

Healthy Times

Benner Chiropractic
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Benner Chiropractic's Monthly Newsletter

May 2007

FEEL ALIVE: ALKALIZE!

Want to live longer? Look younger? Be vibrant? Alkalize your body!

The key to anti-aging? Weight loss? Strong bones? Alkalinity.

Alkalinity solves just about anything, yet most people know very little about it. Thus, we'll start at the beginning.

Alkalinity is the opposite of acidity. Certain foods boost the alkalinity in the body and other foods decrease it.

An alkaline body is a healthy body because cells operate best in a slightly alkaline environment. As you learned in Chemistry 101, pH affects the ease at which chemical reactions occur. For example, a lower pH (acid) in your bloodstream means red blood cells aren't able to carry as much oxygen. Since oxygen is the element that allows cells to turn food into energy, it is vitally important for the inner-health of your cells to have lots of oxygen.

When cells are deprived of oxygen, they start to cave in on themselves (think of wrinkles on an elderly person). These

weakened cells are now susceptible to attacks from foreign entities like viruses and bacteria. Without the proper energy production (oxygen), cells can't fend off these intruders.

By continuously living in an acidic-state, the body will literally start caving in on itself. Skin will become wrinkled, and a curvature of the spine will develop. People will literally die from the inside out because their cells are starving for oxygen and alkalinity.

Thus, alkalinity = oxygen = healthy cells = healthy you.

So How Do I Alkalize My Body?

The best way is to eat lots of raw fruits and vegetables. They are loaded with alkalizing minerals. Also, limit your intake of protein to less than 45 grams a day. Although necessary for health, protein leaves an acidic residue in the body. Thus, lowering your intake increases alkaline reserves.

For those of you that have difficulty getting veggies into your diet, try starting out with an



The key to living a vibrant life - Alkalinity

alkalizing supplement like Alka Green.

These easily-to-swallow tablets are high in calcium, potassium, and other vital minerals that alkalize the body. Made from organic, barley plants, they are a great way to get started on a vibrant, healthy, alkaline life! And remember: Alkalinity = Oxygen = Vitality.

Coming to Phoenix!

B.E.S.T. Life Intensive
Sept 7 & 8, 2007

I'm very excited to announce that **B.E.S.T. Life Intensive** (BLI) is coming to Phoenix.

BLI is a two day training program that teaches the core principles of the B.E.S.T. way of life.

Learn the **BEST Release Technique**, take the **Passion Test**, and learn more about alkalinity.

I have been to this seminar and highly recommend it!

Normally a \$1,295 seminar, I have obtained **free tickets** for you, your family and friends. Call the office for more details.

Hope to see you there.

-Dr. Benner

Discover B.E.S.T.

The B.E.S.T. method of chiropractic is more than treating symptoms, it's about treating causes. Did you know there's a difference? To find out more, visit us on the web:

bennerchiropractic.com

About Benner Chiropractic

Benner Chiropractic was established in 1986. Dr. Benner is a graduate of Parker College of Chiropractic and is a master-level practitioner of the Bio Energetic Synchronization Technique "BEST". Our objective is to assist our patients in identifying and neutralizing the cause of their health concern. Our goal is to help patients be in control of their nervous system. Benner Chiropractic is a wellness center committed to a drugless non-surgical approach to health.

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Monthly Supplement Special

Alka Green

Don't want to eat broccoli every day?

Get your daily veggies without the fuss. Easy to swallow Alka Green tablets are a great way to boost your alkalinity. Alka Green is made from 100% young barley plants. These youthful plants are high in vitamins, minerals, and enzymes.

Just take 10 tablets a day for an easy alkaline boost.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Alka Green Tablets.....reg. \$24.00.....sale \$20.00

Sales Tax Not Included. This offer expires May 31, 2007