

# THE "ACIDOSIS" CYCLE

Eat & Drink ACIDIC Substances  
Little or No Exercise  
Poor Digestion  
Poor Bowel Elimination

Acidosis in body causes:

- poor health
- chronic illness
- cancer
- osteoporosis
- arthritis
- blocked lymph nodes
- inadequate perspiring
- & hundreds more !!

**ACIDOSIS**

Tissues and organs become ACIDIC and rob calcium from to neutralize acidity. Calcium deposits de fatty acidic tissues (e.g. breasts)

**OUR BODY'S FUNCTION**

Bones are "shorted" of calcium  
Weak/brittle/porous bones

- Fact 1: The human body produces acidic waste by just being alive.
- Fact 2: The body likes to be in balance; this is called Homeostasis.
- Fact 3: The body can become balance by feeding it Alkaline producing foods, such as fresh vegetables and fruits, while limiting the intake of meats, starches, and processed foods.
- Fact 4: If the body is fed an Acidic diet, it is prone to diseases and sickness
- Fact 5: If the body is fed an Alkaline based diet, with moderate intake of Acidic foods it is able to maintain homeostasis and avoid common diseases and seasonal ailments.