

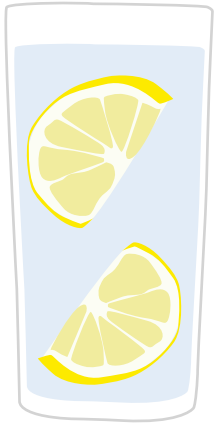
ARE YOU HIGH ON ACID?

We're talking about your body's pH balance of course.

To maintain a balanced pH, shoot for 65-70% of all your food and beverage consumption to come from an alkaline source.



Whether a food or beverage is classified acidic or alkaline is based on the effect they have on the body after digestion, end product of digestion.



Alkaline-forming food removes hydrogen ions from the body, making it more alkaline.



Acid-forming food or beverage adds Hydrogen ions to the body, making it more acidic.

