

# The pH Story

*Revealing The Greatest Health Secret:  
Acid/Alkaline Balance*

**What Is Your pH?**

*Learn how to measure  
your pH on page 6.*



## pH Chart

After testing your urine, match color of the tape to this chart.

*Ideal pH: 6.4 to 7.0*



## Featuring Coral Minerals

*The Legendary Ionized Minerals From The Sea*

### The 115 Year-Old Man

In 1979, a British journalist made a great discovery when he was given the unusual assignment of interviewing one of the oldest documented living people in the world, Mr. Shigechiyo Izumi.

Mr. Izumi was a sprightly 115 year old man in amazingly good health that lived on an island off the coast of Japan. He appeared to be active and alert, as spry as a healthy 70 year old. The journalist noticed most of the other inhabitants on the island were also in great health and seldom died before age 95! So intriguing were these people that other researchers came to investigate.

### What Was Their Secret Of Youth?

The researchers found the water the islanders drank was uniquely different than water found anywhere else in the world. Their water contained unique, ionized minerals leached from the coral on which the island was built. These dissolved minerals made the water very alkaline (a high alkaline pH of 8.0 to 8.6). Researchers found this highly alkaline pH of the water to be very desirable; when drunk, it helped to give the body a superior acid/alkaline balance.

### The Best Coral Minerals

*All coral is not created equal.*

- Harvested from the deep sea water near pollution-free Japanese islands  
*Not from polluted water areas*
- 100% pure mineral powder  
*No added sand or other fillers*
- 2 to 1 ratio (calcium to magnesium)  
*Not a 4 to 1 ratio or higher typically found in poorly ionized coral sources.*
- 100% nickel-free processing  
*Ground by nickel-free grinders (no toxic nickel residues)*

The highly mineralized “coral” water which the islanders drank was found to be chemically very similar to essential elements found in the human skeleton: body fluids, blood and amniotic fluid. Incredibly, the re-

searchers also discovered that the “coral” water could neutralize waste products if present in the water, such as bacteria, heavy metals, fluoride and chloroform.

### Water: The Body's Basic Nutrient

Water is the single most important nutrient for sustaining human life. The human body consists of approximately 70% water; the blood is about 90% water.

Water is responsible for transporting nutrients to every living cell, clearing cell waste and is the key to all bodily functions. The average person requires a minimum of 1.5 to 2.5 liters of water per day. The ideal formula is to drink half your body weight in ounces per day. But what about the quality of the water?

### What Are Coral Minerals?

Coral minerals are a natural mineral powder made from coral harvested from the clear ocean bottom off beautiful, semi-tropical Japanese islands. Because the living coral ingests a large spectrum of natural, sun-radiated minerals from the ocean water, the powder made from the coral contains a rich concentration of these naturally-occurring minerals in a unique, ionized, highly assimilable form, in an ideal 2 to 1 calcium to magnesium ratio.

### Dead Water

The current quality of our water supplies continues to deteriorate due to many environmental

pollutants, especially residues from agri-chemical pesticides, industrial chemicals and acid rain. The water we drink is usually highly acidic, even when purified (often with a pH below 6.0). Although purified water may be clean, it still behaves as if it's "dead," with little molecular vitality and often with chaotic, jangled electromagnetic imprints and large molecule clumps.

### Is Your Drinking Water Acid?

To test your water, you must use a special water testing kit to measure the pH of water, such as a pool testing kit. (Do not use the same pH tape which you use to test urine.) You may be surprised to find how acidic your water is. Water purifiers will purify the water but will not change an acid pH. It's best to *avoid* drinking water with a pH below 6.0 because the acidic pH will use your body's own alkaline reserves.

Avoid drinking tap water. Depending on where you live, tap water (water from your faucet) may contain over 2,000 different toxic residues, including heavy metals, viruses, parasitic cysts and even radioactivity.

Drinking distilled water is not recommended either. It has been purified by boiling tap water, then condensing the steam into water. Although the steam-distilled water has been purified to a certain extent, and may be free of heavy metals and some toxic residues, pesticide and herbicide residues are easily vaporized and then condense with the steam, still leaving toxic water.

One of the best purified waters we've tested is Penta Hydrate (available in most health stores). It is made using a unique process that structures the water with oxygen, making it both highly bio-available and easy to assimilate. Add a pinch of the coral mineral powder to each bottle of Penta Hydrate or to each quart of ordinary purified water to bring the pH up to a healthier, more alkaline pH as well as providing ionized minerals.

### Healing Power Unleashed

The human body has a tremendous healing power when it is properly nourished. If the body's pH becomes acidic, it becomes harder and harder to properly take in other nutrients, such as minerals, vitamins or herbs. The key is to re-establish the proper acid/alkaline balance of your body.

An acidic pH creates a hostile internal environment, like a raging storm, making the body struggle to get the nutrients it needs for optimal health. The more acid you become, the worse you will feel. As the body's pH comes into better balance (with a pH between 6.4 to 7.0), it is like a sunny spring day

### One Half of Americans Are Now Chronically Ill

Statistics show that approximately one half of Americans are now chronically ill. Even more alarming is that 98% of Americans are mineral deficient (to varying degrees) because they cannot get enough minerals from the food they eat. Why is America's food so mineral deficient? Because it is grown on soils that are badly depleted from loss of fertile topsoil, poor crop rotation, chemical fertilizers and harmful pesticide/herbicide use.

Secondly, food processing mills out and destroys even more critical minerals and other nutrients. Coral minerals with their precious, ionized minerals have become a mighty American hero, deftly rescuing those who have fallen into the mineral deficiency ravine.



with flowers blooming; your body can easily assimilate minerals and other nutrients that were very difficult to absorb at a lower, more acidic pH.

### The Greatest Health Secret

Keeping the body in an alkaline pH range is one of the greatest secrets for keeping excellent health. The first step is to re-alkalinize your body and then keep it in the optimal pH range by regularly taking coral minerals, the secret of the Japanese islanders. These miner-

als are easily absorbable because they are in an ionized form.

### The Ionized Form

The body must reduce any form of incoming calcium into calcium ions before it can use it. These charged particles of elemental calcium called ionized calcium, are the only way the body can use calcium. Since coral minerals contain calcium already in the ionized form, the body can use the calcium immediately without having to break it down. Other forms of calcium, such as calcium carbonate from lime, or calcium citrate, are much harder to absorb -- or are often not absorbed at all.

A key role of calcium is to neutralize acidic compounds (usually toxins) anywhere in the body, before damage can take place. Once these acidic molecules are neutralized, the body can then easily excrete them; otherwise, they begin to accumulate in the body—first in the connective tissue and later, even in the organs and glands—choking off the flow of the body's life energy and blood. Having a sufficient amount of ionized calcium on hand is critical to body cleansing.

### The Number One Mineral

Calcium is the number one mineral by quantity needed by the human body. Calcium is biochemically necessary to life, crucial to health and a key secret of keeping flexible and youthful.

Over time, the average person becomes more and more depleted of calcium. By age 40, over 50% of Americans are seriously calcium deficient; by age 60, over 90% are calcium deficient. These drastic declines show that the majority of Americans are not getting enough ionized, assimilable calcium from their diets, so the body begins to steal calcium from the body's emergency reserves—the bones.

### The "Rob Peter to Pay Paul" Program

If you don't get enough ionized calcium in your diet, especially from fruits and vegetables, then the "Rob Peter to Pay Paul" Program goes into effect. Since the body can't get enough calcium from the diet, it will rob the calcium from your bones—the only place it can. This leads to the development of dreaded osteoporosis, a severe weakening and loss

### Tracing The Cause Of Disease



Dr. Linus Pauling, a famous biochemical researcher and two-time Nobel Prize winner, once said that every disease could be ultimately traced back to a mineral deficiency. What he was emphasizing was the key, non-negotiable role which minerals play. The body needs minerals in abundance, in their ionized form, to perform necessary biochemical tasks to maintain optimal health. If the body gets shorted on these minerals, bodily processes begin to falter. If the body's mineral intake remains too low, metabolic dysfunction begins to occur; unchecked, it leads to deficiency, infection and chronic disease.

of bone from the spine and other bones, often causing much pain, fractures, physical debility and agony.

### **Calcium Deposits In Your Joints**

In addition, calcium deposits, often called bone spurs, may form in your joints. But these deposits are not from too much calcium in your diet; they are from abnormal calcium metabolism due to not enough calcium. Scientific research has identified the abnormal calcium in these deposits as coming from your bone, not from your diet. It is a different, abnormal form of calcium. So you need not worry that taking coral minerals will cause calcium deposits.

Due to lack of adequate ionized calcium sources in the diet, the body's pH shifts into the acid range. Since the body is already deficient in calcium, it now needs even more calcium to buffer the acid, so it robs your bones for the calcium. Your bones were never intended to be used as the body's supply of calcium, but the body sees it as better than no calcium at all. This emergency release of calcium from your bones is in the form of microcrystalline hydroxapatite. It can buffer the blood, but it cannot return to the bone. Instead, it triggers bone spurs and encourages stone formation at the liver, gallbladder and kidneys.

### **The Easiest To Absorb**

The use of coral minerals have a long track record of success because they are so easy to absorb. Many common forms of calcium in nutritional products are very difficult to absorb. Even if large amounts are present in your diet, such as in vegetables or dairy, you can still be deficient in calcium. Calcium typically requires a healthy amount of stomach acid (hydrochloric acid) to break it down into an ionized form.

### **Stomach Acid**

If you don't produce adequate amounts of stomach acid, then you cannot ionize the calcium to absorb it. Calcium deficiency, as well as other mineral deficiencies, are sure to follow, even if you are taking regular calcium/mineral supplements. Calcium that is ionized is easy for the body to absorb and utilize.

At age 65, the production of stomach acid declines to only 25% of what you produced at age 20. By age 70, you produce only about 10% of the stomach acid that you produced at age 20. Even if you are a young person, chronic illness can severely compromise your stomach's acid output and capacity to digest well.

If you take a typical supplement with calcium (such as an isolated, un-ionized mineral) but do not produce enough stomach acid, the calcium in the supplement can act against you, by precipitating out into unabsorbable clumps, carrying some of your stored calcium and other nutrients with it. Not only is the calcium from the supplement lost, but some of your own calcium and other nutrients are lost as well.

### **The Gateway Factor**

The calcium in coral minerals is already in a unique, ionized form. This means that stomach acid is not required to absorb it. This is

great news for those who suffer from poor digestion caused by poor stomach acid production. Because of its ionized form, coral minerals can allow you to absorb much more calcium, as well as magnesium and many trace minerals which naturally occur in coral.

We call coral minerals the "Gateway Factor" because they begin to correct the deep-seated acid/alkaline imbalance in the body. When this happens, they appear to potentiate (like a "gatekeeper") other nutrients and supplements because they can then become more accessible to the body. Once the acid/alkaline balance is back in the ideal range (6.4 to 7.0, as measured by urine pH), the body's biochemical functions and overall performance are enhanced. Other nutrients can now be readily absorbed and waste can easily be eliminated.

### **Fighting Cancer**

The brilliant German researcher, Otto Warburg, won the Nobel Prize in 1932 for proving that cancer needs an anaerobic (oxygen-free) environment in order to thrive. One way to create a low oxygen environment is to create an acidic pH in the body.

Researchers in the 1940's and '50's noticed that people with cancer, arthritis and other degenerative diseases were all suffering from calcium deficiency. One doctor found that if he gave his patients highly soluble (i.e. ionized) forms of calcium, they were able to overcome their diseases.

### **An Amazing Cancer Story**

In the 1950's, one doctor noticed that all of his cancer patients were severely deficient in calcium. He found that as he treated

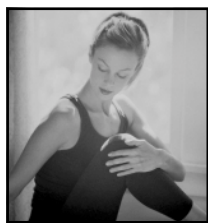
them for their calcium deficiency, their bodies gradually got strong enough to kill the cancer. Even his terminal cancer patients were able to survive. In fact, years later, the autopsy reports of five of his patients showed no trace of cancer—yet all of them had been diagnosed as terminal cancer patients years earlier.

His theory was that ionized calcium was the main mineral that could rapidly alkalize the body. He found the body could then produce mono-ortho-calcium phosphate, the preferred form of calcium, which could then quickly raise the pH back into the proper alkaline range. As soon as the body's tissue acidity was reduced, he found the cancer could not survive.

### **10 To 20 Times More Oxygen**

Every cancer researcher knows that cancer cannot survive in an alkaline environment. If a cancer tumor is put in a beaker with an alkaline media, the cancer will die in 3 hours. In the alkali, you have oxygen. Small increases of 1/10 to 2/10 in pH can mean an amazing 10 to 20 times more tissue oxygen availability. On the other hand, if the pH of the urine drops from an ideal pH (6.4 to 7.0) into a more acidic pH (below 6.4), then less and less oxygen is available to the body's tissues.

The human body's pH is designed to be alkaline, but even running near an ideal pH, the body's constant waste products create a slightly acid state. Ionized calcium is the key mineral to keep



### **The Key Buffer: Calcium**

Calcium is the key buffer that helps maintain the acid/alkaline balance and helps neutralize the many acids and toxins to which we are exposed. To do its buffering job, calcium forms mono-ortho-calcium phosphate. The body's top priority is to buffer the blood. The blood must be kept in very close pH range from 7.35 to 7.45. If the blood pH is altered even slightly higher or lower, you can die. The body uses calcium as its main buffering agent to keep the blood alkaline.

the body's pH closer to an ideal, alkaline pH.

### Overcoming Heart Disease

The number one tissue in the body that is susceptible to acid is muscle tissue. When you exercise so hard that your muscles ache, a waste product called lactic acid forms that must be neutralized. Lactic acid, if retained

too long over time, can eat holes in muscle tissue, even heart muscle. If a person becomes mineral deficient without enough calcium, he becomes saturated with lactic acid and his muscles begin to get stiff and hard. The lactic acid can eat holes in the muscle layer of the arteries. If an artery is broken through, the person may die from a stroke or hemorrhage.

When an artery is damaged, the body will try to protect the artery by building a hard protective layer over the site. To keep the artery from leaking, the body uses low density, goopy cholesterol to seal the cracks, to prevent the person from bleeding to death. Since cholesterol is at the scene of the crime, it is found guilty. But the real culprit is the excess acid. And the original cause of the buildup of excess acid is mineral deficiency, just as Dr. Linus Pauling pointed out.

### Miracle Or Normal Biochemistry?

As the ionized minerals in coral minerals begin to be easily absorbed into the body, people are amazed at the quick results—as many chronic symptoms begin to melt away. But it is not a miracle—it is a return to normal biochemistry. Since the coral's minerals are already ionized, they do not require stomach acid to break them down. They can be quickly used by the body to begin to re-establish a proper acid/alkaline balance. Once the body becomes alkaline, its entire metabolism can return to normal biochemistry. Muscles become less stiff and more flexible.

### Nutritional Breakthrough

In our many experiments, we stumbled onto an exciting nutritional breakthrough. We found that the coral minerals have spectacular tissue bioavailability when mixed with a charged Aloe vera powder. Each component appears to be a "gatekeeper" for the other. The coral minerals appear to be best absorbed and uniquely delivered deep into the tissues when mixed with the high negative ion carrier of Aloe vera powder. The legendary healing properties of Aloe vera appear to work best when coupled with the alkalizing, ionized coral minerals. Although some calcium products can help restore lost bone and halt bone loss, such as MCH calcium, they are only marginally helpful in restoring whole-body calcium tissue levels.

### What About Colloidal Minerals?

Japanese coral minerals (in the 2:1 ratio of calcium to magnesium) are free of toxic metals, such as lead, mercury, cadmium and arsenic, which are found in many colloidal mineral products on the market today. By weight, this special coral contains about 24% calcium and 15% magnesium, with the balance as trace minerals, such as zinc, copper, manganese, etc. Coral even contains rare trace minerals such as praseodymium and yttrium, found only in highly fertile soils.

This coral's large amounts of ionized calcium and magnesium are the keys to its famous body rebuilding properties. Remember

### The Secret Of The Long-Lived Islanders



People living off the coast of certain Japanese islands drink a milky water, containing minerals leached from the sea coral, which they call "ocean milk." Every day, they receive over 70 different alkalizing minerals in abundant supply; their health abounds. The average American is badly mineral deficient and overly acidic; true health is yet a far-off dream.

ber, you need large quantities of calcium (and to a lesser extent, magnesium) as key buffers in your body's chemistry. Without these macro minerals, trace minerals could actually be toxic.

### Macro Vs. Trace Minerals

Unfortunately, colloidal mineral products typically contain only trace amounts of calcium and magnesium. Loading up on lots of trace minerals without enough macro minerals (such as calcium and magnesium) can eventually throw your mineral balance into chaos, sometimes leaving you worse off than when you started. (It may take months to upset your mineral balance—or it may happen quickly if you are already very calcium/magnesium deficient.)

You need minerals in their proper ratios. Farmers know that if their soil does not contain 70 to 80% calcium and magnesium then adding extra trace minerals can so severely imbalance the soil that it will *kill* the crop. The same exact amount of trace minerals when added to a soil with sufficient calcium/magnesium content, will allow the crops to thrive. Interestingly, your body needs about the same mineral ratios as crops, to grow well and thrive.

### The Vitamin D Connection: Is The Calcium Getting In?

Vitamin D is an important factor in the intestinal absorption of calcium. Without sufficient vitamin D, the cell cannot adequately absorb calcium. Many people do not consume enough vitamin D in their diets. In addition, many people are habitual "cave dwellers," living in artificially-lit caves (i.e. houses or work places), receiving very little natural sunlight\* on a daily basis. Consequently, they do not receive enough sun-on-the-skin to produce their own vitamin D. (Sun exposure may include indirect sunlight, such as being in shade, but not sunlight received through glass.)

If you are a "cave dweller," receiving less than 1 to 2 hours of natural sunlight daily, you may have inadequate amounts of natural vitamin D as well as poor absorption of calcium. We often recommend a high quality USP grade source of cod liver oil, which provides a rich source of natural vitamin D<sub>3</sub> (not synthetic vitamin D<sub>2</sub>), as well as other important nutrients.

\*Note: Some researchers have concluded that sunlight causes cancer. However, for those who have an adequate intake of protective antioxidants with a healthy diet low in harmful fats, world-wide research has shown that receiving regular sunlight actually protects against cancer and boosts the immune system. Sunlight can stimulate the production of many immune-building factors in the body. (Summarized from *Sunlight* by Zane Kime, M.D.)

However, in those with poor antioxidant nutrition and/or a high-fat diet, regular sunlight exposure may be hazardous and can create significant free radical damage. Therefore, before adopting a program of regular sunlight exposure, ensure your best results by following a healthy diet, which includes fresh, nontoxic, grade 10 foods. Eliminate refined oils, saturated animal fat and hydrogenated oils. Take adequate amounts of essential nutrients such as antioxidants, coral minerals (with ionized calcium) and other key minerals and natural vitamin D<sub>3</sub>. Follow a healthy regime for a period of time before beginning regular sun exposure.

**Disclaimer:** If you are sensitive to sunlight or have a chronic disease, check with your doctor before beginning a new program.

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# Real Life Stories

## "The Power of pH"



- **Muscle Burn.** All athletes want to enhance their training so they can delay the muscle burn from lactic acid buildup. When the muscle burn comes on, then their energy falls off and their ability to perform drops. One Triathlon coach gives the coral minerals to his trainees. He says that it delays muscle burn and when it does come on, it is less intense. It improves performance and endurance. He feels that this is a revolutionary product for athletes internationally.
- **Degenerating Discs.** A middle-aged woman had degenerating discs in her neck for over 10 years. She had excruciating pain every day for which she had to take large doses of Motrin, 3 or 4 times per day. In the afternoons, she had to lie down for a few hours due to pain. After 3 weeks on coral minerals, she was able to discontinue her pain medication. She feels she has a new life.
- **Numb Feet From Diabetes.** A man in his mid 70's had adult onset diabetes. His toes became numb; his feet hurt and had sores that would not go away. He had no feeling in his left foot for over a year. After taking coral minerals, his right foot began to itch and become warm, then the one on the left. Gradually his feet became warm so he did not have to sleep in heavy socks. After 3 months on coral minerals, his blood sugar levels became normal; he found he no longer needed insulin injections.
- **Painful Arthritis.** One woman had arthritis for over 20 years. It became difficult for her to walk. The pain got worse and worse until she could not work. After only 2 weeks on coral

minerals, she felt less pain. Later, she could go places and do her own shopping again. She praised the coral minerals that gave her a sense of well being again.

- **Feeling Cold.** One middle-aged lady with poor metabolism said she always had a tendency to feel cold. She was amazed after her first drink of coral minerals mixed with Aloe vera; a few minutes later, she felt her body turn pleasantly warm. She sat by an open window all day, enjoying the cool breeze for the first time in years. A few days later, still taking the coral-aloe combination, she said she could feel her head and gums heat up for several hours, helping to clear a long-standing dental infection.
- **Back Pain Disappears.** A very large body-builder was experiencing fatigue and low back pain. After taking his first dose of the coral minerals, he felt the pain diminish. After a second dose a few minutes later, his back pain completely disappeared, much to his amazement.
- **Overcoming Osteoporosis.** One lady with osteoporosis for 12 years, had pain in her legs and could hardly walk. After 4 weeks on coral minerals, she became pain-free. One day she spontaneously walked up the stairs, then realized that she was pain-free. She no longer needs to take medication. The grinding and popping sounds in her knees are gone.
- **Clearing High Blood Pressure.** One older lady took medication for her high blood pressure. She wanted to get off the medication because of its harmful side effects. After taking coral minerals for several months, her blood pressure slowly lowered and is now normal without medication. She is thrilled.
- **Knee Pain No More.** An avid tennis player could no longer play tennis because of excruciating pain in his knee due to osteoarthritis. After taking coral minerals for several months, he can now golf and play tennis again.
- **Strengthening Kidneys.** One man in his 50's had a stiff low back, related to impaired kidney function. After taking a coral-aloe combination for a few days, he experienced great relief of his back stiffness. Then he had a dramatic detoxification, with chills and fever, lasting one day, after which his low back stiffness was significantly relieved. The right kidney, which had been acting up, also became stronger in function.
- **Fibromyalgia Gone.** One female had fibromyalgia for over 5 years, with severe pain in her neck all the way to her low back. After taking coral minerals for almost a week, she was amazed to find the pain was completely relieved. She no longer needs painkillers.

# Making pH Work For You

## How To Measure Your pH

To test your own body's pH, collect a small sample of your first morning urine in a clean cup. Check the pH of your urine by dipping a small piece of pH tape into your urine; then immediately match the color of the tape to the pH color chart on the roll. The number corresponding to the color tells you the pH. After you wet the tape, do not wait. Immediately match the color. If you delay for a few minutes, you may get a false reading.

## What The pH Numbers Mean

**The Ideal Urine pH.** An ideal first morning urine pH range is between 6.4 to 7.0 (a green color on the pH tape).

**An Acid pH.** Most often the urine pH is in an acidic range (below 6.0, a yellow or white color on the pH tape). If your urine pH is below 6.0, your body's cells are being bathed in an acidic bath, paving the way for future health problems or reinforcing current ones.

**Highly Alkaline pH.** A urine pH over 7.0 (a dark blue color on the pH tape) is often a danger sign warning you that the pH balance has gone far out of range. A pH over 8.0 is a serious danger signal indicating that the body has desperately recruited emergency supplies of ammonia as a last resort to use as an alkali buffer. This situation is most often due to a long-standing highly acidic state which has seriously depleted the body's mineral reserves (especially calcium).

## Regaining An Alkaline Body pH

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

**Testing Urine pH.** It has been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper). The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body.

**Testing the First Morning Urine pH.** First, the first morning urine is tested to determine whether the pH is acid or alkaline (the "first morning urine" is defined as the first urination after 5AM). If the urine pH is acidic (a pH below 6.4), this indicates the body is in a

state of physiological deregulation and distress due to lack of sufficient minerals which are needed to adequately carry out thousands of basic cellular functions. Therefore, our immediate goal is to restore a consistently alkaline, first morning urine pH (within the range of 6.4 to 7.0) by using fast-acting, coral minerals (which are highly ionized and easily absorbed).

**Testing the Evening Urine pH.** Once the pH of the first morning urine stays consistently in the alkaline range (for a period of at least 2 weeks), the next step is to begin testing the evening urine pH (best measured just before the dinner meal around 5 or 6 p.m.).

To rapidly replete and maintain soft tissue mineral reserves, the best method we've seen is the use of coral minerals, either as powder mixed in liquids or as capsules. If your first morning urine pH is below 6.0 and you have bone loss symptoms, usually larger amounts of coral minerals are needed. Continue to monitor your pH until you are consistently in the alkaline pH zone each day.

## How To Take Coral Minerals

### Coral Mineral Powder

Adults or children (age 1 and up): Take ¼ to ½ teaspoon of coral mineral powder mixed in water or other liquids once or twice daily. For special routines, up to 1 tablespoon may be taken daily.

For superior results, mix with organic aloe powder daily. See for yourself how the aloe powder improves uptake of the coral. Simply mix ½ teaspoon of aloe powder in 4 oz. water, then mix the coral and drink. Much less coral will remain on the glass.

### Coral Mineral Capsules

Adults or children (age 4 and up): Take 1 to 3 capsules (500 mg./capsule) daily. For special programs, up to 10 capsules may be taken daily.

