

THE SHORTCUT TO BALANCE YOUR pH LEVEL IN 2 TO 4 WEEKS

How To Reduce The Acidity In
Your Body Fast & Effectively!



Emu Omoavowere

The Shortcut To Balance Your pH Level In 2 To 4 Weeks

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INTRODUCTION

There are foods that heal, and there are foods that kill. The key to balancing your entire system is pH balancing.

Disease and 'bad' bacteria cannot take root in a body whose pH is in balance.

It is the imbalance of acidity and alkalinity in the body that allows unhealthy organisms to flourish, damage tissues and organs and compromises the immune system.

pH is defined as "potential of hydrogen." It is a measure of acidity or alkalinity of our body's fluid and tissues and it is measured on a scale from 0 to 14.

The more acidic a solution is, the lower its pH.

The more alkaline, the higher the number is.

A healthy body is one that is slightly alkaline, which is between 7.3 and 7.45. Though the number fluctuates throughout the day.

Anything lower than 7.0 is considered Acidosis. (too much acid).

Anything higher than 7.5 is considered Alkalosis. (too much alkaline).

The pH of 7 is perfectly neutral.

A healthy body should not be too acidic, or too alkalinized. It must be balanced between acidic and alkalinity.

WHAT AFFECTS pH

The kidneys normally maintain our electrolyte levels, those of calcium, magnesium, potassium and sodium.

When we are exposed to acidic substances, these electrolytes are used to combat acidity. **High degrees of acidity force our bodies to rob**

minerals from the bones, cells, organs and tissues.

Cells end up lacking enough minerals to properly dispose of water or oxygenate completely. Vitamin absorption is compromised by mineral loss.

Toxins and pathogens accumulate in the body and the immune system becomes suppressed.

CAUSES OF ACIDITY IN YOUR BODY

The biggest contributor to unbalanced pH is our diet.

Every food, drink, fruits, vegetable, medication or anything you consume produce an end product which could be either acidic or alkalizing.

Fruits and vegetables contain potassium, a natural defense to acidity.

Processed foods contains tons of sodium chloride—table salt—which constricts blood vessels and creates acidity.

Eating too much animal protein causes sulfuric acid to build up in the blood as amino acids when broken down.

But then, every food we consume, and the method of cooking them can convert a healthy food into toxins in the body.

For example:

When you consume soft drink, the body breaks it down to sugar. The disease-causing bacteria then feed on these sugar to not only survive, but also produce sulfur-compound in abundance through their waste and is passed through your blood which in turns weaken your immune system and cause problems to your overall health.

Most of these bacteria are anaerobic and cannot survive where there is sufficient oxygen. They only live where there is insufficient oxygen.

Just as it takes few minutes for the body to become acidic, it also take a few minutes for it to become alkalized—all depends on the kind of food you eat.

Food like sugar, soft drinks, bread, spaghetti, indomie and most of our African foods become acidic after consumption.

Most fruits, vegetables (if not cooked more than five minutes or less) produces alkalinizing effect in the body when consumed.

Unfortunately, the many years of consuming all these (acidic) foods have made most of us already acidic.

The causes of Acidity in your body you should remember are summarized below:

- ✓ Alcohol and Drug Abuse
- ✓ Antibiotics overuse
- ✓ Artificial sweeteners
- ✓ Chronic Stress
- ✓ Declining nutrient levels in food due to industrial farming
- ✓ Excess hormones from foods, health and beauty products and plastic
- ✓ Excess of animal meats in the diet

- ✓ Exposure to chemicals and radiation from household cleansers, computer, cell phones, microwaves
- ✓ Food colouring and preservatives
- ✓ Lack of exercise
- ✓ Low levels of fiber in the diet
- ✓ Pesticides, herbicides
- ✓ Pollution
- ✓ Poor chewing and eating habits
- ✓ Poor chewing and eating habits
- ✓ Processed and refined foods
- ✓ Shallow breathing

The protocol discussed in this book would help you balance your pH level in two-four weeks.

It is more like a shortcut to the other option of eating alkaline-producing foods, fruits, vegetables for many months or even years in the quest to balancing your pH level.

Alkaline producing foods includes watermelon, banana, Yam flour, plantain flour, cooked plantain, oranges, limes, lemons, tangerines, almond, tomatoes, bell pepper, cabbage etc. would be require to be eaten for years.

But...

This guide exposes you to a simple method of how to alkalinize your body between two and four short weeks.

This solution you would make at your home will help keep your pH level balanced as soon as you start the protocol.

This protocol will cost less than =N=200 to prepare. You can make it in the four corner of your room, kitchen or home.

**** It requires no special equipment

**** It requires no other material except the two or three common materials mentioned in this guide.

- **Chapter One:** You will be exposed to the step-by-step guide of how to make the alkalized solution

- **Chapter Two:** This guide you step by step on how to administer the solution you made in chapter one.
- **Chapter Three:** Here the benefits of taking this solution are outlined. The benefit it would have your entire body.
- **Chapter Four:** There is the list of over 100+ Acidic-producing foods, fruits, vegetables listed
- **Chapter Five:** There is the list of over 100+ Alkaline-producing foods, fruits, vegetables listed.
- **Chapter Six:** The Eating Habits that you must observe so as to have a healthy eating habits example, you must chew your food before digesting it. The breakdown of food starts from the mouth and many more tips
- **BONUS CHAPTER:** Tips on how to drink water on the basis of your body type: there are three body types and if you are dehydrated, you

are giving room for bacteria to take over your body system.

So let's go right into it.

CHAPTER ONE

**HOW TO
MAKE THE
ALKALINIZED
SOLUTION
(Step-by-Step)**

OPTION 1 (BAKING SODA + WATER)

There are many ways to make this solution in different forms. Each of them is discussed in order of strength.

Mixing baking soda with water is one of the most easiest and quicker ways to regulate the pH of your bloodstream and facilitate removal of any toxins it contains

INGREDIENTS:

- **1/2 Cup of Distilled Water (Ragolis Water)**
- **1/2 Teaspoon of Baking Soda (you can get this where they sell bakery product or Shoprite)**

HOW TO MAKE:

- **Step One:** Pour a glass of distilled water in a glass cup (One you can drink at once)
- **Step Two:** Pour in a teaspoon of baking soda
- **Step Three:** Stir until it becomes cloudy.
- **Step Four:** Drink the solution, but it must be on empty stomach or it would make you uncomfortable
- **Step Four:** Do this for 2 weeks and not more than 4 weeks

OTHER IMPORTANT NOTE:

- Never make more than the one you can drink at once.

- Never take more than 1/2 teaspoon of Bicarbonate of Soda (Baking Soda)
- If you have ulcer or you are pregnant, please do not take this drink
- Do not give to children below age 5
- If you have high blood pressure, add Apple Cider Vinegar, this helps to actually lower High Blood Pressure

OPTION 2 (BAKING SODA + WATER + LEMON)

This is a bubbling beverage with alkaline properties that help you cleanse your body.

Lemon is naturally acidic, but after consumption it produces alkaline properties that help to regulate your body pH

INGREDIENTS:

- **1/2 Cup of Distilled Water (Ragolis Water)**
- **1/2 Teaspoon of Baking Soda**
- **Juice squeezed from half a lemon**

HOW TO MAKE:

- **Step One:** Squeeze the lemon juice into a cup
- **Step Two:** Pour in the 1/2 cup of water
- **Step Three:** Add the baking soda and stir them all together
- **Step Four:** Drink this solution for two weeks to 4 weeks.

Remember, it should be on an empty stomach in the morning.

OPTION 3 (BAKING SODA + WATER + LIME) – The best

Lime cleanse your bloodstream and balance your body's natural pH.

Limes properties combined with that of baking soda results in a perfect recipe to alleviate acidity, gas and stomach pain.

INGREDIENTS:

- **1/2 Cup of Distilled Water (Ragolis Water)**
- **1/2 Teaspoon of Baking Soda**
- **Juice squeezed from one lime**

HOW TO MAKE:

- **Step One:** Squeeze the lime juice into a cup
- **Step Two:** Pour in the 1/2 cup of water
- **Step Three:** Add the baking soda and stir them all together
- **Step Four:** Drink this solution for two weeks to 4 weeks.

IMPORTANT NOTE:

Use exactly as described above. Not more than the recommended dose!

CHAPTER TWO

HOW TO ADMINISTER THE SOLUTION (Step-by-Step)

NOTE: PLEASE FOLLOW INSTRUCTIONS CAREFULLY:

Once you have prepared your solution following the instruction from chapter one, this is most important.

RULE 1: Drink the alkaline solution only on EMPTY STOMACH.

RULE 2: Drink the alkaline solution all at once, don't make more than one glass daily for yourself.

RULE 3: Drink only once a day

ADDITIONAL NOTE:

- If you drink on a full stomach, you'll feel discomfort all throughout the day.

- Make this solution early in the morning and drink on an empty stomach.
- Do not drink for more than 2 weeks minimum or at most 4 weeks maximum or else you might end up with alkalosis. We don't want that

CHAPTER THREE

BENEFITS OF TAKING THE ALKALINIZED SOLUTION (Step-by-Step)

There are many amazing benefits of taking the alkalinized solution.

Aside the fact that it helps you balance your pH level, if taken on an empty stomach, it boost your body's pH level balance, especially when you are trying to get pregnant (Females).

It also helps eradicate free radicals in the body and boost sperm count (for male)

It helps with creating an environment conducive for the sperm to fertilize the eggs. The cervical mucus will be less acidic (Less hostile and more friendly) to enable the sperm fertilize the egg released during ovulation.

For the woman trying to conceive, drink this solution close to your ovulation period.

(Get the ovulation guide to help you determine the exact 6 days you are fertile depending on your ovulation period).

If you have High Blood Pressure, the baking soda solution + Apple Cider Vinegar together can actually help to lower blood pressure.

CHAPTER FOUR

LIST OF ACIDIC-PRODUCING FOODS, FRUITS & VEGETABLES

ACIDIC FOODS

- ✓ **Alcohol**
- ✓ Anything fried with groundnut oil
- ✓ **Beef**
- ✓ Beer
- ✓ **Bread**
- ✓ Butter
- ✓ **Cake**
- ✓ Canned/Processed food
- ✓ **Carbonated water**
- ✓ Cheese
- ✓ **Chicken**
- ✓ Chocolate
- ✓ **Coffee**
- ✓ Dairy
- ✓ **Energy drinks**
- ✓ Flour
- ✓ **Fried Egg**
- ✓ Fried/ Jollof Rice
- ✓ **Fruit juice**
- ✓ Ground nut oil
- ✓ Ice cream
- ✓ **Meat**
- ✓ Medications that produce toxins in the body due to after effect
- ✓ **Painkillers**
- ✓ Pasta
- ✓ **Pastries**
- ✓ Popcorn
- ✓ **Pork**
- ✓ Processed Meat
- ✓ **Raw/processed milk**
- ✓ Rice
- ✓ **Selected Wine**
- ✓ Soft drinks
- ✓ **Sugar**
- ✓ Spaghetti

- ✓ **Indomie**
- ✓ Tea
- ✓ **Turkey**
- ✓ Use of Antibiotics
- ✓ **Vegetable oil**

- ✓ Wheat
- ✓ **White flour**
- ✓ White/brown beans
- ✓ **White/Red beans**

CHAPTER FIVE

LIST OF ALKALINE-PRODUCING FOODS, FRUITS & VEGETABLES

ALKALINE FOOD

- ✓ **Adding a pinch of baking soda to drinking Water**
- ✓ Almonds
- ✓ **Almond fruit**
- ✓ Amala
- ✓ **Apples**
- ✓ Avocado
- ✓ **Bananas**
- ✓ Bell pepper
- ✓ **Blueberries**
- ✓ Boiled eggs
- ✓ **Broccoli**
- ✓ Cabbage
- ✓ **Carrots**
- ✓ Celery
- ✓ **Cherries**
- ✓ Corn
- ✓ **Cucumbers**
- ✓ Dates
- ✓ **Eggs (boiled)**
- ✓ Figs
- ✓ **Flax seed oil**
- ✓ Garden egg
- ✓ **Garlic**
- ✓ Ginger tea
- ✓ **Grapefruits**
- ✓ Grapes
- ✓ **Green beans**
- ✓ Green tea
- ✓ **Herbal tea**
- ✓ Irish Potatoes
- ✓ **Lemon water**
- ✓ Lemons
- ✓ **Lettuce**
- ✓ Limes
- ✓ **Mangoes**
- ✓ Melons

- ✓ **Millet**
- ✓ Mushrooms
- ✓ **Olive oil**
- ✓ Onions
- ✓ **Palm Oil**
- ✓ Pawpaw
- ✓ **Peaches**
- ✓ Pears
- ✓ **Peas**
- ✓ Pineapple
- ✓ **Plantain (boiled)**
- ✓ Plantain flour
- ✓ Raw honey

- ✓ **Salmon (Titus fish)**
- ✓ Spinach
- ✓ **Strawberries**
- ✓ Sweet potatoes
- ✓ **Tangerines**
- ✓ Tomatoes
- ✓ **Ugu leaves**
- ✓ Water leaves
- ✓ **Watermelon**
- ✓ Yam Flour

ADDITIONAL NOTE

Vegetables must not be cooked more than 5 minutes or else you would lose all its nutrients.

Green Tea reduces body fat and weight, prevents high blood pressure, and increases heart efficiency.

Adding a pinch of baking soda to drinking water generates alkaline properties and provides you with important minerals and trace elements

ABOUT COOKING

The way or method of cooking your food can make an alkaline-producing food become acidic in the body.

Example: Boiling plantain would produce alkalinizing effect on the body. But frying that same plantain with groundnut oil can cause an acidic effect on the body.

Cooking your vegetables for less than 5 minutes or exactly five minutes can preserve the nutrients and give the desired vitamins.

The same vegetable if overcooked would lose all its nutrients.

DO YOU STILL MICROWAVE YOUR FOOD?

In Russia, the government have banned microwave for over 50 years because eating microwave-damaged food can lead to a considerable stress response in the body thereby altering the blood chemistry.

In an experiment conducted by Russian scientists, 2000 cats were given only food and water that were previously placed in the microwave oven, even for one minute.

The food selected were the most nutritious and natural available.

Within six weeks, all cats mysteriously died. While investigating the surprising result of the test, it was discovered that, although the cats looked well fed, the cells in their bodies virtually contained no trace of nutrient components.

The cats literally starved to death despite all the nutritious foods.

Microwaves turned their food into deadly poison.

What microwaves do the food, water and the body is that the B complex, C and E vitamins linked with stress reduction and prevention of heart disease as well as minerals needed for optimum brain and body functioning were all rendered useless by microwaves, even at short cooking duration.

Microwaves rip apart the molecular bonds that make food to be “food.”

by destroying the molecular structures of food, the body cannot help but turn the food into waste,

but not harmless waste, rather “nuclear waste” waiting to cause severe damage to the body

Other side effects of microwave cooked food include:

- High blood pressure
- Heart disease
- Anxiety
- Reproductive disorder
- Depression
- Stomach pain
- Migraine
- Brain damage

CHAPTER SIX

HEALTHY EATING HABITS

Regular Meal Times

- ▶ **Lunch should make up the main meal of the day.** Eat around 12:00 – 12:30 p.m. (The best time to eat is when the sun is in its highest position.)
- ▶ **The evening meal should be light, since digestive power is low in the evening.** There are very few digestive secretions after 8:00 p.m. A heavy meal taken in the evening remains mostly undigested.
- ▶ **Eat dinner between 6:00 and 7:00 p.m.** So that the main digestion is completed before bedtime and does not interfere with your sleep.
- ▶ **Eat your meals at about the same times every day.** so that the digestive system can always perform at its best. Eating at different times each day makes it difficult for the body to produce the

right amount of digestive juices required for each meal.

▶ **Eat according to your hunger level.** If you are not hungry, don't eat. Wait until your natural appetite (digestive power) has returned. Note: Food cravings have nothing to do with hunger and should be treated like an addiction.

▶ **Drink about 6-8 glasses (depending on your body type) of water each day.** Pure, fresh water is best. Filtered water from a public water supply is fine. Make it a daily habit to:

- drink one glass of water about 1/2 hour before each meal and
- one glass of water 2-2 1/2 hours after each meal.

This improves digestion and keeps the blood thin. Avoid drinking liquids with meals, since this dilutes digestive juices and interferes with stomach secretions.

▶ **Sit down when you eat**, even if it is for a small snack. The digestive system is better able to secrete balanced amounts of digestive juices when you are eating in the seated position.

▶ **Eat in a settled environment** without radio, television or reading. Any distraction from eating impairs the enjoyment of the food and the body's ability to supply the appropriate enzymes for digestion.

▶ **Sit quietly for at least 5 minutes after the meal** so that the food has a chance to settle in your stomach before you get up from the table. Lying on your left side for a few minutes and then going for a 10 to 15-minute walk afterward also greatly aids digestion.

Morning

► **Every morning after rising:**

- Drink one glass of warm water. This will help to end the “drought” of the night and increase the regularity of the bowel movement.
- A little while later, drink a second glass of warm water, but add a teaspoon of honey and the juice from one or two slices of fresh lemon (if available). This helps remove harmful bacteria from the gastrointestinal tract, and assists the intestines in eliminating any accumulated waste material. **Wait for at least 30 minutes before eating breakfast.**

Breakfast

- **If you are not hungry, skip breakfast.**

▶ **If you are hungry, eat a light breakfast.**

Note: Soy milk should be avoided due to its natural food toxins (enzyme inhibitors), possible gene-manipulation, and its potentially harmful effects on hormonal balance. (Soy mimics estrogens in the body and thus increases the risk of breast cancer.)

▶ **Avoid animal proteins** such as cheese, meat, or eggs as well as sour foods, including yogurt and citrus fruit. A breakfast consisting of only fruit (other than oranges) is fine.

Lunch Meal

▶ **Make lunch the main meal of the day.**

▶ **Avoid drinking beverages with the meal** since this dilutes the concentrated digestive juices and become a cause of indigestion and weight gain. Sipping a small cup of hot water during the meal,

however, can help to increase the digestive power. To maintain thinness of blood and normal secretions of bile, it is best to drink a glass of water about 1/2 hour before lunch and **again 2-2½ hours after lunch.**

▶ **If salad is part of your meal,** eat it at the beginning, before eating any cooked food. Since raw foods require different digestive enzymes than those needed for digesting cooked foods, eating these food items separately, i.e. one after the other, makes it easier on the digestive system. Eating raw food items after having eaten cooked foods will leave them mostly undigested and subject to fermentation.

▶ **Avoid cooked foods items in your salad,** especially protein foods.

Evening Meal

► **In the evening**, avoid eating meat, pork, poultry, fish (except Tuna or mackerel), ham, eggs, nuts or any other concentrated form of protein because your body is too low at that time to handle protein foods. Even during the day these require 4-7 hours of digestion in the stomach.

► Be aware that production of digestive enzymes stops at around 8:00 p.m., and heavy food items ingested in the evening will linger in the stomach until the early morning hours. At that time, the stomach may discharge the now mostly undigested food into the small intestine, prompting destructive bacteria to decompose it.

► Yogurt, cheese, fruits and salads should also be avoided in the evening. These foods have naturally high bacteria content. When exposed to the warm and moist environment of the stomach and small intestine during the night, they end up causing

indigestion and fermentation (along with plenty of low-grade alcohol).

▶ **Oily fried and deep-fried foods**, as well as root vegetables such as potatoes (with the exception of cooked carrots), are also very difficult to digest at night.

▶ An example for a light dinner is freshly prepared vegetable soup, perhaps blended, served with yam/plantain flower. Another option is cooked vegetables with rice. (Avoid other oils in the evening since they are more difficult to digest.

General Guidelines

▶ It is best to avoid heavy, oily and fried food; yogurt; onion and garlic, especially uncooked; highly processed and refined foods; fizzy drinks, alcohol,

coffee, regular tea; artificial sweeteners; and commercial sugar.

► Try to include one or two pieces of fresh fruit per day in your diet. If you use fruit juice, make sure it is freshly prepared and not older than one hour (best diluted with water).

Packaged fruit juices are pasteurized, which makes them acid-forming, deprives them of natural enzymes, and depletes the body of important minerals and vitamins. Many brands contain artificial sweeteners, which dehydrate the body and may damage the brain, nervous system and immune system. It is preferable to eat one kind of fruit at a time.

Fruit or fruit juices should always be taken on an empty stomach. Since fruit leaves the stomach within 20-40 minutes without requiring any stomach action, it is important not to eat them with other foods; doing so leads to fermentation, bloating, and even diarrhea.

The best times to eat fruit are midmorning and midafternoon, or for breakfast with nothing else.

For optimal digestion, fruit should preferably be consumed when it is in season.

When picked too early, they have not reached their natural ripening stage and lack most vitamins and important sugars. They may also irritate the intestinal walls due to their high concentration of antibodies (acting as antigens in the body) and enzyme inhibitors (highly toxic). Once fully sun-ripened, the fruits' toxins become neutralized.

If you find that you have trouble digesting fruit, harvesting it too early this is often the reason. They are less suitable during the cold season when we need more warming foods.

The best types of fruit are the ones that grow naturally in your environment. To properly digest fruit from another country, we require different digestive enzymes. We can only produce these enzymes if we have lived there for some time and our bodies have adapted to that new environment.

► You may eat soaked dried fruit, e.g., dates either for breakfast (without other foods) or as a snack like other fruit. Dried fruits contain enzyme inhibitors, which can make them gas-forming and constipating. Soaking them overnight or for at least a few hours breaks down these natural chemicals and makes them more easily digestible.

► **It is best to avoid leftover foods**, with the exception of rice and beans, which you may keep for a day and then warm. Research has shown there are more destructive bacteria in reheated soup than on a month-old kitchen sink sponge. With regard to vegetables and important enzymes and vitamins dissipate after one hour of cooking them.

Frozen food is void of the life force, and thus has diminished nutrient-absorption.

Fruit should be eaten only fresh.

Microwaves used to cook food cause total disintegration of the food's molecular structure and destroy its life force. Without its life force, food cannot be digested and assimilated properly.

► For deep tissue-cleansing, drink hot (ionized) water frequently:

How To Make It:

- Boil water for 15-20 minutes.
- Pour it in a flask.
- Every half hour, take 1-2 sips or more according to your thirst.

To have a cleansing effect, the water must be boiled this long and be taken as hot as you would take tea.

You may put a small piece of fresh ginger in the flask to improve taste.

By boiling the water continuously for at least 15 minutes, large numbers of negatively charged oxygen ions are generated.

When ingested by taking frequent sips of this water throughout the day, these negatively charged ions systematically begin to cleanse the tissues of the body and help rid them of positively charged ions—those associated with high acidity and toxins.

If you have excessive body weight, this cleansing method can help you shed many pounds of body-waste without any major undesirable side effects. It can be used for any health issue related to congestion in any part of the body.

► Avoid ice-cold foods or beverages as they can “extinguish” your digestive enzymes or the digestive fire, for many hours. They may also damage the nerve endings of the stomach. Note that a hand, held in icy water, becomes numb.

Similarly, cold drinks or food items cause the stomach cells to contract and prevent them from secreting the required amounts of digestive juices.

They also make the stomach insensitive to potentially harmful foods or beverages, and effectively disrupt its communication and potential warning signals to the brain.

In addition, digestive enzymes require a very specific temperature to operate optimally. **By cooling down the enzymes’ environment, their**

digestive and anti-cancer properties begin to diminish, too, predisposing a person to excessive weight gain and even cancer.

Also, the sudden cold influence, as caused, for example, by ice cream or iced beverages, forces the body to increase its internal heat generation in order to compensate for the harmful drop in temperature.

This response wastes the body's energy reserves and may make it feel even hotter and thirstier than before. Foods and beverages that are of room temperature or warm are the most suitable and natural ones for the human body.

▶ If available, drink a quarter or half cup of freshly prepared carrot juice before lunch

▶ For one day per week or month, you may want try taking only a liquid diet (soups, freshly made juices, water, herbal teas, ionized water, etc.). Then gradually build up to a normal diet again. This may greatly relieve the digestive system of its daily workload and improve its ability to remove any accumulated toxic waste.

Women benefit greatly if they have a “liquid day” about one or two days before the onset of menstruation; this can help to make the menstrual period more comfortable and effective.

CHAPTER SIX

HEALTHY WATER DRINKING- HABITS

Watch What Kind Of Water You Drink

Now that you may be convinced that water is perhaps the best and most natural beverage for your body, the next challenge is to find a source of water that doesn't make you sick.

Chlorine in your drinking water can certainly make you sick, according to a gigantic Finnish study of 621,431 individuals living in 56 towns.

The researchers were able to determine that women who were exposed to chlorinated water had a:

- 48 percent increased risk of bladder cancer
- a 38 percent increased risk of rectal cancer
- a 90 percent increased risk of esophageal cancer and
- an 11 percent increased risk of breast cancer.

Men were not affected as much as women.

Adding chlorine to drinking water causes a chemical reaction that results in the formation of a cocktail of carcinogens.

Some of nature's most valuable and essential anti-cancer and disease-preventive phytochemical also controlling hard water scale build-up within the water pipes.

The most commonly used methods to remove chlorine and numerous other contaminants from your drinking water are filtration and reverse osmosis systems.

Although these can also be expensive, they are still an affordable option if you consider the cost of suffering through a bout of cancer.

To help replenish some its lost minerals, you could add a pinch of iodized salt or baking soda to the water.

Regular consumption of cola (Coca-Cola or Pepsi) or beverages and other soft drinks are harmful to the body because of their high content of sugar, artificial sweeteners, coloring, and other acidic chemicals.

Studies have consistently shown that heavy consumers of soft drinks discharge large amounts of calcium, magnesium and other trace minerals into the urine.

However, one major ingredient of these beverages, distilled water may be another major factor involved in the loss of minerals in the body.

Although distilled water draws poisons out of the body, it is best to use it for only about 10 days at a time.

Discontinue its use when you feel weak or otherwise unwell. It is best to avoid using distilled water as your general drinking water.

Of course, the old-fashioned method of boiling your drinking water for several minutes causes the chlorine to evaporate.

Another inexpensive way to get rid of most chlorine in water is to use vitamin C. One gram of vitamin C will neutralize 1ppm (part per million) of chlorine in 100 gallons of water.

To summarize, these are some facts you may want to remember or pass on to others:

- An estimated 75 percent of Nigerians are chronically dehydrated.
- In 67 percent of Nigerians, the thirst mechanism is so weak that it is mistaken for hunger.

According to research at the University of Washington, drinking just one glass of water shut down midnight hunger for almost 100 percent of the dieters involved in the study.

- Slight dehydration will slow down your metabolism by 3 percent.
- Not drinking enough water is the #1 cause of daytime fatigue.
- Research indicates that 8-10 glasses of water a day could significantly ease joint and back pain for up to 80 percent of sufferers.

- A mere 2 percent drop in body water can trigger fuzzy, short-term memory trouble with basic math problems and result in difficulty focusing on the computer screen or printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45 percent.

The same amount of water can slash the risk of breast cancer by 79 percent and the risk of bladder cancer by 50 percent.

Warning About Plastic Bottles:

Try to stay away from water or other beverages contained in plastic bottles, especially the soft types.

Many people now have large numbers of phthalates (plasticizers used to make plastic flexible;

also used in the cosmetics industry) accumulated in their body.

Plastic products are water and fat-soluble. The body's natural way of protecting itself against toxic chemicals, such as those seeped from plastic bottles, is to store them in fat cells and connective tissues. This survival response can lead to weight gain and unsightly cellulite in women.

An estrogen-like compound widely used in plastic products is thought to be causing serious reproductive disorders, according to a statement by several dozen scientists, including four from United States Federal Health Agencies.

The compound, bisphenol A (BPA), is one of the most-produced chemicals in the world, and almost everyone has traces of it—or more—in their bodies.

The statement, published online by the *Journal Reproductive Toxicology*, was accompanied by a new study by researchers from the *National Institutes of Health* finding uterine damage in newborn animals exposed to BPA.

The researchers indicated that such damage is a possible predictor of reproductive diseases in

women, including **fibroids, endometriosis, cystic ovaries** and **cancers**.

Earlier studies linked low dose BPA to female reproductive-tract disorders, as well as early-stage prostate and breast cancer, as well as decreased sperm counts in animals.

BPA is found in polycarbonate plastic baby bottles, large water-cooler containers and sports bottles, microwave-oven dishes, canned-food liners, and some dental sealants for children.

The disastrous impact plastic has on the environment is difficult to determine. Currently, there are more plastic particles in the oceans than there are planktons. Plastic seeps into the ground water from landfills; and rivers and streams carry them to the seas and of, course, back into our bodies through the water we drink and the fish we eat.

To make a difference, drink only filtered water and try to use glass, ceramic, wooden, stainless steel or other natural containers and utensils whenever possible.

There are many simple filtration systems that don't cost you much but can make a huge difference

to your health. Almost every new refrigerator comes with one already built into it. Just filtering out chlorine and some other contaminants is of tremendous benefit.

Thanks for reading...

To a more healthier you...

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OTHER GUIDES:

- i. The Alkaline Guide:** Do you want to return your body back to homeostasis. This guide would help you balance your pH. This is the foundation of getting a healthy body.

- ii. The 30 Days Alkaline Meal Guide:** This is a 30 days meal plan, especially for the woman who wants to conceive. They contain 30 days delicious meal, fruits and drinks to help conception.

- iii. The Ultimate Guide to Getting Pregnant Fast:** Getting pregnant is as a result of timing and knowledge. In this guide, it would show you two unknown methods of preparing your body for pregnancy.

- a. The Fertility miracle drink
- b. The Douching method to alkaline your cervical mucus

iv. Menstrual Cycle & Ovulation

Guide: This guide will show you pictorial step-by-step way to calculate your ovulation period, menstrual cycle and how you can know exactly when you are fertile or most fertile.

In this guide contains a pictorial guide for a 21 days menstrual cycle up to 35 days menstrual cycle. It is a fallacy to believe every woman ovulation period is the same, as cycle varies, ovulation period also varies.

v. Guide to Selecting The Gender of Your child naturally: Do you plan to select the

gender of your baby. This guide would show you how to do that.

- a. Foods to eat
- b. Sex position to consider
- c. Other things to do if you want a male or female child

vi. How To Boost Sperm Count

www.healthiswealth247.com/boostspermcount.html

vii. Fibroid No More – Shrink Fibroid Without Drugs or Surgery

www.healthiswealth247.com/fibroidnomore.html

viii. InfectionNoMore – How To Rid Your Body Of Infection Completely Without Drugs

ix. How To Improve Egg Quality – Natural Ways To Boost Egg Quality To Enhance Conception.

x. Hormonal Imbalance No More – How To Balance your Hormones Naturally

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