



Knowledge is  
your secret  
weapon to good  
health.

## GUT HEALTH

### Over-Acidity

*The body's pH is a key indicator of our mineral reserves and ultimately our overall health. Ideal pH levels can range from 6.6 (slightly acidic) to 7.4 (slightly alkaline). If the diet does not supply enough alkaline minerals to buffer the acid load, the body seeks to balance itself and responds by leaching minerals from our muscles, bones, nerves and vital organs. This can potentially lead to many negative health effects including: Fatigue, sensation of heaviness, low body temperature, weakened immunity, loss of joy and enthusiasm, mood swings, nervousness/agitation, hyperactivity, headaches/migraines, cataracts/conjunctivitis, poor dental health, constipation, gas, bloating, acid reflux, gastritis, ulcers, cancer, brittle nails and hair, dry/irritated skin, leg cramps/spasms, osteoporosis, joint/muscle pain, obesity/weight gain, chronic inflammation, high blood pressure, bladder/kidney conditions, and decreased fertility/libido.*

#### Contributing Factors

All forms of chronic stress (shallow breathing), diet low in minerals and fibre, diet high in acid-forming foods, under functioning pancreas/gallbladder (leads to high acid in G.I tract), strenuous/over-exercise, drug use, alcohol consumption, caffeine consumption, medication use, inadequate sleep, toxic exposure (food, environment, products), inflammation, allergies (food, environmental)

#### Lifestyle Recommendations

- Using pH paper, assess the pH of your first morning urine. Ideally, it will be between 6.6 (slightly acidic) and 7.4 (slightly alkaline). Anything consistently below a reading of 6.4 is of concern and likely indicates a chronic acid condition. If your body's pH reading is above 7.0, you are considered "alkaline". A pH below 7.0 is considered an acidic environment and is generally a factor in all degenerative and autoimmune diseases when chronic.
- Focus on making alkaline-forming foods the majority of your diet, up to 80-90% if possible. Once optimal pH is attained, it can be maintained with less (60-75%). Focus on choosing fresh, organic, local, raw, unprocessed, whole, unrefined, mineral rich, plant-based foods. Fruits and vegetables (especially sea/cruciferous/leafy vegetables), and some nuts, seeds and legumes offer the most alkalinity.
- Limit acid-forming foods as much as possible. These include animal products, processed/fried ingredients, added & artificial sugars/sweeteners, caffeinated beverages, high-sodium foods, alcohol, soft drinks, and tap water.
- Drink at least 2 L of good quality, alkalized water per day, between meals

#### Product Recommendations

- Consider supplemental green foods powder/tablets to alkalize, energize, protect and detox your cells. Some key greens to look for are spirulina, chlorella, alfalfa, celery, barley, dulse, kelp, parsley, spinach, cilantro, dandelion, wheat grass, kale and broccoli. There are also varieties available for children!
- Supplement with alkalizing minerals (electrolytes—potassium, calcium, magnesium) in citrate form.
- Look for an alkalizing formula containing at least a few of the following ingredients: lemon powder, aloe vera, sea salt, alkalizing minerals, sodium bicarbonate, alfalfa, cilantro, spirulina, chamomile, and/or MSM.
- Support digestive health for proper absorption of nutrients and alkalizing minerals. Consider enzymes with HCl, probiotics, and gut repair nutrients like L-Glutamine or C-NAG if necessary.

**Book a free 15 minute consult with a GNN Product Advisor!**

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