



# Key Elements to Good Health

## Detoxification

### What is detoxification?

Detoxification is the term used to describe the process your body goes through to get rid of toxins.

You can help your body to detoxify by exercising, reducing or eliminating certain things from your diet, and consuming the right foods, drinks and supplements. For example, eat raw vegetables and fruit, drink pure water and take Herbal Fiberblend, Fit 'n Fiber, Herbal Release and FloraFood. Natural, detoxifying greens, BarleyLife, BarleyLife Xtra and CoCoa LeafGreens help provide daily nutrition during your detox program.

Signs of detoxification—both physical and mental—may appear when you alter your lifestyle by changing your diet, exercising or by discontinuing a habit, such as consuming a lot of sugar or coffee. This could also include headache, stomachache, cough, diarrhea, rash and clogged sinus, as well as feeling run-down and irritable. The signs may be of short duration and slight irritation, or they could last longer and cause you considerable discomfort.

Changing your lifestyle can result in misunderstanding: If I am doing something that is supposed to be good for me, why do I experience uncomfortable signs of detoxification? Why do I feel worse and not better? Understanding this apparent contradiction is perhaps the first and most important hurdle you must get over when making a lifestyle change.

If you consider this contradiction carefully, however, it is easy to understand. Think of how you might have experienced this on a short-term basis. If you do not get regular exercise and then play softball, the next day, you might feel bad—tired with sore muscles. This is your body reacting to something that it is not used to doing.

You can see the same thing when you stop a regular activity; if you are a soda drinker and stop this habit, you may notice that you have less energy, and you may even have a headache as your body shifts into a healthier mode. When you change your diet or lifestyle, the same thing happens; your body reacts to the change.

### Why does this happen?

As we live, toxins accumulate in our bodies. Some of these are due to our diets, and others are due to the environment around us. Of course, our choices also play a role. If you smoke tobacco or consume alcohol, you are accumulating even more toxins.

When you make a healthy change in your lifestyle, toxins are released into the bloodstream and carried through the circulatory system before being eliminated from your body.

### How severe are the symptoms and how long do they last?

The duration and severity of detoxification depends on the duration and severity of your long-standing bad habits! Drastic or gradual changes also determine the duration. It can also come in cycles, so you may start to feel better and then experience additional signs of detoxification as even more toxins are eliminated.

#### Detoxification Symptoms

✓ Clogged sinus	✓ Flu symptoms
✓ Cold symptoms	✓ Gas
✓ Constipation	✓ Headache
✓ Cough	✓ Irritability
✓ Diarrhea	✓ Moodiness
✓ Fatigue	✓ Skin rash
✓ Fever	✓ Stomachache

### What can I do during this period?

Rest and let your body do what it needs to detoxify. If you have the luxury of staying home, do so. If not, limit social engagements and cut back on exercise. Give your body as much energy as possible to do its job. Eat light meals that are easy to digest—consume vegetables and fruits and drink plenty of water.



# Balance your Body pH

## What is pH?

While striving for good health, we focus on measuring cholesterol, blood pressure, blood sugar, calories, etc. However, don't forget about your body's pH - how acidic or alkaline is it?

The acid or alkaline measurement of your body is classified in pH (potential of hydrogen) factors. The pH scale ranges from 0-14, with 7 being neutral. A pH above 7 is basic (or alkaline) and below 7 is acidic (The AIM pH test kit measures a range from 5.0-9.0). Acids and bases are chemicals that are opposites. When they meet in certain ratios, they cancel each other out, creating a neutral pH.

In the blood, it takes about twenty times as much base/alkaline to neutralize any given amount of acid, so it is both better and easier to maintain pH balance rather than to regain it. The most important indicator of our pH is blood, which should ideally be maintained at 7.365 pH.

## Why is a balanced body pH so important?

The pH level of your internal fluids affects every cell of your body. Your entire metabolic process depends on an alkaline environment. Over-acidity or chronic acidity breaks down your body tissues. Eventually, this acidity interrupts cellular activities and functions. In effect, acidity interferes with your quality of life.

## What happens if I'm acidic?

As examples, eating too much acid-ash-forming foods or drinking soft drinks on a daily basis makes your pH acidic. Your body neutralizes acidity with stored, alkaline minerals, such as calcium, magnesium and potassium. When your body is low on reserves of these minerals, the blood steals them from your tissue, organs or bones to neutralize strong acids and assist in eliminating them.

Excess acid is stored in tissue when the blood is unable to balance the overload. That's when the lymphatic system goes to work at neutralizing the acid buildup, returning it to the blood for elimination. However, if the lymphatic system is compromised, acid continues to accumulate in tissue until it is eventually transferred into fatty tissue or your organs, such as the colon, heart, liver and pancreas.

This cyclical struggle to rid the body of acidic waste accelerates the aging process.

## How do I maintain a healthy body pH?

What you consume impacts the pH of your body. Specifically, maintain a diet that includes a balance of 75 percent alkaline-ash-forming foods and 25 percent acid-ash-forming foods. For examples, see the **AIM pH Food Guide** (available online).

The focus of your diet should be vegetables, which alkalize your body while providing vital nutrients, such as vitamins, minerals, fiber and protein. If you eat a large variety of dark green, leafy vegetables and supplement with BarleyLife®, you will get essential amino acids—the building blocks of protein.

Meat protein is acidic, so limit the amount you consume and supplement your daily protein with AIM ProPeas™. Sugar is also acidic and creates inflammation in cells, tissues and organs, so avoid the added sugar that is prevalent in packaged foods and drinks. For example, by regularly drinking soda pop, you are literally dumping acid into your body.

Too much acidity in your body is toxic, making balancing your body pH with the right foods, drinks and supplements a form of detoxification.

## How can I measure my pH?

A quick way to estimate what is happening in your body tissue is to test the pH of your urine or saliva using the **AIM pH Test Kit (5488E US, 4656E CA)**, which contains easy-to-use strips that provide accurate pH readings. As you make dietary changes, measuring your pH on a regular basis is an excellent way to check that you are maintaining a balanced body pH.

For additional information, refer to the **Detox and Rejuvenate Program** booklet available online.



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