

Tri-Salt For Life

Maintaining a healthy acid-base balance



When you are born, your body has its highest alkaline mineral concentration and also its highest pH level. From birth onward however, the process of life causes you to gradually acidify and this inevitable deterioration in the body's pH level leads to a dangerous build-up in acidic wastes. The body regulates its acid-base balance, but too much acid-forming food in the diet, or other factors like stress or over-exercise, can result in a predominance of acids and overwhelm the balancing mechanism.

Tri-Salt For Life is an effective means of addressing excess acidity and the deficit of electrolytes (salts). The carbonates or bicarbonates of alkaline minerals play an important role in maintaining appropriate acid-base balance. Tri-Salt For Life is formulated containing the key electrolytes for optimal cell function and can help to shift the pH balance back towards alkalinity. Dietary factors such as eating sufficient vegetables and less acid-forming foods like meats and drinking non-acid mineralized (spring) water will also assist the acid-base balance.

How does a dangerous pH condition come about?

The pH level of our internal fluids has a profound effect on how well our body operates. The human body contains about 42 litres of fluid, so its cells are suspended in an ocean that is either alkaline, acid or neutral.

Extended pH imbalances are not well tolerated by the body. If pH becomes too acid, cellular oxygen levels decrease, metabolism declines and the cells can die. All regulatory mechanisms, including breathing, circulation, digestion and hormonal production, help to serve the purpose of balancing pH.

The North American diet is largely acid-forming (refined flour and sugar products, meats, dairy, fried foods, sucrose, coffee, soft drinks, alcohol, etc.) and is a major source of acid residues. Research has shown that acid-forming diets produce a low-grade systemic metabolic acidosis in otherwise healthy adults and that the severity of the acidosis increases with time.

Stress, both physical and mental, also creates acid deposits in the body. Under tension, we burn more nutrients in less time, creating a lot of excess acid wastes that need to be disposed of. Stress can be a chronic condition that goes on for months, even years, contributing to an accelerated and constant formation of acid wastes in the body. In addition, although exercise is generally healthy, chronic over-exercise is a physical stress that produces an over-abundance of lactic acid.

As acid residues build up, the body tries to buffer them with alkaline minerals – calcium, magnesium, sodium and potassium – so that they can be converted into weak acids and excreted as urine. However if a person's alkaline mineral reserves are depleted, the body is forced to "borrow" minerals from whatever source it can find, usually from the bones (calcium), muscles (magnesium) and vital organs. Eventually the organs, muscles and bone structure are weakened.

When the build-up of acidic waste products exceeds the body's elimination ability, it is forced to store these wastes in the tissues. For people with highly acidic diets and lifestyles, this process is constant, resulting in a significant acid build-up.

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Who is susceptible to acidosis?

Just about everybody. It is possible that more than 90% of the population has an acidity problem. The process of acidification also explains why the so-called “adult-onset” diseases do not occur when you are young. They generally occur after the age of 40, when sufficient acid wastes have built up to cause disruption to the body’s normal processes. Significant health problems are the natural result.

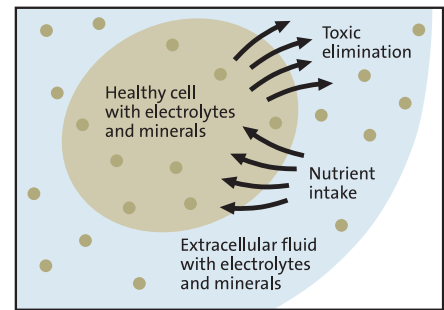
What can all this lead to?

When the amount of acid entering the body exceeds the body’s ability to neutralize and eliminate it, acidification or “latent acidosis” begins. Latent acidosis is the first step on the road to many chronic diseases, including diabetes, high blood pressure, osteoporosis, arthritis, chronic fatigue, and cancer.

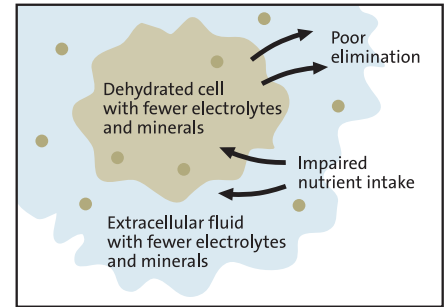
Reversing acidosis with Tri-Salt electrolytes.

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A HEALTHY pH BALANCED CELL



AN UNHEALTHY ACIDIC CELL



Tri-Salt For Life

Each 600 mg capsule contains:

Sodium bicarbonate	370 mg
Potassium bicarbonate	185 mg
Magnesium carbonate	45 mg

See our website at www.ohana-health.com for more information about Tri-Salt.

Available from your healthcare professional:



www.ohana-health.com

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Please note: The information in this brochure is for your interest only. It is in no way intended to diagnose, recommend or advise. Please consult your healthcare professional for advice before beginning any new health care program.

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FOR LIFE**

*Formulated to assist
the body in maintaining
a healthy acid-base
balance.*

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