



YOUR SOURCE FOR HEALTHY

**WHY
ALKALINE?**



Know the Difference:

Alkaline pH 8+

tap water pH 6-7

When your body is in an alkaline state, you are less likely to suffer from chronic diseases. The foods and beverages you consume each day have a direct impact on the acid and alkaline balance in your body. This balance is measured by determining your pH value, which tells you if your body's fluids and tissues are more acidic or alkaline. On a pH scale of negative 4.5, which is very acidic, to positive 9.5, which is highly alkaline, your body is considered healthy and alkaline if you have a pH level of 7.0 or above. Source: LiveStrong.com

4 ways Alkaline water may help:

- + FIGHTING DISEASE
- + BONE DENSITY
- + WEIGHT LOSS
- + ACID REFLUX

More Reasons Why Alkaline Is Good For You:

- Because alkaline water has a higher pH level than does plain tap water, proponents say that it can neutralize acid in your bloodstream, boost your metabolism and help your body absorb nutrients more effectively. Some even say that alkaline water can help prevent disease and slow the aging process. However, researchers haven't verified these claims. Source: Mayo Clinic
- Some studies suggest that alkaline water may help slow bone loss, but further investigation is needed to determine if this influences overall bone mineral density and if the benefit is maintained over the long term. Source: Mayo Clinic
- Cancer thrives in an acidic environment, and doesn't survive in an normal, more alkaline environment. Cancer cells make your body even more acidic as they produce lactic acid. So if you have cancer, your pH levels are low and your body is too acidic. Source: cancerfightingstrategies.com

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