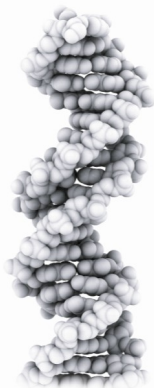


CleanShield™ INT

THE BODY — MAGNIFICENT CREATION

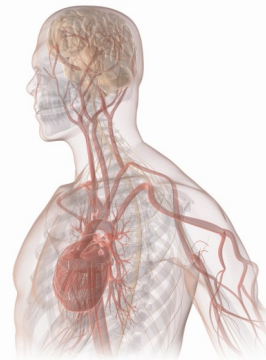


The body is a truly magnificent creation. Its complexity is beyond imagination. 21st century research of the body continues to reveal a seemingly unending universe of order, balance, and complexity that was impossible to conceive of in past years. Some facts almost seem impossible to imagine... If you uncoil the DNA from each of the approximately 100 trillion cells of your body, then line them up, you have a DNA "string" distance that stretches from the earth to the sun and back **70 times!** That's a mere 150 million kilometers X 70 - a total distance of 1,050 billion kilometers!



Or, measure the length of the vascular system of your body, including arteries, veins, and capillaries. When you're done you will discover an astonishing length that totals about 60,000 miles!

Facts like these are only the "tip" of the iceberg. The body's awesome capacities astonish the minds and hearts of all who inquire while its order and complexity makes man's best creative achievements appear simplistic.



The discovery of this amazing complexity leads to an incredibly encouraging realization – that **the body is in fact very capable of maintaining high levels of health.** It is **WONDERFULLY DESIGNED TO FIGHT OFF BOTH SICKNESS AND DISEASE**, and will do so if certain "rules" are maintained.

THE RULES OF THE BODY

The body demands that we observe certain operational "rules". It will not "deliver" good health to us, unless we both *know* and *observe* certain foundational requirements. When we do so, we empower the body with the needed building blocks for health. By **NOT** observing these rules, we actually work against and can even **DESTROY** the body's natural ability to fight disease and maintain health. We must **UNDERSTAND** the following **KEY FACTS** about our bodies!!!



THE RULES OF THE BODY

KEY FACT #1

WATER IS THE BODY'S MOST IMPORTANT BUILDING BLOCK

Water, which is made of hydrogen and oxygen, makes up approximately 70% of the body. An 86 kg person actually has about 60 liters of water within his body! We are a LIQUID system with an "OCEAN" of water within us.

We are not as "solid" as we think. As we consider this fact we need to ask ourselves the following two questions:

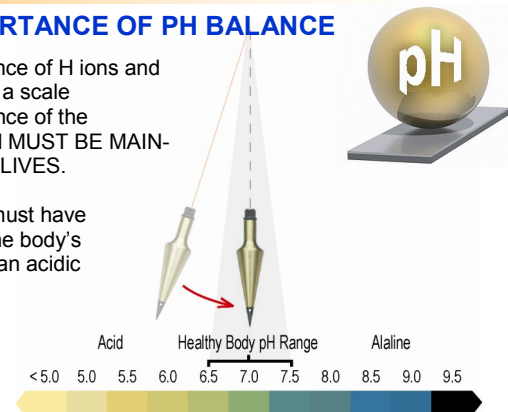
1. What is the condition of this "OCEAN" of water within?
2. Does the condition of this "OCEAN" affect our health?

KEY FACT #2

RECOGNIZE THE IMPORTANCE OF PH BALANCE

All bodies of water have a balance of H ions and OH ions which is expressed on a scale of 0 to 14. The proper pH balance of the water within the body is 7.0 and **MUST BE MAINTAINED THROUGHOUT OUR LIVES.**

THIS IS RULE # 1. Our body must have this balance. When we allow the body's pH levels to go lower than 7.0, an acidic condition begins to occur.



KEY FACT #3

ACIDOSIS IS A DESTROYER

As we allow the levels of acidity within the body to increase, we let a "destroyer" of health loose within us. Our amazing body constantly fights to control acidity with very complex acidic waste management systems.

HOWEVER, these systems can be overwhelmed. When this happens, the result is **ACIDOSIS** – a dangerous **INTERNAL ACIDIC POLLUTION** of the "OCEAN" within.

The "universe" of complexity at the molecular level within us then comes under a very destructive attack. At a microscopic, invisible level, our internal organs are weakened as they become increasingly acidic. Our "inner terrain" with its inner ocean begins to invite and promote the growth of harmful pathogens of bacteria, viruses, fungi and mold. As these harmful pathogens begin to multiply, an internal metabolic NIGHTMARE is created, resulting in sickness, disease or poor health.



THE RULES OF THE BODY

THE ROOT OF THE PROBLEM

We ourselves are to blame, although often in ignorance. We need to find out what we are doing wrong! What are we doing to “pollute” the internal ocean? Here are 5 things we often do that make a big “NEGATIVE” difference.

TOO LITTLE DRINKING WATER

We drink other liquids like coffee, tea, soft drinks or alcohol. However, we simply do not believe or understand the importance of simply drinking clean water. Many other liquids we drink are diuretics and contribute to acidity.

TOO MUCH OF THE WRONG FOODS

Much of what we eat is acid-forming instead of alkaline-forming within the body. Our internal pH balance is greatly affected by our dietary input. We need to eat more alkalizing foods and less acidifying foods. In the long term, it makes a HUGE difference.

TOO MUCH SUGAR

The ongoing trend of greatly increased sugar in the diet is very dangerous. Overconsumption of sugar not only leads to diabetic conditions but is also a HUGE contributor to internal acidity.

TOO MUCH STRESS

Internal acidity is also produced by emotions like anger, bitterness, and other negative emotions. We lose our “peace” and spiritual order in this modern lifestyle as we try to keep up with a fast-paced world and lose proper focus on God the creator.

TOO LITTLE EXERCISE

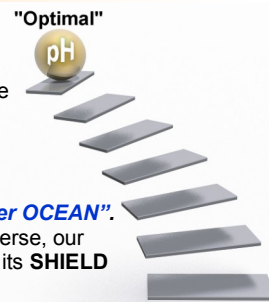
The body has the ability to control acidity in many ways. However, this ability is seriously compromised by a lack of physical fitness. We must resist a sedentary lifestyle. The body is constantly fighting to neutralize the onslaught of internal acidity produced by our “wrong steps”. As this important battle is lost, the amazing health defense system in our wonderfully made body begins to **CRUMBLE**.

KEY FACT #4

STEPS OF CORRECTION

Be encouraged! Just as we help create many health problems, we also can do much to overcome those same problems. Understanding the “rules” of the body and **TAKING STEPS TO IMPLEMENT BALANCE WITHIN... is the answer.**

The task is to **CLEAN** the water of your body – the “**Inner OCEAN**”. As you purify this foundational part of our metabolic universe, our awesomely designed body is empowered to better raise its **SHIELD** against disease.



THE RULES OF THE BODY

STEP #1— BOOST ALKALINITY FAST WITH **CLEANSHIELD™ INT**

HIGH POWERED CLEAN SHIELD 11+ PH QUICKLY TRIGGERS BOOST TO BODY'S PH LEVELS and **neutralizes the cascading avalanche of internal acidity** in key areas. This is the immediate step to take. When the body is sick, it is in a crisis mode and needs radical steps to correct body pH levels. **This is exactly what CLEAN SHIELD does.** As the immune system regains its “balance”, it is empowered to better FIGHT disease or sickness.

STEP #2— DEVELOP A LONG TERM PERSONAL HEALTH PLAN

This new understanding to health requires a long term strategy as well. An informed and sustained effort on our part will yield results that last for years. Our long term lifestyles and decisions MAKE A DIFFERENCE. We need to take steps to...

1. DRINK MORE WATER

Dehydration is a subtle but very common problem. Many do not drink enough water. Drink 8 to 12 glasses every day.

2. EAT MORE ALKALINE FOODS

Some foods are better for you than others. Make moderate but permanent changes and your body will thank you.

3. TAKE TIME TO REST

A “frazzled” stressed-out life without rest RAISES acidity.

4. EXERCISE MORE

Accelerate your body's capacity for long-term health.

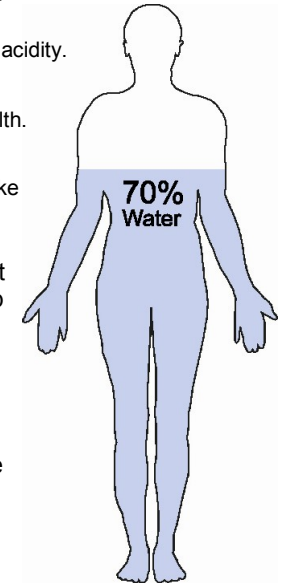
5. EAT MUCH LESS SUGAR

A choice must be made by all – control sugar intake OR suffer long-term health challenges.

Collectively, steps 1 and 2 are the “RULES” that the body demands of us. These efforts will help your body maintain optimal pH balance.

WHAT WE DO MAKES A DIFFERENCE!

As we balance pH, we **CLEAN** up the internal environment" (the “**OCEAN**” within) and enable the body to **SHIELD** us from sickness and disease.



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