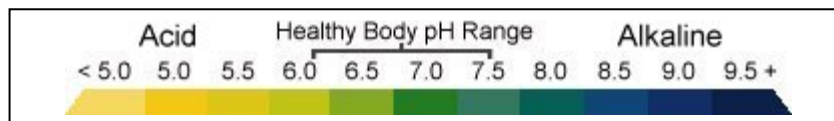


Alkalized Bodies are Healthier Bodies!

Alkaline? Acidic? This is determined by the pH (potential hydrogen) of a substance. The pH is the measure of the number of OH ions, which are negative and alkaline-forming, or the number of H⁺ ions, which are positive and acid-forming—the lower the pH, the more acidic the item. You could say that pH is the measurement of electrical resistance between negative and positive ions in the body. Over acidity is very common today and can become a dangerous condition that weakens all body systems. It gives rise to an internal environment conducive to disease, as opposed to a pH-balanced environment that allows normal body function necessary for the body to resist disease.

There are actually two classifications of an acid condition in the body: *Respiratory* is caused by an interruption of the acid control in the body. Simply, it occurs if the lungs are unable to remove carbon dioxide. It may be a result of asthma, bronchitis, or some type of obstruction of the airways. *Metabolic* normally occurs from poor diet, kidney failure, diabetes, use of large amounts of drugs, obesity, stress, or even consumption of excess amounts of synthetic-based vitamins.

A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized, our alkaline reserves are depleted leaving the body in a weakened condition. Our food, water, and air are becoming more and more acidic. Scientists and doctors have found that over 150 degenerative diseases are linked to acidity as this condition pulls your immune system down gradually and continually. When the alkaline-acid ratio drops down to 3:1, health can be seriously menaced. A drop in every point on the pH scale is 10 times more acidic. For example, from 7 down to 6 is 10 times, from 7 to 5 is 100 times more acidic. Distilled water is 7 which is neutral and sodas are in the acidic range of 2 pH!! You are not just what you eat, but what you assimilate, and eliminate! A healthy body is an alkalized body.



Relating to this acidic autotoxication (‘self-poisoning’) in 1933 in *A New Health Era*, Wm Howard Hay, MD, explained “...we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by the introduction of acid-forming food in too great an amount...” Too much tissue-acid waste in the body is a major cause of countless illnesses.

It is important to understand that we are not talking about stomach acid, or the pH of the stomach. We are talking about the pH of the body’s tissues and fluids, which is an entirely different matter. For example, if your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within what is considered a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within what is considered a healthy range

Acid wastes, that are not eliminated when they should be, are reabsorbed from the colon into the liver and put back into general circulation and end up deposited in the tissues. It is these residues in our tissues that help determine our sickness or health. An acidic pH condition forces the body to borrow minerals—including calcium, sodium, potassium, and magnesium—from vital organs and bones to buffer or neutralize the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage which may go undetected for years. Too much acidity in the body is like having too little oil in your car—it just grinds to a halt one lazy Sunday afternoon and you are stuck. Our bodies do the same thing, creaking to a stop along the byways of life putting us in some kind of discomfort. Acid wastes literally attack joints (a possible result is arthritis), muscles (effect can be aching muscles), organs, & glands (possibly resulting in a myriad of illnesses). Meat eaters and vegetarians are not exempt.

Each person is different and will have a different level of acid toxins *already* stored that can, in some cases, be released by increasing the amount of alkaline-forming foods consumed. These newly-released, acid-mineral residues can alter the urine-test reading, which otherwise would have been okay. If a person had eaten a great deal of

alkaline-forming foods the day before the test it too would alter the pH results. These two situations illustrate the natural cleansing mechanism of the body, and why a one-day pH test may not be indicative of the true state of alkaline/acid balance.

A recent seven-year study conducted at the University of California, San Francisco, on 9,000 women showed that those who are chronically acidic are at a 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 are connected to high acidity caused by a diet rich in acidic foods and low in vegetables. This is because the body borrows calcium from the bones in order to maintain that important pH balance (American Journal of Clinical Nutrition).

Foods that contain Magnesium, Sodium, Potassium, Iron, and Manganese usually yield an alkaline urine residue as these minerals function as buffers. Therefore these foods are called alkaline-forming. Acid-forming minerals (alkaline-binding) are Phosphorous, Sulfur, Chlorine, Iodine, Bromine, Fluorine, Copper, and Silicon, which all usually result in an acid residue. All ingested substances and all situations (physical, emotional, or mental) that affect the body leave either an alkaline or acid ash residue in the urine. This is a general rule because our feelings (emotions and thoughts) will also produce variable hormone reactions that influence the pH of our bodies. We are a system of highly organized, electrochemical reactions. The amplitude of body electricity alters in exact proportion to the amount of alkaline and acid-forming substances internally present.

So what does this alkaline or acid condition do? It either provides energy to, or takes energy away from the body. In terms of body energy. Taking into account these variables, alkaline and acid-forming reactions are more correctly defined as:

- 1) *Alkaline-forming reaction:* Any chemical alteration in the body that produces an *increased* ability to energize the system, and leaves an alkaline residue in the urine.
- 2) *Acid-forming reaction:* Any chemical alteration in the body that produces a *decreased* ability to energize the system, and leaves an acid residue in the urine.

Although the common thought was that a urine and saliva pH of 6.4 is best for body function, this method of measuring alkalinity/acidity of the *overall* body is often too arbitrary and unpredictable. A new 'Values and Scale' for foods and situations has been developed (1991) by Dr T A Baroody of North Carolina; in view of his comprehensive research and clinical findings that proved that illness and disease are most often directly linked to over-acidity in the system.

When the body ingests or produces too many acids or alkalis, it must excrete the excess and thus the urine is the perfect way to remove excesses that cannot be buffered, with saliva being 'second choice'. If the average urine pH is below 6.5, the body's buffering system is overwhelmed and attention needs to be focused on lowering acid levels. Saliva testing may indicate the activity of digestive enzymes in the body, primarily from the stomach, liver, and pancreas. An acidic saliva may indicate the body is overwhelmed by acids because it has lost the ability to adequately remove them through the urine. On the other hand, if the saliva is over 6.8, the body may suffer with excess gas, constipation, and production of yeast, mold, and/or fungus.

It is important to realize that the body is able to assimilate minerals and nutrients properly only when its pH is balance. It is therefore possible for you to be taking healthy nutrients and yet not be able to absorb or use them. Even the right herbal program may not work if your body's pH is out of balance!

Thankfully, our bodies actually have an alkaline reserve (largely sodium bicarbonate ions) built from ingesting more alkaline-forming minerals than are needed at one time. If mineral elements from the digestion process are freed simultaneously, the alkaline ones immediately neutralize the acid ones. If not, the alkaline reserve (the back-up system) will be called upon, thus there must always be a stored alkaline reserve. An overindulgence in acid-forming food (especially fried, processed, cooked, sweetened foods) can actually sicken the body—even though the body tries to rebalance by expelling acid-forming residues as quickly as possible. Reserve gone—death follows.

To replenish and sustain alkaline reserves, it is recommended that we follow the **80/20% Rule**: eat 80% of our foods from the alkaline-forming list and only 20% from the acid-forming list (8 out of 10 food choices in a day should be alkaline). The nutritional ‘greats’ and competent practitioners (even as long ago as Hippocrates!) have been using this ratio to help heal known unhealthy conditions. The typical high-acidity condition is mostly due to a high intake of acid-producing meat, eggs, dairy, drugs, soft drinks, coffee, sugars and artificial sugars, and items made from refined flour. The best thing we can do to correct an overly-acid body is to clean up the diet and lifestyle.

As a point of interest: The hotter and drier the environment, the more the body produces acid-forming (3.0 – 0.5 pH) reactions, so in those conditions 95/5% might work better. Alkaline-forming (5.0 – 7.5 pH) foods have a cooling effect on the system and digest quickly. The colder and wetter the environment, the more the body produces alkaline-forming reactions. Natural acid-forming meats have a *heating* effect upon the system, digesting slowly. Thus a person living in a harsh, cold, wet climate near the North or South poles requires 80% acid-forming natural flesh foods during the long winter, and 50% alkaline-forming during the slightly warmer polar season. A good example of our Creator’s provision for this moment-to-moment need is the abundance of animals in the north for the acid need and the abundance of dates in the Sahara desert to serve the alkaline need. Grains become alkaline-forming when sprouted.

Nutrition that nourishes and energizes the body, provides more enzymes and oxygen to the body, increases the flow of oxygen to all the organs in the body as it clears up the blood is the nutrition used by ancient people and guarantees optimal health, energy, and vitality. Exchanging a healthy lifestyle in place of a non-healthy lifestyle can transform your life in ways that you can especially appreciate once you have been sick. There is no greater feeling than being healthy and vibrant. Make the decision to get and stay healthy right now, take the time to do it right, eat healthy foods. Good foods and the natural alkaline supplements of Avena Originals can help improve your health and even help a sick body heal itself. The following is an abbreviated list

What if I am Acidic? This is by far the most common imbalance seen in our society. Remember that artificial chemical sweeteners like aspartame, NutraSweet and Equal are extremely acid-forming. If your urine and/or saliva test below 6.5 pH, again we suggest that your daily food intake be 80% raw and 20% cooked (not to include cooked or processed starches) monitoring your progress along the way. Drink plenty of good water and

1. **Enzymes are essential:** Take 5 of Avena’s N-Zymes with every meal and 5 in between meals on an empty stomach
2. **Correct, easily absorbable Magnesium is needed:** Take 2 Tablespoons (1 ounce) of Avena’s Ionic Magnesium either in water or by itself by holding it your mouth for 30 seconds before swallowing. Magnesium is often lost in urine as a consequence of too much acid in the body and is needed to help build necessary buffers.
3. **Plant minerals (alkaline minerals) are essential:** Take 2 capsules Avena’s Minerals ‘Real-At-Last’ once daily
4. **Alkalize with Green Foods:** Take a minimum of 4 capsules of Avena’s Super Foods three times daily (12 per day)
5. **Avena’s Toco (Tocotrienol Complex)** has Vitamins A & D to help hold calcium and helps the body buffer acid
6. **Cleanse and support to the bowel system is essential:** Take 1 rounded teaspoon of Avena’s Herb Cocktail first thing in the morning (½ hour before other supplements or food) and again in the evening (at least 1 ½ hours after eating). Mix it in fresh orange juice or orange juice not made from concentrate and shake.

What if I am Overly Alkaline? This concern is relatively rare and you will see that some steps are the same as those for overly acidic condition. This is because these steps have a buffering effect (in other words are balancing) tending to bring the pH back toward normal no matter which direction it has gone. If your urine and/or saliva consistently test above 7.0 pH, again we suggest that your daily food intake be 80% raw and 20% cooked (not to include cooked or processed starches) monitoring your progress along the way. Drink plenty of good water and:

Avena News

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1. **Enzymes are essential:** Take 5 of Avena's N-Zymes with every meal and 5 in between meals on an empty stomach
2. **Support urinary and lymphatic systems' ability to excrete toxins:** Use potassium-rich foods (broccoli, bananas, celery, carrots, and parsley). Take 2 capsules of Avena's Uva Ursi twice daily.
3. **Correct, easily absorbable Calcium/Magnesium is needed:** Take 2 Tablespoons (1 ounce) of Avena's Ionic Calcium Magnesium either in water or by itself by holding it your mouth for 30 seconds before swallowing
4. **Vitamin C:** Take ½ teaspoon of Avena's Electric C twice daily
5. **Flax Seed Oil:** Use one capsule three times daily or 2 Tablespoons of Liquid Flax Seed Oil daily
6. **Cleanse and support to the bowel system is essential:** Take 1 rounded teaspoon of Avena's Herb Cocktail first thing in the morning (½ hour before other supplements or food) and again in the evening (at least 1 ½ hours after eating). Mix it in fresh orange juice or orange juice not made from concentrate and shake

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic; however, the end products they produce after digestion and assimilation are very alkaline—so lemons are alkaline-forming in the body. The following is an abbreviated list.

ALKALINE-FORMING FOODS (Raw)*

Almonds, Brazil Nuts, Fresh Coconut
Apples, Apricots, Bananas, Blueberries,
Avocado, Papayas, Pineapple, Kiwi, Plums
Baking Soda, Cinnamon, Dried unsweetened Ginger
Beans: Green, String, Sprouts
Broccoli, Cabbage, Kohlrabi, Turnip
Cantaloupe, Honeydew, Watermelon, Grapes
Carrots, Cucumbers, Parsnips, Peas, Radishes
Celery, Chard, Dandelion Greens, Asparagus
Cold-pressed Oils in dark bottles
Garlic, Onions, Leeks, Cinnamon, Carob
Grapefruit, Oranges, Limes, Nectarines, Lemons
Mangos, Peaches, Pears, Cherries
Juices: Fruits, Vegetables
Kale, Spinach, Mustard greens, Parsley, Lettuce
Kelp, Sea salt, Sea veggies, Soy sauce
Millet, Amaranth, Buckwheat
Mineral Water, Green tea, Herbal Teas (unsweetened)
Stevia
Pumpkin, Peppers
Raisins, Figs, Dates, Roasted Chestnuts
Squash, Sweet potatoes, Sauerkraut, Zucchini
Tomatoes

ACID-FORMING FOODS (Raw)*

All antibiotics, prescription drugs,
Alcohol, liquor, wine, beer
Chemical 'Sugars'
Beans: Kidney, Navy, Red, Pinto, Lentils, etc
Barley, Cornmeal, Oats, Rice, Rye, Spelt, Wheat
Blackberries, Green bananas
Breads, Cooked cereals, Oat bran, Wheat germ
Cashews, Filberts, Peanuts, Pecans, Walnuts
Corn, Brussels Sprouts
Cheeses, Ice Cream, Homogenized milk
Coffee, Cocoa, Chocolate, Soft drinks, Tea
Custards, Gelatin
Fish, Lobster, Crab, Shrimp, Oysters, Scallops
Preserved, canned, jellied, dried, sulphured, glazed fruits
Ketchup, Mayonnaise, Mustard, Nutmeg, Table salt
Meats: Red, White, Wild, including organ meats
Oils: Corn, Soy, Canola etc
Pastas, All fried foods
Pastries, Cakes, Cookies
Plums, Prunes, Rhubarb
Popcorn, Cheezies, Chips, Crackers, 'junk foods'
Seeds: Pumpkin, Sunflower
Wheat, Oats, Rye, White Rice

NEAR NEUTRAL

Raw Milk
Butter
Eggs
Yogurt
Buttermilk
Goat milk
Veggie Oils
Raw Honey
Maple Syrup
Molasses
Raw and
Unsalted Seeds

***Cooked, frozen, or canned food affects pH by ±0.5. Foods grown with chemicals, or have preservatives affects the pH by ±1.0—the fresher and sweeter the raw food tastes, the higher its alkalinity.**