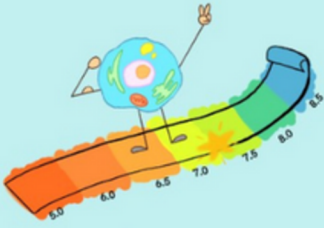


AlkaCell Wellness



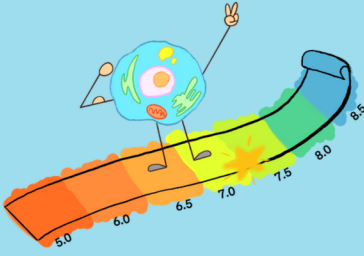
~ Ultimate Health Seekers Guide ~

Before it's too Late! Look & Feel Great!
Long Lasting Health = Alkalinity & Healthy Cells

4 SIGNS YOUR BODY IS TOO ACIDIC ...

LEARN HOW TO LOOK & FEEL YOUR BEST WHILE PREVENTING DISEASE!

EmmyD@AlkaCellHealth.com



WOMAN'S OPTIMAL HEALTH & DISEASE PREVENTION

EmmyD@AlkaCellHealth.com



EMMY D

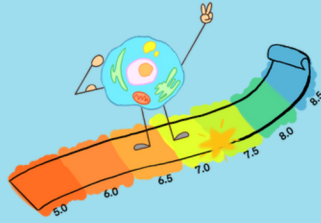
FOUNDER OF ALKACELL HEALTH & WELLNESS

They say bad times make strong people. I believe the same can be said about me! It's been 15 years since I dove deep into research and certification to learn as much as possible about body acidic and it's harmful & deadly results on the body.

Hi I'm Emmy D and I'm a survivor of Stage 3 Breast Cancer that I had been told was caused by the environment, as it was not in my genes. Additionally on September 8th 2023 I was hit by a truck while walking which resulted being in a trauma unit for several weeks with 2 broken legs, wrist and concussion.

Living the Alkaline Lifestyle and keeping Cells Healthy, I believe is what has healed me and made me feel better than I had in my 30's. I want to share my lifestyle with all women wanting to look & feel their best while preventing disease and renewing their health!

EmmyD@AlkaCellHealth.com



TOP 4 SIGNS YOUR BODY IS ACIDIC

- 1. Fatigue and Weakness:** Persistent tiredness and lack of energy can be a sign that your body is struggling to maintain a balanced pH.
- 2. Frequent Illness or Diagnosis:** A highly acidic environment can weaken the immune system, leading to frequent colds, infections, and other illnesses & disease.
- 3. Digestive Issues:** Symptoms like acid reflux, bloating, and frequent heartburn can indicate an overly acidic body.
- 4. Bone and Joint Pain:** Chronic acidity can leach calcium from bones, leading to osteoporosis, joint pain, and general stiffness

EmmyD@AlkaCellHealth.com

CONTENTS

1

UNDERSTANDING ALKALINE & ACIDIC BALANCE

2

THE ROLE OF PH URINE STRIPS

3

BENEFITS OF ALKACELL LIFESTYLE

4

STEPS TO BRING ALKACELL INTO YOUR LIFESTYLE

5

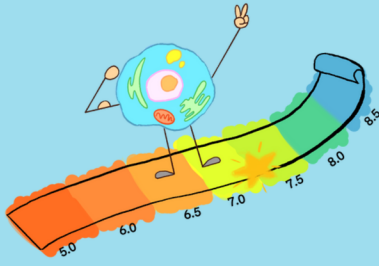
CELEBRITIES LIVING ALKALINE LIFESTYLES

6

THE SCIENCE BEHIND ALKACELL HEALTH

7

HOW AN ALKACELL LIFESTYLE INFLUENCES THE
WAY YOU LOOK & FEEL



CHAPTER 1

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UNDERSTANDING ALKALINE & ACIDIC BALANCE

Have you ever wondered where the aches, pains, low energy, bad sleep, brain fog, weight gain, bad skin, stem from?

Mostly it's body acidic.

Unhealthy Body acidic is created (5.0 - 7.0) when the body is not balanced with alkaline.

Body acidic is a result of poor diet, stress, little exercise, chaotic lifestyles, toxic relationships, dehydration and more.....

When our bodies are in a constant acidic state the symptoms and disease are soon to follow.

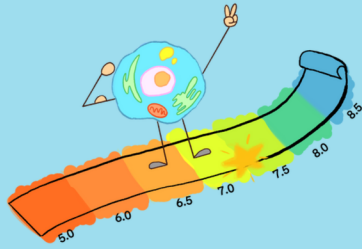
Alkalinity is what is needed to balance out the acidic so your body can fight off not only the symptoms however disease as well.

Alkalinity is mostly the opposite of acidic. Hydration, fruits, vegetables, exercise, meditation, organization, non toxic environments.

Is Your Body Acidic?

Many diseases thrive in an acidic environment.

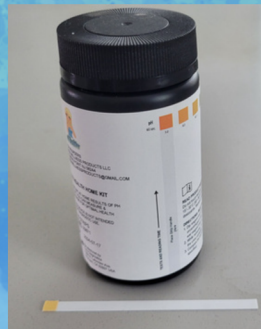




CHAPTER 2

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THE ROLE OF PH URINE STRIPS

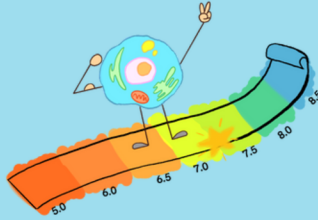


pH Urine strips are used as a tool and gauge to measure the acidic alkaline balance in your body. Ideally we strive for 7.2

By dipping the strip into a urine sample, first thing in the morning, it changes color based on the pH level, helping to assess the body's overall acid-base balance.

This can be useful for monitoring health, diet, and hydration levels.

Checking your urine several times a week in the beginning thereafter maintaining a 7.2 result checking once a week is sufficient.



3

CHAPTER

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BENEFITS OF AN ALKACELL LIFESTYLE

LOOK & FEEL YOUR BEST!

When the energy returns to do the things that you have been wanting to do and your skin looks radiant you will look good & feel good!



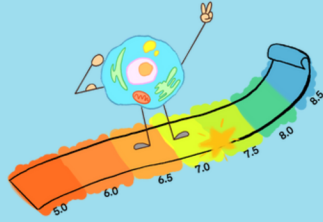
WHEN GOOD SLEEP RETURNS SO DOES:

Sharper Concentration, Better decision making, improved memory, improved physical feeling and so much more!!!

DISEASE PREVENTION:

The confidence that you are fighting and preventing disease is like no other feeling! Health is Wealth!





CHAPTER 4

EmmyD@AlkaCellHealth.com

STEPS TO BRING ALKACELL INTO YOUR LIFESTYLE

Incorporate More Alkaline Foods:

- Focus on consuming more fruits and vegetables.

Stay Hydrated:

- Drink plenty of water throughout the day. Hydration is very important especially since the body is made up of 55% - 60% of water.

Reduce Acidic Foods and Beverages:

- Cut back on or avoid foods and drinks that are high in acidity such as soda & processed foods.
-

Increase Physical Activity:

- Engage in regular exercise which helps to reduce acidity in your body.
-

Vitamin Testing:

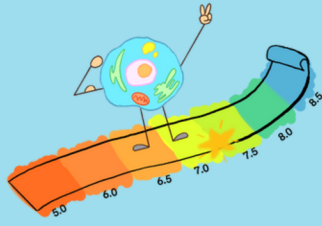
- Some diseases form from lack of or absence of essential vitamins & minerals. This causes damaged cells which lead to disease.
-

Get organized:

- Whether your personal or business life, getting organized helps to manage stress, which can contribute to acidity

***** When changing lifestyle and diet habits always check with your physician first.**

EmmyD@AlkaCellHealth.com



5

CHAPTER

EmmyD@AlkaCellHealth.com

CELEBRITIES LIVING ALKALINE LIFESTYLES

TONY ROBBINS

Dearest to my heart, Tony has been a life strategist to me for many years!

Tony is known for advocating the benefits of an alkaline lifestyle as part of his overall health and wellness philosophy.

He emphasizes the importance of maintaining a balanced pH level in the body to optimize energy, reduce inflammation, and improve overall health



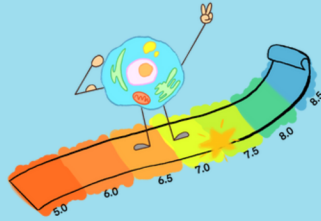
KELLY RIPA

Kelly Ripa in Prevention Magazine November 2016 ~ "It has changed my life," she told viewers. "I swear I think it's responsible for me not being in pain."

GWYNETH PALTROW

Gwyneth is known for living a natural life and also promotes drinking alkaline water for hydration and good health!

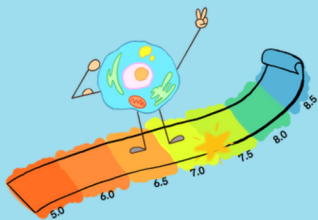




6

CHAPTER

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THE SCIENCE BEHIND ALKACELL



**"NO disease,
including cancer,
can exist in an
alkaline environment."**

Dr. Otto Warburg,
1931 Nobel Prize winner
for cancer discovery

AlkaCell Health = Alkaline/Alkalinity and Healthy Cells

Dr. Otto Warburg discovered the root cause of cancer in 1923 and he received the Nobel Prize for doing so in 1931. Dr. Warburg was director of the Kaiser Wilhelm Institute (now Max Planck Institute) for cell physiology at Berlin. He investigated the metabolism of tumors and the respiration of cells, particularly cancer cells. Below are some direct quotes by Dr. Warburg during medical lectures where he was the keynote speaker: "Cancerous tissues are acidic, whereas healthy tissues are alkaline. Water splits into H^+ and OH^- ions, if there is an excess of H^+ , it is acidic; if there is an excess of OH^- ions, then it is alkaline." In his work *The Metabolism of Tumours* he demonstrated that all forms of cancer are characterized by two basic conditions: acidosis and hypoxia (lack of oxygen). Lack of oxygen and acidosis are two sides of the same coin: where you have one, you have the other.

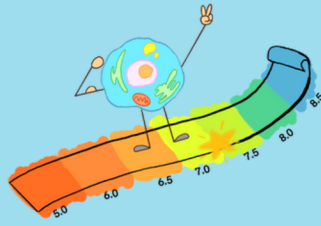
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****WHY CELL MEMBRANES MATTER****

IMAGINE YOUR CELLS AS LITTLE HOMES IN A BUSTLING NEIGHBORHOOD. THE CELL MEMBRANE IS LIKE THE STURDY FENCE AROUND EACH HOME, KEEPING EVERYTHING ORGANIZED AND SAFE. HERE'S WHY THIS IS CRUCIAL:

1. ****PROTECTION AND BALANCE****: JUST AS A FENCE KEEPS UNWANTED GUESTS OUT AND ENSURES YOUR HOME IS A SANCTUARY, THE CELL MEMBRANE PROTECTS THE CELL'S INTERNAL ENVIRONMENT. IT MAINTAINS BALANCE BY CONTROLLING WHAT ENTERS AND EXITS, ENSURING THE CELL HAS EVERYTHING IT NEEDS TO THRIVE.
2. ****COMMUNICATION****: THE PROTEINS IN THE CELL MEMBRANE ARE LIKE THE INTERCOM SYSTEM OF YOUR HOME. THEY ALLOW CELLS TO COMMUNICATE WITH EACH OTHER, SENDING AND RECEIVING SIGNALS THAT KEEP THE ENTIRE NEIGHBORHOOD (YOUR BODY) FUNCTIONING SMOOTHLY.
3. ****IDENTITY AND DEFENSE****: THE MARKERS ON THE CELL MEMBRANE ARE LIKE YOUR HOUSE NUMBER AND FAMILY NAME. THEY HELP YOUR BODY RECOGNIZE WHICH CELLS BELONG AND WHICH ARE INTRUDERS, PLAYING A VITAL ROLE IN YOUR IMMUNE DEFENSE.
4. ****UNITY AND STRENGTH****: THE FASTENERS THAT HOLD CELLS TOGETHER ARE LIKE THE COMMUNITY BONDS IN A NEIGHBORHOOD. THEY ENSURE CELLS WORK TOGETHER AS A TEAM, PROVIDING STRENGTH AND UNITY TO TISSUES AND ORGANS.

BY UNDERSTANDING THE IMPORTANCE OF CELL MEMBRANES, YOU CAN SEE HOW THEY ARE ESSENTIAL FOR MAINTAINING THE HEALTH AND HARMONY OF YOUR BODY, MUCH LIKE HOW A WELL-KEPT HOME AND NEIGHBORHOOD CONTRIBUTE TO A HAPPY AND SECURE LIFE.



7

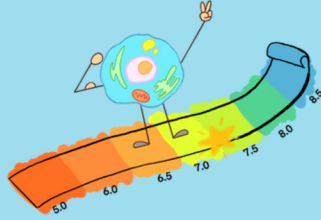
CHAPTER

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HOW AN ALKACELL LIFESTYLE INFLUENCES HOW YOU LOOK & FEEL

- **Clearer Skin:** Reducing acidic foods and incorporating more alkaline-rich foods can help clear acne and improve skin tone.
- **Increased Energy Levels:** An alkaline diet reduces fatigue and enhances overall energy, making you feel more vibrant and lively.
- **Better Digestive Health:** Alkaline foods aid in digestion, reducing bloating, indigestion, and promoting a healthier gut.
- **Balanced Weight:** Maintaining an alkaline lifestyle can support healthy weight management and reduce cravings for unhealthy foods.
- **Improved Bone and Joint Health:** Alkaline diets support bone density and joint health, reducing inflammation and joint pain.
- **Feeling of Control over your Health!!!**

EmmyD@AlkaCellHealth.com



**THANK YOU VERY MUCH !!!
I HOPE I DELIVERED VALUABLE
INFORMATION FOR YOU TO GET STARTED IN
AN ALKACELL HEALTH LIFESTYLE !!**

**IF YOU ARE INTERESTED IN LEARNING
MORE, PLEASE EMAIL ME!**

EMMYD@ALKACELLHEALTH.COM