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Alkalize Or Die

It seems people are becoming increasingly aware of the body's need to be in a slightly alkaline state. "Alkalize or Die" has become a buzzword in health circles.

Here's Why:

Leading research is starting to show that nearly every common disease is associated with having a body that is too acidic. And it's no doubt most of us are unhealthy, because the typical diet is made up of a collection of acidic foods and beverages. That's the main message in a book called Alkalize or Die. Fortunately, it's easy to find PH test strips these days, and test your own saliva. Simply place a PH test strip on your tongue first thing in the morning, before you have consumed anything. Almost everyone over the age of 25 will have a PH of less than 7. Healthy people will have a PH level of about 7.2 to 7.4

Do you know what your PH level is?

Many people who hear the phrase "alkalize or die" know about Ted Baroody. He wrote the exceptional book the alkaline diet, and is really helping to bring light to a little known health secret. If you look on Amazon, you'll find Alkalize or Die among the most popular health books being sold today.

But before alkalize or die, there was another source that popularized the need for the body to be in a slightly alkaline state. His name was Edgar Cayce, also known as "America's Sleeping Prophet". Cayce would often go into a sleeping trance, and answer questions about diseases and other conditions. From these sessions, information was produced about the need for the body to be in an alkaline state, and the ideal diet that a person should follow. This information is available from the Association for Research and Enlightenment in Virginia Beach, Virginia.

Not surprisingly, Cayce's recommended diet is filled with raw fruits and vegetables. And one of the best foods to stay alkaline is celery! Yes, that simple green vegetable is one of the richest sources of alkalinity, and the body thrives on it. Do you wish to alkalize or die? If alkalize is your choice, then be sure to have 30% or more of your diet composed of raw fruits and vegetables. In the recent high tech world we live in, you can also find alkalizing products you can use. One of the most successful of these is X2O Xtreme, produced by Xooma International of Hampton, Virginia. This little product is like a teabag that is put in pure water. It converts water to an alkaline level of 9.9, and also puts dozens of minerals in a highly digestible form.

There are many other ways to keep your body in the alkaline state, such as drinking lots of water each day, but what you need to succeed is discipline. Discipline is needed to reduce consumption of soft drinks, coffee, and highly acidic food. That's what most of us eat exclusively each day! If the contents of Alkalize or Die motivate you to change your habits, then your ability to maintain discipline is one of the keys to gaining the health benefits.

Hopefully, Alkalize or die and other sources discussing the benefits of an alkaline diet will bring heightened awareness to the need to change our diet, and provide the motivation for us to be successful in making the necessary changes. The rewards are profound, and worth the effort. Who wouldn't like to be near disease free and living healthier lives? Do you want to take the first step? Be sure to pick up a copy of Dr. Baroody's Alkalize or Die book, and educate yourself on just how good you could be feeling a few short weeks from now.