

Arthritis. Cancer. Premature aging. It's really pretty amazing how critical metabolic acidosis is to disease processes—indeed, these days, leading scientific journals are reporting on the acidosis-disease link. So ask yourself one question...

Is your body overly acidic?

by James Chappell, D.C., N.D., Ph.D., M.H.

Alkalize with coral minerals for joint and heart health, as well as resistance to cancer, and for overall great health—that's the message that I want to leave you with in this article. Here's why...

Our primitive ancestors received some 7,000 milligrams (mg) of potassium daily and only 600 mg of sodium daily, compared with our average today of only 2,500 mg of potassium and a whopping 4,000 mg of sodium. We are the only free-living mammals that today eat more sodium than potassium, say health experts.

Naturopathic physicians believe that at least some 157 diseases are caused by an abnormally acidic/low pH system. In fact, almost every named and unnamed disease condition has one thing in common: higher than normal accumulation of acidic waste in the body.

Studies link high-sodium, low-potassium diets to high blood pressure, strokes, and heart disease. Metabolic acidosis is also linked to loss of muscle and bone mass in adults, and kidney stone formation.

The body repairs an overacidic environment by withdrawing calcium salts and other alkalizing mineral salts from the blood and tissue. Over time, the human body becomes depleted of calcium and begins to rob calcium from bones and teeth. In addition, the more acidic the body becomes, the

harder it is for oxygen to be present, enabling proliferation of unfriendly bacteria, viruses, mold and fungus.

No wonder so many biochemists and medical physiologists recognize pH (or an acid-alkaline balance) as one of the most important aspects in maintaining a healthy body. It's tragic, though, that most medical doctors don't advise their patients to alkalize with coral minerals for great health.

CORAL MINERALS— INVALUABLE AID FOR ALKALIZING

Fortunately, correction of acidosis with coral minerals can ameliorate those conditions. That's why coral minerals are so important. Don't think "coral calcium," because this is too narrow a term. Rather, coral minerals are thought to supply every major and trace mineral necessary to human health.

Many substances (such as baking soda) can raise pH temporarily, but coral minerals can raise and *maintain* pH not only intercellularly (between cells) but intracellularly (within cells).

Coral minerals are readily absorbable, because they have been previously digested by an animal (the coral polyp) and they are ionic (highly charged). In fact, coral minerals are so close to the makeup of the human skeletal structure that doctors use coral in bone grafts (the human body readily accepts the coral as its own).

So, for optimal health and disease prevention, alkalize. One of the best ways to do so is to make coral minerals part of a sensible supplement program. ■



Resources

Coral Complex from Coral Inc. was the first (1999) powdered coral capsule product in the United States. With the addition of vitamin D₃, this formula has become the most popular and successful coral capsule formula in the nation.

Eco Pure Coral from Coral Inc. consists of 100 percent pure coral powder. Nothing has been added to the coral. The coral powder is extremely fine—so fine, in fact, that a small amount on the tongue simply absorbs through the mouth; one does not even need to swallow.

Availability—Both Coral Complex and Eco Pure Coral are available at many health food stores nationwide. To find a store in your area, call the company toll-free at (800) 882-9577. We also urge you to visit their website at www.coralcalcium.com for information about this vital, mineral-rich supplement.

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