to be successful in remaining at peace while at the same time sending compassionate non-judgment in return. Perhaps they will realize their attempts to create contention are futile with you and because you did it in a good, loving way they may stop. And at some point, something may precipitate a change (healing) in them.

It really doesn't matter if the person who hurt you
deserves to be forgiven. Forgiveness is a gift you give
yourself. You have things to do and you want to move

Holding on to anger, resentment and hurt only gives you tense muscles, a headache
and a sore jaw from clenching your teeth. Forgiveness gives you back the **laughter**

Emotional and Mental Reactivity---Centering

Every hurricane has an eye. In the eye, all is calm and quiet. Outside the eye the storm rages with all its fury. As an analogy to how we live our lives, we have the choice to stay in the eye or engage in storm around us, get caught up in it, lose our perspectives, and experience the turmoil. We are the ones who decide how to engage, if at all—not someone else. We can react unconsciously to situations or stay conscious in the eye where it is peaceful. No one can drag you into the melee; you exercise your free will and go.

The need to blame anyone, including yourself, for your experience or someone else for causing your reaction or situation is an unconscious act indicative of a higher energetic imbalance. Freeing yourself from the need to find fault or assign blame, through an understanding of your power in creating your own circumstances can be very liberating.

In any situation it may be very important to decide not to react—even if it is for a moment. In that conscious moment we can exercise our Stewardship Power of our thoughts and feelings to decide if we truly want to experience Peace or Turmoil in the next moment—we really do have that choice.

Interestingly there are actually two different series of reactions, primarily hormonal, that occur in our bodies based on which decision we make—Peace or Turmoil—one supports alkalinity, the other creates acidity. The more we consciously choose to be the Stewards of our Thoughts and Feelings to achieve a more Balanced State of Being, the easier it becomes until it is always what is. It is a powerful State of Being.

It is very important to stop Toxic thoughts and feelings as soon as you become aware you are having them—toxic thoughts create toxic things in our life. Listening to your internal dialogue can really help to change your life—listen to what you are thinking. It is much easier to stop toxic thoughts before they translate into toxic feelings. When toxic thoughts and feelings occur it is important to discover a method whereby you can find your Center again. Some people find if they can disengage temporarily from their thoughts and feelings, and look at them from a distance, a “higher thought process” and connection with their higher energetic being can occur.

This connection to your higher energetic beingness, which some call our Spiritual Being, can help you know what, if any, action needs to be taken to achieve or stay in centered peace given any situation. It’s almost like our higher energetic Spiritual Being soars above like a bird that can see the entire river, and the more we are consciously

connected to our Spiritual Beingness the more of the river we can see rather than just up to the next bend. Anything we can do to cultivate our conscious connection is well worth the time and energy.

Learn to Embrace Change

Change happens. It is a constant in our world. Embrace change because you can't stop it, rather see the possibilities of a better world. Learn to be a part of the flow rather than resisting it; it is much easier to row downstream than row upstream, plus you can enjoy the scenery more. You will live a less stressful, creative life.

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

[King Whitney Jr.](#)

Release the Past—Stop Worrying About The Future—Manifest Joy Right Now

If you are holding on to anything in the past that is causing disharmony today, it is very important to find a way to neutralize it and let it go so it is not part of your future experience. Sometimes this means embracing your own role in a situation and not entirely putting blame on someone else and forgiving them for a perceived wrong they did to you. When you harbor these past events, they are actually stored in your body's tissues and create a great deal of acidity.

[Maybe the past is an anchor holding us back. Maybe, you](#)

If you keep obsessing on the Future and worrying that this or that will happen—you will end up dying many times before you actually do. All we really have, if you think about it, is today—right now. You may get run over by a bus in the morning. Look around you—right now you have a roof over your head, food, clothes and a whole lot more to insure your survival—which is much, much more than most do in the world. If you think about your life, you will realize that you have always had what you needed to survive, and then some. Why not make the choice to enjoy your life right now and see things positively—living in a state of gratitude, more in touch with the divine? The more and more positively you see things right now, the more positive your tomorrows will become. We are powerful Creators of our life situation. How we think and feel about our situation, makes it so. Change how you believe, think and feel, and change your situation. It sounds simple, and it really is that easy.

Believe you are getting well. Act as if you are well—or getting better by the day. Tell everyone who asks, "I am feeling better—it's miraculous (it is)". If you feel changes in

your body, look at them positively, such as my body is healing and what is happening is necessary for it to heal—instead of “Oh My God what is happening? I am going to die”. Reversing years of acid build-up, will sometimes create a healing crisis where you actually feel worse rather than better for awhile. Some of the noxious stuff that is being released can't help to make itself known as its departing. Think thoughts of wellness—not sickness. Someone who thinks they are sick will generally stay or get sicker. Many studies have been done on healing as a function of a patient's state of mind. One in particular was done with patients at assisted living facilities across the country where people had undergone hip replacement surgery. Care was taken to compare people of similar health prior to the procedure. Those with a more positive state of mind did far better than those who exhibited more negativity about their situation, such as complaining. Those who exhibited a more positive state of mind were up and about quickly. It took those with a more negative state of mind a lot longer and some never made it out of a wheelchair at all even though the surgery was considered a success. Thinking you are vibrant, feeling well, and full of energy, will translate to feeling that way, and being that way.

Change your thoughts and you change your world.

MEDITATION

Frequent meditation calms the mind and emotions, and helps us to consciously stay connected with our Spiritual Beingness and to God. It elevates our physical, mental, and emotional vibratory levels. There are many resources available and it is not hard to choose the ones that speak to you. Guided meditations may also be useful.

- **Meditation** It turns out peaceful thoughts really can influence our bodies, right down to the instructions we receive from our DNA, according to a new study.

Researchers for the study, published in the Public Library of Science, took blood samples from a group of 19 people who habitually meditated or prayed for years, and 19 others who never meditated.

The researchers ran genomic analyses of the blood and found that the meditating group suppressed more than twice the number of stress-related genes -- about 1,000 of them -- than the nonmeditating group.

The more these stress-related genes are expressed, the more the body will have a stress response like high blood pressure or inflammation. Over long periods of time, these stress responses can worsen high blood pressure, pain syndromes and other conditions.

The nonmeditating group then spent 10 minutes a day for eight weeks training in relaxation techniques that involved repeating a prayer, thought, sound, phrase or movement.

"What this does is to break the train of everyday thought -- you no longer have stressful thoughts and because of that the body is able to return to a healthy state," said Dr. Herbert Benson, director emeritus of the Benson-Henry Institute

Mind/Body Medicine and an associate professor of medicine at Harvard Medical School.

By the end of the training, the novice meditating group was also suppressing stress-related genes, although at lower levels than those of the long-term meditating people.

"In the old days, we thought the mind didn't affect the body," Benson said. "In truth, it's breaking down the very old rule."

Indeed, fellow mind-body researchers are finding more evidence that meditation and spiritual practices can influence the body in elemental ways.

Dr. Dean Ornish, professor of medicine and founder of the Preventive Medicine Research Institute at the University of California at San Francisco, recently found a relationship between meditation and genes in prostate cancer.

"This is an important pilot study showing that meditation alone may favorably alter gene expression in whole blood," Ornish said. "These findings provide additional evidence to our recent study in PNAS [the Proceedings of the National Academy of Sciences] showing that meditation -- when combined with better nutrition and moderate exercise -- also favorably altered gene expression in prostate tissue."

- **Yoga or Tai Chi** are excellent for body, mind and spirit balance. They help to reduce daily stresses through conscious relaxation, flowing movement and centering. They also provide oxygenation to the body by conscious breathing. They are excellent in strengthening one's Life Force (also called chi or prana). Eastern practitioners know that a strong Life Force can repel or neutralize energetic imbalances. Tai Chi and Yoga are typically not overexerting at the beginning levels.

Yoga or Tai Chi

As mentioned previously both are excellent for body, mind and spirit balance. They help to reduce daily stresses through conscious relaxation, flowing movement and centering. They also provide oxygenation to the body by conscious breathing. They are excellent in strengthening one's Life Force (also called chi or prana). Eastern practitioners know that a strong Life Force can repel or neutralize energetic imbalances. Tai Chi is typically not overexerting at the beginning levels.

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." Buddha

Laugh More

Many believe laughter is the best medicine. Humor can certainly diffuse difficult situation.

I am thankful for laughter, except when it comes out of my nose." W. C. Sullivan

Jettison the Need to Always Be Right.

[Listen More](#)

Discover what Works Best For You. You are the Steward of Your Emotional and Mental Well-Being.

Chapter

Mineral Deficiencies, Chronic Acidity and Inflammation and Their Relation to Specific Degenerative Diseases: Cancer, Heart Disease, Diabetes, Autoimmune Diseases, and Osteoporosis

The following takes a closer look at some of the major Degenerative Diseases specifically and outlines some of the Fulvic and Humic studies regarding these diseases.

These studies show that even once a disease processes has started, it is possible to slow and even reverse it by reversing Chronic Acidity and Inflammation, improving Oxygenation and reducing Free Radicals.

This information is also important in terms of prevention, as well as to understand the disease epidemic we are experiencing, so that we can change things. Every person in the United States is either affected personally, knows someone who is affected, or both, by this disease epidemic.

Each section contains valuable information, and even if you do not think a particular section applies to you or someone you love, we hope you will take the time to read them.

CANCER

Cancer is now the second leading cause of death in the US, exceeded only by heart disease. Epidemiology studies show that in 1964 only 1 in 261 people were affected by Cancer is now expected to affect 1 in every 3 females and 1 in every 2 males. These are startling statistics.

Most people are unaware that right now their body is producing cancer cells. They are always being created in the body. When our immune system is working normally it can kill Cancer cells, and we stay healthy. In fact, our immune systems developed the ability to seek out and destroy cancer cells. One's immune system was designed to eradicate the possibility of those cells multiplying uncontrollably and destroying healthy tissue to form sarcomas, carcinomas, leukemia, and lymphomas.

Cancer cells thrive in acid and produce it

The cellular fluid of Cancer cells is highly acidic and their metabolic functions occur in the absence of oxygen because of it. It is interesting to note that Cancer cells metabolize glucose by fermentation which does not require the presence of oxygen like normal cells typically do. Lactic acid is one the end products (waste) of glucose fermentation—which is a strong acid (stronger than the acid CO₂ produced as waste in glucose metabolism in the presence of oxygen).

A Cancer cell itself creates more and more acid to thrive. The pH of Cancer patients routinely tests extremely low.

One type of immune system white blood cell actually injects the Cancer cell with oxygen to kill it. The effect of injecting it with oxygen raises its pH, stops its metabolic processes which only occur in the absence of oxygen, and it dies.

Cancer and Free-Radicals

Breakthrough cancer research supported by the National Institute of Health clearly indicates that excessive oxidants or free-radicals play an important role in causing cancer, AND that antioxidants or free-radical scavengers help suppress cancer.

In a surprising new development, the study shows that cancerous cells themselves are causing an overproduction of free-radicals. These free radicals act as messengers sending signals through protein pathways, bombarding surrounding cells uncontrollably with damaging free radicals. Super-antioxidants work to obstruct the signaling protein pathways, neutralizing the spread of cancer. Unique protein inhibiting antioxidants block the necessary signals that normally allow adjacent cells to become cancerous.

Cancer and Humic and Fulvic

Humic and Fulvic are one of nature's most powerful antioxidants. Studies show that Humic and Fulvic molecules carry both a negative and a positive charge, making them both a donor and acceptor which can neutralize free radicals.

Although Humic and Fulvic may not reverse an advanced case of cancer, it has the potential of dramatically slowing if not halting its growth. In less advanced cases it has been shown to not only halt its growth and spread, but also to reverse it. In many more animal studies it has been shown to be a powerful preventative in the development of cancer, where most if not all animals in the control groups died.

There have been a number of significant clinical studies showing its effectiveness to protect against Cancer AND the related Cancer causing viruses. Studies often show reversal of deadly cancers and tumors:

- It has been shown to have a 100% success rate in patients with cancer causing tumors of the esophagus in preventing tumor progression into the cancerous state when treated for two years with Humic and Fulvic extract solution.
- Outpatient medical hospital studies on thyroid tumors showed that treatment with Humic and Fulvic extract was 90% successful in stopping tumor growth and diminishing the size of tumors, with 80% of patients having complete cures.
- It has been found that naturally-occurring Humic and Fulvic preparations can stimulate the production of cytokines, including interferon-gamma, interferon-alpha, interferon-beta, and tumor necrosis factor-alpha. Important to help the body selectively seek out and destroy cancer cells.
- Humic / Fulvic controls uterine cancer in rats.
- Humic and Fulvic markedly reduce the mutagenic (cancer-causing cell mutations) effect of benzopyrene, 3-aminoanthracene, 2-nitrofluorene and 1-nitropyrene, and many other toxins.
- Literally hundreds of studies link cancer to viruses, specifically colon, penile, uterine, cervical, liver, medulloblastoma which is a brain cancer in children, and many others. The increase in the incidence of these cancers has paralleled the decrease in Humic and Fulvic and organic minerals from farm soils. The anti-viral power of Humic and Fulvic has been deeply studied and well-documented. One pharmaceutical company has patented a Humic / Fulvic based drug that purifies blood for transfusions, killing the HIV virus without damaging blood cells.

Cancer and Sugar Consumption

Finally, a Cancer cell's primary food source is sugar. If you or a loved one is dealing with Cancer it is also imperative you cut-out as many refined sugars (this means artificial sweeteners too) and carbohydrates as possible because they digest extremely fast and flood the body. Your body cannot produce enough insulin to get the sugar into your cells before the cancer cells get all of just what they like to eat.

Cancer and a Primarily Vegetarian Diet

More complex carbohydrate food sources are broken down much slower than simple carbohydrates and sugars. Fruits and vegetables are the best sources of more complex carbohydrates, and of course they are very alkaline producing in your body. Most people with Cancer should strongly consider a vegetarian diet and take other steps to alkalize their bodies.

Cancer and Chemotherapy and Radiation

Chemotherapy and Radiation are considered the "Gold Standard" for treating patients with Cancer by traditional practitioners. There is much inertia about this and, it may surprise you to know, there is a lot of money at stake to keep things as they are. Drug companies make a lot of money on chemotherapy drugs—up to \$600,000 per course. They provide a great deal of money to major universities, hospitals and research institutions who conduct the clinical trials on these drugs. You are seen and treated at these institutions. These institutions need this funding support.

Before blindly agreeing to these treatments, find out for yourself what the outcomes are for a particular type of cancer for any course of treatment, and educate yourself about it. In many cases, chemo and radiation are the best course, but they also do significant irreversible damage to our bodies. Some, including doctors, believe they can be worse than the disease. When doctors themselves or their family members contract Cancer, many chose otherwise when faced with this personal decision because they know how damaging chemotherapy drugs and radiation are to our bodies. And, some of these doctors are now our leading alternative Healers and educators.

Alternative treatments are typically tried when chemo and radiation have failed, and they even show success despite the damage chemo and radiation have done. If you don't panic and allow yourself the opportunity to review your options, listen to your inner guide and have confidence of its power, you will know which direction to chose.

HEART DISEASE

Heart disease affects over 80 million people and is the leading cause of death in the United States. Cholesterol lowering drugs have helped control the precipitous rise in death rates in the last 10 years, but their effect is equivalent to saying that now only 1 in 3 rather than every 1 in 2 people will die as a result of heart disease.

An acidic body environment has significant effect on the heart and veins and arteries, especially as it relates to LDL-Cholesterol and plaque formation. LDL-cholesterol is laid down at an accelerated rate in the heart when our body is acidic. LDL-Cholesterol forms plaques along with inorganic mineral metals such as calcium and cellular debris from the

bloodstream. When these plaques get large enough, they become unstable and can rupture. When a plaque ruptures it stops blood flow. A heart attack occurs when blood flow is stopped and oxygen in the blood cannot be transported to a particular area of the heart.

The amount of cholesterol in the diet has not been found to be a major factor in cholesterol plaque formation. Rather, pH status and inflammation appears to be the factor more directly involved in binding cholesterol with mineral metals and other cellular debris on arterial walls.

Everything in the cardiovascular system works normally when the pH of blood plasma is slightly alkaline, having a pH of 7.35 to 7.41. The body is programmed to do everything it can to maintain the blood within this pH range at the expense of everything else. But, when the heart plasma habitually becomes a relatively more acid $\text{pH} < 7.35$, it acts as a chemical irritant which slowly begins to attach and eat away at the smooth muscle tissues of the inner walls of arteries and veins, as well as the heart itself.

An acidic environment and inflammation result in partial lipid breakdown and destructive oxidative cascades accelerating free radical damage of arterial walls and intracellular membrane structures. In this process many healthy cells are destroyed. This erosion process begins to weaken the structural composition of the heart, arterial and venous walls, causing lesions and microscopic tearing throughout its framework.

Simultaneously, an acid pH also destabilizes free ionic balances within circulation, which directly interferes with the muscle contractility (contraction and relaxation) of the heart and arteries.

Tissue Damage caused by Chronic Circulatory Acidity and ionic imbalances, are now thought to be those factors which critically precipitate the development of arteriosclerosis (hardening of the arteries), hypertension (high blood pressure), an aneurysm (widening and ballooning of artery walls), arrhythmias (abnormal rhythms of the heart including tachycardia), myocardial infarction (heart attacks) and strokes (a cardiovascular accident).

Blood pressure changes are also a result of chronic acidity through the structural weakening of the cardiovascularity, and also by hormonal and sympathetic nervous system responses to plasma pH. The body is programmed to maintain plasma pH by whatever means possible sometimes at the detriment to the body and even life itself.

When the pH is less than 7.2, the arteries become dilated. Yet, severe lowering of blood pH also causes persistent venous vasoconstriction. When this happens, peripheral blood is shifted more centrally: the more acidic we are the greater the fractional redistribution of blood to the central vessels.

This central redistribution of blood adds to the heart's workload when its contractility is compromised. Interestingly, increased venous pressure occurs in congestive heart failure. This may obviously have potentially lethal cardiovascular effects, making it difficult to control high blood pressure/hypertension, various arrhythmias and the advent of heart attack.

As we know, the primary cause of Acidity is a mineral deficiency—specifically alkalizing minerals.

In addition to its remarkable effect on Acidity and Balancing pH, Humic and Fulvic have been shown to be able to interact positively (chelate) and help dissolve any metallic (inorganic) mineral such as inorganic calcium in diseased tissue and transmutate and relocate usable new mineral organic complexes to other areas needed by the body. The plaques that cause heart attacks contain metallic inorganic minerals. It is exciting many researches about the possibilities of Humic and Fulvic playing a role to assist the body to shrink plaques thereby decreasing the risk of a heart attack. And, although it is exciting to researchers, it is even more exciting to those with cardiovascular diseases.

INSULIN RESISTANCE / DIABETES

Diabetes mellitus is a metabolic disorder characterized by an inability to transport sugar from the bloodstream into cells. Once inside cells, sugar (glucose) is used to generate the energy that is essential for normal cellular function. Insulin, a hormone secreted by the pancreas, attaches to insulin receptors which are found on every cell in your body that signals the cell to allow it to transport glucose inside.

Diabetes is now considered by our national health institutions to have now reached epidemic proportions and is a very costly disease. Hundreds of millions of dollars are spent every year for treatments.

Chronic acidity contributes to a state of insulin resistance within the body by interfering with glucose delivery to the cells. Normally, ordinary levels of insulin will escort glucose into the cells. In an acidic environment, the cell receptors fail to recognize the insulin hormone and deny it access to deposit the glucose, causing sugar to build up within the bloodstream. The pancreas, unaware of the insulin resistance, steps up insulin production in an effort to pump out enough of the hormone to remedy the situation. The body interprets the lack of glucose within the cells as starvation and begins to convert every calorie into fat.

The pancreatic cells that produce insulin are also highly sensitive to acid. Chronic body acidity is thought to be a very dangerous condition because these beta cells are especially sensitive to pH, and find it very difficult to function and survive when conditions are acidic. An Acid environment also creates excessive free-radicals. Free-radicals attack and damage the pancreatic Islet B cells to further exacerbate the problem.

Interestingly, before the advent of synthetic insulin, diabetes was treated historically by buffering the system with base or alkaline causing powders to neutralize the acid. Doctors recognized the root of the problem was the underlying acidity. It was critical to neutralize the acid so the remaining pancreatic cells that still produced insulin would be saved and their patient would survive. Once synthetic insulin was introduced, doctors somehow forgot about the importance of addressing the underlying acidity.

It is also very interesting that having diabetes, a degenerative disease with chronic acidity and inflammation at its roots, also dramatically increases the risk of developing other degenerative diseases caused by acidosis and chronic inflammation.

Study after study has shown that diabetics also have a significantly higher risk of heart disease. A major study was recently published showing that patients with Rheumatoid arthritis are at a much higher risk to develop diabetes and heart disease.

Humic and Fulvic have shown significant success in numerous clinical studies in the treatment of diabetes.

- Humic and Fulvic in combination with organic minerals alkalize the body and reverse acidity. Humic and Fulvic convert minerals into their organic, bioactive form and transports them to where they are needed.
- Acidity is the underlying cause of blocking our insulin receptors' ability to recognize and respond to insulin which transports glucose from the bloodstream into the cells causing insulin resistance—the precursor to diabetes.
- Metabolic process especially glucose metabolism, and enzymatic reactions, are dramatically improved with Humic and Fulvic. Humic and Fulvic are involved in these reactions, as are the organic minerals they create and transport.
- Humic and Fulvic are ferocious free-radical scavengers. This helps to protect the insulin producing cells that are highly-sensitive to acidic conditions.
- Humic and Fulvic have been shown to increase super oxide dismutase (SOD) activity.
- Patients in Humic and Fulvic trials reported the reduction or disappearance of the tingling, painful feeling and numbness experienced in the nerve endings.

AUTOIMMUNE DISEASES (Rheumatoid Arthritis, Lupus, Fibromyalgia)

Autoimmune diseases is a catch-all phrase that includes a number of diseases such as Graves's disease, Lupus, MS, Parkinson's, Fibromyalgia, Rheumatoid Arthritis, and Alzheimer's. Autoimmune refers to the body's own immune system attacking its own tissues and organs.

Chronic Acidity causes cellular injury. Cells comprise tissues, so as cells are injured, so are tissues. We can imagine what would happen if we put our finger in acid—it would cause injury to our skin tissue. Typically acid would cause a burning sensation. If we were smart, we would remove our finger from the acid fairly quickly. Our immune cells would then migrate to our finger in attempt to heal the damage done to the cells/tissue of our finger from the acid. The skin on our finger would become inflamed and it would hurt until our immune system and proteolytic enzymes (enzymes that break down proteins) did their job to remove the injured cells and cellular debris caused by the acid.

If the acidity and inflammation are chronic such as in rheumatoid arthritis, which is an inflammation of the joints leading to their deformation, it is similar to not being able to

remove your finger from the acid in the example above. Inflammation is a basic way in which the body reacts to infection, irritation such as acid, or other injury, and is now recognized as a type of nonspecific immune response. When the irritant is removed (the acid), the inflammation goes away.

Chronic Acidity results in the body diverting the harmful acids it cannot neutralize or eliminate, to less vital tissues to protect vital organs for storage and later removal (if that even happens), such as the skin, joints and bones. This might make the vital organs temporarily safe, but the diversion can cause joint and skeletal problems such as painful osteo- and rheumatoid arthritis. The acid will damage the cells in these areas and the immune system will begin to attack them as they become “sick” because it recognizes them as unhealthy.

One of the primary jobs of some immune cells is to remove sick or dead cells and clean up their cellular debris. Diseases such as rheumatoid arthritis and fibromyalgia are called autoimmune diseases because the immune system attacks the body's own cells. To many, including in the medical profession, the causes of autoimmune diseases are mysterious. Isn't it interesting that if chronic acidity and inflammation impairs, damages, or even destroys cells, and the immune system recognizes these cells and tissues as unhealthy and attacks them—WOULDN'T IT BE FUNCTIONING THE WAY IT IS SUPPOSED TO...AND JUST DOING ITS JOB?

In a recent issue of Annals of Rheumatic diseases, doctors found that people with rheumatoid arthritis, have lower levels of common antioxidants (substances that neutralize free-radicals) in their blood in the years before the disorder is diagnosed. A new study suggests that the same may be true for another autoimmune disease, systemic lupus erythematosus.

Chronic Body Acidity injures cells and tissues and they become inflamed. Free radical production is a by-product of inflammation. Many people do not realize that during normal metabolic activity free radicals are also produced, and our body naturally produces anti-oxidants. Our natural store of antioxidants are available neutralize the free radicals produced during normal metabolic reactions and there is typically enough to do the job. This is not the case, however, when other activities such as chronic acidity and inflammation produce free radicals in the body and compete for the antioxidants.

Free radicals themselves harm our cells and tissues. If cells cannot repair the damage caused by an overabundance of free radicals, the immune cells recognize them and attack them. Chronic Acidity continually injures cells and tissues. Now there are two factors present to harm more cells and tissues. It is easy to see that in time more free radicals are being produced than our antioxidants can handle and the problem can worsen. More free radicals, more tissue damage. More acidity, more tissue inflammation, more free radicals.

As mentioned previously, Acidity also affects our body's immune system and its ability to produce immune cells. Immune cells are produced in fewer numbers and are weaker than normal. Already the immune system is overtaxed by all the inflammation and free radical damage that it has a hard time keeping up the pace. Viruses, bacteria, and fungus pathogens are attracted to a feed off the damaged tissue. The immune system now has another battlefield to contend with and will eventually become overwhelmed.

Reversing and Balancing pH will remove the irritant causing the inflammation, and the free-radical damage to cells. The immune system can “clean-up” the damage so there is nothing attracting the pathogens. Now that there is no further damage being done by the acid, and the immune system has the opportunity to clean up the mess. IMMUNE CELLS STOP ATTACKING THE BODY'S CELLS AND TISSUE BECAUSE ALL THAT IS LEFT IS HEALTHY CELLS AND TISSUE--IMMUNE CELLS DO NOT RECOGNIZE AND ATTACK HEALTHY CELLS AND TISSUE!

At the root of Acidity is a mineral deficiency—specifically alkalizing minerals—all of them...all 74+ of them. Coupled with food choices, is the fact that our food no longer contains the organic minerals and Humic and Fulvic our bodies need.

The studies showed that Humic and Fulvic and associated organic minerals reverse the acidity and inflammation. Humic and Fulvic are also considered Super antioxidants that neutralize all classes of free radicals. They carry both a positive or negative charge that can either donate or receive electrons depending on the need to neutralize a free radicals.

Finally, Humic and Fulvic have been shown to be able to interact positively with the degenerative calcium deposits and unhealthy bone structures in the body. Calcium is one of the major alkalizing mineral the body uses to balance pH. It's possible these calcium deposits occur because the body is trying to counteract the acid being stored in the joints of Arthritis sufferers.

In one study, after beginning to take Humic and Fulvic and organic supplementation, Arthritis sufferers first noticed an immediate and marked increase in discomfort, and this discomfort continued for 1 to 2 weeks or sometimes longer after beginning of use. This discomfort is believed to be due to the breakdown of calcium deposits in the joints and it's on going and subsequent mobilization, dissolution, and removal. It is further believed that these calcium deposits react with the Humic and Fulvic bound organic minerals to transmutate them into more suitable forms that become beneficial to the body. This is an example of Humic and Fulvic's unique ability to help dissolve any metallic (inorganic) mineral in diseased tissue and transmutate and relocate usable new mineral organic complexes to other areas needed by the body or eliminate them from the body.

After the initial painful period, the discomfort begins to diminish and noted relief of symptoms begins. Some arthritis sufferers notice the beginning of relief in 2 to 3 weeks. Others may take longer, yet show signs of relief after several months of use. Some people notice significant relief of arthritis symptoms in about 30 days. A significant number of people reported total relief in 1-5 months.

Instead of focusing on a particular disease and treating the symptoms of that disease, our medical community is finally accepting that maybe it's a good idea to investigate underlying phenomenon at the root of diseases—a look at the forest first as a whole, rather than individual trees.

As we have previously discussed, the primary cause of Acidity is a deficiency of minerals. Minerals, in their organic form, are ABSOLUTELY ESSENTIAL for the body to maintain a healthy pH balance. They are the alkalizing agents the body uses to neutralize acids. If the body cannot get adequate amounts from the diet to neutralize the

acids, it will draw its store of alkalizing minerals. Calcium, magnesium and sodium are drawn into the bloodstream at the expense of the bones and organs that these minerals were taken from.

Appendix

LIVING AN ALKALINE LIFESTYLE

Listing of Alkaline and Acidic Foods

This chart is intended only as a general guide to alkalizing and acidifying foods. Reproduced Courtesy of

ALKALINE FOODS

ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beets
Beet Greens
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies

ACIDIC FOODS

ACIDIFYING VEGETABLES

Corn
Lentils
Olives
Winter Squash

ACIDIFYING FRUITS

Blueberries
Canned or Glazed Fruits
Cranberries
Currants
Plums**
Prunes**

ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth
Barley
Bran, wheat
Bran, oat
Corn
Cornstarch
Hemp Seed Flour
Kamut
Oats (rolled)
Oatmeal
Quinoa
Rice (all)
Rice Cakes
Rye
Spelt
Wheat
Wheat Germ
Noodles
Macaroni
Spaghetti

Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens

ALKALIZING ORIENTAL VEGETABLES

Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame

ALKALIZING FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit*
Honeydew Melon
Lemon*
Lime*
Muskmelons
Nectarine*
Orange*
Peach
Pear
Pineapple
Raisins

Bread
Crackers, soda
Flour, white
Flour, wheat

ACIDIFYING BEANS & LEGUMES

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk

ACIDIFYING DAIRY

Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk

ACIDIFYING NUTS & BUTTERS

Cashews
Legumes
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

ACIDIFYING ANIMAL PROTEIN

Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster

Raspberries
Rhubarb
Strawberries
Tangerine*
Tomato
Tropical Fruits
Umeboshi Plums
Watermelon

*Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

ALKALIZING PROTEIN

Almonds
Chestnuts
Millet
Tempeh (fermented)
Tofu (fermented)
Whey Protein Powder

ALKALIZING SWEETENERS

Stevia

ALKALIZING SPICES & SEASONINGS

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt
Miso
Tamari
All Herbs

ALKALIZING OTHER

Apple Cider Vinegar
Bee Pollen
Lecithin Granules
Molasses, blackstrap
Probiotic Cultures
Soured Dairy Products
Green Juices

Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shrimp
Scallops
Shellfish
Tuna
Turkey
Veal
Venison

ACIDIFYING FATS & OILS

Avocado Oil
Butter
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

ACIDIFYING SWEETENERS

Carob
Sugar
Corn Syrup

ACIDIFYING ALCOHOL

Beer
Spirits
Hard Liquor
Wine

ACIDIFYING OTHER FOODS

Catsup
Cocoa
Coffee

Veggie Juices
Fresh Fruit Juice
Mineral Water
Alkaline Antioxidant Water

ALKALIZING MINERALS

Cesium: pH 14
Potassium: pH 14
Sodium: pH 14
Calcium: pH 12
Magnesium: pH 9

Vinegar
Mustard
Pepper
Soft Drinks

ACIDIFYING DRUGS & CHEMICALS

Aspirin
Chemicals
Drugs, Medicinal
Drugs, Psychedelic
Pesticides
Herbicides
Tobacco

ACIDIFYING JUNK FOOD

Coca-Cola: pH 2
Beer: pH 2.5
Coffee: pH 4

** These foods leave an alkaline ash but have an acidifying effect on the body.

UNKNOWN FOODS

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.*

Asparagus
Brazil Nuts
Brussel Sprouts
Buckwheat
Chicken
Corn
Cottage Cheese
Eggs
Flax Seeds
Green Tea

Maple Syrup
Milk
Nuts
Organic Milk
(unpasteurized)
Potatoes, white
Pumpkin Seeds
Sauerkraut
Soy Products
Sprouted Seeds

Herbal Tea
Honey
Kombucha
Lima Beans

Squashes
Sunflower Seeds
Yogurt

RANKED FOOD CHART : ALKALINE TO ACIDIC

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, 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), Essene 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), Yeast (nutritional flakes)

NEUTRAL

Butter (fresh, unsalted), Cream (fresh, raw), Cow's Milk and Whey (raw), Margarine, Oils (except olive), 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, 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, Yogurt (sweetened)

UNKNOWN FOODS

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.*

Asparagus	Maple Syrup
Brazil Nuts	Milk
Brussel Sprouts	Nuts
Buckwheat	Organic Milk
Chicken	(unpasteurized)
Corn	Potatoes, white
Cottage Cheese	Pumpkin Seeds
Eggs	Sauerkraut
Flax Seeds	Soy Products
Green Tea	Sprouted Seeds
Herbal Tea	Squashes
Honey	Sunflower Seeds
Kombucha	Yogurt
Lima Beans	

POTASSIUM-RICH FOOD CHART

IMPORTANT FOR CESIUM CHLORIDE USERS:

Those using Cesium Chloride *MUST* supplement with Potassium. Use the food chart below to add more Potassium-rich foods to your diet.*

Food	Serving	Potassium
FRUITS		
Apple	1 med.	143 mg
Apricot, fresh	1 med.	107 mg
Banana	1 med.	422 mg
Cantaloupe	1/4 med.	368 mg
Dates, dried	1 ea.	220 mg
Grapes, green seedless	1 cup	250 mg
Orange Juice, fresh	8 oz.	936 mg
Papaya	1 large	234 mg
Peach	1 med.	204 mg
Pineapple, fresh	1 cup	284 mg
Prune Juice, unsweetened	8 oz.	305 mg

Raisins	4 oz.	244 mg
Strawberries, fresh	1 cup	

VEGETABLES

Asparagus, cooked	1 spear	29 mg
Artichoke	1 sm.	300 mg
Beet Greens, cooked	1/2 cup	655 mg
Broccoli	1 cup	401 mg
Cabbage, cooked	1 cup	277 mg
Celery, raw	1 lg.stalk	171 mg
Corn, on cob	1 med.	165 mg
Green Beans	8 oz.	95 mg
Green Pepper	1 lg.	213 mg
Kidney Beans, canned	8 oz.	343 mg
Lettuce, iceberg	3.5 oz.	175 mg
Lettuce, romaine	3.5 oz.	264 mg
Onion	1 med.	157 mg
Peas, fresh cooked	8 oz.	98 mg
Potato, baked with skin	1 med.	503 mg
Pumpkin, canned	4 oz.	180 mg
Spinach, steamed	8 oz.	167 mg
Sweet Potato	1 sm.	300 mg
Tomato	1 med.	366 mg.

DAIRY

Ice Cream	8 oz.	105 mg
Milk, skim	8 oz.	178 mg
Yogurt, lowfat	8 oz.	178 mg
Yogurt, plain nonfat	1 cup	579 mg

OTHER

Bread, wheat	1 slice	59 mg
Brazil Nuts	4 oz.	540 mg
Egg	1 med.	65 mg
Hamburger	4 oz.	383 mg
Halibut	3 oz.	490 mg
Peanuts, roasted w/skin	4 oz.	404 mg
Peanut Butter, natural	1 tbsp.	94 mg
Rice, brown	1 cup	105 mg
Rice, white	1 cup	42 mg
Salmon, canned	4 oz.	409 mg

LINK INFORMATION DISCLAIMER

The information links provided below are not intended to promote a particular product. These links are intended to provide a broad overview of various research and hypothesis on the role of minerals and nutrition in health. They are provided to encourage personal research and a balanced view on various health and nutrition topics. Unless noted, the articles below do NOT include scientific references.

More Ranked Foods: Alkaline to Acidic

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. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods			Acid Forming Foods		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Aspartame
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Chemicals
Fermented	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs, Medicinal
Veggies	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut	Drugs,
Watercress	Cantaloupe	Green Juices	Flax Oil	Butter	Psychedelic
Beets	Cherries	Veggies Juices	Lard	Pecans	Pesticides
Broccoli	Currants	Fresh Fruit Juice	Olive Oil	Tahini	Herbicides
Brussel sprouts	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil	Walnuts	
Cabbage	Grapes	Mineral Water	Sesame Oil		ALCOHOL
Carrot	Grapefruit	Alkaline Antioxidant	Sunflower Oil		Beer
Cauliflower	Lime	Water		ANIMAL PROTEIN	Spirits
Celery	Honeydew Melon	Green Tea	FRUITS	Beef	Hard Liquor
Chard	Nectarine	Herbal Tea	Cranberries	Carp	Wine
Chlorella	Orange	Dandelion Tea		Clams	
Collard Greens	Lemon	Ginseng Tea	GRAINS	Fish	BEANS & LEGUMES
Cucumber	Peach	Banchi Tea	Rice Cakes	Lamb	Black Beans
Eggplant	Pear	Kombucha	Wheat Cakes	Lobster	Chick Peas
Kale	Pineapple		Amaranth	Mussels	Green Peas
Kohlrabi	All Berries	SWEETENERS	Barley	Oyster	Kidney Beans
Lettuce	Tangerine	Stevia	Buckwheat	Pork	Lentils
Mushrooms	Tomato	Ki Sweet	Corn	Rabbit	Lima Beans
Mustard Greens	Tropical Fruits		Oats (rolled)	Salmon	Pinto Beans
Dulce	Watermelon	SPICES/SEASONINGS	Quinoa	Shrimp	Red Beans
Dandelions		Cinnamon	Rice (all)	Scallops	Soy Beans
Edible Flowers	PROTEIN	Curry	Rye	Tuna	Cow Milk
Onions	Egg (cooked)	Cocoa	Spelt	Turkey	
Peas (high			Kamut		

glycemic) Peas Peppers Pumpkin Rutabaga Sea Veggies Spirulina Sprouts Squashes Alfalfa Barley Grass Wheat Grass Wild Greens Nightshade Veggies	Whey Protein Powder Cottage Cheese Chicken Breast Yogurt Almonds Chestnuts Tofu (fermented) Flax Seeds Pumpkin Seeds Tempeh (fermented) Squash Seeds Sunflower Seeds Millet Sprouted Seeds Nuts	Mustard Chili Pepper Sea Salt Miso Tamari All Herbs ORIENTAL VEGETABLES Maitake Daikon Dandelion Root Shitake Kombu Reishi Nori Umeboshi Wakame Sea Veggies	Wheat Hemp Seed Flour DAIRY Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk Butter	Venison PASTA (WHITE) Noodles Macaroni Spaghetti OTHER Distilled Vinegar Wheat Germ Potatoes	White Beans Rice Milk Almond Milk
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