

MOSS NUTRITION

pH Balancing Protocol #2

How can your body get too acidic?

- Excessive intake of acid-producing foods and decreased intake of alkaline foods (see Acid/Alkaline food chart)
- Excess stress
- Inflammation
- Imbalance in Intestinal flora
- Lack of optimal exercise
- Lack of fresh air
- Medications

Why should your body be more alkaline?

The pH of the body controls and affects all the functions of the body. A diet high in acid-producing foods and/or chronic stress can disrupt the acid-base balance. In order to re-establish balance, the body will use its essential mineral stores to buffer the acidic environment. This disruption in the acid-base balance is said to make people prone to illness.

How to balance your body pH value:

1. Make dietary adjustments, balancing acid & alkaline foods
2. Optimize fluid intake
3. Optimize exercise
4. Manage stress levels
5. Determine nutritional deficiency (based on a 3-day diet history and determined by your health care professional). If nutritional deficiency is SIGNIFICANT, follow the protocol listed below:



Protocol: for *SIGNIFICANT* nutritional deficiency

1. Measure your first morning urine with pH paper for 5 days in a row. Enter the values on a chart.
2. Take the highest and lowest measure and disregard them. Take the 3 remaining and take the average. Note it in the chart. Ideal first morning urine pH should be between **6.4-7.0**.
3. Start with **1 capsule of K-Alkaline** and **1 capsule of Magnesium Select** before bedtime. Check the urinary pH the next morning. If it is still below 6.4, take **2 capsules of K-Alkaline** and **2 capsules of Magnesium Select** before bedtime.
4. Continue increasing the dose by **1 capsule of K-Alkaline** and **1 capsule of Magnesium Select** on subsequent nights until the first morning urine pH is between 6.4 and 7.0
5. If the first morning urinary pH is too high (above 7.4) the next morning, simply decrease the dosage by **1 capsule of K-Alkaline** and **1 capsule of Magnesium Select** before bedtime.
6. Once the optimal dose has been achieved, continue checking the pH. As long as the pH is between 6.4 and 7.0, maintain that dosage. If the pH goes below 6.4, raise the dosage. If it goes above 7.0, decrease the dosage. Beyond two weeks, talk to your health care professional.
7. Take an Epsom salt bath daily for approximately 15 minutes. Add 1 cup of Epsom salt to your bath. A footbath can be done as a substitute. Beyond two weeks, talk to your health care professional.