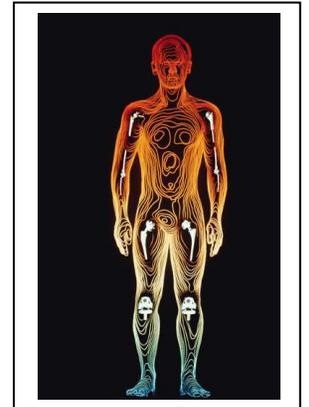


“Why Accumulated Acids In Your Body May Steal Bone Mass From Your Skeleton, Muscle Mass From Your Body & Lead To A Host of Illnesses.

Keep reading to find out if you and your family are suffering from low-grade metabolic acidosis and what you can do about it!



As you continue to read this special report you’ll discover...

- How Acids From The Foods In Your Diet May Make You & Your Family Sick!***
- Why The Standard American Diet May Be The Worst Thing For Your Health.***
- How Some Health Conditions May Be Linked to Acidity***
- What Can You Do To Stay Healthy & Vital***

The Role Acidity Has On Health!

What’s This Thing Called pH And What Does it Have To Do With Acidity and My Health?

Technically speaking, the term pH stands for the “potential of hydrogen” . Broken down to the simplest form, our bodies are composed of carbon, oxygen and hydrogen. The pH measures the action of hydrogen and the balance of acidity and alkalinity in the body.

When testing the acidity of the body, say the arterial blood, you would test the pH. When testing either saliva or urine pH, the result is a number from 0 to 14. Neutral is 7 with lower numbers representing an acidic condition and higher numbers representing an alkaline condition.





Our bodies are alkaline by design. All of the cells that make up the body are slightly alkaline and must stay that way to remain healthy and alive. A simple goal is to have both saliva and urine pH measurements close to 7.

You can test your own pH levels with a simple test strip

Why Do We Become Acidic?

The pH measures the condition of critical bodily fluids. These fluids make up our internal environment that is critical to our health. Simply stated, an acid system is conducive to sickness while alkalinity is required for normal healthy cellular function.

Every living cell within our body creates acidic waste products! Nutrients from the food we eat are delivered to each cell and burn with oxygen to provide energy for us to live. The by-product of this metabolic process is waste products. Virtually all waste products are acidic and therefore must be discharged from our body, typically disposed of through the urine, perspiration and exhaling carbon dioxide.

One of the possible causes of the aging process and a host of potential chronic diseases such as high blood pressure, sarcopenia, kidney stones, osteoporosis and stroke to name a few is the accumulation of acidic wastes in the body due to years of having a condition called low-grade acidosis that has a corresponding lowered blood pH.

It is now believed by many authorities, that most adult degenerative diseases may develop because of a lowering of the function and resistance of the body due to chronic acidosis. Acidosis is thought to precede and cause disease. The well body succumbs to physical disorders when its own acid debris accumulates to the point where resistance is broken down and the body becomes susceptible to cold, fatigue, nerve exhaustion and eventually degenerative disease.

Why is it so Difficult to Stay Alkaline?

Our bodies are in a constant state of metabolizing. The problem is that the process of metabolism creates acid, which is needed for energy and other biochemical processes. Normal healthy metabolism creates acid wastes such as cholesterol, uric acid and acetic acid. Even with the best diet these acid wastes are unavoidable but they must be neutralized and eliminated from the body or harsh consequences will result.

To further compound the problem, our food, water and air are loaded with acid forming substances like chlorine and an increasing assortment of chemicals. Soft drinks, especially colas (pH 2.5), are extremely acid forming and are the mainstay of our children's diets. Poor choices of foods, acidic ingredients and low mineral content all contribute to a condition of acid overload.

Maintaining a proper, slightly alkaline pH is considered the most important aspect of a healthy body and a long disease-free life. An imbalance of alkalinity creates a condition favorable to the growth of bacteria, viruses, yeast and other harmful organisms.

Accumulation of acid wastes are also closely linked with degenerative disease, lack of vitality and aging in general. Even when there is no toxic substances in our food, there are waste

products that must either be eliminated or stored. Toxins change into poison and must be detoxified or they will eventually destroy the system.

Our Bodies Defense Systems

The human body has an incredible ability to maintain life, however the compensations our bodies are forced to make come with a price. As the damage accumulates over a period of years we may experience no obvious ill effects but eventually the bill comes due and we pay the price.

Having an acidic pH is like driving your car with the oil light on. The car will continue to run without any apparent problem but eventually it will simply stop. To maintain life our blood and cells must be defended against all of this acidity. Should we become too acidic, we would die.

Fortunately we have what amounts to an alkaline mineral bank in our bicarbonate reserves. To buffer the acid overload the body will make withdrawals from this bank account. While this is effective in the short term, in the long run we see our bicarbonate reserves become depleted and bones becoming more brittle with age that can result in osteoporosis.

Another way the body alkalizes the blood and raises the pH is to solidify acids in the blood and deposit them as solid wastes in the tissues of the body. This enables our blood to remain in an acceptable alkaline pH range but as these harmful byproducts accumulate, overall pH goes lower or more acidic, oxygen levels fall, and the seeds of a variety of degenerative diseases are sowed.

This process of gradually depleting minerals from the bones and building up acidic deposits in body tissues is a slow one. For many years we have no symptoms, no clue as to the storm that is building. Eventually we begin to experience aches and soreness, declining energy levels, and other subtle signs that we associate with getting older.

These are not an inevitable part of getting older. They are warning signs. Many adult chronic conditions may be directly associated with an acid pH and a low grade acidosis.

What is the Aging Process?

As we age, we gradually dry up at the cellular level. As the years go by, the cells of the body (where all biochemical processes occur) become thicker. As a result the amounts of vital nutrients and oxygen brought into them declines while the amounts of toxins and metabolic waste products increases. The result is a loss of youthful cellular function and the beginnings of degenerative disease.

Can this be avoided? Consider this: "Dr. Alexis Carrell, a famous French physiologist, conducted an experiment in which he took cells from the heart of a chicken and put them in a solution containing minerals and nutrients in the same proportion as chicken blood. Every day he changed the solution keeping the fluids constant and disposing of the waste products produced by the cells. The result, for which he won a Nobel Prize, was the chicken heart lived for over 28 years. When he stopped changing the solution the cells promptly died."

As revealing as this experiment was, the question remains, how can we accomplish this in the living system? What steps can we take to achieve similar results? To answer that question, we first must explore the cause of aging.

Some Causes of Aging

Phosphoric Acid is produced in protein metabolism. Excess amounts are solidified as salts and can result in the formation of kidney stones. These acid salts also build up in the walls of our cells and cause them to stiffen. The resulting thickening creates an inability to properly hydrate the cells. It also creates a severe decline in nutrient and oxygen delivery into the cells and toxin and waste removal from the cells. In other words, a steady decline in cellular function results in what we call aging. Highly alkaline nutrients found in fruits and vegetables and potassium bicarbonate supplementation can wash these acid salts away and help return cells to a more youthful level of function.

How Some Health Conditions May Be Linked to Acidity*

Osteoporosis

One highly alkaline mineral responsible for neutralizing acids in the body is calcium. If we allow our pH to decline into an acidic condition the body is forced to withdraw calcium from the bones and teeth in order to maintain life.

In spite of the tremendous push over the last 20 years for calcium supplementation, the incidence of osteoporosis has increased dramatically. The drain placed on bone mineral content by excess acidity is simply too great. The prevalence of low or acid pH places incredible strain on our bones and teeth. In areas like where the Hunza people live, they are blessed with abundant highly-alkaline drinking water and eat alkaline fruits and vegetables problems like osteoporosis do not exist.

Cardiovascular Disease

Cholesterol is an acidic byproduct of fat metabolism. As the body becomes more acidic, it defends itself by solidifying cholesterol in the blood and depositing it in the cells of our blood vessels. Over a period of years plaque builds until circulation is impaired resulting in surgery, medication or heart attacks and strokes.

When pH is raised to an alkaline condition the body is better able to neutralize these wastes and flush them out of the system. Not only does it help accumulation of plaque to stop but deposits may be dissolved, neutralized and washed away as well.

Arthritis

Another byproduct of normal healthy metabolism is uric acid. Like cholesterol the body deals with excesses by solidifying it into a salt that tends to build up in the joints. The result is gout and arthritis. This accumulated acid can damage cartilage and irritate joints. Blood can not carry out wastes as effectively in the joints, which is why the acids tend to accumulate there. Consuming highly alkaline foods and potassium bicarbonate supplements can do a good job of cleaning out the uric acid over time, remembering that it took years for the damage to accumulate.

Immune Function

The immune system is a sophisticated clean-up service. It is composed of your body's army of white blood cells or natural killer (NK) cells. Each NK cell is manufactured by your body as needed to kill off a specific invader. For example, there is a specific cell to kill cancer, another one for the cold germ, and still another for a virus. Sometimes, the pathogens multiply faster than the body can manufacture the matching NK cell hence advanced health challenges.

Wouldn't it be nice if we could help the immune system by preventing these pathogens from taking hold in the first place? Bacteria, viruses, molds, yeast and fungus that attack our bodies thrive in an acidic environment. In a slightly alkaline environment they are weakened significantly and do not multiply efficiently.

In the preferred slightly alkaline pH range, the immune system can clear the potentially harmful microbes out more easily, often before we have any symptoms. They are weakened and do not multiply as prolifically. Ultimately health wins out.

Vitality

An acidic condition also corresponds to low oxygen levels. There is a direct correlation between pH and available oxygen. An alkaline environment provides literally thousands of times the oxygen needed for all bodily functions. Oxygen is essential to energy production. In very simple terms, natural energy production in the body boils down to oxygen burning hydrogen.

Another aspect of energy and vitality versus fatigue is proper enzyme activity. Acids literally turn off enzymes, which are tiny proteins that control chemical reactions. Without enzymes there is no life. Maintaining an alkaline pH in the range of 7.2 to 7.6 is critical to slowing down degeneration and maintaining a more youthful vitality.

The Alkaline Lifestyle

It may be obvious by now... the current Standard American Diet (SAD) is primarily composed of acidic or acidifying foods (decaffeinated drinks, box foods & sugary snacks) all which promote acidification of the body's internal environment. Furthermore, the consumption of stimulants like tobacco, coffee, tea, alcohol and fast food (all of which have an extremely acidifying effect on the body) has grown to enormous proportions. Stress, nervous tension, noise, shortage of time, lack of exercise and other pressures are part of life today that contribute to the body's acidification which can lead to a host of illnesses and chronic disease.

Research proves that eating fruits and vegetables may help to make the body alkaline. But with today's fast paced lifestyle, it's difficult for us to eat the 7-13 servings of brightly colored vegetables and fruits that we need to be healthy. That's why we created delicious **Greens First**, the **Wellness Shake** the **Healthy Living Shake**, the **Alkalize Now Program** and the entire line of Greens First products to help you stay healthy, active and energetic! Our products recommended by leading healthcare providers across the nation.

What Can We Do? ~ Healthy Has Never Been Easier!



GREENS FIRST® PROVIDES 15+ SERVINGS WITH ORGANIC FRUITS & VEGETABLES!

Greens First is the perfect solution for getting your daily serving of nutritious fruits and vegetables and superfoods the easy and delicious way! **Greens First** is a nutrient-rich, phytonutrient & antioxidant super-food. It balances, supports and nourishes your whole body...plus, it gives you something unexpected...**GREAT TASTE!**

MORE THAN VITAMINS

Greens First® contains all-natural, health building ingredients. It's more than just a greens product and goes far beyond regular nutrition in maintaining your health and promoting overall wellness. It's fortified with a proprietary **OxiSure Blend** so each serving surpasses the raw food nutrition of more than **15+ servings** of organic fruits and vegetables.

HELP TO ALKALIZE YOUR BODY'S pH LEVELS

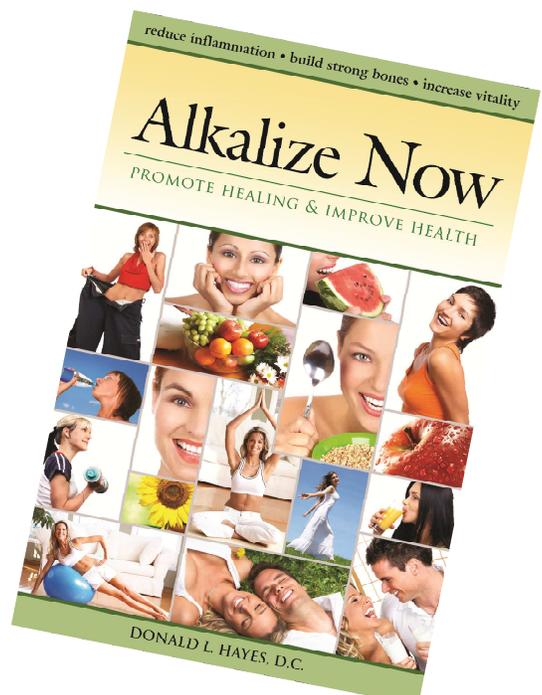
Greens First® is the perfect source which may help to alkalize your body's pH levels for energy & vitality without stimulants. **Greens First®** is a complete phytonutrient and antioxidant supplement that works synergistically in your body providing 49 different super foods, extracts and concentrates including supergreens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids, enzymes and lecithin.

ALKALIZE NOW

Follow the guidelines to maximize your overall health & well-being, lose weight, promote healing & build strong bones in the book:

Alkalize Now by Dr. Donald L. Hayes, D.C.

To Learn More about the products and programs, Visit www.greensfirst.com or call us at 1-866-410-1818



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Reminder: If you have any questions, including health related concerns consult the health provider on this website if they are your personal provider or your local health provider or emergency room if conditions warrant.

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* These statements have not been evaluated by the Food and Drug Administration.
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