

# Vitality

Nourishment for the body, mind, and soul

October 2007

## Monthly Special



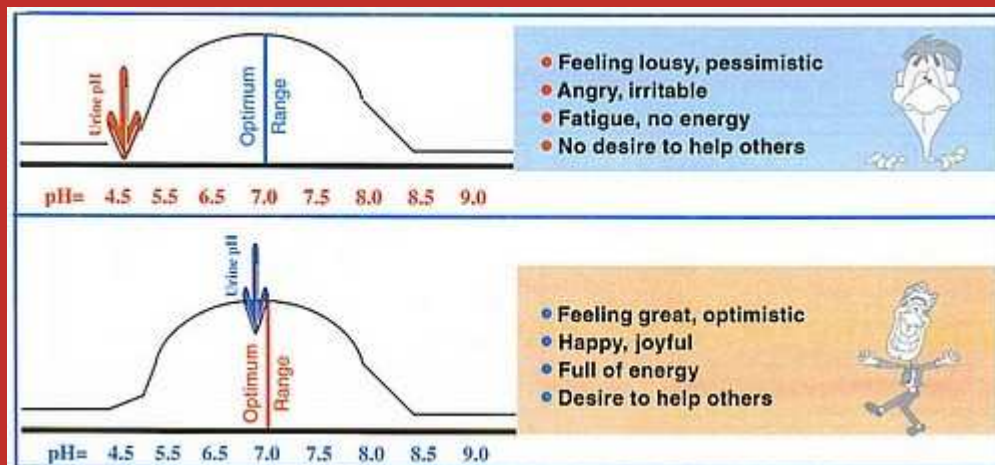
Photo of Okinawa Coral

**Coral Complex**  
20% off during the month of October

Coral Complex is a world-class mineral formula which helps provide greater health and longevity; and, in particular, helps the bones, joints, glands and organs.

The minerals found in Coral Complex come from 100% pure Japanese coral powder, which is composed of highly ionized calcium, magnesium and other trace minerals. These minerals are 92% highly ionized; compared to other minerals which contain NO ionization. All forms of calcium must be ionized via your digestion before they can be absorbed.

## The Acid/Alkaline Balancing Act - What is Your pH?



One of the basics of a healthy body is maintaining a proper pH balance - the balance between acidity and alkalinity. pH, or potential of hydrogen, is a measure of the acidity or alkalinity of a solution. This range can be measured on a scale of 0 to 14, with 7 being neutral.

In the human body the pH we are talking about is for the fluids and tissues, not stomach acid or the pH of the stomach. A healthy range is 6.4 to 7.0 for a urinary pH, measured upon awakening and again in the evening just before dinner (ideally around 6:00pm). These levels can be easily measured using pH test strips. If you are striving to achieve a normal range, it is very helpful to maintain a record of your daily pH to see how it changes in accordance with the foods you eat and the beverages you consume.

Most people who suffer from pH outside the ideal range are too acidic. This is often because of dietary habits. Many of the foods we consume, beverages we drink, and prescription drugs we take contribute to a state of over-acidity. If the body's pH is acidic, it becomes harder and harder for it to uptake other nutrients, such as minerals, vitamins or herbs. An acidic pH creates a hostile internal environment, forcing it to borrow minerals (including calcium, sodium, potassium and magnesium) from vital organs and bones to buffer or neutralize

Since coral minerals are already highly ionized, they are easily absorbed (even by the elderly and those with poor digestion).

Added to this combination of vital minerals are extracts of Reishi, Coriolus and Hericium, which help boost the immune system. They also provide a natural source of plant ergosterol (proVitamin D), since Vitamin D is essential for utilization of calcium. These mushroom extracts also contain potent immune-stimulating fractions (including beta-D-glucans, ganodermic acids, and many active polysaccharides); and they contain strong stimulators to boost nerve growth factor synthesis.

High-potency Noni from the pristine forests of India is also added. Noni is well known as a whole-body super enzyme/protein activator and as premier support for digestion and intestinal health.

Coral Complex will help re-establish a proper pH balance in your body while providing the broad-spectrum minerals

the acid and safely remove it from the body. This strain can become severe and is often prolonged, causing huge damage to your body, because it is often undetected for years.

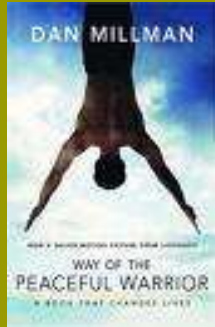
Mild acidosis can cause such problems as: cardiovascular damage, weight gain, diabetes, obesity, bladder and kidney conditions (including kidney stones), immune deficiency, acceleration of free radical damage, hormone concerns, premature aging, osteoporosis, joint pain, aching muscles and lactic acid buildup, low energy, chronic fatigue, slow digestion and elimination, and yeast/fungal overgrowth.

On the other hand, in an alkaline environment, you have abundant oxygen. As the pH of the urine drops, less and less oxygen is available to the tissues. Small changes of 1/10 to 2/10 in pH can mean 10 to 20 times more tissue oxygen availability. It is well-known that pathogenic organisms, such as viruses, unfriendly bacteria, yeast, fungi, and cancer cells thrive in an oxygen-starved environment.

Cleaning up your diet is one of the best things you can do to correct an overly-acidic body and re-establish an optimal pH. Animal products like meat, eggs and dairy are acid-producing, as are coffee and soft drinks. Artificial chemical sweeteners like NutraSweet, Equal, or aspartame are extremely acid-forming. Processed foods like white flour and sugar are also acid-producing. On the other hand, fresh vegetables (especially sea vegetables), fresh fruits, and some oils, nuts and seeds, as well as lemon water and most herb teas promote alkalinity in the body.

For a more complete listing of the foods and beverages which produce either acidity or alkalinity, please contact Susan at Health Matters through the website email listed below.

essential for superior  
health and longevity.



## The Way of the Peaceful Warrior

by

Dan Millman

Dan Millman's personal journey of self-discovery began in the late '60s and was later captured in his memoir and best-seller, "The Way of the Peaceful Warrior."

For those of you who've never had a chance to read this inspiring and true narrative, here is your opportunity to see it adapted to film.

Captivating from the first moment, we trace the journey of a premier gymnast as he travels the path of awakening consciousness. A not-coincidental meeting with a man he dubs "Socrates"

catalyzes his quest, taking him through confrontation with his deepest fears, to a joining with his essential humanity and, finally his transformation to a state clarity of purpose and openness of mind.

This film is simultaneously a joyful and uplifting!

#### In Other's Words

*"The real voyage of self-discovery consists not in seeking new landscapes, but in having new eyes."*  
Marcel Proust

*"What is to give light must endure burning."*  
Viktor Frankl

*"Healing is a matter of time, but it is sometimes also a matter of opportunity."*  
Hippocrates,  
*Precepts, Ch. 1*