



for healing the body naturally!

Alkalize™ patch is a **NON DRUG** patch that was developed as a complementary therapy program that is accepted by Doctors and Practitioners as an aid to support the body's natural pH balance.

The **Alkalize** patch helps the human body to maintain a slightly alkaline PH of 7.35 balance, but poor diet and stress can change the PH to an acidic one, in which disease can thrive. The body maintains a delicate acid-alkaline balance. Everything from healthy cells to cancer cells to soil quality and ocean life is affected by pH. The term pH stands for "potential hydrogen" which is the measure of hydrogen ions in a particular solution.

By far the most important measurement is your blood's pH, which must be slightly alkaline with a pH between 7.365 and 7.4 measurement. A basic understanding of how our bodies maintain an alkaline blood range is important for good health. Your body doesn't just "find" the balance, it works extremely hard to create it.

The **Alkalize** patch works with the body's energetic system to maintain pH balance. The frequencies from the patch are matched with your bodies' fluids and tissues to maintain the correct pH balance.

Proper Placement

Place the Alkalize patch on the left shoulder. Your body accepts energy far better than the right side. Please follow directions that are stated below for best results.

Alkalize™

Instructions: The Alkalize patch is to be applied to your body, (left shoulder). It was developed to support your pH balance. Made to last for 3 days, then discard. Apply another patch and wear it for additional 3 days. Repeat this procedure for 30 days to restore optimal pH function.

If needed, continue with procedure for an additional 60 days.

Top 3 Ways to Support pH Balance

- 1. Start your day with a tall glass of lemon water and stay hydrated.** While lemons are acidic in their natural form, lemon water is alkaline-forming in the body. Staying hydrated is key for cleansing your system, boosting your energy, helping your immune system work at its best, and avoiding the accumulation of acid waste.
- 2. Eat more raw foods and drink green juices and smoothies.** Organic green juice, green foods and green smoothies! As mentioned above, leafy greens, wheatgrass, veggies, sprouts, certain fruits, nuts and seeds, certain grains and seaweeds flood our bodies with vitamins, minerals, chlorophyll, phytonutrients, and oxygen.
- 3. Exercise, manage stress, sleep better, and avoid nasty chemicals and tobacco.** It's not just diet that affects your pH. Lack of exercise and an overage of anger, drugs, tobacco, and stress can create inflammation and acidity in the body. Stress isn't a laughing matter or a badge of courage. The work-hard, play-hard, deal-with-it-later approach is a big pH no-no.

