



Natural Solutions That Work
DR. BRIAN McGUCKIN

ENERGY & YOUR ACID LOAD

Cellular pH and Energy



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CELL ENERGY

Bone is alive, it replaces dead cells with new ones constantly. You can prevent degeneration of the joints and you can keep your bone density by watching a few tests.

First Morning's Urine pH tells you if you are acidic. If the cells are acidic they will not be able to turn food into energy. They simply will not be able to replace themselves.

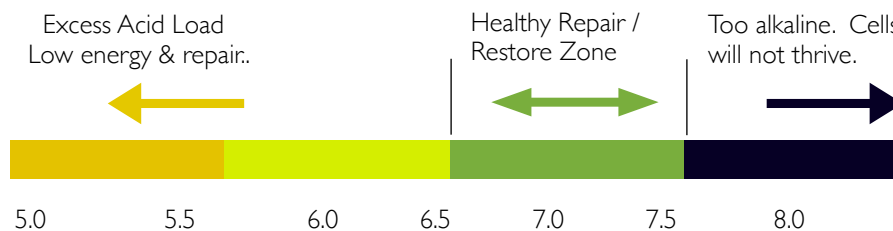
The pooled overnight urine reflects acid load from the previous day. We are looking for a balance between acid foods and alkaline foods.

A pH between 6.5 and 7.5 on the get out of bed urine reflects an optimal cellular pH of 7.2 - 7.4.

At this pH the cell is in optimum health and is extremely efficient in turning food into energy.

Energy is needed to repair injured areas and restore optimum body function.

The first morning's, get out of bed urine pH will tell you the health of your cells. Can you turn food into energy? Can you repair?



Wet the pH tape with the very first morning's urine, this is when you are getting out of bed. Match the color with the chart, this morning's urine pH matches that of the cell. The tape is instant read, the color registers within 3 seconds.