



The Spring
center for natural medicine

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Dear Friends,

Let's talk about the importance of proper pH balance in your body. The term pH stands for "potential" of "Hydrogen". It is the amount of hydrogen ions in a particular solution. The more ions, the more acid the solution. The fewer ions the more alkaline (base) the solution. The most critical pH is in the blood. All other organs and fluids will fluctuate in their range in order to keep the blood a strict pH between 7.35 and 7.45 (slightly alkaline). This process is called homeostasis. The body makes constant adjustments in tissue and fluid pH to maintain this very narrow pH range in the blood.

Symptoms of pH imbalance include but are not limited to heart burn, acid reflux, indigestion, weight gain, difficulty losing weight, poor metabolism, mineral deficiencies, constipation, fatigue, brain fog, frequent urination, hypoglycemia, hormonal imbalances, sore muscles and the list goes on.

Maintaining the proper pH in the blood, digestive tract, tissues and fluids is essential to support optimal health. Please visit my website KnissMedical.com to read more on the importance of proper pH. Then call or email my office to find out how I can use specific testing protocols to find out your specific needs to maintain a proper pH balance.

Sincerely,

Elke

(512) 445-7373 or email elke@knissmedical.com

How can I tell if I have proper pH?

One of the best ways to determine whether or not we are maintaining a proper pH is to test the urine. This is accurate because one of the most efficient ways for our bodies to maintain balance is to utilize the kidneys. If we become too acidic, our kidneys will eliminate acid through the urine. This will help make the blood more alkaline. So the urine pH will be acid. The urine then is an excellent indicator to determine if our diet is too rich in foods that make us acidic or alkaline.

Though many people believe the best indicator of urine pH is the first thing in the morning, I believe it is best to test the pH of your urine for 24 hours. Simply keep track of the pH throughout the day and then average it out. This too can be a great education for you and your loved ones. For example, if you do this for several days you will quickly determine foods and drinks that make you more acidic or alkaline. You will then be able to make adjustments to stay in balance through dietary changes.

The optimal urine pH is between 6,4 and 7 on the pH scale. If your average is below six, you are too acidic. If your average is above seven you are too alkaline. In either case you should immediately consider lifestyle-changes to support the proper pH for your body.

For more information go to: KnissMedical.com

Got Belly Fat? Having Trouble Losing Weight? Attend a Free Seminar and Find Out Why!

If diet and exercise are not working, your problem might not be what you are doing - but more of what your hormones are NOT doing.

Find out which body type you are: Thyroid, Adrenal, Ovary or Liver. Learn how HORMONES can affect weight.

Each body shape requires different solutions. **Most people are attempting to solve their weight problem without ever knowing the real cause.** Before YOU jump to the next solution-diet, diet pill, or exercise program, learn about the missing step and get an understanding of WHY you have stubborn weight in the first place.

CALL NOW for your evaluation: 512 445-7373 or email elke@knissmedical.com

Testimonial

Elke is the shining example of her profession. I said. "I wanna feeeeeel like you loook!" This German beauty is a brilliant health care practitioner. During my first session with her, I knew I had found what I had been looking for--the combination of science, cutting edge technology, years of experience and empirical study, and sincere insightful caring in a GORGEOUS office. I got the treatment plan beyond anything I expected yet hoped for. I'm feeling so much more energy.....hmmmmmmm, reckon I'd have to say I'm liking how I look as well ;-). Money and effort well spent. Thank you Elke! *Posted by sonoralee*

For more testimonials go to <http://austin.citysearch.com/review/37377745>