


The Holistic Truth

The Official Magazine of Nutritional Frontiers

August 2017 Volume 3 Issue 6

GETTING YOUR PhD IN PH



**WHAT DOES PH LEVEL
TELL YOU ABOUT
MINERAL ABSORPTION?**

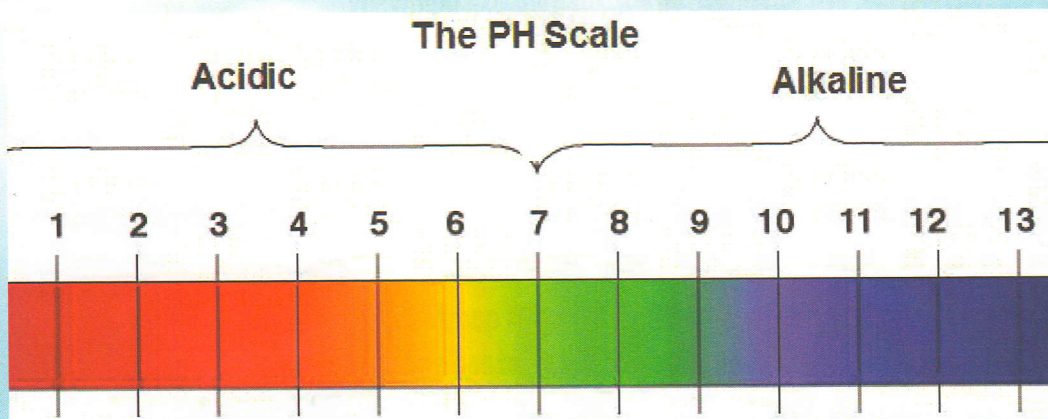


Industry News:

Diet Designed to Reduce Inflammation *(Page 5)*

Getting your Phd in PH

PH Level is a figure expressing the acidity or alkalinity of a solution on a logarithmic scale on which 7 is neutral, lower values are more acid, and higher values more alkaline.



Foundations for Optimal pH Health

- Nutrition
- Hydration
- Movement
- Sleep
- Elimination
- Stress/Emotional Wellness

Nutrition:

- Tree, ground, run, swim, fly
- Non-GMO
- Organic
- Assimilation/Elimination: Digestive Health
- Consume 80% Alkalizing Foods / 20% Acidic Foods

Hydration:

- Per day you should drink at least ½ your weight in water in reverse osmosis or distilled water
- Alkaline water is only suggested for those who need it and should be phased out once pH balances
- Some water can be acquired from raw fruits and vegetables
- Low hydration will affect pH levels in a negative way

Movement:

- When you move you are detoxifying your body
- Sweating is a normal process of detox
- Lymphatic system needs to move and will only move if you move it
- Cumulative movement is more beneficial than one hour at the gym. If you work a stagnate job be sure to walk around or move periodically to activate your body

Sleep:

- 7-9 hours of uninterrupted sleep is recommended per night
- Sleep allows your body to recover, repair, and detoxify
- Issues sleeping can be indicative of system stress
- Looking at screens before sleeping can throw off your circadian rhythms.

Stress:

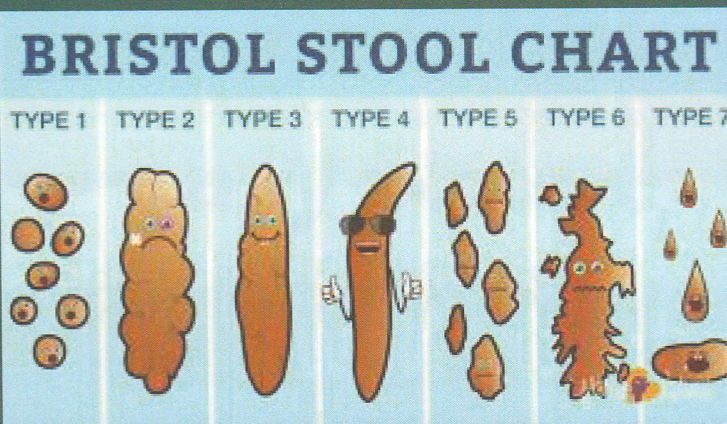
- Stress can affect a variety of things including but not limited to heart health, blood pressure, digestion, and sleep
- Emotional Stress such as trauma, heart break, or PTSD can contribute to poor health
- Physical Stress such as poor food choices and environmental factors can contribute to poor health as well

Elimination:

B.U.L.L.S.

- **B**owels
Liver/gallbladder/colon
- **U**rinary
Bladder/Kidney

- **L**ungs
Lungs/Blood
- **L**ymphatic
Lymph
- **S**kin
Skin/Lymph/Blood



What is RBTI?

RBTI (Reams Biological Theory of Ionization) is an explanation of the fundamental ionic energy composition and function of biological life. This theory was discovered, developed and proven through the unique work of biochemist and mathematician, Dr. Carey A. Reams in the 30's. The key element to the RBTI test is the pH level of the Urine/Saliva. This reading indicates the speed of the upper and lower digestive tract. A slow number (more alkaline) and too fast (more acidic) are not good and can indicate digestion issues. The optimal readings for humans would be 6.4/6.4 urine/saliva.

Balancing pH and Mineral Acceptance

The accumulation of each of the foundations to optimal health will help to balance pH levels. In some cases it is impossible to get a proper balance without nutritional supplementation. Supplements can help pull a person out of low function or to assist in assimilation of nutrients and detoxification. The goal to balancing the pH is to create a solid foundation and to maintain optimal digestive functions.

Saliva pH readings represent upper body digestion such as the mouth, esophagus, and the stomach. Saliva pH provides necessary information on carbohydrate breakdown, B12 and K2 deficiencies, HCL levels of the stomach, and upper digestive transit time.

Urine pH readings represent the lower body digestion such as the small and large intestine. Urine pH provides information on assimilation of nutrients in the intestine, colon congestion, and provides information on reproductive health.

Interpreting your readings:

Optimal pH balance is 6.4 urine/ 6.4 saliva. What this reading would indicate is that the transit time in the upper digestive system matches the transit time of the lower digestive system. If the pH is offset then that means that your digestive system is running at two different speeds. If this is the case your body is most likely using a large amount of energy to digest foods. The larger the split in these two numbers the less nutrients are being assimilated into your body.

Patterns are organized from most desirable to least desirable.

Pattern one:

6.4/6.4 Optimal

Pattern Two:

Alk/Alk or High/High – Alkaline digestion (Very Slow)

Pattern Three:

Acid/Alk or Low/High – Indicating a slow upper system and a fast lower system

Pattern Four:

Alk/Acid High/Low – Indicating a fast upper system and a slow lower system

Pattern Five:

Acid/Acid or Low/Low indicating a very fast digestive process

Optimal readings are the best possible outcome for pH testing. This indicates that the digestion speed is consistent throughout the body. Minimal energy is lost to digestion. Pattern two would indicate a slower digestive transit time and generally these people will be constipated. In a pattern two the colon can be super toxic and the body can start reabsorbing waste. Most likely the lymphatic system will be congested as well. This pattern provides a breeding ground for candida and bacteria. Pattern three indicates the upper body is running slow and the lower body is running fast. This pattern suggests a high energy loss because the body is not passing food through consistently. This person will gen-

Emotions Based On Body Parts

Organ	Bladder	Gallbladder	Heart	Kidney	Large Intestine	Liver	Lung	Small Intestine	Spleen/Pancreas	Stomach
Emotion	Irritated	Resentment	Shock or excessive joy	Fear	Being Stuck	Anger	Grief	Being Vulnerable	Self-esteem	Disgust
Possible Behaviors	Frequent urination/urgency	Restless legs	Heart attack	Adrenal stress, back pain	Constipated	Sudden violence	Crying, shallow breathing	Diarrhea, weak immune	Blood sugar	Nauseated

erally be tired after they eat and will have low HCL in there stomach. Structural injuries may occur do to a lack of amino acids. Alkaline saliva can also be indicative of a vitamin C deficiency. Pattern four suggests that the upper digestive tract is running faster than the lower. This pattern indicates that the lower body is backing up. Anemia, indigestion, and heartburn are typical with this reading. Finally patter five indicates that the whole body is digesting too fast. This is generally due to some sort of stress. The body does not have enough time to absorb and assimilate nutrients when it is digesting too fast.

pH summary

Fixing the foundation of the body is the key to pH balance. Whole food nutrition, hydration, movement, sleep, elimination, and stress management are necessary for health changes. Parasites, candida, viruses, and bacteria will flourish in an pH that is not optimal so getting to the 6.4/6.4 is desired. Supplementation is a great way to jumpstart your system and boost the body back to health. Appropriate digestion speeds will assure proper assimilation and elimination!

Top Formulations for pH Balance

Enzymes

- BetaZyme
- CybZyme
- ProbZyme

Probiotics

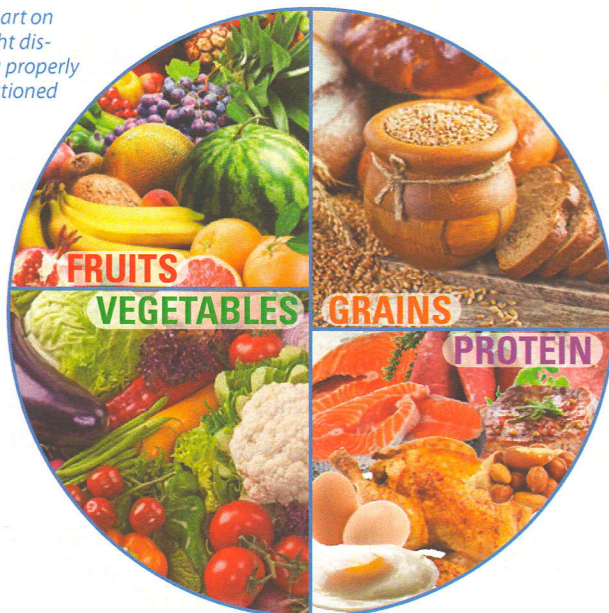
- Frontier Biotics II
- Super Biotics II
- SBC II

Healing Cleansers

- Pro Lean Greens
- Frontier Cleanse
- Lymphatic Tinctures
- Liver/Gallbladder Tincture

Industry News: Diet designed to reduce inflammation

The Chart on the right displays a properly proportioned diet.



People benefit from doing a detox/cleansing food program in order to uncover hidden food sensitivities which are contributing factors for:

- Inflammation
- Autoimmune Conditions
- Most chronic diseases

Common foods that create inflammation include:

- Dairy
- Sugars
- Animal Products

Follow these guidelines strictly until symptoms are reduced. You can also refer to the Recipe handout for further ideas.

Your daily diet should consist of small meals more frequently. 3 Meals should be consumed by 3pm and 5 meals consumed by 9pm

Meal Ideas

Here is a sample list of options you can choose from for your daily meals during these next few weeks. The items that have an asterisk* beside them have recipes on the other attached document. This list is not exhaustive, it is here merely to provide some examples and guidance.

Breakfast Options

- Protein smoothie with Super Shake or Best Whey Protein by Nutritional Frontiers.
- Any fruit or veggies
- Organic eggs
- Organic veggie omelets
- Steal cut oatmeal with berries
- Cooked quinoa or brown rice (Optional: Serve with cinnamon, ground flaxseed, and unsweetened coconut milk, rice milk, or almond milk.)

Lunch Options

- Salad with spinach or mixed greens. Use extra virgin olive oil and vinegar as a dressing.
- You can add grilled fish, chicken, or turkey for a full meal.
- Grilled or canned salmon and salad with olive oil dressing.
- Cucumber stuffed with salmon salad.
- Hummus with sliced raw vegetables and rice crackers, rye crackers, or millet crackers.
- Miso soup with bean sprouts & ginger.
- Chicken soup (with brown rice or millet).
- Tuna fish & brown rice with any vegetable.
- Sardines with lemon and chopped parsley, served on rye crackers.

Dinner Options

- Veggie shish kebab, served with cooked grains
- Baked haddock with 1 tbsp. each of capers, lemon juice, and olive oil.
- Marinated, roasted vegetables*
- Any cooked legume listed above with any vegetable listed above
- Refer to "The All New Joy of Cooking" for simple, delicious recipes for basic bean preparation, soaking and cooking times, etc. Other excellent cookbooks include the Self-Healing Cookbook, Nourishing Traditions, Recipes from an Ecological Kitchen, and many other vegetarian cookbooks.

Snack Options

- Avocado half with apple cider vinegar, lemon juice, and/or salt and pepper
- Celery with 2 tbsp almond butter
- Protein smoothie
- Nuts (1/4 cup), especially almonds and cashews
- Salmon salad (1/2 cup) with celery sticks or rice crackers
- Hummus with celery sticks, cauliflower, broccoli, rice cakes, etc.
- White bean spread with veggies and/or rye crackers
- Mango and Black Bean Salsa
- Hard boiled eggs

What's New with Nutritional Frontiers?

Nutritional Frontiers would like to introduce this month's new releases! Here at NF we are constantly looking to update and improve the formulations we put on the market. Because new research is constantly evolving in the health industry, we stay ahead of the curve by introducing you with the most effective formulations at the most competitive prices. If you have any questions, comments, or concerns about new formulations contact us at 1-877-412-2566 or info@nutritionalfrontiers.com



Frontier ZMA:

Designed to maximize absorption and promote recovery from exercise

Supports:

- Cardiovascular Function
- Muscle Recovery
- Glucose Production from Amino Acids

Garcinia Cambogia

NOW IN 120 COUNT!

Formulation to beneficially support weight loss by:

- Reducing fat formation
- Reducing food cravings
- Reducing fatty acid synthesis

Lyme X:

A Natural Repellent to Protect you from Ticks, Mosquitoes, and Flies:

- Perfect for outdoor activities
- Safe for use on the skin

Frontier BCAA's:

Comprehensive postworkout formulation which features:

- 4:1:1 Ratio of BCAA's
- Supports Protein Metabolism
- Supports Muscle Recovery
- Great Tasting Raspberry Lemonade Flavor

Super Shake Cafe Mocha:

Super Shake Protein Powder now available in Cafe Mocha flavor! Features:

- Ideal as a breakfast, a snack, or as a meal replacement
- Hypoallergenic, digests easily even for people with food allergies
- Perfect for the Nutritional Frontiers 10 and 30 day detox cleanse

Best Whey Chocolate Coconut:

Best Whey Protein now available in Chocolate Coconut flavor! Features:

- Over 20 grams of protein per scoop
- 30 servings per container
- 3 grams of fiber from Fibersol-2™
- Rich in branched chain amino acids
- From organic grass fed cows

GI Maxx Tincture:

GI Maxx Tincture is a combination liquid herbal extract made from organic and fair-trade certified herbs

Supports Acute Symptoms:

- Indigestion
- Bloating
- Sluggish Digestion

GI Gentle Tincture:

GI Gentle Tincture is a combination liquid herbal extract made from organic and fair-trade certified herbs

Supports Chronic Symptoms:

- GI Tract Health
- Persistent GI Issues