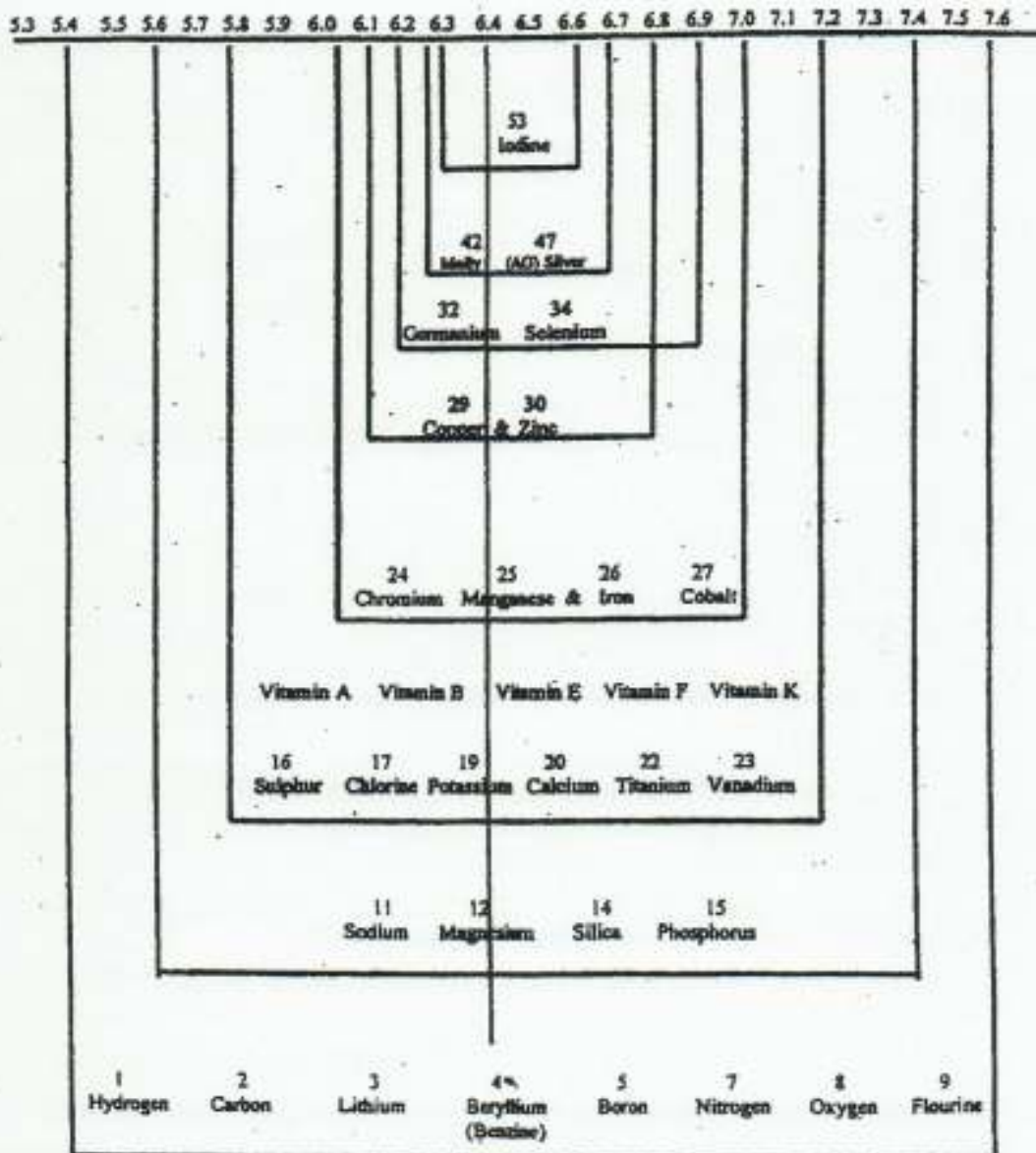


This chart details the pH range necessary for the cells of the body to be able to extract the nutrients from the blood. If you are out of these ranges, you will not utilize the nutrient.

URINE & SALIVA

RANGE OF ACCEPTANCE

Perfect pH



MAJOR MINERALS

Mineral	To Increase	To Decrease
Calcium	Copper, Magnesium, Zinc	Potassium, Phosphorus, Manganese
Magnesium	Zinc, Calcium	Manganese, Iron
Sodium	Manganese, Iron, Copper, Molybdenum	Zinc, Magnesium
Potassium	Zinc, Magnesium	Calcium, Copper
Zinc	Vitamins A & B6, Magnesium	Copper, Iron, Manganese, Chromium
Manganese	Vitamin B1	Iron, Chromium, Zinc
Iron	Vitamin C	Zinc, Chromium, Manganese
Copper	Magnesium, Calcium, Cobalt	Zinc, Molybdenum, Sulfur, Chromium, Iron, Manganese
Chromium	Zinc	Iron, Copper Calcium
Selenium	Vitamin E	

TOXIC METALS

Toxic Metal	To Increase	To Decrease
Lead	Deficiency of Calcium, Iron or Copper; Lead exposure	Calcium, Iron or Copper, Vitamin C
Mercury	Copper toxicity, Mercury exposure	Selenium, Zinc, Vitamin C
Cadmium	Zinc deficiency	Zinc, Copper, Iron

pH Balancing

If Saliva pH is lower than Urine pH, use B6*.

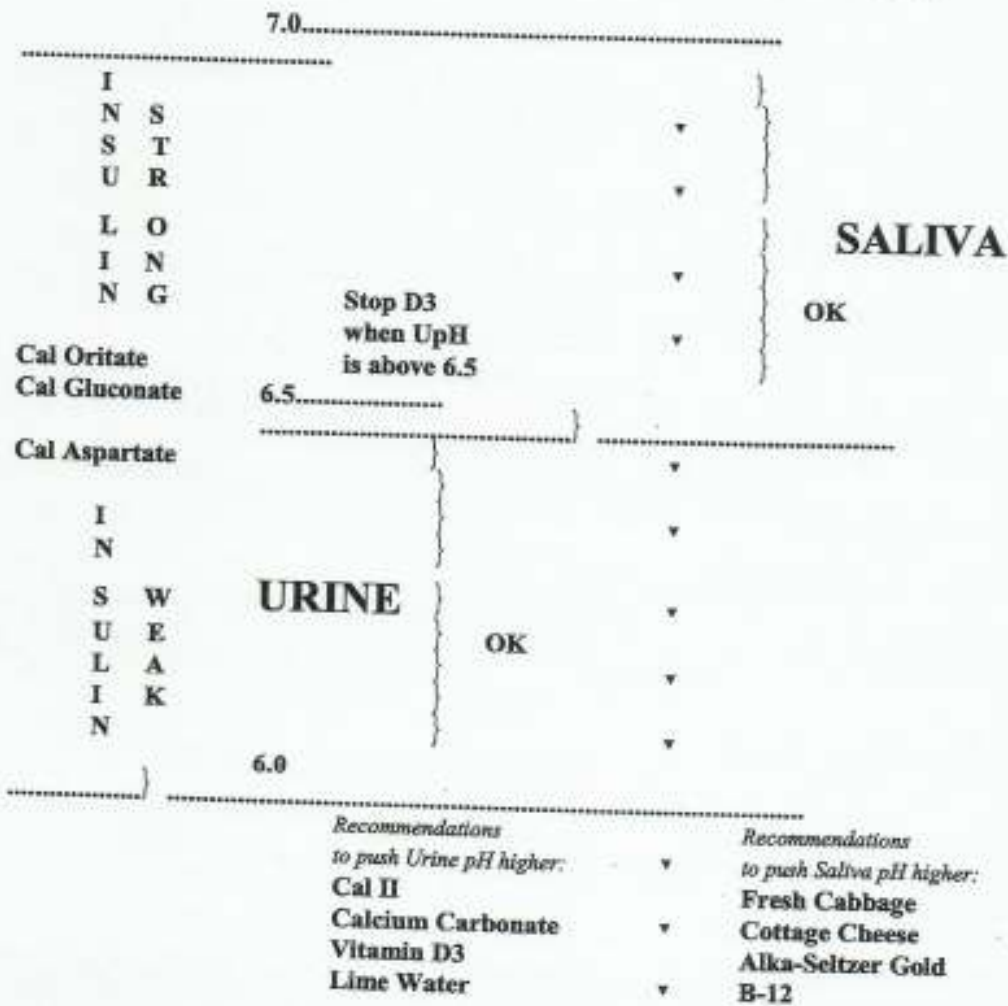
If Saliva pH is higher than Urine pH, use Vitamin C**.

*Recommendations
to push Urine pH lower:*

- Vitamin C**
- Ascorbic Acid (NOT Ester C)*
- Cal Lactate
- Vitamin B6*
- Phos Food

*Recommendations
to push Saliva pH lower:*

- Sauerkraut
- Yogurt
- Betaine HCL
- Cayenne Pepper capsules
- Lemon in water



Note: Onion Soup will not lift urine pH - yet will supply Vitamin C that is neutral (not acidifying).