

SPECIAL FITNESS ALERT

How To Reverse Aging Through pH Balancing and Oxygenation

by: *Eileen Silva*

*Eileen Silva is a metabolic health balancing expert who has appeared on TV and radio talk shows coast to coast, lectured extensively and does individual and group weight management consultations, as well as corporate wellness programs. Her best-selling new release **Fat Chance At Last!---How to Go Beyond Willpower...** joins her other deluxe tape album series 1&2 as well as her unique breakthrough technology, a colored bar graph computerized body analysis, **Body Fitness Profile**. Thousands of clients across the United State have greatly enhanced energy, well-being, weight balance and longevity with Eileen's customized body analysis and wellness coaching.*

One of the most compelling discoveries I have made in the last decade is the role of pH balance as an anti-aging, weight balancing and dis-ease management technique. You will be astonished to realize the broad ramifications of an overly acidic condition in the body.



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! While adequate protein is vital for your health cells, when your cells become overburdened with protein they may become toxic and acidic.

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. You can, with this guidesheet, reverse your accelerated aging schedule yourself at home---with some simple, fast acting and inexpensive procedures.

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.

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/or lack of clear thinking*

Tips for optimal pH balancing:

- *Manage stress more effectively!*
- *Cleanse your body systems*
- *Drink 8 or more glasses of pure water daily with fresh lemon juice squeezed in generously.*
- *Eat an alkaline producing diet.*

Body Builders Note:

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. (When sodium is in short supply, calcium is leached from bones, lost in urine elimination and results in bone density loss with osteoporosis the result.

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.

4 Basic Food Groups Acidic Rating:

Meats, Fish, Poultry	Very Acid
Gravies, Cereals	Acid
Eggs, Dairy Products	Acid
Vegetables, Fruits	Alkaline

If you suspect that your daily habits are preventing your optimal pH balance, one of the most dramatic and predictable ways to quickly 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**.

Here's what some ecstatic users of **Vital Green** have to say:

- "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 1 1/2 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!"



And **Vital Green** costs just \$23.95 a bottle. As an alkalinity booster, a liver cleanser, an immune strengthener, and a free radical scavenging body odor-eating oxygenator, it can't be beat! Get started improving your health and the health of your entire family---young and old alike---by sharing **Vital Green** and this special fitness alert with everyone you care about.

P.S. Feel free to make copies of this special alert and pass along to friends and associates.

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