

The pH Weight-Loss Revolution

by Sylvia Ortiz

One of the ways that green foods like Macro Greens™ aid weight loss is that they are superb alkalizers of the human body. You probably never thought much about how alkalinity affects weight loss, but, the fact is that the pH balance of your blood may be affecting your ability to lose weight.

The human body requires a slightly alkaline inner environment to function optimally—a blood pH around 7.4 is normal. Diet is critical, as the foods we eat (along with several other factors) largely determine the pH of our blood. Alkalizing foods include fresh fruits, vegetables and legumes. Meat, poultry, fish, breads and cereals have an acidifying effect. You need to consume an 80:20 ratio of alkalizing foods to acidic in order to maintain a healthy blood pH level and, therefore, a healthy weight. As you can imagine, that can be pretty difficult to achieve given our usual eating habits.

HOW pH AFFECTS YOUR WEIGHT LOSS

The problem with weight loss occurs when the blood pH becomes acidic. A series of reactions are triggered that

In this article, fitness innovator Sylvia Ortiz reveals an important weight-loss secret that could make all the difference in your own quest to shed those excess pounds.

actually inhibit your ability to lose weight. According to Dr. Robert Young, a pioneer medical microbiologist, obesity is the body's response to over-acidification. This might be a bit of an oversimplification, but alkalizing does seem to aid weight loss.

In an acidic environment, fat cells actually bind to acids in order to carry them away from the bloodstream to protect vital organs from the degrading influence of acid. The body also coats arteries with plaque and cholesterol for protection. Thus, acting out of self-preservation, the body intelligently shunts acids to fat stores and keeps them there. Additionally, the body retains water to dilute the negative effects of acid—another protective reaction. Unless one consciously works on alkalizing the blood to a healthy level, the body will not let go of fat and water or, at least, not easily. If your blood pH is acidic, even reducing calorie intake and increasing aerobic activity will not shed the pounds—at least not optimally. You literally must alkalize to reduce your size!

How does one alkalize? I'm sure you have heard of the government's "Five-

a-Day" campaign in which Americans are advised to eat five servings of fruits and vegetables a day. Eating an abundance of fresh fruits, vegetables and legumes is essential. And if you work out intensely, you must eat more in order to compensate for the acid that is released during intense exercise. It takes conscious effort to ensure you are getting your daily dose of alkalizing foods; for many, it's too difficult. If you fall in this category, you can alkalize with Macro Greens™, a powdered drink derived mostly from organic barley grass juice and 37 additional ingredients that nourish the body at a cellular level. One tablespoon of Macro Greens™ mixed with twelve ounces of any non-citrus juice or water surpasses the nutrition of five servings of fruits and vegetables, while providing the same alkalizing effect. It makes alkalizing easy and convenient. ■

Resources

Macro Greens™ is a powdered mix that blends easily into water or juice, turning your favorite drink into a powerhouse health enhancer. People tell us it is the best-tasting green powdered drink. So if you want to be really healthy, be sure to drink your greens every day! Macro Greens™ is available at health food stores nationwide. For a free sample, or if you need help finding a store in your area, call toll-free at (800) 521-JUMP (5867) or visit www.macrogreens.com.



Enjoying Macro Greens™ for Good Health

There are many delicious ways you can enjoy Macro Greens™. To start your day off with a bang, mix it with your favorite non-citrus juice, bananas and frozen strawberries—it makes a delicious smoothie. And if you find that you have had a day with a heavy load of acidic foods, mix it with warm water, and enjoy a cup before bedtime. You'll sleep well having ended your day with a healthy, nourishing, alkalizing food.

What's most rewarding about Macro Greens™ for me is that it not only helped me finally maintain a healthy weight, but it helped my son who struggled with his weight for years.

A few years ago, my son, J.R., was about 65 pounds overweight. He played tennis every day for up to nearly two hours some days. He tried to diet many times, unsuccessfully, always giving in to sugar and salt cravings.

I gave J.R. Macro Greens™, telling him that it would give him energy and good nutrition. Right away, he noticed the sugar and salt cravings went away. He was able to stick to a healthy diet. As his energy increased, he began to shed the pounds. He lost all of his excess weight and reduced his body fat by half. What's more wonderful is that he has maintained it for several years now. Macro Greens™ turned out to be the missing link to help him become the healthy young man he is today.

