

Do you suffer from . . .

- Heartburn, indigestion, flatulence.
- Irritable Bowel syndrome (IBS).
- Colitis.
- Constipation, Diverticulum and Diverticulitis.
- Joint Pain, aching muscles, stiffness, lactic acid build-up.
- Sandy joints / grinding joints.
- Arthritis, Osteoporosis, Rheumatoid Arthritis, Ankylosing Spondylitis.
- Fibromyalgia.
- Immune deficiency, Recurring viruses.
- Low energy and Chronic fatigue.
- Blood sugar problems, Insulin resistances syndrome.
- Weight gain, Obesity, Diabetes.
- Cardiovascular Diseases.
- Free radical damage possibly links to cancer.
- Being acidic increases the risk of cancer.
- Premature aging.
- Bladder infection.
- Respiratory tract diseases.
- Skin problems.
- Liver and Gallbladder problems.
- Gout.
- Sugar craving
- Heavy metal toxicity (Like Mercury, lead, cadmium).
- Allergies.

If you answer yes to any of these on the list you need to alkalise

Alkala N

Reduces acidosis in the small and large intestine.

Take ½ to 1 scoop in a glass of warm filtered water; drink down one to three times a day before food, about 20 minutes before food.

Sanuvis

Reduces lactic acid build up in the tissues. Removes excess acid out of the tissues. It increases the cell respiration by 340%.

Take ½ to 1 full cap in a glass of water. May be mixed with the Alkala N. taken one to three times.

Citrokehl

Regulates cellular metabolism. Gastrointestinal dysfunction.

Take ½ to 1 full cap in a glass of water. May be mixed with the Alkala N. taken one to three times.

Formasan

Reduces inflammation, decreases inflammation of joints, arthritis, rheumatism, muscles soreness, and allergies.

Take ½ to 1 full cap in a glass of water. May be mixed with the Alkala N. taken one to three times.

Interactions with prescription Medicine

Some prescription medicine cannot be taken at the same time when taken an alkaliser. If unsure please consult a Healthcare Partitioner or ask you Pharmacist. Alkala N should not be taken if you are taking a potassium sparing drug like Ace inhibitors (ACEi) and Angiotensin receptors blocker (ARB). These drugs do not promote the secretion of Potassium into the urine.

Available from:

NOW AVAILABLE

Alkala N

Reduces acidosis in the small and large intestine

The indication of acidosis are: symptoms of heartburn, gastritis, liver inflammation and gallbladder troubles, flatulence, rheumatic diseases, chronic skin diseases and diseases of the respiratory and urogenital tract as well as gastric ulcers, and Irritable Bowel Syndrome.



The right choice for the best outcome



Why Alkalise? Why use Alkala N?

Each system of the body has its own physiological pH value and when the tissue or organ varies too far from that pH range, it becomes susceptible to disease. Humans live in an acidic environment eating poor quality, highly processed foods as well as consuming acidifying prescription medications. They are being exposed to polluted water and air, environmental toxins, and have poor breathing techniques which all add to the acidic burden of the body. Most diseases arise from an acidic milieu.

An acidic body is a reactive body, thus by reducing acidity, one can also reduce allergic symptoms, tendency towards inflammation, and reverse the trend toward chronic conditions. An alkaliser will aid in reducing tissue acidosis and will shift the acid-base balance to a normal range, promoting good health and well-being. If an alkalising diet is embraced and an alkaliser (such as Alkala N form Sanum) is used to shift the acidic pH during the initial period of therapy, then the pH balance will often normalize within a few months.

Alkalising the body can be explained with basic chemistry and physiology. ($\text{NaCl} + \text{H}_2\text{O} + \text{CO}_2 = \text{HCl} + \text{NaHCO}_3$). To begin, the border cells of the stomach produce hydrochloric acid (HCl) and sodium hydrogen carbonate (NaHCO_3) from salt (NaCl) in the blood, water (H_2O) and carbon dioxide (CO_2). The HCl leaves the border cells of the stomach wall and enter the lumen, where the stomach prevails over acidic reactions to break down the proteins into polypeptides. Once the polypeptides enter the duodenum, they will be further broken down into amino acids by trypsin from the pancreas. The base mixture of NaHCO_3 proceeds through the blood via the 'alkalophilic' organs and into the intestines.

These alkalophilic organs need bases (large amounts of NaHCO_3) in order to produce their digestive secretions, this includes the liver, gall bladder, pancreas, and Brunner's gland of the small intestine. If the alkaline reaction in the duodenum is insufficient, the digestion of fats, carbohydrates, and proteins remain incomplete and decomposition or fermentation sets in. In addition, the acids including phosphoric acid, sulphuric acid and uric

acid are not neutralized and further accumulate in the connective tissues.

The four buffering minerals used in the body include sodium, potassium, calcium and magnesium. The key ingredients in a good alkalising agent are sodium bicarbonate and potassium bicarbonate. The sodium and potassium help bring the bicarbonate component into the cells via the sodium-potassium pumps. The bicarbonate then becomes raw material to support the digestive and alkalophilic organs including: the pancreas to form enzymes; the stomach to form hydrochloric acid; and the liver to form bile. In this process, the excess hydrogen ions are being used up in the chemical reactions, thus decreasing the acidic burden of the milieu and restoring the normal acid-base balance.

The pH levels for blood, urine and saliva

The blood will remain within its narrow pH range of 7.35 to 7.45. When excess acid (or hydrogen ions) enters the blood during assimilation, the body buffers the blood by dumping the excess hydrogen ions into the connective tissue (milieu, interstitial space or extracellular matrix). In normal circumstances during the night, the body detoxifies and transports the excess acid to the kidneys where the acid is filtered out of the blood and into the urine. However, as the milieu becomes overburdened with acid, the detoxification process will not be as efficient and an accumulation of acid will build up in the connective tissues. Over time, this leads or lays the foundation for chronic degenerative conditions.

Through the detoxification process, the first morning urine is naturally more acidic (6.0 - 6.4). The normal urinary pH value range during the day should be between 6.8 and 7.4. When measuring the pH values, if the values are below either of these ranges, then this is an indicator for tissue acidosis.

Salivary pH is generally more alkaline than urinary pH and is ideally between 7.0 - 7.5. This is an indicator of how the digestive processes are functioning.



**The right choice for
the best outcome.**



How to take Alkala N

The ideal times to take an alkalizer are 10 am and 4pm, the low energetic time for the pancreas according to Traditional Chinese Medicine. Taking an alkaliser during these times supports and boosts the activity of the pancreas in addition to aiding digestion. If this is inconvenient taking it twice daily in the morning and before bed will do just fine.

Alkala N should be taken on an empty stomach to avoid interference with the hydrochloric acid production needed for digestion of food, at least 20 minutes before or two hours after eating. Alkala N should be taken with warm water, as this allows the alkaliser to bypass the stomach through the pyloric sphincter and go directly into the duodenum to be absorbed. It is important to monitor the levels of the pH during the time of using Alkala N and the pH values should remain between 7.0 and 8.0 while alkalising, as this alkaline state helps use up the excess hydrogen ions. Dosage of Alkala N is generally between ½ Scoop to 1 scoop two to three times daily, depending on how acidic the body is.

The length of time to take Alkala N depends on the pH values. Generally, Alkala N is taken for approximately five to six months and should be combined with an alkaline diet, however in some case with extreme acidosis of the tissue, Alkala N may be taken up to two years, naturally if one is going to take Alkala N for two years it is best to take one month break from the Alkala N each year and the dose lowered after 8 months. It is best at one scoop per day. In taking Alkala N it is recommended that it is initially taken for two months, and then stopped for a few days, and then the pH levels are measured again. If these values are still on the acidic side, then continue alkalising for another month each time stopping for a few days and retesting, continue until the desired pH is reached. The Alkala N is mechanically shifting the acid out of the body, and it is said that what Alkala N can do in three to four months, will take over two to three years to accomplish the same results eating a vegetarian diet alone.