

ARTHRITIS AND BONE SPURS 120 Day Program

Your body needs to be in an alkaline state. Although your body can and will make some adjustments to balance your PH, you can help your body by avoiding acidic foods and drinks. Most drinks and foods available at the store and at restaurants are high in acids. Avoid these products as daily consumption of these acidic foods and fluids will result in throwing off your body's balance and can lead to severe health consequences.

Calcium is the most abundant alkaline based element in your body. This soft gray earth metal is essential to most all living organisms, especially in cell physiology. When your diet is acidic, the body robs calcium from your bones to neutralize this acid. This calcium then gets stored in other places: joints, kidney, gall bladder, etc.

Diet(This diet will keep your PH in proper balance and will help).

- Raw vegetables and fruits (alkaline foods)
- some whole grains
- no sugar
- no processed grains or foods,
- no meat or dairy
- Drinks recommended: Water

Supplements:

Probiotic Blend: 10 capsules at night right before bedtime for the first bottle. Second bottle 5 at night and then after 2-4 or used as needed.

6 Bowel Toners or FiberBlend

Multiple Digestive Enzymes: When taking the enzymes on the empty stomach you are breaking up the calcium deposits and putting the calcium into the blood stream. You will need the other minerals and amino acids to take this calcium and to use it properly so it will not be stored improperly again.

- 5 capsules with each meal (to digest your food totally)
- 10 capsules (or 4 Vitalase Enzymes) twice a day on an empty stomach.

Nancy's Smoothie: You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

Nutritional Essentials: 6 Tablespoons a day

Barleylife or Whole Foods: 3 Teaspoons a day

Mega Omega: 2 Tablespoons a day *Green Product (Whole Food of Barleylife):* 1 tablespoon