

# Special Aging Report



## Reverse Aging through pH Balancing and Oxygenation

### Tips for Optimal pH Balancing

Manage stress effectively

Cleanse body systems

Drink 8 or more glasses of water daily (squeeze in generous amounts of lemon juice for cleansing)

Eat alkaline-producing foods.

### 4 Basic Food Groups Acidic Rating

Meats, Fish, Poultry -  
Very Acid

Gravies, Cereals -  
Acid

Eggs, Dairy Products -  
Acid

Vegetables, Fruits -  
Alkaline

### The Role of pH Balance

One of the most compelling discoveries I made in the last decade is the role of pH balance as an anti-aging, weight balancing, and disease management technique. You will be astonished to realize the broad ramifications of an overly acidic condition in the body. The next few paragraphs are going to open your eyes to both the realities of pH body imbalance and the sense of urgency for you to act NOW if this information seems to apply to you.

### Reverse Aging Schedule

Recent research has shown that if you have an acidic pH balance as indicated by the signs and symptoms listed below, you are a poor candidate for becoming younger looking and more trim until you can create a neutral pH balance in your system. However, you can, with this guide sheet, reverse your accelerated aging schedule yourself at home --- with some simple, fast acting and inexpensive procedures.

### Symptoms of Acidic pH Balance

Signs and symptoms of an acidic pH balance include: excessive fatigue, weak kidney, easy weight gain, excessive stress, reluctant weight loss, constipation, aches, pains, headaches, malaise, proneness to catching colds, mental confusion, and lack of clear thinking.

## Protein Caution

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While adequate protein is vital for your health cells, when your cells become overburdened with protein they may become toxic and acidic. Dr. Ted Morter, Jr., a foremost pH expert of our time, says, “The paradox of protein is that it’s not only essential but also potentially health destroying.” Imagine that!

## Body Builders’ Note

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The odor of ammonia in urine is a strong signal that the body is desperately in need of organic sodium and that protein intake must be diminished. Not enough sodium causes calcium to be leached from bones and lost in urine elimination, resulting in osteoporosis bone loss.

## Benefits of Alkalinity

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When you successfully bring your body to the ideal pH range (7.0 when measuring you saliva upon rising in the morning, before eating or drinking anything), you will have much more natural vitality, better metabolism, and fewer internal/external signs of aging.

## *Vital Green*

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If you suspect that your daily habits are preventing you from enjoying your optimal pH balance, one of the quickest ways to reverse your pH to an alkaline direction is by taking a free-radical-scavenging, all-natural, mineral-rich in green, botanical product called *Vital Green*. At just \$39.95 a bottle, this alkalinity booster, liver cleanser, immune strengthener, and free radical scavenging, body-odor-eating oxygenator can’t be beat! Get started improving your health and the health of your entire family.

## Success Stories

“I had much more energy on my very first day.”

“Using 12 *Vital Green* in 12 hours, I got over the flu in less than 24 hours while everyone else was sick a week.

“By taking *Vital Green*, I lost 8 pounds in 1½ weeks and I feel great!”

“I experienced a sense of my entire system responding to *Vital Green* . . . I even noticed my cravings diminished.”

“I lost the inflammation I’d had in my back for 20 years in less than 72 hours of taking *Vital Green* . . . remarkable product!”