



Natural Solutions That Work

DR. BRIAN McGUCKIN

# Energy All Day

Brian McGuckin, D.C., DABCI

412 Marquette Street

Valparaiso, IN 46383

**[www.DrMcGuckin.com](http://www.DrMcGuckin.com)**

**219 - 531 - 1234**

# Acidic Foods

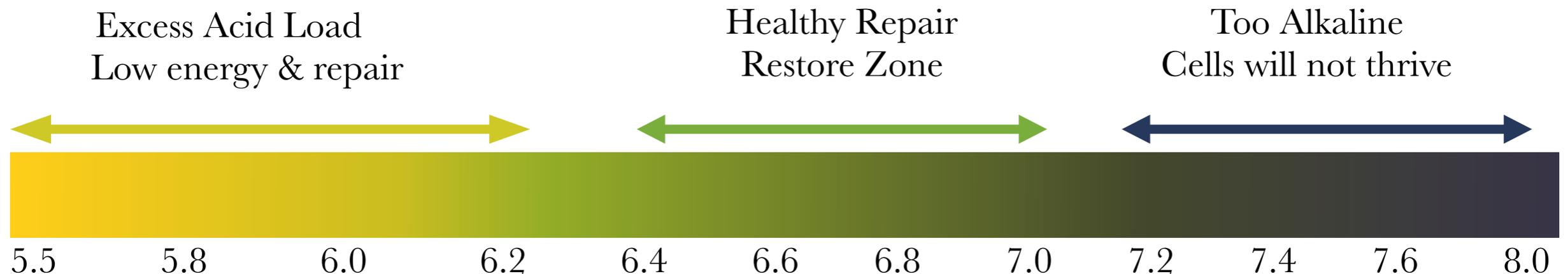
## Reduce Cell Energy

Two hydrogens   will grab an oxygen   
and form water .

The days where you wake up and feel puffy,  
you really are.

An acidic diet will lead to holding water.

# Track your Cell Energy



Wet the pH tape with the very first morning's urine.

Match the color of the used strip with the chart. The first morning's urine pH is an instant read and matches that of the cell within 3 seconds.

The goal is to have an urine pH of 6.4 to 7.0 on litmus paper.

If you are not in the Healthy Repair / Restore Zone, then we have to find out why your body is unable to remove the excess hydrogen from your cells.

We can help you get your energy back.

**Ask for pH strips from our office.**

# Cell Energy

Inside our cells are energy producing organelles called **Mitochondria** that use an electron  $\ominus$  produced to convert it into an energy molecule called  $\text{ATP}$



**A healthy cellular environment has a balance of hydrogen inside the cell.**

# Acidic Foods

## Reduce Repair and Recovery

When water  drowns the mitochondria  it loses its ability to turn food into energy.

If energy production drops we feel sluggish, but also slows down our ability to **repair and recover.**

# We are here to help you reach the Healthy Repair / Restore Zone



**Call the office to set up a discussion on  
how to use these products and  
reach your goal.**