



Natural Solutions That Work

DR. BRIAN McGUCKIN

Energy

First Morning's pH

Dr Brian McGuckin
Chiropractic Internist
219 - 531 - 1234
www.DrMcGuckin.com

Cell Energy

Bone is alive, it replaces dead cells with new ones constantly. You can **prevent degeneration of the joints** and you can **keep and improve** 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. Energy is also needed to repair injured areas and restore optimum body health.

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

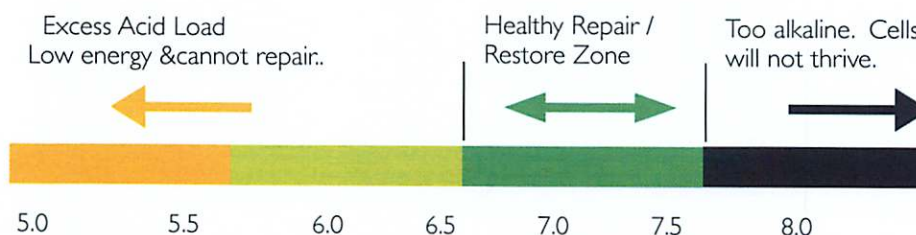
A Urine pH between 6.5 and 7.5 (the get out of bed urine) equals an optimal cellular pH of 7.2 - 7.4.

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

How to Use the pH Strips

Wet the pH strip with the very first morning's urine (the get out of bed urine). Match the color with the chart. The strip is instant read, the color registers within 3 seconds.

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



Ask for your pH strips today