

How to restore your pH to a normal 6.8



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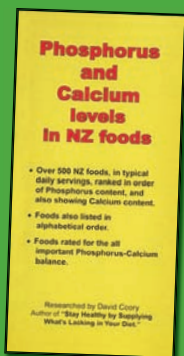
Correct your body pH by balancing your Phosphorus and Calcium intake

The right Phosphorous-Calcium balance lays the foundation for your good health

In most NZ diets, we get far more Phosphorous than Calcium. This makes our body cells acidic and lowers our ideal pH level. It also lays the foundation for numerous health problems.

To help you balance your Phosphorous and Calcium intake, and lay a good foundation for health, David Coory has compiled this easy-to-use, colour coded booklet listing the Phosphorus and Calcium levels of 500 NZ foods.

By using the simple charts found in this booklet "Phosphorous and Calcium Levels in NZ Foods" you can ensure that your Phosphorous intake from food is less than your Calcium intake. This helps you maintain the pH of your body at the optimum level. You may however find that you need to boost your Calcium intake.



How to use this booklet

The booklet lists 500 common NZ foods in typical servings. Listed alongside each food is its Phosphorus and Calcium content in mgs (milligrams). When a food is evenly balanced in Phosphorous and Calcium, the food is given a ~ mark. If it is high in Calcium it is given a tick ✓. If it is high in Phosphorus it is given a cross x, or if very high xx. You can see the simple coding system below. Just because a food has an x or xx it does not mean it is an unhealthy food, only that it is out of balance and needs to be balanced with a high Calcium food.

Simple coding system

- ✓✓ High Calcium, over twice the level of Phosphorus.
- ✓ Balance good, Calcium and Phosphorus within 10%.
- ~ Balance OK, Calcium to Phosphorus within 50%.
- x Balance poor, Phosphorus more than double Calcium.
- xx Imbalanced, over 10 times Phosphorus to Calcium.

If your saliva test reads below pH 6.8, it is a reliable sign that your immunity is below normal. This also means that your body cells have a low resistance to illness and disease.

Is your saliva pH an optimum healthy level of 6.8?

Check it at home with this simple kit

For optimum overall body cell health and cavity free teeth, your pH should be between 6.8 and 7.0 when measured from your saliva. The pH level of our body is its degree of acidity or alkalinity, measured on an 0-14 scale. 0 is highly acid and 14 is highly alkaline.

The higher your pH, the more oxygen-rich and alkaline your cells are. Disease cannot thrive in the presence of oxygen and alkalinity. A pH under 6.0 indicates poor health. Our simple Saliva pH Test Kit allows you to do an accurate reading in two minutes at home. You can also test others.

It can be quite revealing. Almost every person experiencing ongoing poor health has a low saliva pH. Some young children nowadays have a saliva pH between 5.0 and 6.0. Their teeth are so rotten they need to be extracted. This is not caused by lack of fluoride, or even too much sugar, but lack of essential minerals, especially Calcium and Magnesium in the diet.

How to use the Saliva Test Kit to test your pH

Step 1: Swallow the saliva in your mouth, and suck in fresh saliva.
(Wait 30 minutes after food or drink.)

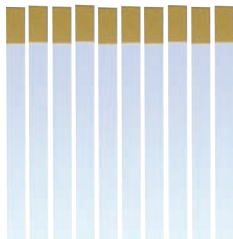
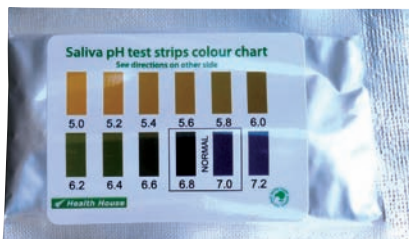
Step 2: Place the yellow tip of the testing litmus strip in your mouth to soak in saliva for a few seconds. It will change colour.

Step 3: Remove the strip from your mouth and wait a short while for the colour to stabilise. Then match the colour change against the sample colour patches on the chart in your kit.

Step 4: Read off your pH from the closest match.

How many tests can you do with this kit?

You can do 10 tests from this sample kit. Store the test strips in a dark place. Discard if faded by light.



Match the colour change against this colour chart in the Kit and read off your pH. Refer to the next page for the causes of a low pH and ways to raise it.



Statin drugs

A low pH can be due to taking a prescribed statin drug, such as Lipex or Lipitor, to artificially lower your cholesterol. It is wise to look into the serious side effects of these drugs.

Then discuss the risks with your doctor with a view to trying more natural and far safer means of safeguarding your health. Other pharmaceutical drugs and weight loss drugs can have similar effects.

Other causes of low pH

If you are not taking a pharmaceutical or weight loss drug, you are probably not getting enough Calcium from your diet.

This is often due to too little Calcium in the diet to begin with, plus too much high protein food, especially processed meats such as hamburgers and sausages. These foods are high in Phosphorus which hinders the uptake of Calcium. Foods high in sugar and coffee are acid forming and will lower your pH.

Increase your Calcium intake

The best way to raise your pH is to reduce your intake of processed meats by at least half. This will increase your Calcium absorption. We also suggest by cutting down by half, high sugar foods and coffee. This will reduce their acidifying effect on your body.

At the same time take a high quality Calcium supplement each day. If your pH is above 6.0, a Calcium supplement may be all that is required. But if your pH is 6.0 or below, which is quite serious for long term health, the combined food and supplement approach is best.

Marine-based Calcium the best

The common hard Calcium tablets, from dolomite rock (limestone) are generally not absorbed well. The best form of Calcium is marine-based, from organic sources such as Coral or Oyster shell. It should also be in powder or capsule form such as our Coral C Calcium. Organic marine Calciums are naturally more expensive than rock-sourced Calcium but have proven to be the best absorbed and most effective Calcium available.

Take 500mg to 1000mg a day

Begin by taking 1000mg a day of extra Calcium until your pH comes up to normal. Then 500mg a day should be sufficient to maintain your pH and protect against negative health consequences from a low pH.



Are You Acidic?

Raise your pH for a healthy, longer life by taking our quality marine grade Coral C.



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