

Alpha Boost is a natural way to alkalize the body!

As many as 60 million Americans suffer from heartburn at least once a month, and 25 million suffer from it on a daily basis. The vast majority of these people can find relief by making simple adjustments to what they eat or drink.

When discussing foods, you must understand that there is a huge difference between acid foods and acid-forming foods. A good example is citrus fruits, which are truly acid foods because they contain citric acid. However, during the process of digestion, foods change their chemistry. Therefore, do not assume that ALL acid foods are acid-forming. A good rule to follow is the 80/20 rule, where you eat 80 percent alkaline and 20 percent acid-forming foods.

Acid overload and unbalanced pH levels have been linked to allergies, digestive issues, weight problems, circulation problems, fatigue and low energy, premature aging, stiff joints, memory loss, constipation, bloating, breathing difficulties and skin problems.

The body works best when you're in alkaline and acid balance. The pH, or "potential of hydrogen", is a measure of the relative acidity or alkalinity of a solution. A pH of 7 is a perfectly neutral pH; from 0 to 7 indicates acidity; and from 7 to 14 indicates alkalinity. You want to fall somewhere in the middle around 7 or 7.5.

Studies show that if you eat a typical Western diet of acid-forming foods like fatty meats, pasta, refined sugar, fast food, starches, processed and packaged foods, coffee and soda, you could be at risk.

Improper pH balance can thicken your blood and increase your risk of heart problems... block vitamin absorption and starve your body of essential nutrients... create toxic buildup in clogged cells... slow down organ function and make you feel sluggish and weak... prevent proper digestion and create excess gas and bloating.

In order to maintain alkaline balance there are natural food based minerals to help boost your oxygen levels so your cells stay strong and healthy. Here are some food based minerals found in ***Alpha Boost Juice...***

- ❖ Selenium helps boost your immune defenses and neutralize harmful free radicals.
- ❖ Calcium helps build and maintain strong bones and teeth... keep your blood pressure healthy... and improve weight control.
- ❖ Copper helps your enzymes function... aid in the absorption of iron... transport oxygen through your body... stimulate hormone production... and boost your immune system.
- ❖ Phosphorous is required for strong bones and teeth... maximum bone strengthening... and effective kidney function for the elimination of waste.
- ❖ Chromium helps build muscle... maintain blood sugar levels... balance cholesterol levels... improve carbohydrate metabolism... and promote balanced weight loss.
- ❖ Magnesium boosts your heart health... keeps your blood sugar healthy... strengthens bones... and supports healthy enzyme function

