

## **9 simple steps to a better pH level and a healthy detox system**

PH Balance is a buzz word these days, but what does it really mean for you? And how can you actually take control of your own pH levels? It's easier than you think.

In Chapter 7 in my book, *The DETOX System*, we discuss how to “clean house” in the Liver, Kidney, Colon, Lungs and Skin and find out why the break down in your detox system might be causing you weight gain, brain fog, muscle pain, skin problems, decreased energy and more.

In the kidneys, neutralized toxins are filtered out and excreted from your body in urine. This is sometimes referred to as Phase III detox. This phase does not work if your body is too acidic. If you have ever taken Chemistry, you will recall that some things are acidic (have low pH) and some things are alkaline (have high pH). Overeating protein and grains can make your body acidic. This is often the case for overweight people.

### **So what blood pH should you be for you Detox System to do it's job?**

Your blood pH should be slightly alkaline – ranging from 7.35 to 7.45. As long as it remains in this range, your chemical, enzymatic, digestive, metabolic, cognitive, immune and repair processes can work at peak efficiency. Maintaining a healthy blood pH level is critical. If this varies even slightly, you could experience severe health consequences and even death.

### **How to Fix Your pH in 30 Days**

#### **1. Cut Down on Acidic Foods**

The typical American diet is very high in acidifying foods such as red meat, sugar, fruit juice, pop, alcohol, refined sugars, and most artificial sweeteners. Decrease or avoid these foods.

#### **2. Focus on Alkalinizing Foods**

Vegetables, especially the dark greens, are very alkaline and should be a significant part of your plan.

#### **3. Get Daily Exercise**

Aerobic exercise can boost the alkalinity of your body through deep breathing.

#### **4. Drink More Water**

Drink at least eight glasses of purified water each day – more if you've been active. Best of all is filtered water that does not have the minerals removed (no reverse osmosis)

## **5. Take Bone-Replenishing Supplements**

Vitamin D3, vitamin K2, and many essential minerals work with calcium to help maintain strong bones. Cal Mag Citrate and Cal Ap Forte are excellent bone replenishers.

## **6. Get Extra Buffering Support**

If you are overly acidic, an alkalinizing diet may not be enough. I also recommend supplementing with 1000 mg of potassium citrate in water after each meal.

## **7. Use Ultra Clear Plus pH**

(1 scoop per day for 2 weeks) is a medical food that will raise pH as it helps you detox. Check it out here, at my online store. <https://the7systemsplan.metagenics.com/ultraclear-plus-ph>

## **8. Slow Down and De-Stress**

Decrease stress in your life. Chronic stress creates over-acidity through chronic exposure to stress hormones, cortisol and adrenaline.

## **9. Baking soda**

If your pH remains low add ½ t of baking soda in water to your daily routine.

Check out these pH test strips to get a clear idea where your levels are at.