

Body pH is an ideal indicator of overall body health

What is my pH, am I overly Acidic?

Blood carries nutrients to all our cells. Life and health is the balanced interaction of all body cells. Cells group together to form tissues, organs, bone, systems, etc. Cells consume fuel, produce energy, eliminate waste. They are made up of water, electrolytes, protein, lipids and carbohydrates. Given the necessary components our body in the totality of its cells can maintain a balance of life and health.



Having a balanced pH in the body is essential to prevent diseases and have good health. Your body's pH determines if your body's fluids are more alkaline or acidic. When your body is in an alkaline state, your chances of getting sick with chronic diseases decrease. When you experience a slightly alkaline pH, it's thought to result in benefits like:

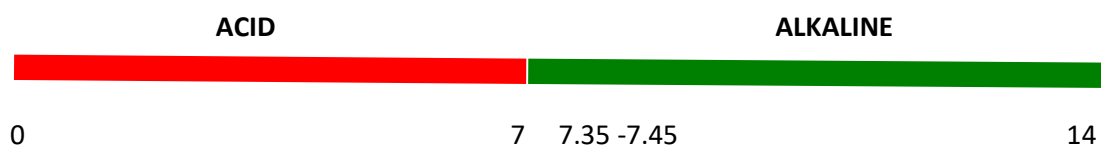
- Mental clarity
- High energy levels
- Well-functioning immune system
- Lower risk of inflammation
- Improved vitality and
- Improved fascia health

If your body is more often in an acidic state than a neutral one, your risk of contracting chronic illnesses, weight gain, teeth and gum problems, pain and inflammation increases and over time, it may lead to problems like constipation, bloating, and fatigue.

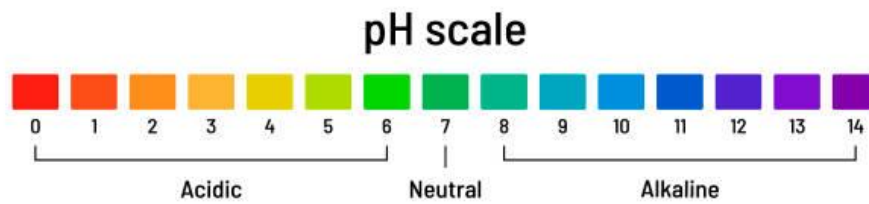
What is the pH Scale

pH stands for **P**otential for freeing **H**ydrogen ions. The difference between acidity and alkalinity is based on the ability to free hydrogen ions.

Very simply put, the pH scale measures the amount of oxygen in your blood. When your blood is too acid it will not carry enough oxygen. When it is too alkaline, it will carry too much.



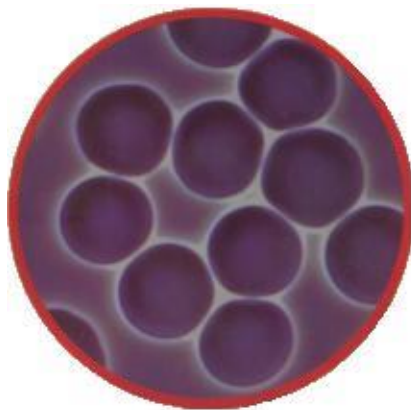
The scale goes from 0 to 14. A pH of 7 is neutral, a pH of 0-7 is acid. A pH of 7-14 is alkaline. Each unit of change represents a tenfold change in acidity or alkalinity. Thus, the difference between a pH of 4 and 5 is much greater than the difference between 6 and 7.



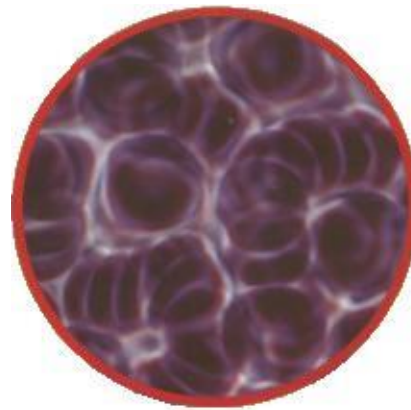
It's important to note that pH varies greatly within your body. While some parts are acidic, others are alkaline. Your stomach is loaded with hydrochloric acid, giving it a pH of 2–3.5, which is highly acidic. This acidity is necessary to break down food.

On the other hand, human blood is always slightly alkaline, with a **pH of 7.35–7.45**

When your blood pH falls out of the normal range, it can be fatal if left untreated. Excreting acids in your urine is one of the main ways your body regulates its blood pH. If you eat a large steak, your urine will be more acidic several hours later as your body removes the metabolic waste from your system. The foods you eat leave an “ash” residue (or footprint) known as metabolic waste. This metabolic waste can be alkaline, neutral, or acidic. If you eat foods that leave acidic ash, it makes your blood more acidic. If you eat foods that leave alkaline ash, it makes your blood more alkaline.



Healthy red blood cells



High acidity in blood

When pH goes off, microbial looking forms in the blood can change shape, mutate, mirror pathogenicity, and grow. When pH goes off, ENZYMES that are constructive can become destructive. When pH goes off, OXYGEN delivery to cells suffers. Energy production in the cells decreases, slowing down cell repair. A condition of high acidity may go undetected for years, which may lead to prolonged damage.

Symptoms of a Person with Low pH

Typical characteristics of an acid person are: low energy, no enthusiasm, tires quickly, irritable or poor sleep. Acid people are often sensitive to cold, brittle teeth, weak nails or dry skin. The immune system weakens which makes you prone to viruses (cold and flu) and recurring infections (bronchitis, urinary tract infection). If acidity becomes chronic, an amazing variety of illnesses may occur and shows up in your body's weakest spots. The result is cancer, diabetes, arthritis or allergies to name a few.

A 2014 study, published in the European journal *Diabetologia*, involved tracking more than 66,000 women over the course of 14 years. Compared to women who ate an alkaline diet, participants who

consumed high-acid diets showed a significant increase in developing type 2 diabetes over the course of the study, according to the results. An acid-forming diet with low vegetable intake is also linked to an increased risk of metabolic syndrome. This is very damaging and impairs the body's ability to repair or detoxify and will cause a person to be more susceptible to disease and illness. The most common signs of acidosis are:

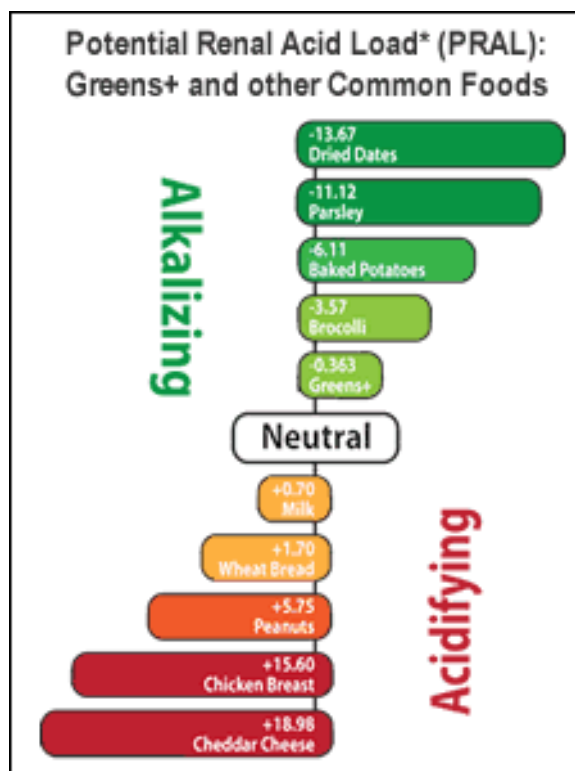
- Fatigue or chronic fatigue
- Feeling tired, low energy
- Brittle nails and hair
- Low bone density, osteoporosis
- Heavy breathing
- Gaining weight or being underweight
- Digestive issues
- Arthritis, diabetes
- Headaches, acne
- Bad immune system
- Infections, allergies, candida
- Heart problems, cancer

But it's not just the food we eat that can cause an acidic environment. Our body creates acid by using muscles, breathing, and digesting certain foods. Other factors can be stress, toxins, a polluted environment, chemicals, tobacco, lack of sleep, or medications.

The PRAL Value

The acid/alkaline load of a given food refers not to the pH of the food prior to consumption, but to the acid/alkaline result after you digest it. Our kidneys have to neutralize the acid that's produced in the process of digestion.

This is referred to as potential renal acid load or PRAL (It measures how much acid your kidneys need to process after a food has been eaten.) This means we can give foods a certain PRAL score in order to determine how alkaline or acidic forming they are.



PRAL uses a formula to convert the protein and select mineral content of a food into a PRAL value (measured in molar equivalents).

Acidifying foods have a positive PRAL value
Alkalizing foods have a negative PRAL value

The concept of PRAL calculation is physiologically based and takes into account different intestinal absorption rates of individual minerals and of sulphur containing protein, as well as the amount of sulfate produced from metabolized proteins.

For example the formula is:

PRAL value=

0.49 x (g) protein +

0.037 x (mg) phosphorus -

0.021 x (mg) potassium -

0.026 x (mg) magnesium -

0.013 x (mg) calcium

Or written as:

PRAL = 0.49 x Grams of Protein + 0.037 x Milligrams of Phosphorus – 0.021 x Milligrams of Potassium – 0.026 x Milligrams of Magnesium – 0.013 x Milligrams of Calcium

For example: If a particular dish contains 25g of protein, 400mg of phosphorus, 600mg of potassium, 400mg of magnesium and 500mg of calcium then based on the PRAL formula the value results in a negative variable -2.45, **indicating alkaline potential**

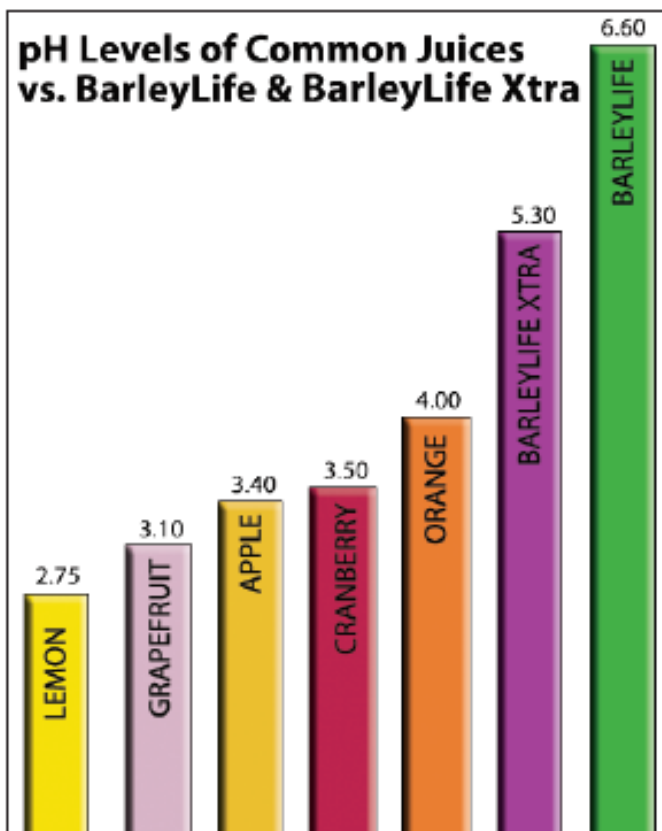
Higher protein and phosphorous contributes to increased acid in the blood, which results in positive PRAL.

Higher potassium, magnesium and calcium result in decreased acid in the blood for a negative PRAL
BarleyLife has a **significantly negative score**, a -6.6 at 12 grams per day making this a strong alkalizing food.



It's been shown that when you eat foods with a high PRAL, the pH of your urine and saliva often become lower or more acidic. Whereas foods with a low PRAL raise your urine and saliva pH, making it more alkaline. Though this isn't a perfect measurement, it can give a useful general guideline as to how a food is affecting your body.

These are all minus or negative values:



Acid-base disorders affect the insulin secretion and insulin action. In acidosis, insulin action in the target tissues is reduced. Other hormones, including parathormone, renin-angiotensin-aldosterone system, and adrenocorticotropine, respond to the changes in pH.

The struggle to maintain good internal health is made difficult by the fact that we simply cannot see what is going on inside our bodies. Though we may not be able to see the progress a healthy diet and sound nutrition are making, we can test it.

Body pH test strips measure the **alkalinity** or **acidity** of our bodies. Through either a saliva test or a urine test, the test strips are able to gauge how well our internal health is doing and give us an idea of what we have to shoot for. Since pH affects the way our bodies function on cellular level, maintaining a healthy pH is essential to warding off disease, protecting the immune and nervous systems, and establishing a clean bill of health.

It's easy and cheap to measure your pH.

All you need is a box of pH test strips. Testing your pH takes less than a minute.

Testing your pH value is important because it instantly indicates your health level. Healthy blood has a pH level of 7.35.

A pH below 7 is acid and is an indication of poor health. You may experience symptoms like: low energy, pains and aches, mood swings, worrying and fears, poor sleep or being over-weight. If you have a pH of 5, you're probably seriously sick. You can reverse this acid state by eating more alkaline foods.

Take a pH test to see where you stand, and follow up with a plan to alkalize your body.

pH Test Kit



Order your pH Test Kit 100 strips – R220-00

If a saliva test shows a pH that falls into the acidic range, that person's body is working overtime to fight off the additional acid. Calcium and other body elements are needed to neutralize the effect of a highly acidic diet, and this process of continual repair can take its toll over the years. Not only does an acid pH rob the body of valuable nutrients, it also creates an environment in the body that breeds bacteria, yeast, and other unwanted organisms.



Check urine pH 3 times a day. A urine pH of between 6.2 in the morning and 7.4 in the afternoon is ideal. This will vary throughout the day depending on the foods you eat, allergic reactions and stress factors.

A healthy diet with health-conscious choices can make a big impact on restoring normal body pH

Alkalizing foods to eat abundantly

- All Vegetables, especially when Green and Raw
- All Fruits like Melon, Apple, Berries, Grapes, Lemon, etc.
- Freshly squeezed fruit & vegetable juices
- Leafy Greens like Spinach or Lettuce, Cruciferous Vegetables like Broccoli, Kale
- Pumpkin, Potatoes, Sweet Potatoes, Beets
- Sprouts, Legumes
- Nuts & Seeds like Coconut, Almonds, Chia, Sesame
- Onions, Garlic, Leek and Herbs/Spices like Parsley, Ginger
- Barley Grass
- Quinoa
- Fresh Beans, Green Peas, Lima Beans, Soy Products
- Etc.

**The body compensates for acidic imbalance
by using alkaline minerals**

A diet that does not contain enough minerals will trigger a build-up of acids in the cells, or acidosis

- Meat, fish, shellfish
- Milk, eggs, butter, cheese
- Coffee, soda, alcohol
- Processed and refined food
- Sugar, artificial sweeteners, refined grains
- Tobacco, preservatives
- MSG, canned food
- Etc.

In general, fruits and vegetables are the leaders in creating an Alkalizing effect. Choose fresh, 'organic', GMO-free food whenever possible. Also, look out for minerals to help your body neutralize acid wastes (organic foods have a higher nutritional content).



Grains, animal foods, and processed foods carry an acidic effect. With this in mind, it is easy to see how a typical South African diet —high in processed foods, animal protein, and grains—can become highly acidic. Certain elements in the foods we eat are often held responsible for the acidifying or alkalizing effect on our bodies. The alkalizing elements, which absorb hydrogen, include sodium, potassium, magnesium, and iron.

Add alkaline foods into your diet and eat less acid food.

Eat more raw green leafy vegetables and less food high in animal protein, sugar and grains. Eat more avocado, vegetable soup, fresh almond milk, coconut water, green vegetable juices, smoothies and super foods like Quinoa. By following a diet with plenty of fruit and vegetables, you're naturally eating highly alkaline foods. Fruits and veggies are packed with antioxidants and nutrients to help fight inflammation and keep your energy levels high.

Stay as close to the natural state of a food as possible, meaning eat it raw or steamed as opposed to frying it. Make salads a staple in your meal plan. Leafy greens are the most alkaline foods and also rich in vital micronutrients. Use spinach or kale for best results, the darker the better. Incorporate more fruits and vegetables into your diet by snacking on them, making fresh smoothies or green juices.



It's thought that by eating more alkaline foods, it may promote weight loss and improve kidney health.

Benefits of an alkaline diet

- Deeper more restful sleep
- Reduction of candida overgrowth
- Increased mental acuity or alertness
- Enhanced memory and cognition
- Easier weight loss
- Increased energy
- Better bone health
- Reduced muscle wasting
- Proper cell functioning
- Healthy tissues
- Mitigation of chronic diseases
- Improved cardiovascular health

**Your DAILY FOOD INTAKE should be
75% alkaline forming and 25% acid forming**

Balancing Your pH

Your blood will try and correct even the slightest change in pH. Your body has two ways to do this:

1. to eliminate acids from the body (through sweat, urine, breath or store them as body fat);
2. to neutralize the acids with alkaline minerals such as calcium.

Weight Loss and pH

If you're too acid and there are not enough alkaline minerals to buffer the acids with, your body will store some of these acids in your fat. It will only release them if there are enough alkaline buffers to neutralize them. Now, if you want to lose weight and go on a diet of unhealthy food (sugar, high animal protein, junk food) you will lose even more alkaline minerals and your body cannot release its excess fat with the stored acids. Because if it does release the fat with its acids you become too acidic. If you don't eat enough calories and loses weight (fat) nonetheless, the released acids cannot be neutralized. This is very dangerous. This explains why some people just can't lose weight.

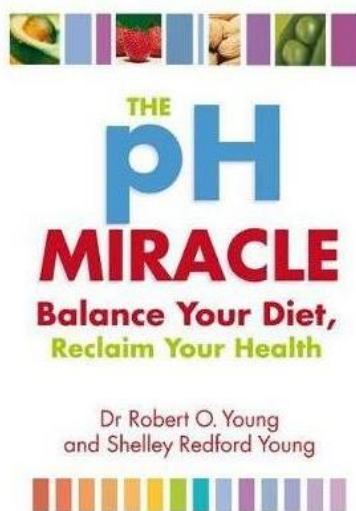
Maintaining a Healthy pH

Author of the book *The pH Miracle*,

Dr Robert O'Young, a leading scientist, microbiologist, health nutritionist and educator states that: 'The prime origin and cause of cancerous tissue is the over-acidification of the blood, and then the tissues, due to lifestyle and dietary choices'.



Robert O. Young DSc, PhD, NMD



Food components that leave an acidic ash include protein, phosphate, and sulfur, while alkaline components include calcium, magnesium, and potassium. Making good choices with your diet and supplementing with AIM products will give you the tools you need to maintain a healthy body pH.

Green barley grass contains the alkalizing minerals potassium, calcium, and magnesium. These minerals neutralize acidic materials and can help maintain a healthy acid-alkaline balance.

TO ALKALIZE Take Barleylife Daily

Barleylife is the richest most balanced source of nutrients in a single food on the face of the earth. Barleylife is a 100% natural dried juice and contains Natural Chlorophyll. Barleylife contains an abundance of vitamins, minerals, amino acids, numerous usable live enzymes. It has an **Alkaline pH factor and therefore** builds and strengthens the immune system. It has Anti-tumor promoters, help stabilize blood-sugar levels, help normalize high-blood pressure and low-blood pressure. Barleylife is anti-inflammatory. It promotes restoration of damaged DNA in the cell nucleus and restores biochemistry of each organ in the body. Barleylife gets absorbed through the mucous membranes directly into the bloodstream and comes in Powdered juice or Capsules.

In 1964, only 1 person in 214 contracted Cancer. Today it is 1 in 3 females and 1 in 2 males. The determining factor between health and disease is pH. It is not uncommon for the average American to test between 4 pH to 5 pH.

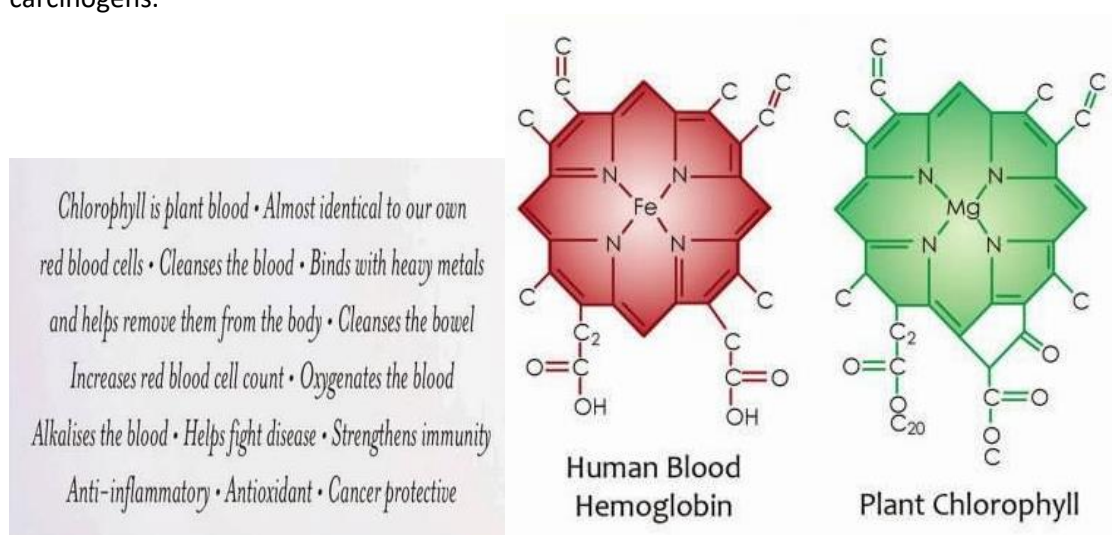
Oxygen levels in the body are directly related to pH. Research has proven that disease cannot survive in an alkaline state, however, viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells thrive in a low oxygen, / low pH environment. There are two factors that are ALWAYS present with cancer no matter what else may be present. Those two factors are Acid pH and Lack of Oxygen.

AIM BarleyLife: has a strong alkalizing effect, which helps keep the ratio between acidity and alkalinity in our body fluids balanced. Green barley leaves contain a multitude of enzymes. Enzymes are essential for the thousands of chemical reactions that occur throughout the body, including the absorption of digested nutrients.

BarleyLife Balances your body pH



Chlorophyll has been studied for its potential in stimulating tissue growth and in stimulating red blood cells in connection with oxygen supply. A remarkable similarity has been found between chlorophyll and the red pigment in the blood. According to an article in the Journal of the National Cancer Institute, chlorophyll fed to laboratory animals reduces absorption of three dietary carcinogens.



What Is Chlorophyll?

Chlorophyll is the green substance in plants that makes it possible for them to make food from carbon dioxide and water. It's found in all green plants, including leafy greens and other veggies we commonly eat, plus certain types of algae or bacteria.

Plants use chlorophyll to trap light from the sun that's needed for photosynthesis, which is why chlorophyll is considered a "chelate." In fact, it's considered the single most important chelator found in nature, since it gives plants energy, which then give us energy.

There are two main forms of chlorophyll found in nature: chlorophyll-a and chlorophyll-b. There is a small difference between the two types, basically that each absorbs light from the sun at slightly different wavelengths. In natural plants containing chlorophyll, there is a ratio of 3:1 chlorophyll-*a* (a bluish-black solid) to chlorophyll-*b* (a dark green solid), which both work together to reflect the dark green pigment that's visible to the human eye. While chlorophyll is totally natural, a similar semi-synthetic mixture called chlorophyllin is made in laboratories and used in supplements, such as those marketed as "liquid chlorophyll."

Helps Fight Cancer

Studies have found that chlorophyll can bind to potential carcinogens and interfere with how they're absorbed within the human gastrointestinal track. This helps stop them from circulating throughout the body and reaching susceptible tissues, such as those within the joints or heart.

Reports by the Linus Pauling Institute at Oregon State University show that chlorophyll effective at blocking uptake of aflatoxin-B1 in humans and decreasing biomarkers of aflatoxin-induced DNA damage. Findings from several other animal and human studies suggest that these effects help lower the risk for certain types of cancers, including liver and colon cancer.



The mechanism by which chlorophyll decreases the risk for cancer development and cleanses is by interfering with the metabolism of chemicals' procarcinogen, which must first be metabolized in order to damage DNA. Within the human body, enzymes called cytochrome P450 activate procarcinogens and turn them into active carcinogens, which go on to attack healthy cells. This means inhibiting their effects can help stop the process of chemically induced cancers.

Diets that are high in red meat and low in green vegetables are associated with increased colon cancer risk. This is sometimes blamed on toxins released from cooked meat, including one called haem, which increases colonic cytotoxicity and epithelial cell proliferation. Recently, some research suggests that human colon cancer cells experience "cell arrest" when exposed to chlorophyll due to

inhibition of ribonucleotide reductase activity, which helps protect DNA and boosts synthesis and repair.

This is why in recent years ribonucleotide reductase activity has come under investigation for naturally treating cancer and its many side effects. In 2005, the Wageningen Centre for Food Sciences in the Netherlands studied whether green vegetables could inhibit the unfavorable properties of haem within the colon. Rats were fed either a control diet high in haem or a similar diet supplemented with chlorophyll for 14 days. The results showed that the rats consuming haem experienced about eight times the amount of cytotoxicity of the colon compared to the beginning of the study. The rats given chlorophyll supplements were significantly protected from formation of the cytotoxic haem metabolites, which made the researchers conclude that green vegetables may decrease colon cancer risk because chlorophyll prevents the cytotoxic and hyperproliferative colonic effects of dietary toxins like haem.

Improves Liver Detoxification

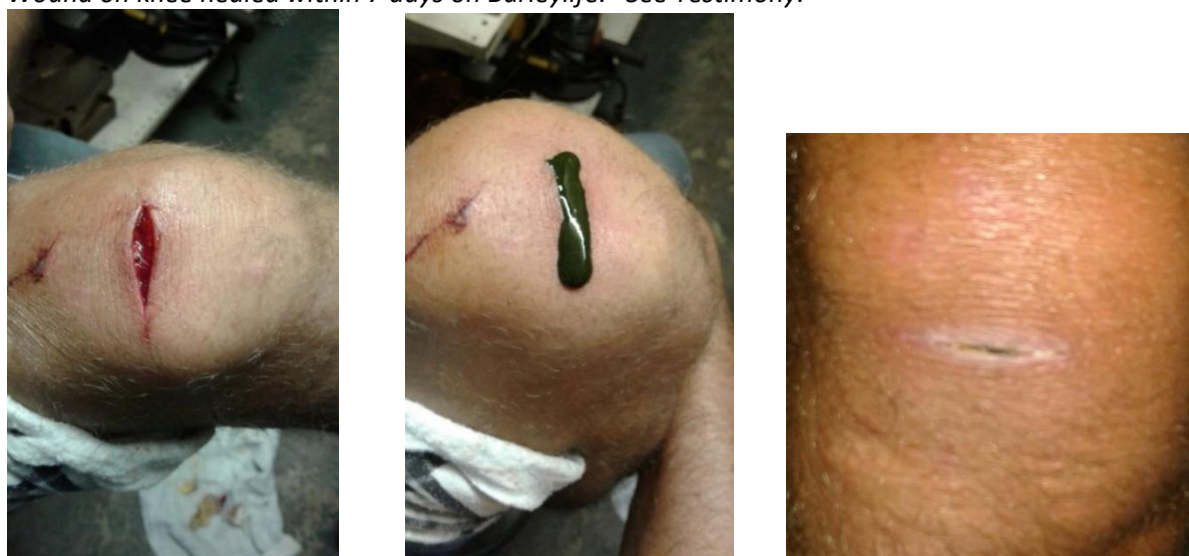
Another way by which chlorophyll might protect healthy cells and bodily tissue is by increasing phase II biotransformation enzymes. These promote optimal liver health and therefore the body's natural elimination of potentially harmful toxins. Some early studies involving animals indicate that chlorophyll may reduce the risk for aflatoxin-induced liver damage or liver cancer by increasing activity of these phase II enzymes and removing bodily toxins.

Aflatoxin-B1 (AFB1) is associated with increased risk of hepatocellular carcinoma and liver cancer because it's metabolized to a carcinogen that causes cellular mutations. In animal studies, supplementing with chlorophyll at the same time as consuming high amounts of dietary AFB1 significantly reduced the amount of DNA damage that developed. This is especially important for people who consume high amounts of grains or legumes, such as those living in underdeveloped nations.

Speeds Up Wound Healing

Chlorophyll seems to slow the rate at which harmful bacteria reproduce, making it beneficial for wound healing and preventing infections. Since about the 1940s, chlorophyll has been added to certain ointments used to heal persistent open wounds in humans, such as a vascular ulcer and pressure ulcer.

Wound on knee healed within 7 days on Barleylife. See Testimony.

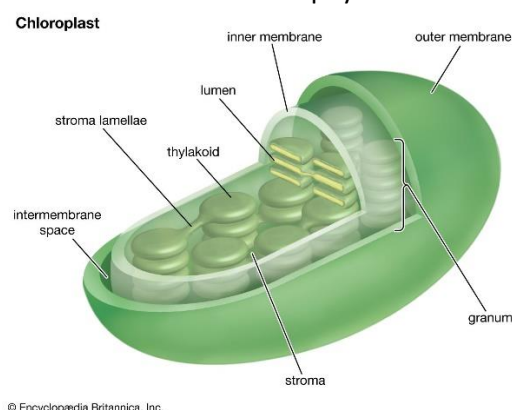


It's been found to help lower inflammation caused by injuries or wounds, promote healing and even control odors caused by bacteria accumulation.

Improves Digestion and Weight Control

Another way that chlorophyll improves detoxification is by speeding up waste elimination, balancing fluid levels and reducing cases of constipation. Additionally, preliminary research shows chlorophyll supports metabolism and increases the likelihood of success with weight-loss efforts.

A 2014 study conducted by the Department of Experimental Medical Science at Lund University in Sweden found that chlorophyll supplements taken along with a high-carbohydrate meal decreased feelings of hunger, elevated cholecystokinin levels and helped prevent hypoglycemia in overweight women. The small study done by Lund University observed 20 overweight females eating meals on three different occasions. The test meals consisted of a high-carbohydrate Swedish breakfast, taken with or without addition of chlorophyll in the form of thylakoids.



Barleylife

Thylakoids helped suppress hunger and increased secretion of satiety hormones following food intake, preventing compensational eating later in the day — which we would expect over time to help with weight loss and appetite control.

Protects Skin

There's some evidence that chlorophyll boosts skin health due its antiviral properties, allowing it to help stop the development of cold sores within the mouth or genital area caused by the herpes simplex virus. Some early studies have found that when chlorophyll-containing ointment or cream is applied to skin, it helps reduce the number of sores that appear and speeds up healing time, making it a natural herpes treatment.

Chlorophyll might also be able to protect the skin from shingles, reducing symptoms like painful sores, plus lower the risk for skin cancer. Injecting chlorophyll directly into the skin or applying it via lotion has been found to help reduce the recurrence of cancerous cells in people with basal cell carcinoma, a very common type of skin cancer. More doctors should embrace Barleylife.

Fights Inflammation

The Tropical Botanic Garden and Research Institute in India suggests that chlorophyll from fresh green leaves has potent anti-inflammatory activities against dangerous bacteria and other environmental toxins. It helps turn off a pro-inflammatory cytokine called lipopolysaccharide-induced TNF- α , making it a promising treatment option for inflammation and related chronic diseases that conventional medicine has failed to control.

That's the best way to detox using chlorophyll? The very best sources of chlorophyll found on the planet are green vegetables and the leaves of green barley grass.

Here are some of the top food sources to incorporate into your diet to experience all of the chlorophyll advantages.

- **Leafy green vegetables:** Green veggies like kale, spinach and Swiss chard get their signature pigment from a high concentration of chlorophyll. Ideally, every day you should consume some variety of leafy greens as part of your recommended five to seven servings of vegetables, but if you find this difficult consider juicing greens instead.
- **Raw or lightly cooked foods:** An interesting finding published by the Institute of Food Technologies is that chlorophyll content is decreased when green veggies are cooked, thawed after being frozen or when they start to spoil. For example, the amount of chlorophyll in spinach was decreased by about 35 percent after it was thawed and another 50 percent after it was boiled or steamed. To consume the most chlorophyll from your diet, ADD BARLEYLIFE to your Daily Diet!

Vitamin A, a fat-soluble vitamin, plays an important role in growth and development, immune functions, red blood cell production, reproduction, and the development and maintenance of healthy skin, hair, and mucous membranes. The vitamin A in BarleyLife is beta-carotene, which is the most efficient of the carotenoids for conversion to vitamin A in the body. Vitamin A is also an important antioxidant known to protect cells.

Folic acid helps produce and maintain new cells—it is needed to make DNA and RNA, the building blocks of cells. Folic acid in BarleyLife helps prevent changes to DNA that may lead to cancer.

Green barley grass contains buffer minerals such as sodium, potassium, calcium, and magnesium. Buffer minerals neutralize acidic materials and can help maintain a healthy acidity-alkalinity balance.

Here is a list of the chlorophyll content (bound to magnesium) of selected **raw** vegetables:

- 1 cup spinach: 23.7 milligrams
- 1/2 cup parsley: 19.0 milligrams
- 1 cup watercress: 15.6 milligrams
- 1 cup green beans: 8.3 milligrams
- 1 cup arugula: 8.2 milligrams
- 1 cup leeks: 7.7 milligrams
- 1 cup endive: 5.2 milligrams
- 1 cup sugar snap peas: 4.8 milligrams

Why The Garden Trio

Our kidneys are fundamental to removing acids and regulating body pH. The kidneys produce bicarbonate ions that neutralize acids in your blood, enabling your body to closely manage blood pH. Redibeets is 100% organic beetroot powder that nourishes the kidneys.

Also, when you add in the recommended daily servings of Just Carrots (-6.16) and RediBeets (-0.52) the combined **Garden Trio PRAL** is an impressive **-13.45**

Your respiratory system is also involved in controlling blood pH. When bicarbonate ions from your kidneys bind to acids in your blood, they form carbon dioxide, which you



breathe out, and water, which you pee out. Just Carrots is 100% organic carrot powder that supports the respiratory system.



Here are other simple ways to alkalize your body:

1. Optimize digestion
2. Breathe deeply
3. Get your sleep
4. Light exercise daily
5. Lower your stress levels

Lower your Stress Levels

Stress affects your body in so many ways. When you feel too stressed, it can be hard to calm the mind chatter. This leads to a lack of sleep, anxiety, overeating, and generally feeling overwhelmed. When you're stressed out, it can upset your digestive system. Your digestive system helps remove toxins from the body. When it's not functioning properly, the toxins remain in your system, which could result in a more acidic environment.

Passionflower, a soothing herb, reduces stress and relieves muscle tension, which can both keep you awake at night. Its constituents maltol, ethyl-maltol, and some flavonoids are potentially sedating, and another constituent, passi-florine, promotes calmness and ability to sleep.



You Will **find yourself more relaxed**, and when combined with a healthy diet, experience a healthy sense of well-being. Composure is Excellent for test day anxiety.

The **extracts** are from the whole herb and spray-dried in a special process that uses water, not harmful substances. Then they are ground. The whole herbs are also ground

- Composure contains no artificial colors, flavors, or preservatives, nor are there any added sugars, salts, yeasts, or fillers
- Gluten-free certified and the capsule is vegan
- GMO-free

The following are the individual herbs that make up Composure:

Alfalfa

Alfalfa is a source of chlorophyll, vitamins, including A, D, E, K, and beta carotene, and minerals, including selenium. It is especially rich in minerals, as it pulls up nutrients from root depths as great as 130 feet. It is also an effective overall tonic used for rebuilding the body after serious or prolonged weakness or illness.



Irish Moss

Irish moss contains 15 of the 18 elements that compose the human body. It contains vitamins A, D, E, and K and is also high in iodine and calcium.

Marshmallow Root

Marshmallow root derives its botanical name from the Greek word altho, which means “to heal.” Humbart Santillo, in *Natural Healing with Herbs*, calls marshmallow root a nutritive. Michael Castleman, in *The Healing Herbs*, notes that it is a digestive aid. It also has a calming effect on the body.



Slippery Elm Bark

Slippery elm bark was used by Native Americans as a skin ointment. It heals burns, wounds, and poison ivy. It also boosts the adrenal glands and respiratory system, and draws out impurities. Castleman, in *The Healing Herbs*, and Ody, in *The Complete Medicinal Herbal*, cite the bark as being good for digestion. It neutralizes stomach acids.



Do I need to take Composure every day?

- Yes, daily intake of Composure will ensure consistent results and benefits

Is it better to take Composure during the day, or should I only take it at night?

- Take Composure when you feel it is needed. Some people take it during the day to help with stressful situations, and others take it in the evening to help relax.

How to Use Composure

- For Stress - Take 2 capsules in the morning
- For Sleep and Focus the next day – Take 2 x capsules in the evening an hour before bed.



Reducing your stress levels is an important element when alkalizing your body. Lowering your stress levels will also help you manage the pieces of your life more effectively and feel much more balanced. Everyone is different; find stress-reducing activities that work for you. Things like exercise, journaling, stretching, and spending time in nature can all help to reduce stress levels. Anything that makes you feel calmer will help restore the natural balance in your body and mind.

On Breathing

The way that you breathe makes a lot of difference in your body being acidic or alkaline. The deeper you breathe, the more alkalising is the effect on your body. When you don't breathe in a deep manner or take shallow breaths, more carbon dioxide is trapped in your blood, which makes your system highly acidic.

Shallow breathing also means that your stress, which makes you produce more cortisol (stress) hormones, which leaves you with more toxins in your blood making your body more acidic. Just by taking five deep breathes, you put more oxygen in your system, that helps clean your system. The less the carbon dioxide in our system, the less acidic is your body.

Put one hand on the tummy and one on the chest. Now when you inhale, your tummy should inflate and when you exhale, the opposite happens. You can start by 4 seconds of deep inhale, 4 seconds of hold and 6 seconds of exhaling. You can do it for five minutes a day to alkalise your body.

On Digestion

Digesting our foods affects our body's pH. You need proteins, and whether you choose alkaline or acid-based protein, your goal is to digest that protein, not just stuff it into your mouth!

Undigested food of any pH will cause an acidic condition in your body because your kidneys will have to work over-time in filtering the undigested waste. Undigested food can also lead to pathogenic and bacterial overgrowth that are essentially what leads to acidic conditions.

To optimize your digestion, eat slowly and chew every bite around 30-40 times. Be careful not to overeat and overload your system. Try eating only when you have truly worked up an appetite, eating smaller portions of proteins with a larger serving of vegetables, or taking a supplement like Preppzymes.

Get your Sleep

Getting enough rest does magic for your health. The list of benefits range from improved skin, better digestion, mental clarity, a balanced hormonal system, and of course to a more alkaline body. Lacking quality sleep can lead to blood sugar imbalances which can contribute to mental and hormonal imbalances that lead to cravings for overly acidic foods such as refined sugar and carbohydrates.

Your adrenals and thyroid play a major role in how your body responds to stress. When you skimp on sleep you overwork these glands and make it more difficult for the body to remain calm. Excessive secretion of stress hormones by the adrenals and thyroid will create an acidic condition in the body and counter-productively weaken your digestive system.



Passionflower in Composure helps you Sleep

Passionflower was used by Native Americans **to soothe the nerves**, and it has been used more recently for hyperactivity, insomnia, Parkinson's disease, and nervous tension. Its constituents maltol, ethyl-maltol, and some flavonoids are potentially sedating, and another constituent, passiflorine, reportedly promotes calmness and ability to sleep. In Europe, passionflower is used in sedative preparations.

As you can see, sleep is the cornerstone of holding together the key components to maintain a healthy body. The best way to promote healthful sleep is to sleep according to a circadian rhythm. That means sleeping before 10:30 pm (or when the sun is completely set) and rising when feeling fully rested (typically after 8.5 hours). The important factor is that you do not force yourself out of bed before it's been fully rested. Additionally, not eating or working out too close to bedtime will provide your body with the energy it needs to sleep soundly. That's right, you actually need energy to have a good night's sleep.

Light Exercise daily

When you exercise, your breathing gets faster and so does your circulation. This helps to alkalize your body in a similar way to deep breathing. By removing more carbon dioxide from the body than you would normally, you're helping to balance the pH levels in your body. Carbon dioxide is very acidic, so removing more of it is beneficial.

Aim to incorporate light exercise into your day. This could be in the form of a gentle walk or cycle. When you move, you're pushing waste products out of your body. Exercising regularly and keeping your body moving is essential for your overall health.

Contact:

Disclaimer: I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might sound, you **MUST** seek medical advice before making changes to your diet or embarking on any exercise program.

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