



Acid - Alkaline 'pH' Balance How to Live Longer and Be Healthier!

- Chronic Back Pain?
- Cramps?
- Arthritis?
- Diabetes?
- Arteriosclerosis and High Blood Pressure?
- Mood Swings?
- Overweight - no matter what diet you try?

Learn about a new and unique outlook on the importance of Acid-Alkaline (pH) balance in the human body.

Contrary to common opinion, nutrition alone does not play the major role in solving the body's common problems. It is, rather, the correct balance of the body's alkalinity, which operates on three levels - breath, water, and nutrition-digestion on the physical, mental and spiritual levels.

The workshop will cover these three important fields and give participants an understanding, as well as the tools to increase the body's alkalinity and thus balance in every day life. Participants on this workshop will learn about symptoms of over-acidity, understanding what to do about them, and be thrilled by the simplicity of tools that are available in every day life to bring about better health and a balanced mind. Furthermore, most of the healing tools are within the individual, or, are inexpensive, except for personal effort.

Workshop Contents:

What is the body's pH balance?

What exactly is pH balance?
The Importance of pH balance
How to measure one's own acidity?

The Secret of Correct Breathing

What role does Exercise play?
Shallow Breathing - the 'Buteyko Method'
How Movement affects Breathing

Water - the secret remedy

The Physics of Water
What kind of water should we drink?

Nutrition

Balancing what we eat with our digestive tract
What, when, how to eat
Nutrition for soul and spirit: it's not just about eating!

Self-Help Beyond the Workshop

~~Wed 9 September 2009
Introductory Talk: 7-9.30 pm
at 'A Place To Just Be'
4a Preston Point Rd.
East Fremantle
(suggested donation: \$10)~~

Contact:

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