

# Special Aging Report



## Reverse Aging through pH Balancing and Oxygenation

### Tips for Optimal pH Balancing

Manage stress effectively

Cleanse body systems

Drink 8 or more glasses of water daily (squeeze in generous amounts of lemon juice for cleansing)

Eat alkaline-producing foods.

### 4 Basic Food Groups Acidic Rating

Meats, Fish, Poultry -  
Very Acid

Gravies, Cereals -  
Acid

Eggs, Dairy Products -  
Acid

Vegetables, Fruits -  
Alkaline

### The Role of pH Balance

One of the most compelling discoveries I made in the last decade is the role of pH balance as an anti-aging, weight balancing, and disease management technique. You will be astonished to realize the broad ramifications of an overly acidic condition in the body. The next few paragraphs are going to open your eyes to both the realities of pH body imbalance and the sense of urgency for you to act NOW if this information seems to apply to you.

### Reverse Aging Schedule

Recent research has shown that if you have an acidic pH balance as indicated by the signs and symptoms listed below, you are a poor candidate for becoming younger looking and more trim until you can create a neutral pH balance in your system. However, you can, with this guide sheet, reverse your accelerated aging schedule yourself at home --- with some simple, fast acting and inexpensive procedures.

### Symptoms of Acidic pH Balance

Signs and symptoms of an acidic pH balance include: excessive fatigue, weak kidney, easy weight gain, excessive stress, reluctant weight loss, constipation, aches, pains, headaches, malaise, proneness to catching colds, mental confusion, and lack of clear thinking.

## Protein Caution

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While adequate protein is vital for your health cells, when your cells become overburdened with protein they may become toxic and acidic. Dr. Ted Morter, Jr., a foremost pH expert of our time, says, "The paradox of protein is that it's not only essential but also potentially health destroying." Imagine that!

## Body Builders' Note

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The odor of ammonia in urine is a strong signal that the body is desperately in need of organic sodium and that protein intake must be diminished. Not enough sodium causes calcium to be leached from bones and lost in urine elimination, resulting in osteoporosis bone loss.

## Benefits of Alkalinity

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When you successfully bring your body to the ideal pH range (7.0 when measuring you saliva upon rising in the morning, before eating or drinking anything), you will have much more natural vitality, better metabolism, and fewer internal/external signs of aging.

## Essante Earth Greens and Supreme Ph

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If you suspect that your daily habits are preventing you from enjoying your optimal pH balance, one of the quickest ways to reverse your pH to an alkaline direction is by taking these free-radical-scavenging, all-natural, mineral-rich in green, botanical products called Essante Earth Greens and Supreme Ph. These alkalinity boosters, liver cleansers, immune strengtheners, and free radical scavengers, body-odor-eating oxygenators can't be beat! Get started improving your health and the health of your entire family.

## Success Stories

"I had much more energy on my very first day."

"Using Essante Earth Greens and Supreme Ph I got over the flu in less than 24 hours while everyone else was sick a week."

"By taking Essante Earth Greens and Supreme Ph I lost 8 pounds in 1½ weeks and I feel great!"

"I experienced a sense of my entire system responding to Essante Earth Greens and Supreme Ph... I even noticed my cravings diminished."

"I lost the inflammation I'd had in my back for 20 years in less than 72 hours of taking Essante Earth Greens and Supreme Ph..."

Eileen Silva, Ph.D., N.D., C.T.N., is a doctor of Natural Health & Naturopathy, in Southlake, Texas with a practice in metabolic health, weight, and body balancing. Eileen has appeared on TV and radio talk shows coast-to-coast, lectured extensively, and has developed a breakthrough-technology, computerized, body-analysis program. Her innovative wellness techniques have been used to help thousands of individuals achieve weight loss and better fitness. Her latest book, *A Healthier You*, joins her best-selling, *Fat Chance at Last! --- How to go Beyond Willpower*, in offering lifestyle changes for better health results.

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