

OMEGA HEALTH: WHAT THE PH?

VOLUME 6 ISSUE 2

FOR INFORMATION ONLY

MARCH 2006

With the dawning of a new century, we also have the dawning of greater personal responsibility for our own health. That's why checking pH - the acidity or alkalinity of your urine and saliva - will become as routine as checking your weight, credit card balance, or smoke alarm. Why? Because keeping tabs on your pH gives you an inside look at your health. Keeping track of your pH levels is an opportunity, once you understand the results, to work with your diet and lifestyle and take health into your own hands.

For our purposes, we define pH as your potential for health. pH monitoring reveals your body's ability to handle your diet and lifestyle, alerting you to potential problems before a disease sets in. Diagnosing and curing disease are reactive; whereas monitoring is proactive. The objective of pH monitoring is to find out if your diet and lifestyle are giving your body a fighting chance to be healthy.

This pH guide explains how to check the pH of readily accessible body fluids – urine and saliva – interpret the results, and formulate an appropriate plan of action for your pursuit of health.

We will begin with the basic what's and whys of pH, then move into the how-to and what-does-it-all-mean.

Acid and Alkaline

The pH Scale

pH is the value given to indicate the acidity or alkalinity of a substance. The pH scale of values runs from 0 to 14. A reading of 0 indicates strong, complete acidity, 7 is the neutral middle way, and 14 is complete alkalinity.

Maintaining the pH of your bodily fluids is key to health and in some cases, life itself. Digestive fluids may be as low as pH 1.0. This strong acid is needed to help "break down" the foods you eat. Your blood must be a slightly alkaline pH 7.35 to pH 7.45 all the time. That's a "must," not an "it-would-be-nice." If the pH of your blood falls much below 7.35 or raises much above 7.45 for more than a few hours, you can't survive.

For this test, we're concerned with the pH of your "internal environment" - the potential for health of the fluids in and around your cells. When we talk about the pH of your body, we mean the pH of the fluids inside and outside your cells. The body's ideal pH is just above pH 7.0. Similar to blood pH levels, but not quite as unforgiving, when the pH of your internal environment is too far below or too high above 7.35 to 7.45, your potential for health is compromised.

Monitoring your pH gives you an indication of how well or how hard your body is working to survive your lifestyle, the foods you eat and other stresses. The acid or alkaline level of your internal environment affects how your body functions. When your body is at its pH best, it hums along smoothly and easily. And when your body hums along smoothly and easily, your life has a good chance of doing the same. When your body is at less than its pH best, its hum may turn into an exhausted moan as it works overtime to survive. And when your body is exhausted, you are exhausted.

Neutralizing Acid Ash from Foods Urine pH testing gives evidence of the effect your diet is having on your body. Most fruits, vegetables, and legumes are alkaline ash foods and pose no threat to the body. However, during digestion of high-protein foods such as meat, poultry, fish, grains, and nuts, the usable parts are absorbed

to help nourish the body, but a residue that can't be used is left behind. This residue is acid, and appropriately termed acid ash. We might say it's the physiological equivalent of toxic waste. The acid of this residue can be quite strong. The residue itself will eventually make its way through the kidneys or bowel and out of the body; but before it is eliminated, it must be neutralized – weakened, buffered. If it isn't neutralized, it can fry delicate kidney tissue.

Our bodies are smarter than we will ever be. Your own smart body has numerous ways to protect itself from an acid attack. The primary protection against strong acid is alkalizing minerals. These vital minerals can neutralize, or tone down, the acid from "quite strong" to "slightly strong." Pretty clever. Unfortunately, in the process of neutralizing the acid, the minerals are eliminated right along with the residue. The vital neutralizing minerals tag along with the acid all the way out of your body. Gone forever. That's the bad news.

The good news is that these lost minerals are easily replaced. Replacements come from the fruits and vegetables you eat. No problem - acid in the body is neutralized by minerals, replacement minerals come along in fruits and vegetables to take their place.

But suppose you don't eat fruits and vegetables – well, not much, anyway.

Your intelligent body isn't going to let a little thing like negligence keep it from doing what needs to be done. Your body is a survivor. If minerals that were lost aren't replaced, other minerals jump in to do the job of neutralizing the acid threatening your system. But these substitute minerals weren't just sitting on the bench waiting to be called into the game. They have important fulltime jobs, too. When they are called on to handle the emergency, they are taken from their primary jobs. For example, calcium is a "substitute" neutralizing mineral. Where do we keep our biggest calcium supply? Our bones. If you don't replace neutralizing minerals by eating fruits and vegetables, calcium is taken from the bones. When you lose a lot of calcium from your bones, the disease label is "osteoporosis," weak bones. It's hard to live with your head held high,

taking on the world, when your spine is gradually collapsing. Other minerals that make up your alkaline reserve are sodium, potassium, magnesium, and iron.

Your diet can be so top-heavy with acid ash foods that your neutralizing, or buffering systems are overwhelmed. There is just too much acid for them to handle – acid saturation. When acid-laden materials arrive at the kidneys, the kidneys must act to neutralize the acid fast. Introducing another backup system: Ammonia. The kidneys generate ammonia which has a pH of about 9.25 and raises the pH value considerably because it is so alkaline. Urine made alkaline by ammonia usually burns upon exit and/or has the same strong sharp smell of household ammonia.

So when your body is too acid for too long, it plays the game of life with a line of backup systems. These backups are either substitute minerals, or ammonia. When your body is too acid - when your internal pH is too low - the systems and organs of your body must work overtime just to stay even. But systems and organs aren't designed to function in red-alert mode all the time. They need rest just as you do. If the red-alert goes on for months or years, systems and organs become exhausted. An exhausted body is no match for disease; eventually, disease wins.

What follows is a step-by-step overview of how the body neutralizes acids.

1. The acid ash from many foods you regularly eat must be neutralized (buffered) before the acid is eliminated through the kidneys.
2. Your vital mineral supply is used to neutralize the acid, and in the process these minerals are lost through the kidneys and bowel.
3. If the neutralizing minerals aren't replaced by eating a varied selection of quality foods, they will be taken from the body's reserves to neutralize the acid.
4. If the back-up neutralizing (buffer) systems aren't up to the task, or if the body is saturated with acid from too much protein, the kidneys generate ammonia as a last-ditch effort.

5. When the body is over-acid, buffer systems are overwhelmed, and all systems, organs, and processes are overstressed.
6. The body's systems and organs aren't able to perform at their best because they have become exhausted.
7. This exhaustion opens the door to disease.

What does all of this have to do with checking pH?

Urine pH values are your clue to whether or not your alkaline arsenal has been, or is being, used up or overwhelmed and if your ammonia backup system is taking the role of key acid neutralizer. Urine pH values indicate whether or not your body is overburdened with too much acid from too much high protein food - toxic.

Ultimately what you learn from checking your urine pH is whether or not the foods you regularly eat leave the door open to disease.

Food Overview

Some Common Acid Ash Foods

Leave strong acid in your internal environment
 Red meat, pork, lamb, poultry, fish, eggs, grains (see exceptions below), lentils, dried peas, beans, dairy products including cheese and yogurt, processed, packaged and canned foods, breakfast cereal, and everything made out of flour including bread, crackers, bakery goods, and pasta. Fried food, refined salt, artificial colors and flavors, tobacco, white vinegar, coffee, soda, hard alcohol, beer, and most nuts. Chocolate, heated honey, blueberries, bottled fruit juices, cooked spinach, peeled white potatoes. Additionally, non-prescription and prescription drugs, chemicals and pesticides, stress, anger, worry, hatred, anxiety, and exhaustion are all acid-forming.

Some Common Alkaline Ash Foods

Help to control acid in your internal environment
 Most fruits including avocados, tomatoes and citrus, most vegetables, goat milk products, fermented foods, almonds, brazil nuts, amaranth, millet, quinoa, buckwheat, lima beans, soy products, raw honey, maple syrup, stevia, molasses, mushrooms, and sweet potatoes.

Apple cider vinegar, organic wine, sea vegetables, natural herbs and spices. Additionally, happiness, pleasure, fun, laughter, joy, peace, relaxation, and deep rest are all alkaline-forming.

Some Common Neutral Ash Foods

Leave an alkaline ash but have an acidifying effect on the body
 Corn oil, corn syrup, olive oil, refined sugar, plums, prunes and cranberries

The Urine pH Test

What you need:

(1) pH strips/pH litmus paper; (2) notebook and pen to track your results.

pH paper – registers moderately strong acid (pH 5.5) to mildly alkaline (pH 8.0). The thin strip of pH paper changes color when it comes in contact with moist acid or alkaline substances. A color guide on the package shows how each color represents a particular pH number.

The pH Challenge

Note: Urine pH and saliva pH results are valid only if checked under the controlled conditions about to be explained. You need to set the scene first. With a little planning before you whip out your pH paper, you get something to hang your health on.

Here is the challenge: you are going to flood your body with excess acid ash producing protein and see how it holds up

Results of Urine pH Test

Your urine pH numbers are alkaline reserve indicators.

Urine pH 5.5 - 5.8

Your alkaline reserve is adequate meaning you have enough alkalizing minerals in your body to handle a concentrated load of dietary acid.

Go back to your regular diet and after a few days, check your first voiding urine pH again. If it

registers pH 6.2 or below, you are eating too much acid-ash food and need to adjust the quantities. If this follow-up pH test checks in at above pH 6.2, keep doing what you're doing. You are on the right road. You probably already eat generous amounts of vegetables, fruit, and grains, and minimal amounts of meat. If you reduce the amount of grains in your diet, your pH numbers will rise even higher. That's even better.

Urine pH 6.0 - 6.6

Results of 6.0 to 6.6 are not "good", but not "horrible". This is the "warning" stage. Your alkaline reserve is running low; however, you still have some alkalizing minerals available.

In the past few months, you may have noticed more "signs of aging" such as stiffness in the morning, and becoming easily tired or short tempered. In reality, you are not only getting older, you are speeding up the aging process by eating too much protein. Your alkaline reserves are so low that your body has called on backup systems to help neutralize excess dietary acid. It's beginning to get tired, no matter how old you are.

Luckily, your health outlook can be improved rather easily. Reduce the amount of acid-forming foods and increase the amount of cooked vegetables, salads and smoothies in your daily diet.

Urine pH 6.8 - 8.0

A urine pH score of 6.8 to 8.0 is very significant. It indicates that your supply of available alkaline reserve is virtually nonexistent. Instead of minerals neutralizing the acid from dietary protein, ammonia is doing the job. You may be frequently sick or chronically ill. You may be tired most of the time, have stiff joints, sore muscles, and burning on urination.

Your body's systems and organs are working under extreme stress of toxicity – its internal fluids are being "poisoned" by too much acid. Unless you change your ways, probably starting with the types of food you eat, you could develop a disease.

So, what to do if you "flunked" the urine pH challenge?

Start activating alkalinity in your body. Begin with drinking warm water with juice of a half lemon or lime each morning. Improve your diet slowly by eating more fruits and vegetables, salads, and more conservative acid-ash foods such as brown rice and whole grain breads like Hunza Bread rather than refined white flour breads. Drink freshly made juice, preferably green vegetable juice. Recipes for all of the above can be found in the [Recipe](#) section.

Increase the amount of vegetables in your diet. An effective method is to introduce one serving of cooked vegetables to your daily menu. After one week, add another serving of vegetables. Continue the add-a-vegetable-a-week routine for about six weeks. That may sound like a lot of vegetables, but you have three meals a day to work with. In addition, see an alternative healthcare practitioner to help you start a good nutritional supplement program.

Wait one or two weeks before checking your urine pH again. Even on an improved diet, the changes in your results won't be as dramatic as you might like. In fact, for those with high pH the pattern of change will look as though things are going from bad to worse. With an improved diet, the alkaline minerals are finally doing the neutralizing instead of ammonia. However, alkalizing minerals aren't nearly as strong as ammonia, so urine pH readings go down before they go up. Your readings should change gradually - one color at a time and you will probably see a dramatic change from your original pH challenge numbers in a couple of months.

What if you have a good diet, but your pH is still poor?

Suppose you've changed your diet, cut down on acid-ash foods, eaten mostly vegetables and fruit, and taken alkalizing supplements, but your urine pH is still locked in. Does it mean that this urine pH business is all a bunch of nonsense?

Answer: No. There is more to pursuing health than just eating right. Other factors besides toxicity and diet enter into how your body functions. After you've "cleaned up" your diet, if you still do not feel as well as you'd like, it's time to take the saliva pH test to see if emotional stress is leading to physical distress.

The Saliva pH Test

Saliva pH results indicate whether or not emotions are the overriding influence on your physiology. Your saliva pH changes instantly to handle current conditions, including your emotions.

This is a two-stage check: before and after. The before gives you the pH of your saliva when you haven't eaten anything for a while. The after pH shows the response to a sudden, intense "threat" of acid.

Emotions affect the pH of your saliva. The objective is to find out if the acid "threat" is more intense than any current emotional "threat." Your pH test results will reveal if you are in a state of emotional override. If your current emotional state is demanding more of your body's attention than a sudden "acid attack," your health could be suffering.

What You Need:

(1) pH paper, (2) saliva, (3) a stimulant; use a slice of lemon or a teaspoon of lemon juice, and (4) notebook and pen to track your results.

To prepare for your saliva pH test, put nothing in your mouth except pure water for at least two hours prior to testing your saliva. No eating, smoking, chewing gum, or cough drops, no breath spray, toothpaste, etc.

The Saliva pH Challenge

You want to check your saliva as close to your personal "normal" as possible. For this to happen you need to be up, moving about, and contending with life as you normally would. After two hours of regular activity and abstinence from any substance you put in your mouth, except pure water, you are ready to test your saliva pH.

For this test you'll need to be in front of a mirror. Use one strip of pH paper. Work up some saliva, gathering and moving it toward the tip of your tongue until you have a pool of saliva. Looking in the mirror to guide your hand, wet the pH paper without touching the paper to your lips or tongue. Match the color of the wet pH paper with the corresponding color and pH value on the chart. Write and date your results.

Next, the stimulant. Put the lemon into your mouth, sucking just long enough for the flavor to permeate your whole mouth. Swallow four times as you tear off an inch or two of pH paper, and then repeat the wet-paper-with-saliva routine. Note the color and write down the corresponding pH number

Results of Saliva pH Test

Colors

The color chart has three dominant colors:
Yellow = pH 5.5 through 6.0
Green = pH 6.2 through 7.0
Blue = pH 7.2 through 8.0

Changing Numbers

Numbers Go Up

If your pH numbers go up, this indicates that your body can respond easily to strong stimuli (acid of the lemon). No matter what color your first number was, this change to higher is beneficial.

Numbers Go Down

If your numbers don't go up, something is bothering you; stress or anxiety is dominating your physiology. Take this as a sign that your life and health could be improved with a few changes.

Numbers Don't Change

Before and after numbers that are virtually the same are the strongest indication that emotional distress is a key factor. It's time to take action. Emotional habits need to be re-examined and modified.

Changing Colors, how to interpret the colors **Green – Blue**, Preferred response.

Saliva pH that starts out green and moves up to blue indicates that you handle stress well, and

your alkaline reserve is adequate. Keep up the healthy diet and attitude. Check your saliva pH occasionally to make sure you continue to stay in the blue.

Yellow – Green or Blue, Not the best, but okay. A yellow reading that changes to either green or blue indicates two situations. First, your alkaline reserve is holding its own. Second, stress, anxiety, or similar emotion is keeping your body "on guard" most of the time. Although improper diet isn't your main problem, make sure you are kind to your body nutritionally by eating less meat and dairy products and more fruit and vegetables.

Blue – Green or Green – Yellow, Wrong Direction.

Your pH results indicate that your body is moving toward exhaustion, which opens the door to disease. The problem isn't too much dietary acid. The problem is chronic stress, perhaps worry. You may be experiencing continued ongoing low-level stress. A change in lifestyle and attitude is more important right now than a change in diet. However, replacing acid-forming foods with more alkaline-forming foods could help.

Blue – Blue, Not Desirable

True-blues have a tendency to be worriers. Diet isn't a major problem; however, the negative fallout from worry and anxiety overrides the positive benefits from your good diet. Consequently, your body is headed toward exhaustion.

Green – Green, Less Desirable than Blue – Blue
The steady-state green group is also combating emotional override. Chances are you have very "strong emotions". Anxiety, fear, anger, or rage are constant in one form or another. End result: physical and physiological exhaustion. The biggest challenge will be to change your long-standing negative attitudes and allow your body to rest occasionally. You need to make a substantial change in diet to reinforce your alkaline mineral reserves. Eat less acid-ash foods such as meat and refined processed foods, while integrating more raw and cooked vegetables, salads and fresh fruit into your diet.

Yellow – Yellow, Serious Problems

Most people who are seriously ill are yellow-yellow. Regardless of your present state of health, your diet and attitudes need to be restructured immediately. Yellow-yellows are essentially up-tight. You may need pills at night to fall asleep and coffee in the morning to get going. You sleep, but your body never truly rests. Sorting out your emotional and nutritional life needs to be top priority if you want to heal. Eat plenty of soothing, steamed, rather than raw vegetables. Yellow-yellow indicates a lack of digestive strength making raw fruit and vegetables potentially difficult to eat at this time. Changes in diet should be made gradually

Monitoring your personal pH is a tool. Monitoring your urine and saliva pH can help you take charge of your health. In the final analysis, you, and only you, can lead your life in ways that promote health or prevent health. Health is not an accident.

Adrenal saliva test info

Advantages

The ASI is a simple non-invasive saliva test. Four saliva samples are used to construct an adrenal rhythm and obtain a DHEA to cortisol correlation. Such an evaluation is not possible with blood and urine samples. The Secretory IgA-immune response and grain intolerance is also tested of the saliva as part of the panel.

1. The test is non-invasive and can be performed wherever you are.

2. Saliva is collected under real life conditions. There are no stressful blood draws and no urine gallons to carry around for 24 hours.

3. With blood and urine testing, a number of borderline adrenal conditions are missed. This is not the case with the ASI because it is a time-specific and real-life test.

4. The ASI is an in-depth test such that options for treatment are expanded by 400-500% over serum and urine test results.

Abnormal Adrenal Rhythm can influence:

- Energy production
- Bone health
- Immune system health
- Sleep quality
- Skin regeneration
- Thyroid function
- Muscle & joint function

Do you need the ASI test?

To determine if the ASI is the appropriate test for assessing your health condition, ask your physician for a stress questionnaire. The score can help you doctor determine a course of action.

The ASI is mostly ordered for individuals that suffer from:

- Chronic stress & related health problems
- Lack of vitality and energy
- Muscle and joint pain
- Migraine headaches
- Osteoporosis
- Sleep disturbances
- Poor memory
- Alcohol intolerance
- Stress maladaptation
- Low sex drive
- Low body temperature

Introduction

The adrenals are two small glands, each weighing 3 to 5 grams. They are located above the kidneys. The adrenals have one of the highest rates of blood flow per gram of tissue, and the highest content of Vitamin C per gram of any tissue in the body.

Each adrenal gland is composed of two separate functional entities. The outer zone, or cortex, accounts for 80% to 90% of the gland, and secretes adrenal steroids (Cortisol, DHEA(s) and Aldosterone). The inner zone, or medulla comprises 10% to 20% of the gland, and secretes adrenaline and non-adrenaline, called catecholamines. Cortisol, DHEA and Adrenaline are the three adrenal stress hormones.

The human adrenal gland does not secrete its steroid hormones at a constant level throughout the day. The hormones are actually released in a cycle with the highest value in the morning and lowest at night. This is easily understood by looking at Figure 1. This 24-hour cycle is called the circadian rhythm. An abnormal adrenal rhythm can influence many functions of the body, some of which are listed here.

1. Energy Production

Abnormal adrenal function can alter the ability of cells to make energy for activities of daily living. People who have a hard time rising in the morning, and those people who suffer from energy slumps during the day (and may even be tired all the time), often have abnormal adrenal rhythms.

2. Muscle & Joint Function

Abnormal adrenal rhythms are known to compromise tissue healing. Reduced tissue repair and increased breakdown can lead to muscle and joint injury and chronic pain.

3. Bone Health

The adrenal rhythm determines how well we build bone. If the night cortisol is elevated and the morning is too high, our bones do not rebuild well, and we are more prone to the osteoporotic process.

4. Immune System Health

Various immune cells (white blood cells) cycle in and out of the spleen and bone marrow for special conditioning, and possible nourishment and instructions. This immune system trafficking follows the cortisol cycle. So, if the cycle is disrupted, especially at night, then the immune system is adversely affected. Short

and long-term stress is known to suppress the immune response on the surfaces of our body as in lungs, throat, urinary and intestinal tract. With the reduction in the surface antibody (called secretory IgA) the resistance to infection is reduced and allergic reactions are believed to increase.

5. Sleep Quality

The ability to enter REM sleep cycles, i.e. regenerative sleep, is interrupted by high cortisol values at night and in the morning. Chronic lack of REM sleep can reduce the mental vitality and vigor of a person and induce depression.

6. Skin Regeneration

Human skin regenerates mostly during the night. With higher night cortisol values, less skin regeneration takes place. So, a normal cortisol rhythm is essential for optimal skin health

7. Thyroid Function

The level of cortisol at the cell level controls thyroid hormone production. Quite often, hypothyroid symptoms such as fatigue and low body temperature are due to an adrenal maladaptation.

8. Grain Intolerance & Stress

About 12-18% of the US population suffers from a genetic intolerance to grain. Specifically, a high incidence occurs in Celtic, Germanic, and Nordic derivation. The gut becomes inflamed within 30 minutes after consuming the grains and this leads to an adrenal stress response, increased cortisol and reduced DHEA.

CALL 781-641-1901

Testing Cortisol Levels

THE RIGHT AND WRONG WAY TO DO IT

Because the adrenal glands produce the stress and inflammation hormone,

cortisol, in different amounts at different times of the day, it is vitally important that your cortisol levels be tested throughout the day. The best, and only reasonable way this can be done is by using a home saliva test kit.

The best adrenal salivary test comes from a laboratory named Diagnos-Techs (click [here](#) for details and email link) and is called the Adrenal Stress Index (ASI).

Diagnos-Techs, Inc. 6620 192nd Place,
Bldg. J

Kent, WA 98032

425-251-0596

e-mail cs@diagnostechs.com

Because the adrenal glands' cortisol production follows a circadian rhythm (i.e., changes throughout the day), it is **critical** that four saliva samples are taken to have an accurate reading of how well the adrenal glands are functioning. Saliva tests that simply measure one sample are a useless waste of time and money.

As a classic example of this folly, I recently had a patient's ASI indicate that her cortisol level was normal for the morning sample but very elevated for the noon and early evening samples, and too low for the late evening sample. It is the norm to see these types of ups and downs on an ASI, and had the patient just done a saliva test that only had one sample, her reading would not show the entire picture of what her true cortisol/adrenal function is. In a worst-case scenario, had the patient collected the sample in the morning before she went to work, the reading would have indicated that her adrenal glands were perfectly fine and neither she, nor her

doctor, would have a clue as to what was wrong with her.

Where other adrenal saliva tests measure cortisol and DHEA adrenal hormone levels, the ASI also measures blood sugar/glucose levels (cortisol has a major role in blood sugar stability), immune factors (SigA immunoglobulins), and grain sensitivities in the intestinal tract that show if the imbalanced cortisol levels are a response to intestinal tract inflammation.

The ASI also calibrates the status and sensitivity of the hypothalamus and pituitary gland to cortisol and their ability to properly regulate cortisol production. Another hormone, progesterone, is measured to assess the amount of pregnenalone the adrenal glands are using and possibly depriving other hormonal glands from working properly due to hogging most of the available pregnenalone.

The inclusion of these other tests really helps the doctor to understand the health of the adrenal glands and how other systems are being affected, and is vital to deciding the proper course of treatment.

The ASI kit comes with four vials with a small piece of cotton in them, and the vials are marked with the time of day (morning, noon, late afternoon, and late evening) at which you should place the cotton under your tongue to absorb some saliva; the cotton is then replaced in the vial. This is simple, painless (no blood drawing with needles), and inexpensive. When you finish the test you simply send the test kit to the laboratory and they send the test results to your doctor. Best of all, it is very accurate.

This is the kind of test NASA used on its astronauts in space after a Russian cosmonaut returned from the MIR space station and informed them that the stress onboard was so bad that someone would probably get murdered. Not wanting this type of "Houston, we have a problem" situation, NASA decided it was best to monitor the astronauts' stress hormone levels with the saliva test.

Saliva tests for hormones are far superior to blood tests for several reasons. A blood test merely shows the hormone bound to a protein carrier, and this is not really the amount of hormone your body is actually using. But since the hormone in the saliva has already been fully processed to its useable form before passing through the soft tissue of the saliva glands, it can be measured accurately by testing the saliva. This is especially important when it has to be tested several times a day, as with cortisol, since it would be unreasonable to try to get your blood tested four times a day. Another problem with blood testing is that people often get stressed out in doctor's offices from either waiting too long to be seen or because they don't like being punctured by needles. Doing the saliva test in the comfort of your home avoids this inconvenient and potentially stressful experience

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the two groups within R&D: Product Development and Methods Development. Within these two groups, NSP employs highly trained scientists and technicians to ensure the high standard of quality and effectiveness you have come to expect from Nature's Sunshine Products. [Find out more](#)

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Manufacturing

The recent expansion of Natures Sunshines Spanish Fork warehouse/manufacturing facility more than doubles our total usable space (to over 250,000 sq. ft.) and our production capacity. The expansion also includes several more R&D and Quality Assurance labs and new manufacturing equipment.

As part of our improved environmental and process controls, Natures Sunshine has added many new, state-of-the-art features which translates to multiple benefits for the consumer and for NSP, including:

- Higher quality products that meet pharmaceutical standards
- Cleaner, more efficient production
- Reduced emissions and greater environmental awareness
- Better temperature and humidity control which results in higher quality and longer lasting products

Quality, Service, Integrity

Natures Sunshine Products takes enormous pride in the quality of the products we offer. Indeed, quality is the first part of the Natures Sunshine motto: "Quality, Service and Integrity." From raw materials to finished goods, Nature's Sunshine ensures that your products are the best that money can buy.

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FDA approves rapid saliva test for AIDS virus

(The United States approved the first rapid saliva test for the HIV virus that causes AIDS, health officials said on Friday.

The test, made by OraSure Technologies Inc., provides results within 20 minutes with 99 percent accuracy. Other approved rapid HIV tests require blood samples.

Shares of Bethlehem, Pennsylvania-based OraSure gained \$1.55, or 19.02 percent, to close at \$9.70 on Nasdaq.

"This oral test provides another important option for people who might be afraid of a blood test," Health and Human Services Secretary Tommy Thompson said.

Officials also said the test, called the OraQuick Rapid HIV-1/2, could help on two fronts, encouraging more people to get tested as well as actually getting them the results.

One-fourth of the roughly 900,000 HIV-infected people in the United States are not aware they have the virus, according to estimates by the Centers for Disease Control and Prevention.

People given standard tests that take a week or two often do not return to get the results. With a rapid test, a patient can get an answer in just one clinic visit. Those who test positive can start treatment quickly and take steps to keep from spreading the virus.

The new saliva test also helps protect health-care workers from becoming infected with HIV because they do not have to handle blood, officials said.

The device could be a valuable tool in fighting the AIDS epidemic in Africa because it is so quick and accurate, Thompson said.

U.S. aid agencies at some point might buy the tests for distribution in Africa, but no plans are yet in place, Thompson said.

The OraSure saliva test is cleared for detecting antibodies to HIV-1, but not for HIV-2, the strain prevalent in parts of Africa. OraSure's 20-minute blood test for HIV is approved for both types.

Only a minority of African patients who test positive for HIV have access to medicines that can suppress the virus.

The Bush administration came under criticism this week from AIDS activists, who accused the government of pushing expensive, brand-name drugs in poor countries over cheaper generics. The administration has said it is concerned that the generics, which often mix several drugs in one pill, may not be safe or completely effective in the long term.

The new test involves wiping a swab along the gums and placing it into a liquid in the testing device. When antibodies to the HIV virus are detected, two reddish-purple lines appear on the device.

Results should be confirmed by a second, more specific test, the Food and Drug Administration said.

At first, the new saliva test will be available only at hospitals and major clinics which are approved to use that type of test. OraSure could apply for a federal waiver to allow more widespread use at health-care facilities.

The saliva tests could eventually be sold without prescription in drug stores, as pregnancy tests are, Thompson said. The test would have to clear several regulatory hurdles first.

Officials would have to consider how patients might react to the results at home, without health-care workers on hand, said Jesse Goodman, director of the FDA's Center for Biologics Evaluation and Research. False positives could be troublesome, he said.

Separately, OraSure said the FDA was requiring additional data before it would clear the company's Uplink Oral Fluid Drug Detection System, a test for cocaine, marijuana and other abused drugs.