



# The Complete pH Balancing System™



## Program Instructions & Guide To pH Balance

Instructions for use of pHion products in powder form

## **The Complete pH Balancing System™**

### **Your Guide To pH Balance & Product Instructions**

Congratulations! You are about to take a VERY important step towards experiencing VIBRANT HEALTH and ENERGY! Most likely, your body is in The VERY ACIDIC pH Zone™ at this juncture. Don't let your purchase of The Complete pH Balancing System™ be in vain – begin to use it right away and start your journey towards pH Balance this week! By the time you complete using all of the products in this system, you should be well on your way towards getting your body to The OPTIMAL pH Zone™.

The Complete pH Balancing System™ is more than a pack of supplements. It's an entire seven day system and protocol that integrates diet, breathing, sweating, and supplementation together to get your body to its optimal pH.

After working with patients for over 25 years, I intimately know exactly what it takes to eliminate all of the acids that have built up in your body over the years. If you follow this guide carefully and diligently, you'll FEEL what a body that's pH Balanced is all about.

I also want you to be mindful of something:

Your body didn't become chronically acidic overnight. It took years and years to get to this state. While it will not take years to reverse this acidity, it will take time and effort. If your pH Composite Reading™ is 5.0, your body is 100 times more acidic than it should be. Because of this, it will take 90 times more effort for your body to become pH Balanced than if your body's pH was 6.0 at this point. Chronic acidification takes CONSISTENT effort to overcome.

Do not let yourself become overwhelmed as you look at all of these products in front of you. While it may seem that trying to take 11 products would be somewhat overwhelming, it will not be; and you'll discover this truth once you begin.

#### **What to expect**

When you begin this system, you most certainly will experience a few things that you may not be accustomed to – especially if you never have done a colon or full body cleanse. Let me tell you what you can expect and what you should not expect:

DO expect to feel hungry when you begin this system – Especially during day two and day three. Often, this hunger is not even a result of getting less calories; it occurs because you are starving the bad bacteria, yeasts and other nasty microforms in your body, and they're screaming about it. These types of microforms feed on sugar, which you will not be ingesting over the next seven days. While this hunger will certainly not be extreme, it can be annoying.

DO expect to shed a few pounds while doing this system – This is GREAT news for most people! Once you begin to super hydrate your body, and flush out the toxins that are being stored in your fat cells, your body will simply begin to shed the excess fat. Also, you'll be consuming fewer calories than normal. You'll also save a few bucks because you won't be eating much!

DO expect to feel the effects of detoxification – Especially during day three. This system will cause a lot of toxins to be released from your body all at once. These toxins can make you feel groggy, foggy, and even a bit irritable. You might experience headaches or fatigue. This is actually a good sign, as it illustrates just how toxic your body has become. These symptoms will dissipate quickly, however. I also recommend that you begin The Complete pH Balancing System™ on a Thursday, so that you will not be experiencing the most difficult days (days two and three) while you're at work.

DO expect to experience a TON of energy – By day four and thereafter. You'll simply be amazed by how energetic you feel. This is what I am referring to when I say "VIBRANT ENERGY"... the kind of energy that is pure and natural. This energy does not come with the corresponding 'crash' that is associated with caffeine or other stimulants.

DO expect to visit the restroom frequently – You'll be drinking a much greater quantity of fluids than you're probably used to. It's a small price to pay for VIBRANT HEALTH and ENERGY. The good news is this: your bladder will gradually begin to expand and you'll become accustomed to drinking a lot more fluid within a matter of weeks.

DO NOT expect to see your pH get to The OPTIMAL pH Zone™ (A pH of 7.0) overnight – Especially if you started in The VERY ACIDIC pH Zone™. However, after completing your first seven days on this system, you will see a noticeable increase in your pH – that is IF you follow it consistently and diligently. In the weeks to follow, as you continue to use the pHion™ products and follow a more alkalizing diet, you will continue to see increases in your pH and eventually get your body completely pH Balanced!

DO NOT expect to desire the same types of foods that you once did – As you become less and less acidic, you will begin to crave healthier foods. Your taste buds will become much more sensitive to sugar, and you'll even find yourself becoming less tempted by sweets.

DO NOT expect to see all of your ailments go away overnight – It is important to understand that the first step to realizing VIBRANT HEALTH is to simply create the optimal environment within your body – toxin free and pH Balanced. Once your body's pH is Balanced, it will be able to work much more efficiently at healing itself.

Let me guide you through every step you need to take to not only succeed in this journey towards pH Balance, but also to enjoy it. Regardless of what you may be thinking at this point, this journey is not a painful one. Once you begin to experience the rewards of pH Balance and Vibrant Health, you'll never go back to the lifestyle that contributed to your acidic body!

**Let your pH Balance Journey Begin...**

Any plan to rebalance the pH of your body must begin with a full body cleanse (especially if your pH Composite Reading™ is currently under 5.75). A cleanse will help to rid your body of excess toxins that thrive in an acidic environment and contribute to further acidification. It will also help to purge all of the acids more quickly and efficiently than normal. The type of cleanse I recommend is not a fast, but rather a seven day period of “drinking” your food and eating solid food in raw form rather than cooking it. While seven days is STRONGLY recommended and will yield the greatest results, a three day cleanse will suffice if that’s all you can muster.

This cleansing period serves to give your digestive system a break, provide vital necessary nutrients, cleanse the blood and tissues of excess acids and toxins, and super-hydrate your body. By taking the time to cleanse your body thoroughly, not only will you get a jump start on the pH balancing process, you’ll feel great and even shed a few pounds during the process.

During this cleanse, you will be taking every pHion product in this System. Each product in this package plays a specific role in helping to eliminate acids and toxins from your system. They also work synergistically together to boost the effectiveness of one another. For more detailed information on each supplement, please visit our website at [www.pH-ion.com](http://www.pH-ion.com).

Once you have completed the initial seven day cleansing period, you will continue to use the products in conjunction with a maintenance program.

The products that come in this pack include:

**pHion pH Booster - for Structured Alkaline Water:** Proper hydration is the most crucial factor in establishing and maintaining proper pH. Since your body is 70% water, it is extremely important to constantly replenish your supply of it.

In order to hydrate your body optimally, you need to drink water that is alkaline and ionized. Alkaline water helps to neutralize stored acid wastes. Once these acids are neutralized, they can then be removed by the body.

pHion pH Booster™ boosts the pH of your water up to 9.5. Water with a pH of 9.5 is 500 times more alkaline than water with a pH of 7.0. It also helps to structure your water for better absorption. The 72 activated, ionic minerals in pH Booster™ deliver the best formula of liquid electrolytes available.

**pHion Cleanze - To Cleanse Your Colon:** pHion Cleanze, by virtue of its ionic action, serves as an aid in detoxification of the intestinal canal. Over time, un-eliminated waste can build up on the walls of your colon. The average person has as much as 10 pounds of compacted waste sitting dormant in the colon.

The formula of ionic bentonite, psyllium fiber, magnesium oxide and cleansing herbs in **pHion Cleanze** work synergistically to gently detoxify, clean and restore pH Balance to your digestive tract.

pHion Cleanze will help to eliminate negative microforms and excess acidity from your intestines - thereby getting your body’s pH in balance more quickly. Cleansing your colon with pHion Cleanze is like giving yourself an “internal shower,” purifying it from years of damaging toxic buildup.

**pHion D-Tox – To Detoxify Your Body:** Microforms such as bacteria, yeasts, fungus, and mold thrive in acidity. These damaging organisms love to swim in their own toxic waste and flourish in the low oxygen levels that come with acidity.

In an acidic environment, these ugly organisms grow out of control, breaking down tissues, bodily processes, and your immune system. In order to jump-start the process of balancing your pH, it's imperative that you "clean house" and eradicate the microforms and their corresponding toxins.

pHion D-Tox helps to eliminate bacteria, yeast, and fungus throughout your entire body as well as the toxins they produce.

**pHion Green – To Alkalize Your Body:** Green foods are some of the most alkalizing and nutrient-dense foods on the planet. The fact that they contain a perfect balance of alkaline minerals, enzymes, chlorophyll, vitamins, and amino acids is what causes them to be so highly alkalizing.

Greens are very rich in chlorophyll, which has the same molecular structure as human blood with the exception of the center atom, which is magnesium rather than iron. Greens are also very dense in highly absorbable organic alkaline salts that help to neutralize acids in the blood and tissues.

pHion Green is super alkalizing because it contains dehydrated juices from the most alkalizing green grasses, veggies and sprouts. It is super concentrated in a 20:1 ratio. One teaspoon is nutritionally equivalent to over a pound of salad! pHion Green also contains Alkzyme™, a patented blend of enzymes that will increase the bioavailability of all the ingredients by as much as 48%!

**pHion Blue – To Neutralize Acids:** The greatest problem for people suffering from acidification is the concentration and accumulation of acids deep within in the inner tissues. The quantity of acid that has built up becomes too great to be carried by the blood (which must maintain a very narrow pH range) to the kidneys for elimination.

The body is then forced to use a second option to protect the integrity of your blood pH. This consists of forcing the acids deep into the tissues which can withstand acids better than the blood can. Once you become VERY ACIDIC, deacidification of your body requires neutralization and elimination of a very large quantity of acids.

Your body uses mineral reserves in order to neutralize these stored acids. When alkaline minerals bind with acids, a neutral salt is made, which can then enter the bloodstream for elimination without affecting the pH of the blood. pHion Blue is an alkalizing mineral supplement that quickly goes to work to neutralize damaging acids. It helps to accelerate the elimination and neutralization of acids that are often deeply embedded in the tissues of the body. Acidification is synonymous with mineral deficiency.

**pHion Indigo – To Eliminate Free Radicals:** Free Radicals are cell-damaging molecules with electrons that are unpaired. Acids in the body can act as free radicals. Free radicals damage cells by stealing electrons from them. They are formed as a result of normal body functions or the interaction of factors external to the body.

Antioxidants are the body's major defense against free radicals and oxidative stress. They fight free radicals by supplying the electron they lack, and thus neutralize them. Just as you need a multitude of vitamins, minerals, and enzymes to operate proficiently, so you need a wide range of antioxidants. Fruits (especially berries) are widely considered some of the richest sources of antioxidants.

Some of the best sources of antioxidants however, are also high in sugar and thus can have an acidifying effect on the body – especially if you're already too acidic. pHion Indigo provides all of the important antioxidants that you need without the acidifying effects of sugar!

**pHion Violet – To Replenish Enzymes:** Enzymes are protein molecules which initiate and control nearly every biochemical process in the body. The presence of enzymes makes it possible for you to digest food, repair tissue, and rid your body of dangerous toxins.

When your enzyme reserves become depleted you place large amounts of unnecessary stress on body organs like the pancreas, liver, and lymph system. Enzyme deficiency contributes greatly to acidification of the body. Without sufficient enzymes, foods and proteins go undigested and eventually ferment in the body; this causes toxicity and acid overload.

pHion Violet infuses your body with vital enzymes that control every chemical reaction in your body. The proprietary pHion Violet enzyme formula includes systemic enzymes that function and flow throughout your entire body; in every system, tissue, and organ. pHion Violet also contains digestive enzymes to address all facets of digestion for the three main food groups: proteins, carbohydrates, and fats.

**pHion Red – To Eliminate Acids:** One of the primary causes of pH imbalance and acidification is insufficient elimination of strong acids. Strong acids in our bodies (like uric acid, sulfuric acid, lactic acid, phosphoric acid and nitric acid) primarily come from animal protein. These acids are like the battery acid in your car. These types of acids are very problematic, directly contributing to many illnesses.

Strong acids compromise the pH Balance of the tissues and fluids of the body. Strong acids must be excreted by the kidneys or the skin because they contain sulfur, phosphorus or nitrogen which cannot break down into water and carbon dioxide to be eliminated in the same way that weak acids are.

When you are acidic, it is vitally important to stimulate the kidneys and skin to increase the amounts of acids they filter and eliminate. pHion Red is formulated to accelerate the elimination of strong acids via the kidneys and the skin.

**pHion Orange – To Replenish Friendly Probiotic Bacteria:** Good digestion is critical for optimal health and foundational for proper pH Balance. Poor digestion greatly contributes to acidification of the body. Recurrent or chronic indigestion gradually impedes intestinal function, which can eventually lead to illness.

Having healthy populations of intestinal flora known as probiotics is paramount to intestinal health. These bacteria are indispensable - essential not only for health, but also for life itself. Probiotics maintain the integrity of the intestinal wall and the internal environment. Probiotics also help to control unfriendly bacteria and other harmful microforms as well as neutralize toxins, preventing their absorption into the body.

Maintaining proper pH Balance within the gastrointestinal tract is critical to probiotic growth and health. Without the correct pH, probiotics won't function properly. In order to achieve and maintain pH Balance, it is imperative that you replenish the probiotics that inhabit your digestive tract. pHion Orange Probiotic Complex supports a healthy digestive tract.

**pHion Gold – To Feed Probiotic Bacteria:** A prebiotic is a non-digestible food ingredient that stimulates the growth and activity of beneficial probiotics (friendly bacteria) within the intestines.

These unique 'colonic foods' are not absorbed in the upper part of the gastrointestinal tract, thus they enter the colon to provide food for the resident beneficial bacteria. The symbiotic mixture of prebiotics and probiotics (pHion Orange) has been shown to greatly increase gastrointestinal health.

pHion Gold provides beneficial prebiotics and fiber to help replenish and restore intestinal health, which is crucial for overall pH Balance. pHion Gold also is fiber rich! It contains a blend of three beneficial prebiotic, soluble, and insoluble fibers. A single serving contains 5.7 grams of beneficial fiber. We recommend that you get at least 30 grams of fiber each day. Most Americans consume only half the dietary fiber that is recommended.

**Silvagen™ - To Eradicate Unfriendly Bacteria:** Bacteria come in many forms. Some are extremely beneficial and necessary for life (like probiotics). Others however, are damaging and even life-threatening.

Anaerobic bacteria that live and grow in low oxygen (acidic) environments are known to produce a variety of toxins, some of which are fatal. When these types of bacteria begin to proliferate in your body, the acidic toxins they produce set the stage for even further bacteria growth and proliferation.

We have developed a very potent and effective form of colloidal silver called Silvagen™. It is non-toxic and yet lethal to bacteria, yeasts, and some viruses. The secret behind the effectiveness of Silvagen™ lies in its ability to block the energy supply that bacteria need to live. Silvagen™ is clinically PROVEN to kill 536 strains of bacteria!

**pH Stix™ – To Test Your pH:** pH Stix™ are pH test strips that help you to determine your body's overall pH. There is a strong correlation between the pH of your body's internal environment and that of your urine and saliva. When the fluids that comprise more than 70% of your body weight become acidic, testing your urine and saliva will reveal the degree of this acidification.

pH Stix™ are designed using two squares containing different pH reagents. The top square of reagent is more sensitive to higher pH ranges (6.75 – 9.0), and the lower square of reagent is more sensitive to lower pH ranges (4.5 – 7.25). Our double indicator pH strips measure a wider pH range more accurately than standard pH litmus paper because we utilize these two different reagent squares.

You'll use pHion™ pH Stix™ in order to determine your pH Composite Reading™. We developed the pH Composite Reading™ to give you an accurate and reliable assessment of your body's pH. A single test can not give you a complete picture of your pH. Your pH Composite Reading™ is determined by a series of tests that

account for all of the variables that are present when testing your pH, including the fluid tested (urine or saliva), and time when it's tested.

The pH Composite Reading™ method accounts for the fact that your urinary tests are more important than your saliva tests. Also, it lends more credibility to your tests that are performed in the morning than to the tests taken in the afternoon.

## **Foods You Will Be Consuming During This Program**

In order to see the greatest benefits from this program, it is important to get all of your nutrients in raw or liquid form. This entails “drinking” your food, juicing your foods, and eating raw foods. If you have a food processor, you can also make-up healthy alkalizing soups. Visit [www.pH-ion.com](http://www.pH-ion.com) to find good juice and soup recipes.

### **Water**

While this is not necessarily a food, it is the most important element that your body requires. It is also the primary element that will flush your body of acids and toxins. Each day on this program, you will be drinking at least a gallon of water per day. Most of it will be in the form of the green drinks (pHion Green, Blue, and Gold). Feel free to also drink plain water infused with pHion pH Booster™ at will.

### **Vegetables**

Most vegetables – especially green ones – are very alkalizing. If they are cooked, they become less alkalizing because the minerals in them become denatured. Avoid cooked, frozen or canned veggies during this program.

Examples of raw vegetables that you may eat or juice (The ones in **bold** are very alkalizing): **avocado**, broccoli, **Brussels sprouts**, carrots, celery, **cucumber**, **grasses** (i.e. wheatgrass), green beans, green cabbage, **peas**, peppers, radish, red beets, red cabbage, salad greens, **spinach**, squash, **tomatoes**, turnips, watercress, yellow beans and zucchini.

There is no limit to the amount of raw or juiced vegetables you can consume during the cleansing period. As a matter of fact, the more the merrier! Just make sure to eat slowly, and make sure to chew your food very well.

You can download our free report at [www.pH-ion.com](http://www.pH-ion.com) titled “Acid-Alkaline Food Chart & Recipes” that includes a list of acidic and alkaline foods, along with a list of alkalizing juice and soup recipes. <http://www.pH-ion.com/index.asp?PageAction=Custom&ID=221>

### **Fruits**

Try to avoid high sugar fruits during this cleansing period, as they contain sugar which has an acidifying effect on a body that is already very acidic. Once your pH Composite Reading™ is above 6.75, you can resume eating fruits in moderation.

The exception to this rule would include lemons, limes and grapefruit. Since they contain very little sugar, they do not have an acidifying effect on your body. Regardless of the fact that they are low pH foods and contain citric acid, they actually have a very alkalizing effect on your body. The weak acids contained in them are easily expelled by your body. Citric acid converts to water and carbon dioxide in your body; the carbon dioxide is eliminated via your breath.

Dried fruits like raisins and apricots are also very alkalizing and make a great quick snack.

## **Oils**

Consuming oils while on this system is highly recommended, but make sure to stick with raw, cold-pressed oils. These oils will bind to toxins, as well as supply you with healthy calories. Don't be concerned with the fact that they are 'fats'. Not all fats are the same. Oils are high in healthy polyunsaturated fats, monounsaturated fats, and essential fatty acids. They are very, very low in unhealthy saturated fats.

Good oils to consume include flax seed oil, olive oil, coconut oil and avocado oil. Flax seed oil is high in essential fatty acids including Omega 3 fats. These are good fats that are essential in the building of healthy cells.

Take a few tablespoons throughout the day – especially when you feel hungry.

## **Raw Nuts**

Again, for optimal results, you should refrain from eating solid food for this seven day period. However, if you find that you simply must eat something; raw nuts like almonds, cashews, pumpkin and sunflower seeds are a great alkalizing choice.

## **Meat, Breads, Beverages, Cooked or Processed Foods**

Avoid all of these foods while on this system.

Stick to vegetables (juiced), low sugar fruits, oils, nuts and seeds and the supplements contained within this system.

## **Proper Breathing for ENERGY**

You must learn to breathe properly. Shallow "chest breathing" leads to decreased energy levels. The best thing you can do to prevent shallow breathing is to sit and stand up straight. Don't slouch over.

The richest blood flow occurs in the lower lungs. When this area fails to be adequately ventilated with air, you end-up oxygen depleted. Proper breathing requires the use of the diaphragm... taking DEEP breaths.

Practice using this breathing pattern to increase your energy. It will increase the oxygen in your body, and help to exhaust weak acids and carbon dioxide (which is acidic) from your body:

Inhale, hold your breath, and then exhale... in the ratio of 1-4-2. For instance, inhale for 5 seconds, hold your breath for 20 seconds, and then exhale for 10 seconds. Repeat this pattern 10 times, and do it 3 times per day.

In order to effectively detoxify properly, you must activate your lymph system. Your lymph system is responsible for removing the waste products from your cells - it is the sewage system of the body. It does not have a pump to make it work like the heart. Instead, it relies on the diaphragm.

Doing this simple exercise will greatly increase your energy... every time you do it!

### **Sweating the Toxins Out**

Many toxins, accumulated in the system as a result of metabolic wastes and sluggish elimination, can be expelled out of the body with perspiration.

Your skin is the largest eliminative organ, and is often referred to as “the third kidney”. The skin can eliminate 30% of your body wastes by way of perspiration. Hundreds of thousands of tiny sweat glands act not only as the regulators of body temperature, but also as detoxifying organs.

When the kidneys cannot eliminate the normal quantities of urine due to overwork or a weakened condition, the body tries to eliminate such wastes by way of the skin. The chemical analysis of sweat shows that it contains almost the same constituents as urine.

I recommend that you take 30 minutes (especially after a workout) and sit in a sauna. Many health clubs have a sauna and it is well worth the monthly membership fee if all you did was go there to SWEAT. This is also a great time to perform the breathing exercises I mentioned earlier.

Your body, in its wisdom, will store and try to isolate toxins and acids in your body fat. Sweating will help eliminate these toxins. When you take a sauna and sweat profusely, these toxins are allowed relatively safe passage out of your body without the risk of damaging important organs or passing the blood/brain barrier, heart, etc.

Note: 30 minutes prior to a sauna session, take 3–4 capsules of pHion Red with a glass of water to help accelerate the release of acids through your skin.

### **Each Day of This Program – Your Schedule**

This schedule is just an EXAMPLE of what a typical day during this program might be like.

This example of a day on the program is given to help one understand how simple it is to consume all the water and liquids that the body requires in one day while cleansing. One needs to be sensible during this time; do not

attempt to limit your intake too much. Hydration is essential. By following this example, you'll be consuming at least 1000 calories per day (mostly from oils), but will be giving your entire body a break at the same time.

After reviewing this example, make your own schedule that works for you. Try to keep the same order (as described below) for using each product. If you work outside of the home, make sure to bring enough of each of the products with you to your office each day.

### **Keep up this program for seven days to get the most out of it!**

Your staple beverage over the next seven days will be a green drink containing pHion pH Booster™, pHion Green, pHion Blue, and pHion Gold.

The water bottle that came with this system holds approximately 24 oz.

**Upon Waking:** Mix 1 – 2 heaping teaspoons of pHion Cleanze into 12 - 16 oz of cold water and shake thoroughly. Drink the mixture down fairly quickly; otherwise it will become thick and more difficult to swallow. Immediately take 20 to 40 drops of Silvagen™, and 3 - 5 pHion D-Tox capsules. If you find that the pHion Cleanze drink is too “thick”, simply add more water to it.

**8:00 a.m (or two hours later).** Fill a water bottle with distilled or reverse osmosis filtered water. Add the pHion pH Booster™ as recommended on the label. Add the following to this water: 2 teaspoons of pHion Green, 1 teaspoon of pHion Gold, and 1 teaspoon of pHion Blue.

While drinking this drink, take 3-4 pHion Violet capsules, and 3-4 pHion Indigo capsules.

It's a good idea to “chew” your drink. This is done by simply swishing each gulp around in your mouth before swallowing it. By doing this, you will activate the release of certain enzymes in your body to help break down the nutrients. It is not a good idea to ‘chug’ this drink down quickly.

**10:00 a.m.** Take 5 pHion Orange tablets to replenish the intestinal flora that can be removed along with the bad bacteria after taking pHion Cleanze, D-Tox, and Silvagen™. It is important to take the pHion Orange no earlier than one hour but no later than two hours AFTER taking pHion Cleanze, D-Tox, & Silvagen™.

Also, take 2-3 pHion Red capsules.

It's also a good idea to take a few tablespoons of cold pressed oil at this time.

**12:00 p.m.** For lunch stick to fresh, raw vegetables... like a big salad. You can also just slice veggies and dip them into humus. Visit [www.ph-ion.com](http://www.ph-ion.com) for recipe ideas. For your beverage:

Fill a water bottle with distilled or reverse osmosis filtered water. Add the pHion pH Booster™ as recommended on the label. Add the following to this water: 2 teaspoons of pHion Green, 1 teaspoon of pHion Gold, and 1 teaspoon of pHion Blue.

While drinking this drink, take 3-4 pHion Violet capsules, and 3-4 pHion Indigo capsules.

It's also a good idea to take a few tablespoons of cold pressed oil at this time.

**3:00 p.m.** Mix 1 – 2 heaping teaspoons of pHion Cleanze into 12 - 16 oz of cold water and shake thoroughly. Drink the mixture down fairly quickly; otherwise it will become thick and more difficult to swallow. Immediately take 20 to 40 drops of Silvagen™, and 3 - 5 pHion D-Tox capsules. If you find that the pHion Cleanze drink is too “thick”, simply add more water to it..

**5:00 p.m.** Take 5 pHion Orange tablets to replenish the intestinal flora that can be removed along with the bad bacteria after taking pHion Cleanze, D-Tox, and Silvagen™. It is important to take the pHion Orange no earlier than one hour but no later than two hours AFTER taking pHion Cleanze, D-Tox, & Silvagen™.

Also, take 2-3 pHion Red capsules.

**6:00 p.m.** For supper, eat like you did at lunch. Fresh salads and soups make great choices.

**7:30 p.m.** Fill a water bottle with distilled or reverse osmosis filtered water. Add the pHion pH Booster™ as recommended on the label. Add the following to this water: 2 teaspoons of pHion Green, 1 teaspoon of pHion Gold, and 1 teaspoon of pHion Blue.

While drinking this drink, take 3-4 pHion Violet capsules, and 3-4 pHion Indigo capsules.

**1 Hour Before Bed.** Mix 1 – 2 heaping teaspoons of pHion Cleanze into 12 - 16 oz of cold water and shake thoroughly. Drink the mixture down fairly quickly; otherwise it will become thick and more difficult to swallow. Immediately take 20 to 40 drops of Silvagen™, and 3 - 5 pHion D-Tox capsules. If you find that the pHion Cleanze drink is too “thick”, simply add more water to it.

**Before You Climb Into Bed.** Take 5 pHion Orange tablets to replenish the intestinal flora that can be removed along with the bad bacteria after taking pHion Cleanze, D-Tox and Silvagen™. It is important to take the Orange no earlier than one hour but no later than two hours AFTER taking pHion Cleanze, D-Tox and Silvagen™.

## **Maintenance Program**

After the initial 7 day cleansing period, you should stay “green” for about a week. Eat raw and lightly steamed vegetables; salads, juices, soups, etc. For great recipes, get “Back To The House Of Health” by Shelly Young, or get your free report titled “Acid-Alkaline Food Chart & Recipes” at [www.pH-ion.com](http://www.pH-ion.com). <http://www.pH-ion.com/index.asp?PageAction=Custom&ID=221>

You must slowly add more complex foods and carbohydrates back into your diet. Some people with more severe health challenges may need to stay “green” for a month or two before adding non-green alkaline food choices.

Supplementation after the cleansing period should continue until you get your pH into The OPTIMAL pH Zone™. Once your body is in The OPTIMAL pH Zone™, I recommend using The pH Maintenance Pack™ in order to help keep it there.

You should continue to test your pH every week as directed in the pH Stix™ instructions.

### **Continue To Educate Yourself**

While on this program, I encourage you to read my book that came with this system: "The Acid Alkaline Diet for Optimum Health". Because the subject of pH Balance is somewhat technical, you may want to read it a couple of times to really understand it well.

I also invite you to sign-up for my free report titled "7 Steps To pH Balancing" This FREE email series includes seven important steps you can take that will help you to achieve pH Balance and optimal health. You can sign up for it at [www.pH-ion.com](http://www.pH-ion.com).

I encourage you to continue to educate yourself about the negative effects of acidification within your body, and how acidity plays a KEY role in most of the ailments that you experience. I also hope that taking this first step to balance your pH leads to a lifestyle of healthy eating and healthy living.

**Wishing You Vibrant Health,**

**Christopher Vasey, N.D.**

**pHion**

**Questions?**

**Please call 1-888-744-8589**

**Visit us at [www.pH-ion.com](http://www.pH-ion.com)**