

PH Quiz

What is a PH Level and why is it so important to your health? Why should you test your PH level?

Our bodies naturally should be acid/alkaline balanced.

A balanced PH level in the body is an oxygenated body in which cancer and all other illnesses cannot flourish.

A well-oxygenated body keeps the blood clean. This is something that you can monitor for yourself.

When the body gets to be too acidic, which is a low PH number, then health problems can start to show up in the body. When the body is in an acid state, it stops functioning properly and disease can take root.

It could take months to see a change in your PH level depending on the level you are at.

Stress can cause an acidic level in the body. The body creates acidity at a cellular level, however the fluids surrounding the cells must be alkaline. Over a period of time a high acid condition will block the body's

absorption of vitamins and minerals. An acidic condition inhibits nerve action, and alkaline stimulates nerve action. The more acidic the body, and more cells will die. Then these dead cells turn into acid.

Answer the following questions to determine if your body is in an acidic or an alkaline state.

	A	B	C
1. How many cups of water do you drink in a day?	10-12cups	2-4	zero
2. How many servings of vegetables do you get in a day?	3-4	1-2	zero
3. How many servings of fruit do you get in a day?	3-4	1-2	zero
4. How much alcohol do you have in a day?	Zero	1-2 drinks	more than 2
5. How much pop do you drink in a day?	zero	1-2 bottles/can	more than that
6. How many cups of coffee do you have in a day?	Zero	1-2 regular cups	more than that
7. How many cigarettes do you smoke in a day?	zero	1-2	more
8. How much exercise do you get in a week?	more	1 hour	zero
9. How much processed food do you eat in a day?	zero	1 meal	more than 1 meal
10. How often do you use a microwave oven in a day?	zero	1	more than once a day
11. How much sleep do you get in a night?	7-9 hours	4-6 hours	4 hours
12. How stressed or worried are you in life?	not at all	somewhat	all the time

If your answers are more in column A then you are in more of a state of alkalinity which is what the body requires to be healthy.

If your answers are more in column B then you may be in a lower state of alkalinity which is not bad but should be looked at and some habits changed to get to a better state of alkalinity.

If your answers are more in column C then you are at risk of having colds, and other health issues and you need to take action now to change those habits to get your body in a state of alkalinity.