

HEALTH ALERT - Do you know which side you're on?

MUSCLE WASTING ♦ DNA DAMAGE ♦ PAIN
INCREASED WEIGHT GAIN ♦ OBESITY
SUSCEPTIBILITY TO VIRUSES ♦ CANCER
ACCELERATED AGING ♦ DEGENERATION
OSTEOPOROSIS ♦ ARTHRITIS ♦ HEART ISSUES

ACIDIC TERRAIN- DISEASE PRONE



INCREASED FAT BURNING ♦ ENERGY
ENHANCED IMMUNITY ♦ DNA REPAIR
LESS POTENTIAL FOR DEGENERATIVE DISEASES
ENHANCED LONGEVITY ♦ VITALITY
MUSCLE & BONE STRENGTH ♦ ENDURANCE

ALKALINE TERRAIN - REJUVENATION

SYMPTOMS OF DEHYDRATION:

Constipation
Fatigue
Depression
Digestive disorders
Asthma and allergies
Arthritis/Joint problems
High blood pressure
High Cholesterol
Kidney Stones
Skin disorders
Premature aging
Liver, kidney, bladder problems
Lack of mental focus or concentration

After just a one hour walk:

Our bodies lose about **2%** water content
Body becomes **ACIDIC** – puts cells in fat storage mode ... note the obesity epidemic in the USA.

The **MAJORITY** of liquids we drink are **ACIDIC**, or don't help flush out acidic waste.

The **MAJORITY** of foods we eat are **ACIDIC**
Unless you are eating 80% vegetables, fruits and a few other alkaline foods, most other daily consumed foods are **ACIDIC**.

created by judith@water-corps.com

STRESS & LACK OF SLEEP = 3pH acidity!

MANY OF THE DRINKS BEING CONSUMED REGULARLY ARE

THOUSANDS of times more Acidic

THAN YOUR BLOOD – (due to the pH logarithmic scale)



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- Gastric Juice 1.5 - 3.5 pH
- Coke & Pepsi 2.3pH
- Kool-Aid, Minute Maid 2.6pH
- Sobe & Snapple 2.4 - 2.7pH
- Diet Pepsi, Dasani: 3.0pH
- Mountain Dew, Sprite: 3.2pH
- Gatorade: 3.1pH, Red Bull: 3.2
- Vitamin Water/Propel: 3.5pH
- Most carbonated drinks: 3-4pH
- Most bottled waters: 3-5pH**
- Most coffee - 4.2 - 4.7pH**
- V8 vegetable juice 4.2pH
- Beer and wine 4-4.7pH
- Dasani 5.1pH
- Starbucks Medium 5.1pH
- Aquafina 5.9pH
- Smart Water 5.9pH
- Boiling water (tea) - 6.1pH
- Environment for cancer 6.5pH**
- Milk 6.4 - 6.8pH
- Blood terrain 7.365 - 7.45pH**
- Almonds - carrots
- Most vegetables and fruits are in this alkaline range
- Kangen Water 8.5 - 9.5pH
- Broccoli - kale
- Fresh lemon 9.9pH
- Spinach



ACIDIC pH = DISEASE & AGING

ALKALINE pH = HEALTH & VITALITY

SODAS ARE 70,000 MORE ACIDIC THAN YOUR BLOOD!!

Find out what you and your children are drinking!!

Text with your name & email address to 540.448.4813

Very detailed pH BEVERAGE CHART available on request