



Wellness Newsletter

PH - What's Your Number?

Our bodies are living laboratories. We are alive and breathing right now because of our complex nervous system in addition to the foods we eat and drink. This fuel, along with the oxygen from our lungs, is 'burned' in our cells, causing numerous chemical reactions to occur... until the products that are left are carbon dioxide, water, and an ash residue. This is like how a fireplace works with firewood being the 'food.' The question is... how does our ash residue measure up, and how does it affect our health? The answer depends on whether this ash residue is acidic or alkaline.

The pH scale runs from 0-14; 0 is complete acidity and 14 is complete alkalinity. In the middle, pH 7.0 indicates that the substance is neither acid or alkaline- it's neutral.

The ideal pH for your body is slightly above 7.0.

An acidic pH can:

- Cause fatigue
- Increase your risk for illness and disease
- Decrease energy production of cells
- Limit the ability of the body to detoxify heavy metals and other toxins
- Hinder the body's ability to absorb nutrients and minerals

Some of the acidic items we put into our bodies are prescription/ OTC drugs, beverages other than purified water, artificial sweeteners containing aspartame, corn/ corn syrup, many grain products, dairy products, alcohol, coffee, tobacco, and food preservatives found in processed foods.

Whatever health situation you are faced with, you can monitor your progress toward a proper acid/ alkaline balance by testing your pH levels. By monitoring those levels, you can get a general indication of how your body is responding to foods you eat, what you drink, chemicals you use, as well as other lifestyle stressors.

Introducing: Immuplex!

Immuplex is our newest immune boosting supplement. Immuplex blends essential micronutrients such as Cytosol, and minerals to assist the immune system. Immuplex also:

- Supports the body's inflammatory response system
- Helps to maintain a white blood cell count within normal levels
- Is a great source of many vitamins including iron, zinc, copper, folate, and vitamins B6, B12, C and E.

As the cooler weather comes around and seasonal "bugs" start to make their appearance, our immune systems often need a little help.

If you feel your body needs a little help, take Immuplex once per day!



Is Your Body Acidic?

Many diseases thrive in an acidic environment.



Adopting an Anti-Inflammatory Diet to Reduce Pain

Inflammation is part of the body's natural immune response to things like infections, wounds, and tissue damage, and you wouldn't be able to heal without it. But inflammation can also lead to pain, and plays a major role in many diseases, including arthritis, heart disease, asthma, metabolic syndrome, diabetes, and even cancer.

The good news is that changing your diet and focusing on proper nutrition can dramatically help with acute pain and illness, and adopting an anti-inflammatory diet is one of the easiest ways to start managing these conditions.

If you want to start eating an anti-inflammatory diet, the best way to start is by choosing whole foods as often as possible. This means basing your diet around whole, nutrient-dense foods that are high in antioxidants and avoiding processed food products. Your diet should provide a healthy balance of protein, carbs, and fat at each meal, and it's important to meet your body's needs for vitamins, minerals, fiber, and water each day.

Some of the basic guidelines of an anti-inflammatory diet include:

- Reduce the amount of carbohydrates, especially processed carbs
- Try to include healthy, clean sources of protein when you choose meats
- Good fats are important, especially the omega-3 fatty acids
- Add a wide variety of vegetables and fruits to your meals
- Consume things like dairy in moderation, as it contains unhealthy fats

Foods that may help manage inflammation include:

Fruits and vegetables: Choose a variety and aim for lots of color (as they say, eat the rainbow). Research shows that eating foods rich in vitamin K, like leafy greens, broccoli, cabbage, spinach and kale can help curb inflammation. Fruits like cherries, raspberries, and blackberries derive their color from types of pigments that can also help your body fight inflammation.

Whole grains: Foods like oatmeal, brown rice, whole wheat bread, and other unrefined grains are high in fiber, and fiber can also help with inflammation.

Beans: Beans and legumes are high in fiber and loaded with antioxidants and other nutrients that can help reduce inflammation.

Nuts: Nuts contain omega-3 fatty acids and other kinds of healthy fats that can reduce inflammation. (Olive oil and avocados are also good sources.) Stick to just a handful of nuts a day, as the fat and calories in nuts can make them easy to overdo.

Fish: Oily fish like salmon, tuna, and sardines all contain plenty of omega-3 fatty acids that help with inflammation. You should try to work these into your diet at least twice a week.

Herbs and spices: Along with flavor, these add antioxidants to your food. Turmeric, for example, has powerful anti-inflammatory effects and is a very strong antioxidant. Garlic and ginger have also been shown to have anti-inflammatory properties.

What kinds of foods cause inflammation and pain?

In addition to including nutritious anti-inflammatory ingredients in your diet, it's also important to limit your consumption of foods that can contribute to inflammation. Avoid foods that are highly processed, overly greasy, or super sweet, as these aren't a good choice for you if you have inflammation.

People who are following an anti-inflammatory diet should avoid or limit their intake of:

- Processed foods like fast food, frozen meals, and processed meats
- Foods with added sugar or salt
- Unhealthy oils (processed vegetable oils and trans-fats)
- Highly processed grain products, such as white bread, white pasta, and many baked goods
- Processed snack foods, such as chips and crackers
- Premade desserts, such as cookies, candy, and ice cream
- Excess alcohol

