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Get Well And Stay Well – Maintain A n Alkaline Body pH

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Millard MacAdam

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Optimum health directly contributes to optimum productivity and the thwarting of expensive absenteeism and unnecessary medical insurance costs. Proactive leaders in all types and sizes of companies do what they can to ensure that their employees get well and stay well.

This article focuses on one of the tactics from a health and wellness workshop I designed and facilitate for company employees. It is one of several key tactics employees can learn to get themselves well if they are sick, and to keep themselves well through specific health-enhancing practices. The goal is to motivate and inform them so they *better prevent unnecessary illnesses, absenteeism and medical costs*.

The tactics I'm sharing with you in this article is related to the critical issue of helping your people learn how to maintain a healthy body pH. A proper alkaline body pH facilitates the body's optimum use of vitamins, minerals, foods and even medications. If your own, or any given employee's body, is on the acidic scale... you can expect illness problems to occur and worsen.

Our body's are comprised by a number of "systems", each of which is either positively impacted by an ideal alkaline pH level or negatively impacted by an acidic pH level... the higher the acidic level the more vulnerable the body is to all sorts of diseases taking hold and working to destroy the body.

I urge you to do some independent research and learn about the different systems with the human body and how body pH impacts each of them. The systems within our complex bodies are *electrical, chemical, physical, circulatory, digestive, endocrine, lymphatic, muscular, reproductive, respiratory, skeletal, urinary, and integumentary* ... the bodily system consisting of the skin and its associated structures, such as the hair, nails, sweat glands, and sebaceous (fat).

Optimum health is an inside out proposition and the ultimate responsibility of each individual. Optimum health is the result of what people think and do, for good or ill health. Your people need to learn how to take charge of their own health and wellness from an inside out perspective. If they don't, they're destined to frequently end up in a traditional medical doctor's office for the treatment of diseases. This results in them and your company suffering the consequences of unnecessary absences, medical costs, and health insurance costs associated with the treatment of disease.

Doesn't it make sense to make sure your employees learn how they can focus on the prevention of diseases? The different fields of alternative health and wellness are focused on "inside out" efforts to prevent disease and illness. Ideally, alternative health professionals and

traditional medical specialists would all be working together to help people get well and stay well. Ideally, you and each of your employees would each have a comprehensive health and wellness team in place made up of different health disciplines. Such an individualized team would serve each of your unique needs toward preventing diseases if you or your staff members don't have any to curing diseases and getting well if diseases are present.

What are some examples of possible wellness team members you and each of your staff members could consider engaging according to each of your unique health and wellness needs? Here are a few.

- **Chiropractor** - Uses a system of diagnosis and treatment that is based upon the fact that the nervous system coordinates all of the body's functions and that disease results from a lack of normal nerve function. Employs *manipulation of the spine*.
- **NAET Practitioner** - Applies a synthesis of various disciplines such as homeopathic, acupuncture, kinesiology, nutrition and supplement needs analysis to diagnose and eliminate allergies that compromise the immune system.
- **Personal Trainer** - Develops and implements an individualized approach to achieving physical fitness, generally working one-on-one.
- **Massage Therapist** - Engages in the treatment and practice of soft tissue manipulation with physical, functional, and in some cases psychological purposes and goals.
- **Physical Therapist** - Uses specially designed exercises and equipment to help patients regain or improve their physical abilities. Physical therapists work with many types of patients, from infants born with musculoskeletal birth defects, to adults suffering from sciatica or the after-effects of injury.
- **Nutritionist** - Devotes professional activity to food and illness preventive nutrition. They also advise people on dietary matters relating to health, well-being and nutrition.
- **Acupuncturist** - Uses fine needles that are inserted at specific points to stimulate, disperse, and regulate the flow of the body's vital energy and restore a healthy energy balance throughout the body.
- **Stress Management Coach** - Utilizes a wide variety of techniques to prevent and repair the physical and emotional effects of stress.
- **Biochemist** - Studies the chemical composition of the body. They analyze the complex chemical combinations and reactions involved in metabolism, reproduction, growth, and heredity.
- **Medical Doctors** - Internist plus needed medical specialists - Prescribes specific internal applications for the cure or relief of sickness, a remedy for disease or a medicine. MD's are trained to diagnose and fix the body after something is broken or manifests symptoms of illness.

Based on my own journey toward enhanced health, you can quote me. *"Body pH balance is the most abundantly available but little known critical health enhancement information available."*

All biochemical reactions and electrical (life) energy elements in our bodies are under pH control. Vibrant health and energy begins with body pH balance!

When a person's body is too acid, they can expect to experience: low energy; fatigue; excess weight; poor digestion and constipation; joint aches; pains and stiffness; breathing problems; anger and violence; and, serious disorders and disease. These are not physical and emotional outcomes that make for stellar productivity in the work place!

Virtually all degenerative diseases, including cancer, heart disease, osteoporosis, arthritis, kidney and gall stones, and tooth decay are associated with excess acidity in the body. When healthy, the pH of blood is 7.4, the pH of spinal fluid is 7.4, and the pH of saliva is 7.4. The pH of the non-deficient and healthy person is in the 7.5 (dark blue) to 7.1 (blue) slightly alkaline range. The range from 6.5 (blue-green) which is weakly acidic to 4.5 (light yellow) which is strongly acidic represents states from mildly deficient to strongly deficient, respectively.

Research indicates that over half of adults are green-yellow, a pH of 6.5 or lower, reflecting the calcium deficiency of aging and lifestyle defects. Cancer patients are usually a bright yellow, an acidic pH of 4.5, especially when terminal. Cancer and other viral-driven diseases cannot exist in an alkaline environment. Whatever health situation you are faced with, monitor your progress toward a proper body pH balance.

What are some of the key things that cause an acidic pH imbalance? Acidic diet, medications, chemicals, and poisons ingested into the body are a few culprits. The wastes of parasites within the body, like Flukes, toxicity overgrowth, improper elimination, and neutralization of acids are others.

What can you and your staff members do to find out what your body pH is and then adjust it if necessary?

- First, **TEST THE PH OF YOUR SALIVA** daily if you are out of the Zone! Get a roll of litmus paper from your local health food store and follow the colored chart on the side of it. Make sure you check your saliva the first thing in the morning, before you drink or eat anything, including water! The goal is to maintain your body pH between + 7.1 and + 7.5 - Ideal is +7.3 to +7.4.
- Second, if your body pH is on the acidic side, start to **EAT PLENTY OF ALKALIZING FOODS** until you are in balance. Examples of a few Alkalizing foods with their relative pH scales are: Summer Radish + 39.4; Cucumber +31.5; Alfalfa Sprouts +29.3; Soy Sprouts +29.5; Avocado +15.6; Cabbage +14.1; Tomato +13.6; Celery +13.3; Garlic +13.2; Spinach +13.1; Fresh Soy Beans +12.0; Lemons +9.9; Carrot +9.5; and, Limes +8.

You'll probably note that some of the foods most of us think of as acid are listed above as alkaline producing foods. This is because a number of foods we think of as acidic actually turn alkaline when ingested and digested by our bodies. That's why it's important to look up on the web, or in a book on the topic of body pH balance, the kinds of foods that will actually help you achieve proper body pH balance.

I use a powdered, concentrated green vegetable product. I put one small scoop in a protein

malt most mornings for breakfast to help me keep my body pH fine tuned. This one small scoop is equivalent to me eating ten servings of vegetables. Ten servings! That's more green vegetables than I could ever get down in a day, even if my life and health depended upon it!

When I learned about the relationship of body pH to optimum health from the newest member of my wellness enhancement team, I immediately initiated a diligent body pH monitoring and alignment program. This was about six years ago, when she informed me that my body acid count was off the charts and was fostering the recurring viral attacks I had been experiencing for a year. She taught me how virus thrives within acidic bodies!

Before being referred to her by a friend, the recurring fevers seriously beat up my body and had my wife and kids concerned as to whether I was ever going to be healthy again. The best infectious disease and other medical doctors who served me were unable to diagnose or cure my recurring fever problem.

Since getting my body pH into balance, with my wellness professional's help, I have not had a single viral infection... neither colds or flu nor any other viral infections. Eating alkalizing foods has also helped me to gain and maintain my high school basketball-playing weight! At an older age, I'm now healthier than ever in many ways.

Lead the charge in your company by doing one of the critical things it takes to help your staff members more effectively get well and stay well through gaining and maintaining a healthy, alkaline body pH. Here's to enhancing health for yourself and your staff!

If you need help in mastering and implementing any of the skills and tactics mentioned, I'm here for you! Please visit the Call-A-Coach section of my web site for more information.

About the author:

Dr. Mac shares with business owners the practical knowledge and insights he gained as a small company CEO. He founded Sycamore Ranch, Inc. when 27 and as CEO led his partners and a staff of 100 for 16 years in developing and operating the 50 acre recreational facility. Years later, he integrated what he learned from his Doctoral program at USC with his practical business experiences and began consulting. For four decades Mac's coached business owners in mastering and applying "how to" leadership and managerial skills for: Hiring and retaining only the top ten percent producers; Optimally deploying and supervising staff to maximize their personal motivation; Developing high integrity leadership teams; Facilitating mutual performance accountability and peer coaching processes; and, Integrating his Intentional Business Integrity Process into their company operations. Mac has served leaders in

manufacturing and high tech companies; accounting, banking and insurance enterprises; medical and health care organizations; service and retail oriented businesses; as well as educational, governmental and non profit organizations. Q&A ProActive Leadership 888-648-5552 or MacAdam@PALConsulting

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