

This Book Could Save Your Life!

Balance
Nourish 4
Cleanse **Basic**
Alkalize **Steps**

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Over twenty years ago, Dr. Jeff developed an interest in natural health alternatives while dealing with his own and his family's personal health problems. His interest sparked a desire to pursue a career as a natural health practitioner. Dr. Jeff holds a PhD in Naturopathic sciences from Chatworth College of Natural Health and currently has achieved a BS, MS in Natural Health Sciences while studying for his second doctorate in Natural Health from Clayton College of Natural Health.

His extensive knowledge of nutritional supplement raw materials and their reaction in the body has made him a recognized source of invaluable information for overcoming many nutritional deficiencies.

Dr. Jeff and his wife Cherry's (a Registered Nurse) dream came true when they opened a wellness clinic called "Oasis of Healthy Choices" to advise and educate people everywhere. Cherry also does live blood cell analysis using a Darkfield Microscope. Together they often travel helping people all over the country. Dr. Jeff is currently Chief Operating Officer and co-owner of LifesMiracle (www.lifemiracle.com).

Dr. Jeff, in this book will review the 4 steps to prevent and help overcome major degenerative conditions.

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Did you know it's been proven that **cancer** cannot live in an alkaline oxygen rich medium? Noble Prize winner Dr. Otto Warburg discovered over 60 years ago that cancer is associated with anaerobic (oxygen deficient) conditions, resulting in a *marked drop in the pH of the cell*. The body fluids of healthy people are alkaline (high pH) whereas the body fluids of sick people are acidic (low pH). 150 Degenerative diseases have been linked to over acidity or low pH... Cancer, arthritis, diabetes, and gout, to name a few.



Arthur Guyton

Our bodies were designed to be alkaline. If the pH is high, the body can heal itself. Unfortunately, we abuse our bodies unmercifully. Our foods are grown in nutrient deficient soils... deluged with artificial fertilizers, and sprayed with caustic insecticides. Our food is waxed, dipped, sprayed, gassed, dyed, irradiated, and probably genetically altered. We eat fat laden fast food, over processed food, and drink soft drinks (pH 2.5 - 2.9). Stress, anxiety, polluted and chemically treated water all add to the over acidity of the body. The blood will maintain a pH of 7.35 - 7.45 no matter what we do to it. How does the body maintain this when we so abuse it? It robs its best buffer from the **bones**. Or should I say the **calcium** from the bones.

We must stop relying on traditional medical Doctors to *prescribe* us into good health, and we must start again to take responsibility for our own health needs. Eat alkalizing foods, grow it yourself if you can. Start tapering those bad habits. You'll find you won't miss them as much as you think. We care about your physical, mental, and spiritual well being.

YOU CARE TOO!

The key to good health is to alkalize, detoxify, cleanse, and nourish the body. If this takes place, then the body can heal itself. The first step in this process is to alkalize.

Chapter One:

Alkalize

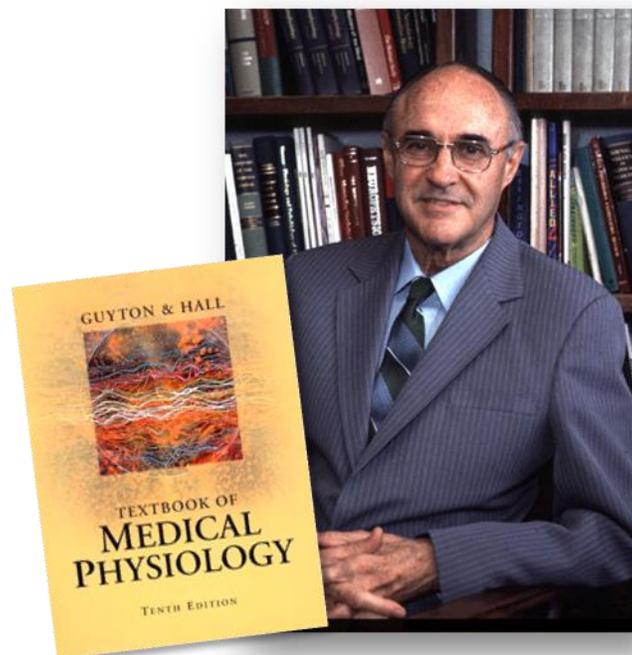
Since our bodies do not manufacture alkalinity, we must supply the alkalinity from an outside source to keep us from being acidic and dying.

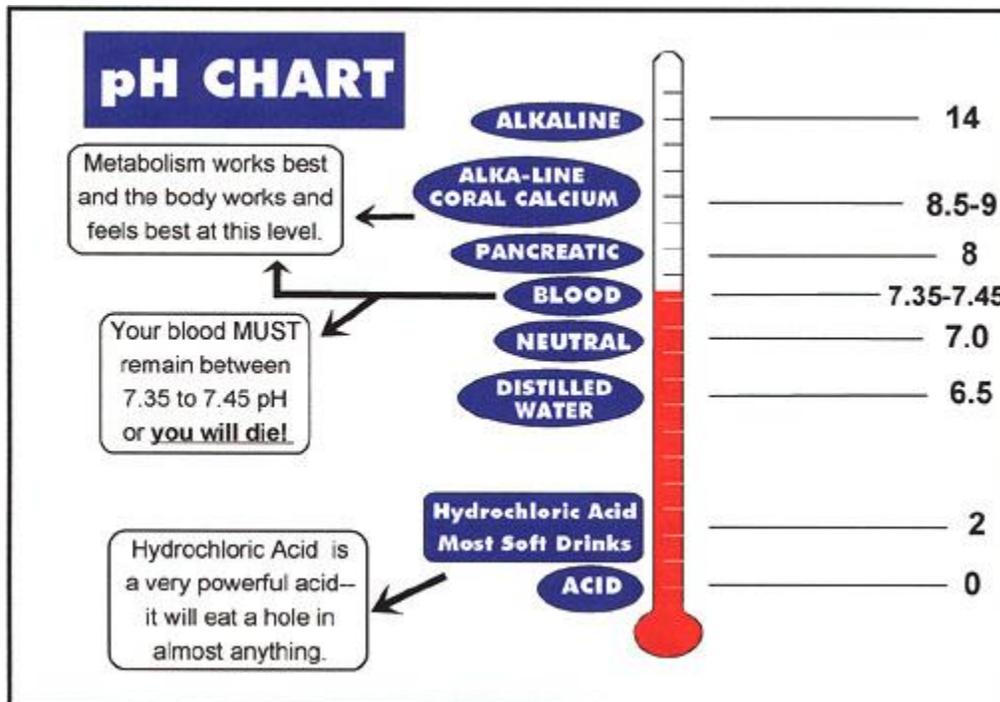
Dr. Arthur Guyton, author of Textbook of Medical Physiology, states "The first step in maintaining health is to alkalize the body, the cells of a healthy body are alkaline while the cells of a diseased body are acidic."

Almost everything we do --- our life styles and our diets --- pushes us into the acidic range; Metabolic functions cause acidity. Proteins, carbohydrates & fats are all digested down to acids. Stress, medications, and exercise also create acids.

"The cells of a healthy body are alkaline while the cells of a diseased body are acidic."

~ Dr. Arthur Guyton
Author of the "Textbook of Medical Physiology"





Why is pH Balancing Important?

Living things are extremely sensitive to pH. They function best (with certain exceptions, such as portions of the digestive tract) when solutions are almost neutral. Most interior living matter (excluding the cell nucleus) has a pH of about 6.8. Blood plasma and other fluids that surround the cells in the body have a pH of 7.2 - 7.3. Numerous special mechanisms, called buffers, aid in stabilizing these fluids so that the cells will not be subject to appreciable fluctuations in pH. Buffers concentrate and release ions as needed to minimize pH fluctuations in the body.

The body does not like sudden radical change.

We need plenty of alkaline minerals, such as Calcium, Magnesium, Sodium and Potassium to be available for the

buffering systems. Our body needs to be able to eliminate the acids that build up in our blood. In order to do this, alkaline minerals are needed to bond to the acids, to make acid salts, that can be eliminated through the kidneys and urine.

By consuming Ionic Sea, (Sango coral mineral complex), treated water we insure replenishment of valuable alkaline minerals that have been depleted from the body.

Scientists have discovered that the body fluids of healthy people are **alkaline** (high pH) whereas the body fluids of sick people are **acidic** (low pH). Another amazing discovery is that most degenerative diseases attributed to aging, such as cancer, osteoporosis, heart disease, and other disease such as allergies, kidney and gall stones have all been scientifically linked to mineral deficiencies (**especially ionic calcium**) that result in your body fluids becoming more acidic. As we've already said, scientists have found that cancer **cannot** survive in an alkaline medium?

There are over 150 degenerative diseases that are linked to Ionic Calcium Deficiency. When the body becomes acidic, it will rob calcium (Calcium being an excellent buffer) from the bones to raise the body's alkaline levels. This is possibly a major cause of osteoporosis, arthritis, and other diseases.

Food is the means of replenishing alkalinity to the body.

After food is digested and processed, that remains is ash. Whether it is alkaline ash or acid ash determines the overall pH of the body.

Acid Ash Listed least to most acid.	Alkaline Ash Listed most to least alkaline.
Some raw fruits & vegetables (cranberries, blueberries, plums, prunes, squash etc)	Most Raw Vegetables & Fruits, watermelon, all green leafy vegetables
Whole Grains - Cooked	Dried Fruits
Overcooked Fruits & Veggies	Frozen Fruits & Veggies
Dairy Products (cheese, milk, eggs, etc)	Raw Nuts (especially almonds & black walnuts)
Sugar & Refined Grains	Sprouted Grains
White Meat (fish, fowl)	
Red Meats (beef, pork, mutton)	
Herbs, spices, condiments, spicy foods (garlic, onions etc)	
Fried Food, Coffee, Tea, Salt, Alcohol	Coffee & Tea made with Coral Calcium water is OK
Drugs & Medications, Tobacco	

We can remain healthy by consuming a diet that is 70% - 80% alkaline and 20% - 30% acid.

Alkaline - Ash Foods

Foods that may be eaten freely

Most fresh fruit,	Dates	Oranges
Most raw vegetables	Green Beans	Parsnips
All sprouts, Raw	Figs (fresh)	Pineapple
Almonds	Green Limas	Peppers
Apples	Grapes Green	Peaches
Apricots,	Kale	Potatoes
Broccoli	Leeche Nuts	Pears
Avocado	Kelp	Quinoa
Bananas	Limes	Radishes
Cabbage	Lemons	Raisins
Brussels Sprouts	Leaf Lettuce	Rhubarb
Blackberries	Millet	Raspberries
Cauliflower	Mushrooms	Rutabagas
Blueberries	Maple Syrup	Apple Cider Vinegar
Celery	Mangos	Melons
Cantaloupe	Mustard Greens	Spinach (raw),
Collard Greens	Okra	Squash
Cherries	Molasses	Turnip Greens
Cucumbers	Onions	Watercress
Corn (fresh)	Nectarines	Watermelon
Dulse	Parsley	Yams

"The first step in maintaining health is to alkalize the body, the cells of a healthy body are alkaline while the cells of a diseased body are acidic." Arthur Guyton

Acid - Ash Foods

Foods to Avoid or Limit

Alcohol	Cranberries	White Rice,
Aspirin	Grains (except	Salt
Barley	Millet & Quinoa)	Seeds
Black Pepper	Honey	Soda crackers Soft
Cake	Legumes	Drinks, Sugar
Canned Foods	Lentils	Black Tea
Frozen Foods	Mustard	Vinegar (distilled)
Processed Cereals	Nuts	Wheat Bran and
Chickpeas	Pasta	Germ
Chocolate	Popcorn	Canned fruit
Coffee	Plums	Wheat Products
Corn Starch	Prunes	All Animal Products

Animal products should not exceed 20 - 30% of your diet.

Water, the Essence of Life

Life on earth totally depends on water. The bodies of all living organisms are composed of 70% to 90% water. The chemical reactions that support life in all plants and animals take place in a water medium. On land, the greatest threat to life is dehydration. Even MILD dehydration will slow down one's metabolism as much as 3%. Lack of water is the #1 trigger of daytime fatigue. 37%



of Americans have a thirst mechanism so weak that it is often mistaken for hunger. A 2% drop in body water can trigger fuzzy short-term memory and trouble with basic math.

It would seem relatively easy to use or purchase water that meets our particular needs; however, due to the numerous classifications given water, the average consumer can be easily confused about what is available.

Water is usually classified either by its **source** (spring, spa, geyser, public water supply, etc.), by its **mineral content** (containing at least 500 parts per million of dissolved solids), or by the **system of treatment** used (purified, deionized, fluoridated, steam-distilled, etc.). Because there is a lot of overlap in the criteria used to group water, some water appears in more than one classification. In addition, most states have no rules governing appropriate labeling, *so a number of bottled water claims may be misleading or incorrect.*

Distilled water contains 6 sided molecules. This is the form the water in the body (or biological water) takes. Distilled water is therefore absorbed by the body more efficiently and has the benefit of containing no harmful chemicals, contaminants, bacteria or other impurities. It is also devoid of minerals. That is why adding the Ionic Sea coral mineral complex to distilled water not only adds back the important minerals but extracts the maximum potential from the Coral.

Ionized or energized water is also a great way to hydrate and alkalize the body. (For the healthiest water along with the Ionic

Sea try the Aqua Miracle water ionizer by LifesMiracle and for the entire house try a Far Infrared Whole House Water System)

8-10 glasses of water daily could significantly ease back & joint pain for up to 80% of sufferers.

Drinking 5 glasses of water daily decreases the risk of Colon cancer, Breast cancer, Bladder cancer etc.

ARE YOU DRINKING ENOUGH WATER?

Chapter Two:

Cleansing part one

Detoxification means removing old drug residues and chemicals that are stored in the tissues.

We are surrounded and inundated with toxic material. Whether it's the fumes from hair spray, the chemicals and dyes in processed food, the hormones and antibiotics in meats, the cleansers you get on your hands or the medications we take, our bodies do not know what to do with these foreign substances. Because of this they are formed into small toxin packages and stored in the liver and fat tissues.

In order for the body to release these toxins for removal from the body, the blood and tissues must be alkaline. If alkaline, the body will release the toxins into the blood where they are filtered through the kidneys and urinated out. This is why the

first urine of the morning is often darker and stronger, the body has had all night to become alkaline and release its toxins.

When you start to detoxify, the released toxins are very powerful and can often cause a person to feel ill. You may experience headaches, upset stomach, tingling in the fingers, and dizziness. These feelings will only last until the kidneys have filtered the toxins out of the blood. Drinking lots of good water will allow these toxins to be adequately flushed.

Imagine what would happen if a person never became alkaline enough to release their toxins. These toxins would continue to build up in the liver and fat cells until they begin to cause the body to malfunction which allows diseases to develop.

Eating Spirulina (Spirulina is 65 to 71 percent complete protein, with all essential amino acids in perfect balance." Spirulina also contains high concentrations of minerals and nutrients including iron, calcium, magnesium and Vitamins A, B, C, D and K.) and "Cracked Cell" Chlorella (It is a dark-green colored micro-algae that is the world's richest natural source of chlorophyll) help to detoxify the body by alkalizing and flushing the body of heavy metals.

(Suggestion: Ionic Sea.... Green Cell 50/50)

Cleansing part two

Detoxification also means removing old drug residues and chemicals that may be stored in the colon.

Now, the small intestine is the means by which the body absorbs a large amount of its nutrients, while the large intestine absorbs moisture and evacuates waste material from the body. Both large and small intestines must be clean. Both will benefit from the addition of BFO's (Beneficial Friendly Organisms) to the diet.

Tri-Zyme Plus contains certified cultures of BFO's. These organisms live in the soil and enter the food as it grows. Normally, as we eat the food, the BFO's would enter our digestive tract and populate it with the normal flora necessary for it to work properly. But some people do not eat any green food, while those that do, are eating heat processed or irradiated foods grown in soils that have been sprayed with pesticides. Antibiotics also kill off your beneficial bacteria.

Now any SBOs present are probably dead. Tri-Zyme Plus BFO's replenish and restore these necessary organisms to the bowel.

There are over 400 beneficial microorganisms that normally live in the body of a healthy person. These organisms help produce vitamins and hormones while stimulating the immune system. But they can be killed by drinking chlorinated or fluoridated water, or taking non-steroidal anti-inflammatories (NSAIDs) or antibiotics. Remember, these friendly microorganisms are not acidophilus, they are far more. The aid to the digestion and assimilation of food is just the beginning.

In addition to these important cultures, Tri-Zyme Plus BFO's provide enzymes and friendly organisms that scrub the colon, eating out old residue, and buildup. This will help to cleanse the small and large intestines.

The proper evacuation of the large intestine depends on several things.

- First, adequate hydration will help prevent the colon from taking excess moisture out and causing constipation.
- Secondly, proper fiber helps motivate peristalsis while providing bulk to ease evacuation.

Tri-Zyme Plus also contains DGL (de-glycyrrhizinated licorice to condition the bowel) and stimulating herbs that don't cause cramping. (Can be taken daily)

Chapter Three:

Nourish

The body has to have adequate building blocks to be properly nourished.

"I eat a balanced diet, I get all the vitamins and minerals I need." How often have you heard this? Well, we've talked about why our foods are not providing us with the nourishment we need. Not only is the nutrition lacking, but it often contains all those chemicals and contaminants we are trying to rid our body of.

What are the body's building blocks? Protein, carbohydrates, and fats provide the means to build the body. What else do we need?

Vitamins, minerals, enzymes and antioxidants are important for building as well as protecting the body.

I believe these days, that we are not deficient in vitamins. Most foods are vitamin fortified. And other than Vitamin D that is derived from the sun, what we really lack are enzymes and minerals.

The enzymes we need to digest our food are in the food itself. But we cook the food and kill the enzymes, or the stores pick it early (before the enzymes are fully developed), then irradiate it to give it a longer shelf life.

Our body then must draw from its store of metabolic enzymes... convert them to digestive enzymes in order to digest our food. The problem is, if we keep robbing from those stores of metabolic enzymes, our bodies will eventually start to break down.

Radical diets, processed foods, soft drinks, excessive protein, hormones, antibiotics and refined sugars are just a few of the things our bodies must deal with.

Remember, Refined Sugar feeds Cancer, Yeast, Fungus, etc.

If we alkalize, and cleanse the body, then we must nourish it so it can rebuild.

You are what you eat. You are also what you assimilate. But **You ARE what you retain of the non-nutritious byproducts, genetically altered food, and toxins.**

What are Free Radicals?

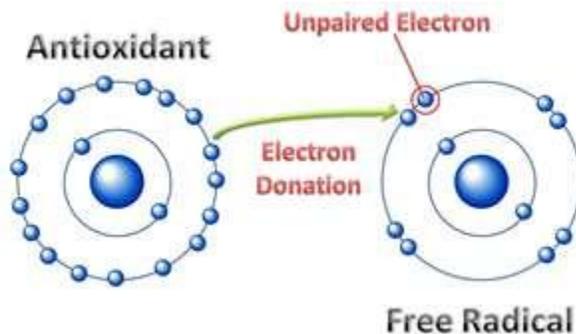
Free radicals are highly reactive molecules in the body which can destroy tissues by oxidizing cell membrane lipids, and damaging DNA, the body's genetic material. Free radicals are produced through the body's normal process of metabolizing the air we breathe and the food we eat, as well as exposure to tobacco smoke, excess sunlight and environmental pollutants.

Antioxidants work in the body by neutralizing free radicals before they can do significant harm. A free radical is a toxic compound that has lost a negatively charged electron, produced in the body as a by-product of metabolic oxidation. It, therefore, carries a positive charge and is unstable. It is capable of attracting an electron away from a vital cellular site such as the electron-rich DNA. Loss of an electron can damage a cell and alter its ability to perform its special function or to replicate itself normally.

What are Antioxidants?

There is a group of vitamins, mineral, and enzymes called antioxidants that help to protect our body from the formation of free radicals. Some well known antioxidants are: Vitamin C, Vitamin E and Selenium. These water and fat soluble antioxidants are found in fruits, vegetables, or supplementation.

An antioxidant is also a compound, which has a weak attraction to one of its electrons. It therefore readily surrenders an electron to a free radical, stabilizing and neutralizing the free radical, which then becomes a stable compound. Having surrendered an electron, the antioxidant itself may temporarily become a free radical, but a less aggressive one until it captures an electron from another antioxidant.



In a multitude of electron transfers to milder and less damaging compounds, [(-) hydrogen ions] the Coral Mineral Complex is the one, unique antioxidant that **does not** become a free radical itself.

Do I Need More Than One Antioxidant?

Absolutely! You need to take all the different types of antioxidants because they each have specific antioxidant properties that neutralize specific free radicals.

In the mid - 1950's, Dr. Denham Harman of the University of Nebraska stated, "Free Radicals may be an important cause of aging at the cellular level." He also maintained that free radicals promote cells mutations that lead to cancer. Essentially, free radicals cause normal, good, hardworking cells to turn bad. (Gammaqui: four very powerful Superfruits with the highest antioxidant and anti-inflammatory properties.)

Gammaqui



Superfoods contain compounds known as phytonutrients scientists say whose main purpose is to keep the immune system regulated. Phytonutrients cannot be derived from any other food category. They're critical to good health because the immune system cannot work properly without them.

But phytonutrients are not so easily available. We've known since the 1930s that our agricultural soils, and the foods grown in them, are nutrient deficient. In addition, most fruits in the supermarket have been picked green before they've had a chance to develop their highest nutrient value and content. And very few people consume the darkly pigmented fruits that have the highest concentrations of the phytonutrients.

The four fruits with the highest concentrations are the Goji, Açaí, Mangosteen and Maqui. For more information on these fruits, read our book ["The Miracle of Superfruits"](#).

The highest ORAC, (Oxygen Radical Absorbance Capacity), readings have been found in these four fruits, hence the term Superfruits.

Gammaqui uses only the 4:1 ratio extracts which are the highest quality and purity

Enzymes (Tri-Zyme)

Enzymes are energized protein molecules essential for digestion, stimulation, energy, and repair of the body. Each enzyme has a specific function. Over 3,000 different enzymes have been identified as being necessary in running the human body. You need enzymes for cell reproduction, breathing, digesting, nerve transmission, disease protection, and thousands of other biochemical reactions taking place in the body.

Metabolic Enzymes

- *Catalase: breaks down the hydrogen peroxide radical, liberates oxygen for use.*
- *SOD (Super Oxide Dismutase): Antioxidant, attacks free radicals, superoxide.*

When vital organs lack metabolic enzymes, they begin to deteriorate and malfunction. This can lead to chronic conditions and degenerative diseases such as allergies, skin conditions, pancreatitis, diabetes, and cancer. A 70 year-old person has about half the enzyme level of a 20 year old.

Take enzymes between meals to dissolve cholesterol and uric acid crystals, remove dead and diseased tissue then repair them. Take adequate digestive enzymes to prevent the conversion of metabolic enzymes to digestive enzymes. Early signs of enzyme deficiency are usually in the form of digestive complaints such as heartburn, acid reflux, bloating, and belching.

Digestive Enzymes

- *Amylase*: Digest carbohydrates (sugars and starch).
- *Protease*: Digest proteins, increases WBC's 700%, increases T-Cells 1200%.
- *Lipase*: Digest fats.
- *Sucrase*: Breaks down sugars
- *Maltase*: Splits starch into sugars
- *Cellulase*: Breaks down cellulose

Why Are Minerals Important?

Minerals activate enzymes. They must be present in order to digest your food. If not present, the body must give up its precious store of minerals from the tissues and organs. This is another reason why organs deteriorate and fail. Minerals are a key to a healthy cardiovascular system. They also help the cells communicate.

Vitamins

Fat Soluble Vitamins:

- *Vitamin A*: Immune system support, protection from heart disease and cancer, needed for growth and maintenance of skin. *Note*: Beta-Carotene converts to active Vitamin A.
- *Vitamin D*: Prevents Rickets (stunted growth), Hypocalcemia (low level of calcium in the blood), softened skull in infants, and Osteomalacia (thinning of the bones) *Note*: The body needs 5000 IU's a day to keep Vitamin D Receptors (VDRs) in the lower intestine full for proper calcium absorption.

- *Vitamin E*: Slows the aging process, powerful antioxidant, and anti carcinogen.
- *Vitamin K*: Important in the production of coagulation (blood clotting) factors. Low levels of Vitamin K have been related to osteoporosis. It contains unique anti neoplastic (antitumor growth) properties. Also assist radiation therapy patients.

Vitamins

Water Soluble Vitamins:

- *Vitamin B1 - Thiamin*: Is essential in metabolism of carbohydrates, helps convert fatty acids to steroid hormones (cortisone and progesterone). Excessive alcohol abuse can cause a thiamine deficiency. *Note*: Vitamin B1 was the first B vitamin to be discovered.
- *Vitamin B2 - Riboflavin*: Is important in thyroid hormone metabolism, involved in syntheses and oxidation of glucose, aids in energy production, tissue repair, healthy blood, immune system, eyes, and nervous system.
- *Vitamin B3 - Niacin*: There are two forms of Niacin: niacin and niacinamide. Used to treat high cholesterol due to its role in metabolizing fats, B3 is a coenzyme used to maintain healthy skin, nervous system, and properly functioning GI tract, and can be used in cardiovascular disease and cancer prevention.
- *Vitamin B6 - Pyridoxine*: A coenzyme needed to form healthy blood, participates in 60 enzymatic reactions to digest amino acids and essential fatty acids, and some uses include nervous system, and women's health.

- *Folic Acid or Folate*: Works closely with B12 in the metabolism of amino acids, the synthesis of proteins, and in the production of genetic material, and is especially beneficial for women with cervical problems.
- *Vitamin C - Calcium Ascorbate or Ester C*: Interacts and helps nullify the effects of over 50 chemical pollutants, helps heal wounds and fractures, helps reduce scar tissue, gives strength and flexibility to blood vessels, improves calcium absorption, diminishes periodontal disease and cataract development.

Chapter Four:

Balance

When you bring the body into balance—that's where you see the highest level of health because all the systems of the body will be working at their optimum level, and they will be working together instead of fighting against each other. One example of this is the way the body “robs” minerals from the bones in order to keep the blood alkaline when there are not enough high quality ionic minerals in the diet. Of course the result of this is osteoporosis.

Another example is the vast number of autoimmune diseases and disorders that people are experiencing today. This is when a person's own immune system attacks his or her own body.

One of the keys of balance is trusting in your body's wisdom. Instead of trying to manipulate the body, the answer is to give your body everything it need. And that is nutrition. I never saw

myself in the disease business but in the business of helping people to know and experience health. Instead of fighting a disease, it makes much more sense to rebuild the body's systems by giving it everything it needs and letting its own immune system do the work. Prescription medicines have their place in acute situations to save a person's life immediately, but it's more important for the long term to find out what caused the problem in the first place and then eliminate it. The problem can be in your air, water, or it can be a lack of (even) a single essential nutrient. These can start the process of imbalance that can spiral into a degenerative problem. In our Western culture we refer to balance as homeostasis. It has been known about as long as there have been healers. Other ancient cultures have different names for it but it refers to the acid/alkaline balance of the body's fluids.

Again I want to reemphasize that it's not about fighting disease but about building health. It's always beneficial to remove toxins out of your environment, out of your air and water in your home and workplace. And it's always beneficial to get the highest quality nutrition possible whether you have a disease condition or not. No doctor would tell their patient that they should not eat the highest quality nutrition or remove toxins and potentially cancer causing chemicals out of their environment.

The last thing I want to bring out on the subject of balance is that you can't be the one to manipulate the systems back into balance. Your body has to be the one to do that. Drugs and medications do not do it and neither do many of the herbal

supplements being used to treat the symptoms of the problem without addressing the underlying causes which are toxins and deficiencies. There are items being marketed that claim that all you have to do is wear a certain metal device and your health problems will disappear. Even if they did work it would only be because they're manipulating the system. They absolutely do not make up for any deficiency or detoxify the system in any way. Even placebos can make people feel better, because they think they are helping them!

Summary

I feel that you can achieve a healthier and more productive life if you follow my 4 basic steps:

Remember to treat the body as a whole; body, mind, and spirit. Be positive, let go of anger, jealousy, grudges, and envy. Love builds up. Hate tears down. Use positive prayer statements. Learn something new every day, stay active, and take responsibility.

You can control your life, or you can let life control you!

Good luck and God bless, Dr. Jeff and Cherry Bennert

1) Alkalize - Raise the body's pH levels by using an outside source as a buffer.

2) Cleanse - Bringing the body to a level of alkalinity that allows the release of toxins into the blood stream for elimination. A process of ridding the bowel of infection, inflammation, parasites and other unwanted matter such as feces and

undigested fats and proteins. This aids the body's ability to absorb water and nutrients.

3) Nourish - Supplementing the body's metabolic process with the needed vitamins, minerals, enzymes and antioxidants that are missing from our food chain prevents degenerative diseases and helps to deal with current physical problems that are a result of these deficiencies.

4) Balance - Achieving a balance in all body processes through the use of natural healing modalities and nutrition so the body will detoxify and operate at its optimum level and give it the best chance to function the way it was designed!

For years Dr. Jeff has endorsed, recommended, and used in his clinic, the products from LifesMiracle

"I have never found a line of supplements more synergistically balanced and focused to build the immune system than the products from LifesMiracle." Dr. Jeff



*These statements have not been evaluated by the FDA.
These products are not intended to diagnose, treat, cure, or prevent any disease.*