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# **BALANCE pH & RECHARGE YOUR BATTERY**

**The Magnesium Difference**



**ALYCE HARMS**

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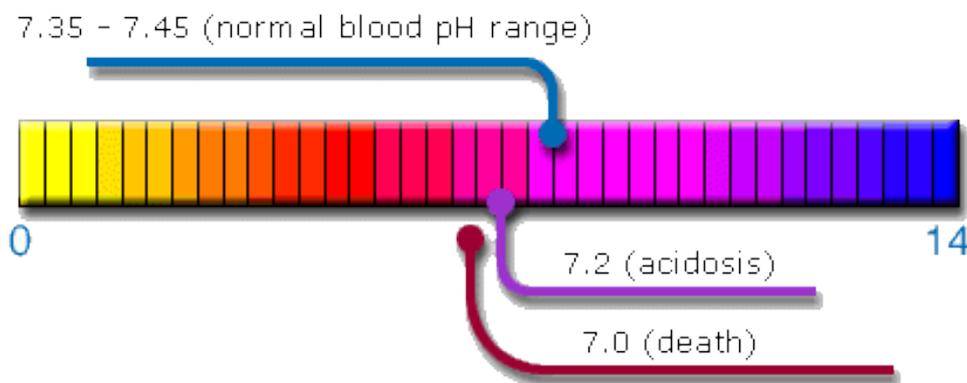
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# Balance pH & Recharge Your Battery

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Your body must accomplish many millions of complex functions through the course of each day, dependent upon every cell to relay the necessary information. Your cells achieve this through subtle pulses of electricity, known as piezoelectricity. All of the organs in your body emit subtle fields of electrical current. In fact, nerve signals are nothing more than electrical charges. What generates the electrical power in your body is a very fine balance that exists in your bio chemistry. One of the most important systems that depend on this delicate bio chemical balance is your blood stream. This is where pH comes into play.



Have you ever wondered if the diseases in our society have a common connection? Many doctors, herbalists, and nutritionists believe that the connection may come down to one key factor: **Acid / Alkaline** balance.

*Later in this article we will offer the simplest and most effective way to restore pH balance by making magnesium bicarbonate water in your own home!*

High acidity can become a dangerous condition that weakens all major body systems. It makes your internal environment conducive to disease. A pH balanced environment, on the other hand, allows proper metabolic functioning and gives your body resistance to disease. A healthy body maintains alkaline reserves that are used to meet emergency demands.

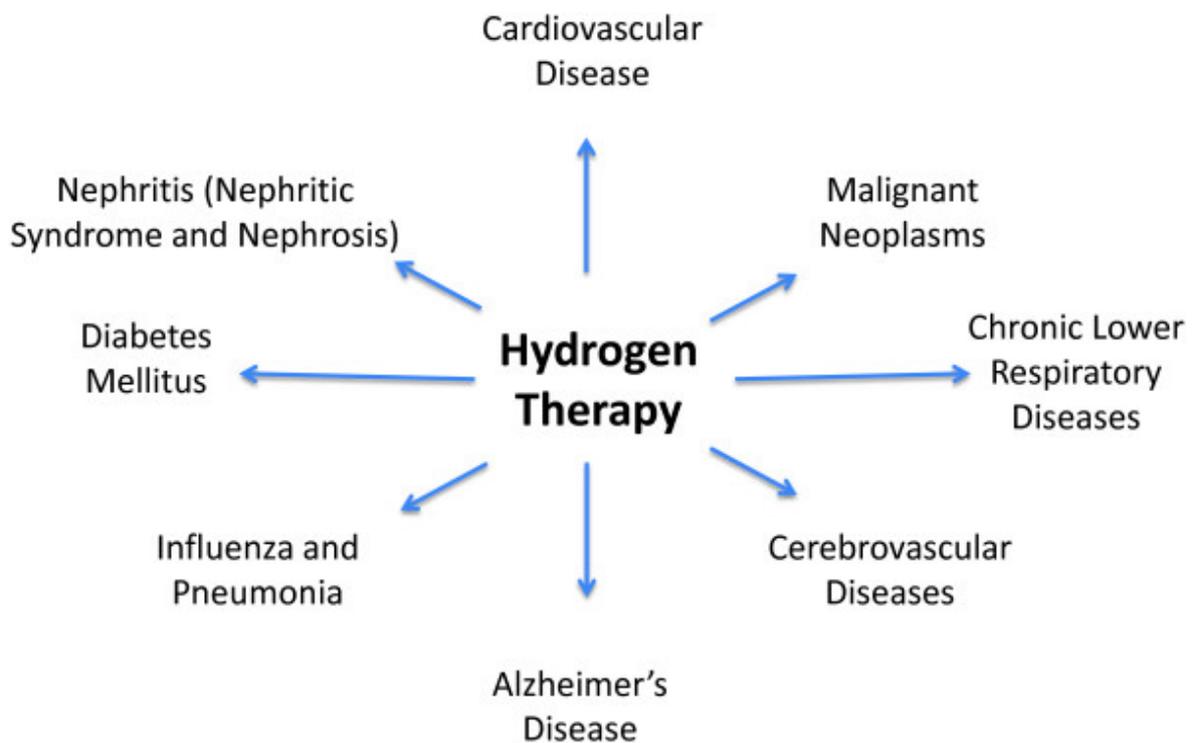
Few medical practitioners in Western medicine are aware of how your internal pH balance plays a major role in causing almost all disease. So let's begin with some very basic information on the subject of pH.

## What is pH

pH is a logarithmic measure of hydrogen ion concentration, originally defined by Danish biochemist Søren Peter Lauritz Sørensen in 1909. Increased hydrogen ions (less bonding) result in a drop of the pH (more acidic), while a decrease results in a pH rise.

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 - the lower the pH the more acidic the solution; the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7, which is neutral. pH has a logarithmic function (mathematical - meaning ten-fold). In other words, a change in pH from 7 to 6 means 10 times more acidic. A further drop to a pH of 5 equals 100 times more acidic.

According to the Compact Oxford English Dictionary, the "p" stands for the German word for "power", potenz, so pH is an abbreviation for "power of Hydrogen".



Any change in the pH of the body results in a change in the electrical chemistry. Extended pH imbalances of any kind are not tolerated well by the body. Consider that the entire metabolic process depends on a balanced pH. The management of the pH factor is so important that the body has developed stringent procedures to monitor acid-alkaline balances in every cell and bio-system. Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. If blood pH moves below 6.8 or above 7.8, cells stop functioning and the body dies.

The most abundant compound comprising about 80% of the body is water. All that water has a biological purpose; it is the basic component of the various mediums that allow nutrients and various chemicals to be transported from one place to another. These water-based mediums can have either acid or alkaline

properties. The body has an acid-alkaline (or acid-base) ratio, which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.

Your state of mental health is closely aligned with your state of physical health. When you feel better, often your attitude is also better. Change physical health, and you'll often impact mental health. The reverse also holds; change the mental, and you'll change the physical.

Fundamentally, all regulatory mechanisms (including breathing, circulation, digestion, hormonal production, etc.) serve the purpose of balancing pH, removing the normally metabolized developed acids and toxins from body tissues/systems without damage to living cells.

A good way to avoid upsetting this delicate bio chemical balance is to take a look at the things that jeopardise the maintenance of the ideal pH level in your body. What is the main offender in this case? The answer is the creation of acid in your body.

Soon we will explore what causes acid but first it's important to understand what can happen in the blood when your pH drops to less than ideal.

Red blood cells are the transporters of oxygen to all the cells in your body. As red blood cells move into the tiny capillaries, the passages they have to move through are very small. In fact, the diameter of the capillaries gets so small that the red blood cells sometimes have to pass through these capillaries one red blood cell at a time!



As a result it's important for the red blood cells to be able to flow easily and quickly through your body. A negative charge on the outside of each healthy red blood cell allows them to remain separate from each other. This negative charge is dependent on pH balance.

Acid actually removes the negative charge from red blood cells, causing them to clump together and not flow as easily. This makes it much more difficult for the

cells to flow easily through the bloodstream and even harder to move freely through those small capillaries. This means less oxygen gets to your cells. Acid also weakens the red blood cells and they begin to die; their death creates even more acid!

When pH is off balance, microbes in the blood can change shape, mutate, undergo pathogenesis and grow. Even enzymes that are constructive can become destructive and oxygen delivery to cells is compromised. A vast amount of research is revealing that low oxygen delivery to cells is a major factor in most if not all degenerative conditions.

Nobel laureate, Dr. Otto Warburg of Germany, won his Nobel Prize for his discovery of oxygen deficiency in the Cancer growth process. As previously stated, when pH is off and our bodies become more acidic, our cells are getting less oxygen. Cancer thrives under an acid tissue pH/oxygen deficient (anaerobic) environment. Is it any wonder today that cancer rates are up?

**Every single person  
who has cancer has a  
pH that is too acidic.**

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

Each and every cell in your body must breathe fully and the oxygenation of each cell depends upon having an optimum pH balance. To get the idea of how important oxygen is to your life, just stop breathing for a minute.

In William Philpott M.D.'s book, 'Biomagnetic Handbook' he makes an important body pH/electrical connection.

“As the pH of the blood goes more acid, fatty acids which are normally electro-magnetically charged on the negative side switch to positive and automatically are attracted to and begin to stick to the walls of arteries which are electro-magnetically charged on the negative side. It should start to make sense that a

society which overemphasizes food that could push blood to be more acid will have a high rate of heart disease. And so it goes.”

### **What Health Issues Relate To Acid pH?**

The concept of acid alkaline imbalance as the cause of disease is not new. In 1933 a New York doctor named William Howard Hay published a groundbreaking book, "A New Health Era" in which he maintains that all disease is caused by auto-intoxication (or "self-poisoning") due to acid accumulation in the body:

"Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so." William Howard Hay, M.D.

More recently, in his remarkable book *Alkalize or Die*, Dr. Theodore A. Baroody states:

"The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!" Theodore A. Baroody, N.D., D.C., Ph.D.

Even mild acidosis can cause such problems as:

- ❖ Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- ❖ Weight gain, obesity and diabetes.
- ❖ Bladder and kidney conditions, including kidney stones.
- ❖ Immune deficiency.
- ❖ Acceleration of free radical damage, possibly contributing to cancerous mutations.
- ❖ Premature aging.
- ❖ Weak, brittle bones, hip fractures and bone spurs.
- ❖ Joint pain, aching muscles and lactic acid build up.
- ❖ Low energy and chronic fatigue.
- ❖ Slow digestion and elimination.
- ❖ Yeast/fungal overgrowth.
- ❖ Lower body temperature.
- ❖ Tendency to get infections.
- ❖ Loss of drive, joy, and enthusiasm.
- ❖ Depressive tendencies.
- ❖ Easily stressed.
- ❖ Pale complexion.

- ❖ Headaches.
- ❖ Loose and painful teeth.
- ❖ Inflamed, sensitive gums.
- ❖ Mouth and stomach ulcers.
- ❖ Cracks at the corners of the lips.
- ❖ Excess stomach acid.
- ❖ Gastritis.
- ❖ Nails are thin and split easily.
- ❖ Hair looks dull, has split ends, and falls out.
- ❖ Dry skin.
- ❖ Skin easily irritated.
- ❖ Leg cramps and spasms.

So we can see that a balanced pH is extremely important. The slightest variation will cause serious illness and disease. The body will do whatever necessary to maintain this balance, and it continually abducts acid neutralizing minerals (such as calcium) in its attempt to maintain a healthy balance.

Understanding this makes you realize why most elderly people experience osteoporosis after a lifetime of consuming acid-producing nutrients. As far as diet goes, only fresh fruits and vegetables are alkaline producing to help your body maintain a healthy pH balance.

An acid pH, or "acidosis," is the term used to describe the imbalanced acidic condition of all our body fluids. Virtually all cellular functions of the body are sensitive to the pH of their fluids. If the pH deviates too far to the acid side, cells become poisoned in their own toxic acidic wastes and die.

## When pH goes off...

**MICROBES** in the blood  
can change shape, mutate,  
become pathogenic.

**ENZYMES** that are  
constructive can  
become destructive.

**OXYGEN** delivery to  
cells suffer.

**ORGANS** of the body can  
become compromised, like  
your brain, or your heart.

**MINERAL** assimilation  
can get thrown off.

### What Causes Acid pH?

The reason acidosis is so common in our society is mostly due to the typical Western diet, which is far too high in acid-producing animal products like meat, wheat, eggs and dairy, and far too low in alkaline-producing foods like fresh vegetables. Additionally, we eat acid-producing processed foods like white flour and sugar and drink acid-producing beverages like coffee and soft drinks. We use too many drugs, which are acid-forming; and we use artificial chemical sweeteners like NutraSweet, Equal, or aspartame, which are extremely acid-forming (not to mention the neurotoxin characteristics!). One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle. Stress and physical activity (insufficient or excessive amounts) also cause acidification.

Research shows that when food is metabolized and broken down, it leaves certain chemical and metallic residues, a noncombustible "ash" which, combined with our body fluids, yields either acid or alkaline potentials of pH. Certain foods are "acid-forming" in nature, whereas others are known to be "alkaline-forming."

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic;

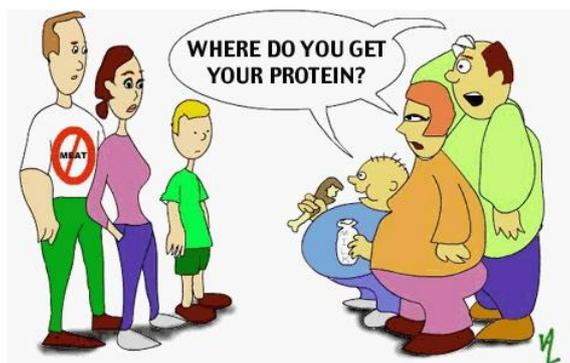
however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

The body becomes imbalanced and overly acidic primarily as a result of five things:

1. An acidic, low-oxygen environment in the body which is a result of eating diets that are heavy in sugars, dairy, meats, refined grains, fast foods and processed foods. These foods are all lacking in essential micro-nutrients; they leave behind an acidic ash following digestion.
2. A lack of the proper building blocks for the cell membranes that don't allow for the transfer of oxygen and nutrients into the cells. Cell membranes are made up of lipids (fats), and the body will use whatever form of fats that you are consuming, even if they are toxic and will clog the cells. Eat healthy fats, such as hemp seed oil, coconut oil, olive oil and butter.
3. A lack of permeability of the cell membrane will cause a build-up of cellular toxicity which further damages the respiratory mechanisms within cells; not allowing the cell to breathe and remove waste, forcing the cell to switch over to the fermentation process of energy production in order to survive.
4. Poor blood and lymph flow due to the lack of movement and exercise.
5. Extended indulgence in toxic emotions.

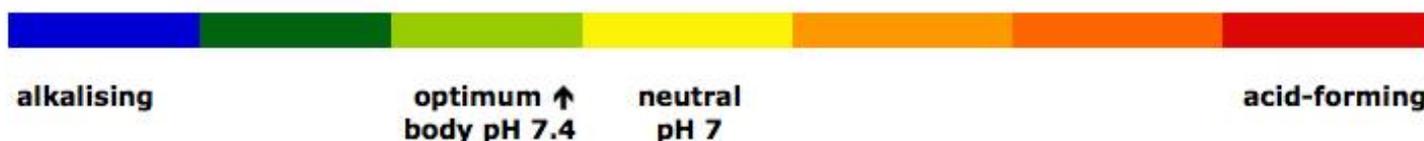
### **Which Foods Are Acid-Forming And Which Ones Are Alkaline-Forming?**

Researchers find that most people are at least slightly acidic; their pH is low. Most of us habitually consume a diet high in meat, high in carbohydrate, high in fat and very little, if not completely inadequate amounts of fruits and vegetables. That means that most of us will experience a continual acid pH and the older we are, the more "acid" we tend to become.



The following chart is intended only as a general guide to alkalizing and acidifying foods.

Highly Alkalizing			Almost Neutral			Highly Acid Forming
lemons	raw almonds	most fruits	raw honey	sprouted grains	meats	alcohol
limes	fresh herbs	raw carob	sprouted lentil	pasteurised goats cheese	poultry	cocoa
green vegetables	carrots	cold-pressed plant oils	unpasteurised goats cheese	goats cheese	white bread, pasta, rice	artificial sweeteners
most other vegetables	zucchini	millet	quinoa	buckwheat	oats	pasteurised cows milk
garlic	raw brazil nuts	bananas	amaranth	spelt	cashews	coffee
fennel	stevia		dates	organic eggs	nonherbal tea	refined sugars
ginger	flax seed oil			wild salmon	raw cows milk	margarine
vegetable juices	avocado			olives	cranberries	cows cheese
onions	sweet potato			processed fruit	most fish	peanuts
watermelon	tomatoes			juices	eggs	hydrogenated animal oils
sprouted seeds				brown rice		milk chocolate
grapefruit				cooked beans		soft drinks
sea salt				organic butter		stress
				pumpkin seeds		
				sunflower seeds		



### How Do I Know If I Have Acid pH?

pH measures the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. A low pH number indicates that your body fluid is on the acidic side. A high pH number indicates you have alkalinity. This delicate balance is an important indicator of overall health.

**Blood pH** should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

**Urine pH** levels can indicate how well your body is assimilating minerals, especially calcium, magnesium, sodium and potassium. These are called the "acid buffers" because they are used by the body to control acid levels. When acid levels begin to increase, the body becomes less capable of excreting acid. It must either store the acid in body tissues, or buffer it-that is, borrow minerals from organs, bones, etc., in order to neutralize the increase in acidity. Urinary pH should fluctuate between 6.0-6.4 in the morning and 6.4-7.0 in the evening.

Test Strips can determine your urinary pH. When urinary pH is continuously between 6.4 and 7.0 (depending upon the time of day), you're functioning in a healthy range.

**Saliva pH** - The results of saliva testing can indicate the activity of digestive enzymes in your body, especially the activity of the liver and the stomach. This reveals the flow of enzymes running through your body and shows their effect on all the body systems and your tissues. Some people will have acidic pH readings from both urine and saliva-this is referred to as "double acid." Salivary pH should stay between 6.4 and 6.8.

### **pH Balance And The Mineral Connection**

Due to agricultural soil depletion and over-acidic food consumption, mineral deficiency is a critical problem facing most people today. Mineral deficiency is fundamental to the amount of life energy or, more specifically, electricity, in our bodies.

Body mineral content and balances control the amount of electricity in our bodies and the speed at which the electricity flows is controlled by the body's pH balance.

If your pH is too acidic, your body borrows minerals such as calcium, magnesium, potassium and sodium from vital organs and bones to neutralize and remove the acid. Although high acidity may not be outwardly noticeable, it can severely affect overall health in a negative way. Alkalinity in the body is a rarer situation but just as potentially serious. It often takes longer for a person who is over "alkaline" to achieve balance than one who is "acidic."

**Minerals buffer acids** - A recent study conducted at the University of California-San Francisco on 9,704 postmenopausal women showed that those who have higher acidity levels (also called chronic acidosis) from a diet rich in animal foods are at greater risk for lower bone density levels than those who have "normal" pH levels.

The researchers who carried out this study hypothesized that many of the hip fractures prevalent among older women correlated to higher acidity from a diet rich in animal foods and low in vegetables. The body apparently borrows calcium from the bones in order to balance pH, and this calcium borrowing may result in a decrease in bone density. -American Journal of Clinical Nutrition, Jan. 2001, Vol. 73, No.1, pp. 118-122.

Minerals have different pH levels at which they can be assimilated into the body. Minerals on the lower end of the atomic scale can be assimilated in a

wider pH range, and minerals higher up on the scale require a narrower and narrower pH range in order to be assimilated by the body. For example:

Sodium and magnesium have wide pH assimilation ranges.

It narrows somewhat for calcium and potassium.

Narrows more for manganese and iron.

More for zinc and copper.

More for iodine.

Iodine, which is high up on the atomic scale, requires near perfect pH for its assimilation into the body. Iodine you may know is one of the most important minerals for proper functioning of the thyroid, however the thyroid cannot access iodine unless the body pH is near perfect. This is one reason we are strong advocates for the nascent form of iodine as it is in the perfect form required for uptake by the thyroid.

Minerals are key in your body's ability to utilise vitamins. Minerals are co-enzymes which help vitamins function. In the absence of minerals, vitamins can't do their job. Many minerals are referred to as trace minerals, which might seem as though they are not significant but nothing could be further from the truth. Minerals and their deficiencies have been directly related to a wide range of adverse health conditions. Here are some examples:

Magnesium is quite possibly the most important mineral for the reduction of coronary heart disease. (The latest "cutting edge" research shows that heart disease is really a function of heart muscle acidosis.) Also, magnesium helps conduct electrical messages between all the neurons of the body.

Boron is a vital trace mineral that is required for the normal growth and health of the body. Many conditions like arthritis and osteoporosis are naturally managed by Boron as it is known to improve the absorption of calcium and magnesium. It helps women preserve and make estrogens plus reduces menopausal symptoms. It helps men keep testosterone.

Copper is another vital trace mineral, a component of many enzymes, including ones necessary for formation of red blood cells and deficiency is implicated in aneurysms (brain, aortic, etc.). It also provides an antioxidant action, to help protect cells against free radical damage.

Potassium and magnesium (along with organic sodium) are some of the most important minerals for rebalancing the electrical properties of the cell, for eliminating excess acidity, and for helping to balance calcium. People get irrational when potassium levels are low.

Rubidium is an alkaline trace mineral related with caesium and Rubidium has been investigated for its antidepressant effect. The typical daily dietary intake of rubidium is 1 to 5 mg. Foods high in rubidium include coffee, black tea, fruits, vegetables (especially asparagus), poultry and fish. Rubidium is a relatively nontoxic element and has not shown to be of toxicological concern from the nutritional point of view

Sulphur is stored in every cell in the body, with the highest concentrations being in the joints, hair, skin, and nails. As part of four amino acids, sulphur performs a number of functions in enzyme reactions and protein synthesis. It is necessary for formation of collagen, the protein found in connective tissue in our bodies and is crucial to cellular respiration as it is needed in the oxidation-reduction reactions that help the cells utilize oxygen, which aids brain function and all cell activity.

Selenium is an essential mineral found in minute amounts in the body. It is one of the essential body substances that can be used in a preventive manner for many diseases, including cancer, arteriosclerosis, stroke, cirrhosis, arthritis and emphysema.

Zinc is an essential trace mineral occurring in the body in larger amounts than any other trace element except iron. Zinc is involved in over 200 brain enzyme interactions. Deficiency symptoms include loss of taste and smell.

Manganese plays an important role, as an antioxidant, in the prevention of toxic oxygen forms. It may play a part in the degenerative process called aging. It also plays a role in activating numerous enzymes that are necessary for utilization of choline, biotin, thiamine and Vitamin C complex. It is a catalyst in the synthesis of fatty acids, cholesterol and mucopolysaccharides.

Vanadium is a trace mineral that is needed by the human body in small amounts. Supplementing a diet with sufficient chromium and vanadium can help prevent diabetes and has been seen to reverse diabetes in those already diabetic, as vanadium is reportedly able to replace insulin in some cases..

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. Even the right herbal program may not work if your body's pH is out of balance.

## Is Drinking High pH Alkaline Water Good For Me?

A glass of water at pH 9 can have low, medium or high alkalinity and everything in between, depending on what's dissolved in it. It is what is in the water that makes all the difference. We need to realise that you can have high pH water but very little, if any alkalinity; meaning the water hardly buffers the body's acid condition at all. It's not high pH alkaline water we need, its water with high levels of alkalinity.

To state it plainly, it is not enough to drink high pH alkaline water, in fact pH is not a big factor at all when one is trying to alkalize the body (remember lemon juice, apple cider vinegar and fresh green juices all have an acid pH but alkalise the body. The key to addressing metabolic acids and building alkalising reserves in our body fluids and tissues is the amount of alkalinity (alkaline mineral compounds) that is consumed.

The process of pH balancing your body starts with proper diet and nutrition. This includes eating a higher percentage of alkaline foods (vegetables, low sugar fruits, etc.), properly hydrating your body, (drinking plenty of pure spring or structured water), mental attitude and proper supplementation. A healthy diet should consist of 80% alkaline-forming foods and 20% acid-forming foods.



This information shows just a fraction of how minerals and pH imbalances can affect your health. Much of this information is documented in professional journals, available if you search. It appears that due to politics and the influence and strength that the medical/drug industrial complex has over the suppression of information, these things stay hidden from public view. Unfortunately for the public, most medical personnel training does not include nutritional or natural medicine remedies.

## **Keeping pH Balanced for Excellent Health**

A pH balanced environment supports normal body function necessary for the body to resist disease. A healthy body maintains adequate alkaline reserves to meet emergency demands. When excess acids must be neutralized our alkaline reserves are depleted leaving the body in a weakened condition. Provide your body with alkaline reserves and reclaim your health!

### **Make Your Own Magnesium Bicarbonate Water The Perfect Cellular Alkaliser!**

Mitochondria are the ‘power generators’ of the cells; by drinking magnesium bicarbonate (magnesium chloride and soda bicarbonate in water) nutrients are more efficiently absorbed through the cell membrane into the mitochondria. This provides a tremendous boost to cellular power and facilitates the expulsion of acids.

***Magnesium functions as a bicarbonate co-transporter into cells and bicarbonate acts as a transporter of magnesium into the mitochondria.***

Most alkalizing protocols only alkalize digestion which is not ideal; digestion needs to be acidic by nature in order to digest foods. Prolonged digestive alkalizing contributes to overall poor digestion and potential damage. Magnesium fortifies hydrochloric acid production; necessary for digestion, while the bicarbonate alkalizes the cells and tissues.

Natural health practitioners understand that disease thrives in an acidic body. One of the fundamental approaches to health and healing has to be the alkalization of the body so it can dispose acids from our cells tissues, and organs. This can be done in many ways but the most effective and inexpensive method we have found is making magnesium bicarbonate water using Dr. Sircus’ Mitochondrial Medicine Cocktail protocol.

### **MITOCHONDRIAL MEDICINE COCKTAIL**

**1/8 to 1/4 tsp of Organic Sodium Bicarbonate**

**5 –7 sprays (1 tsp) Magnesium Chloride in 100 to 200 ml of pure water**

**Stir and drink** (2 weeks on followed by 1 week off)

Consider drinking the cocktail before bed to provide the body with optimal conditions for repair. Swish between teeth before swallowing and you can enjoy whiter teeth, gum strengthening and prevention of cavities too!

We recommend using Miracle Mist because it contains over 99% pure magnesium chloride and is fortified with MSM (also over 99% pure); a nutritional organic form of sulphur.

Sulphur carries oxygen across the cell membrane and is a main source of antioxidants in the mitochondria. Sulphur has a vital relationship with protein, since sulphur is found in the amino acids methionine, cystine, and cysteine. These amino acids are known as the sulphur bearing amino acids which are considered the building blocks for your physical body.

Sulphur is one of the basic elements of life. In fact, sulphur is the fourth most abundant mineral in the body.

***The proper acid alkaline balance of the body cannot be maintained without sulphur.***

Miracle Products offers Organic Sodium Bicarbonate and Miracle Mist as a perfect cocktail package to make your own magnesium bicarbonate water in the comfort of your own home. Miracle Mist contains pure magnesium chloride and MSM; the perfect combination for oxygenating and alkalizing!

***The Mitochondrial Cocktail provides the best foundation for repair; alkalizing at the cellular level, while boosting mitochondria, the powerhouse of the cell with essential magnesium.***

In the words of Dr. Sircus:

“There are good reasons many believe that there is nothing in mainstream medicine that addresses de-acidification, detoxification, fixing nutritional deficiencies, modulating and boosting the immune system, and increasing full body circulation. Medical science has failed in its attempts at curing degenerative, metabolic, or autoimmune diseases. Without removing toxins and acids from all organs, cells and tissues, and without providing the essential nutritional building blocks like magnesium, the body will not be able to heal completely.”

Dr. Mark Sircus, Ac., OMD, DM (P)  
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