

# XYNERGY INFORMATION

## Peak Health and the Acid Test

### How to start feeling better again and why Barley Grass can help

**A growing number of nutritionists and medical researchers believe that over-acidity could leave you feeling run down and lacking in energy... with potentially worse to come. So restoring your body's natural alkaline balance could be the answer to improved well-being.**

High acidity is nothing to do with acid reflux; the acid/alkaline balance in your body is measured on a scale of 0 to 14 known as the pH. 0 to 7.0 on this scale is acid...7.0 is neutral...and 7.0 to 14 is alkaline. If you're a healthy person with perfectly balanced pH, you would have a reading of 7.4. However, many people these days fall in the acid range of 6.2 to 6.4. Their bodies are too acidic.

### So what is the cause and what can we do about it?

**Stress** –our busy lifestyles - can cause your acid production to rise.

**Dehydration** - in the USA, statistics show that 7 out of 10 people are chronically dehydrated. The figure may not be so different in the UK; many people confess to never or rarely drinking plain water. As a result, we suffer from fatigue...sluggish metabolism... leading to increased hunger pangs and therefore eating, and increased acid in our bodies.

**Poor Diet** – as we get older, acid waste builds up in your body. A diet of foods-like beef, pork, snack foods, crackers, biscuits, rice, sugar, artificial sweeteners and soft drinks will increase acidity.

Too much acidity will damage the linings of your arteries and increasing your chances of both brain and cardiovascular problems. It is also believed to erode your cartilage and cause inflamed joints, even damage to skin cells, creating premature wrinkles and other aging issues.

Excess acid is also thought to cause high blood pressure, calcium-deprived bones, low energy, poor circulation, sexual problems, leg cramps and more.

The answer lies in your diet and increasing your intake of fresh fruits, vegetables, wholegrains and beans to restore alkalinity. Then you can back this up with an alkalizing superfood – Barley Grass. This super grass is also very nutritious: Barley Grass leaf powder contains:

500% more Vitamin C than oranges.

200% the Calcium of milk.

500% more iron than spinach.

200% the fibre of bran.

The major 18 vitamins, 20 minerals and 8 basic proteins required for proper body function.

A generous supply of Beta-carotene, important in the function of Vit. A.  
A rich supply of Chlorophyll, a natural cleanser.  
Iron, Calcium and Potassium and the trace elements Zinc, Magnesium and Selenium.  
Antioxidants including SOD (super oxide dismutase).

And of all the green wholefoods, Barley Grass is believed to have the highest alkalizing properties.

Next time you're feeling sluggish, reach for the grass.