

# Quantum Balance

Are you ACIDIC or ALKALINE? When we are born we have an alkaline body. Our ideal blood pH level should be between 7.35 and 7.45. You can easily test this yourself using litmus paper. Unfortunately our world today WITH EASE provides us with an endless supply of acid. As a consequence our alkaline harmony becomes altered, tending towards a more acidic level, eg: pH of 7.2.



Our natural state of wellness at birth means that we are hydrated, free of degenerative disease and alkaline. As our condition is challenged with acids our wellbeing declines and we develop chronic diseases and are more prone to infections and poor healing and recovery.

The environment in which we survive today is a foreign one compared to our natural one. By definition our 'environment' includes absolutely everything that is not a constituted part of our being. So, our acid wastes from our own cells are now different. We have chemical and heavy metal residues which are acidic on us and in us. We live with 'acid rain' and pollution.

Over time the acids build up in the organs, providing a prime breeding ground for pathogens such as bacteria, fungi, moulds and parasites, which feed off of diseased tissues. The body's immune function is also compromised as the production of white blood cells diminishes. Acidosis literally destroys the body from the inside out, paving the way for disease to take over. In an attempt to neutralise excess acids the body draws on its store of alkalising minerals. Calcium, magnesium and sodium are drawn into the bloodstream at the expense of the bones and organs they were taken from.

How can we protect ourselves? Negatively charged ions aid the restoration of alkalinity to our bodies and therefore promote our ability to deter danger to our health. One of the best ways to improve your alkalinity is to avoid ingesting acids through your GUT and avoid putting them on your skin. It is also useful to seek advice from a healthcare professional about how to avoid acid promoting food sources and to eat more alkaline forming foods.

Just as importantly we need to be aware of the importance of drinking alkaline water to counterbalance the acids and flush the toxic cellular acid wastes away. There are many excellent water products and filters on the market. Research well.

Remember that your body is your temple and it won't last long if bathed in acid! Think about it carefully and look for good advice.

## DR JANE CHAPMAN

General Practitioner  
MBBS, FRACGP

Holistic Medical Practitioner  
MBBS, FRACGP

Suite 1104-1105,  
Level 1, TOWER 1,  
SOUTHPORT CENTRAL,  
Cnr Scarborough &  
Lawson Streets, Southport.

Ph: 5503 1966



BodiHealth Technologies



- General Practitioner • Allopathic Medicine
- Natural Hormone Therapy • Nutritional & Environmental Medicine
- Anti-Ageing Medicine • Intravenous Vitamin & Mineral Therapy
- Electrogenesis • Women's Health Practitioner