

# Start feeling well before winter

Restore your acid-alkaline balance, starting today!

**O**f you're finding life tough, feeling under par most of the time, and running out of natural solutions, it may be that your body's acid-alkaline balance is what's out of kilter - meaning you feel out of sorts!

Now is the time to address this, before the onset of winter, when our vitality can dip, and to get ready for a better next year.

While the optimal pH level for our blood and major organs is slightly alkaline, stressful lifestyles, allergies, too little exercise, and diets rich in meat, dairy products, wheat, alcohol and sugar are all acid forming. The excess acid or 'metabolic acidosis' has a range of consequences: The body has to use up bicarbonate and minerals such as calcium to 'buffer' excess acidity. It also stores excess acid in connective tissues such as muscles, causing aches and stiffness, inflammation, and migraine and skin problems. Then the body begins to use up emergency calcium deposits in the bones, leaving us more vulnerable to osteoporosis.

Nutritional Therapist Lisa Smith uses pH-balancing supplementation for her clients: "Excess of acidity in the body fluids can create joint pain, weak bones, promote weight gain, and can make you feel sluggish, tired or irritable - all things my patients regularly complain of," says Lisa.

"Today's modern diet and lifestyle can play an important role in influencing your



pH. If you start your stressful day with a coffee, toast and jam and finish your day with a steak, some pasta and a glass of wine to relax, then you are potentially adding to your acidic load."

Lisa says one of the easiest ways to get an indication of your body's pH balance is to check the pH of your urine with special pH test strips. "Then use one of the pH balancing supplements available containing the alkaline minerals calcium, magnesium, sodium and potassium, to help to neutralise the acidity and promote strong bones, good health and vitality."

The research has been done and it shows that reducing acid levels helps protect and strengthen bones, helps reduce inflammation and stiffness, and general wellbeing. Taking a pH-balancing supplement is the fast and effective way to neutralise the excess acid and help your body come back into balance.



## Help your health today!

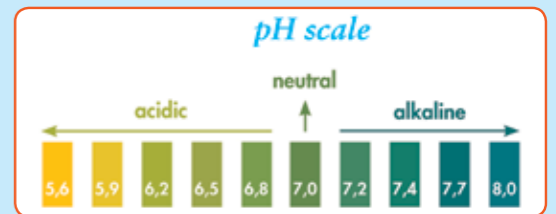
New pH-balancing supplements are available in independent health stores nationwide that include a **pH litmus test to immediately check your** body's acid-alkaline levels. You can also visit [www.phstrip.co.uk](http://www.phstrip.co.uk) or [www.yourhealthyliving.co.uk](http://www.yourhealthyliving.co.uk) and follow the link for **pH balancing, to secure your pH test kit for just £1.20**. People often report an improvement in health issues or energy levels after taking pH-balancing supplements for around six weeks. You can then re-test your levels to see how your acid-alkaline levels have changed.

Visit [www.phstrip.co.uk](http://www.phstrip.co.uk) or [www.yourhealthyliving.co.uk](http://www.yourhealthyliving.co.uk) and follow the link.

## Are you too acid?

Take this quick test

- You race against deadlines and there's no time to wind down - adrenaline leads to acid formation in the body which will build up the longer stress lasts.
- You have cellulite. This is an inflammatory condition of the connective tissue, and a sign you may have a build-up of acid in your body.
- That pounding headache has come back and your muscles feel tense. A sign of stress, tight muscles indicate acid build-up in your connective tissue.
- You count cheese, meat and pizza among your favourite foods. Vegetables are for decoration. These are major acid forming foods.
- You drink or smoke or both - this is a recipe for the creation of acidic waste products.
- You're taking antibiotics or anti-hypertensive medication - these medicines increase metabolic acidity in your body.
- You're pregnant. Metabolic rate and temperature changes during pregnancy can lead to mild acidosis.
- That allergy is aggravating you again. Allergic and inflammatory states such as eczema, psoriasis and asthma are linked to metabolic acidosis.
- You've been feeling stressed and depressed - emotional problems create biological stress in the body and that's acid forming.
- The idea of chilling out and doing nothing bores you. Needing action and stimulation at all time is exciting, but all the adrenaline driving your life is likely to leave your body in a state of mild acidosis.



When you get your pH test strips online or in store and find your body's pH level, what does it mean?

**pH around 7 (ideally 7.4) - keep up the good work and retest in 6 months time or after any major lifestyle or diet changes.**

**pH less than 6.8 or greater than 7.7, take your pH-balancing supplement every day for six weeks and then re-test.**

## Take Action!

If you ticked yes to 2 or 3 of these 'acid alerts,' then your risk of hyperacidity is high. Go online to order your **pH-balancing minerals** and acidity test kit today. [www.phstrip.co.uk](http://www.phstrip.co.uk) or visit your local independent health store and ask for **pH-balancing supplements with pH test kits within the pack** so you can get a clear picture of your pH levels and the changes after taking the supplement.

Visit [www.phstrip.co.uk](http://www.phstrip.co.uk) or [www.yourhealthyliving.co.uk](http://www.yourhealthyliving.co.uk) and click on 'Get your pH test here'.

# Balance your life!

pH balance PASCOE® is the multi-mineral formula which replenishes the body's alkaline salts, helping to reduce the harmful effects of acidity in the body.

Each pack of pH-balance PASCOE® comes with 21 urinary pH test strips, so you can check your pH acidity level before and after supplementation - and see the difference!



**PASCOE® - Europe's best selling pH-balancing supplement.**

To test your pH now for just £1.20, visit [www.phstrip.co.uk](http://www.phstrip.co.uk) or [www.yourhealthyliving.co.uk](http://www.yourhealthyliving.co.uk) and follow the link.