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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Energy Balance in the Body is a Key to Better Health**

**By Conny Young**

Historical references to a universal energy field date back as far as 5000 B.C. to India where prana

was considered to be the basic source of life. In China it was referred to as chi and was believed to be in all matter. Two polar forces were recognized, yin and yang. When these two forces were in balance one was considered to be healthy. More recently Western medicine has begun to recognize energy within the body with the advent of devices capable of detecting its effects in the body. Energy fields associated with the human body have been detected by electroencephalograms (EEG), electrocardiograms (ECG), and very highly sensitive devices such as superconducting quantum interference devices (SQUID). Practitioners of alternative forms of health care often believe much of the illness we see in the human body is the result either a blockage of the flow of the energy of the body, or an imbalance in the energy from one side of the body to the other. When the energy balance is restored, the body begins the healing process. Often, symptoms seem to almost miraculously lessen or even disappear. Energy imbalance is the result of too much nerve energy being sent to a part of the body in response to pain or dysfunction. The body gets caught in an endless loop of trying to make corrections. The result is an imbalance in which the deficient side develops painful trigger points. These trigger points are formed in the areas where acupuncture meridians are located. Therapies have been developed using these points to release blockages of energy and allow the proper amount of energy to flow. One does not need to use needles. These are the same acupressure points used by massage therapist to release tension, increase blood flow, and strengthen the body's natural life force to assist in healing.

When energy is flowing to one side of the body more than the other, it can be easily felt in the form of muscle tension. Nerve impulses are sent along the nerves to muscles and other locations in the body. In the muscles this naturally causes them to be more contracted. A muscle that is contracted is shorter than a muscle that is relaxed. As a result of the increased muscle contraction, one entire side of the body will often feel tighter. How can we balance this energy and cause both sides of the body to be equally relaxed? The method is simple.

Trigger points are located by their tenderness, and once located, gentle pressure is applied. The initial stimulation of the trigger point sends a signal to the central nervous system to send more energy to the deficient side. The side that was getting the excessive energy suddenly has energy diverted from it,

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and the deficient side begins to receive an increase in energy. After a short time, a balance is achieved. The body is then able to use its resources for healing instead of continually attempting to bring the flow of its energy back into balance.

For more information see

<http://www.HealthandWellnessSolutionsOnline.com>

Dr. Young has a Bachelor of Arts degree in Biology and a Master of Arts degree in Physiology and Biochemistry. He did postgraduate work in Neurophysiology and Pharmacology. He worked as a research scientist for a major pharmaceutical company for 17 years before becoming a chiropractor. He attended seminars on Touch for Health, Logan Basic Technique, Bioenergetic Synchronization Technique, Reiki (Level III master), Network Chiropractic, Brimhall 10 Step Protocol and has studied the Emotional Freedom Technique (EFT), Shiatsu, Kiatzu, and Reflexology. He maintained a private practice for 17 years, and taught Neurophysiology and Toxicology at Palmer College of Chiropractic. He conducted research on the effectiveness of energy balancing for the treatment of migraine

headaches.

### **Importance Of Proper pH Levels In The Body**

**By Jerry Hall**

There is very basic explanation as to why pH balance is so important to our overall health.

Your body operates ideally within a narrow pH range of 7.36 to 7.44. It is naturally more alkaline than acidic; even though, some of the systems (like the digestive system) are acid. If the pH levels get too acid, a condition called acidosis can occur. Acidosis occurs when your blood pH level falls below 7.30. How does this impact you? In many ways! One of those is fatigue. It has been stated that to be healthy the body cannot be acid. It must maintain the proper pH levels. So, What IS pH?

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14 — the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7, which is neutral.

pH measures the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva.

A low pH number (below 7) indicates that your body fluid is on the acidic side. A high pH number (above 7) indicates you have alkalinity. A pH of 7.0 is considered neutral; this is the pH of distilled water. This delicate balance can be an important indicator of overall health.

In general, our body must maintain a near perfect pH balance. It is critical to the maintenance of good health. The symbol pH is used to represent the acidity or alkalinity level. pH stands for Potential for

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Hydrogen. Some have called it Potential for Health. Anything from 0–6.9 is acid and from 7–14 is alkaline. Essentially every function of the body is dependent on our bodies maintaining a precisely balanced pH in the blood, and other critical bodily systems.

One of the key systems, for example, is the enzyme system. The enzyme system, as well as the electrical functions of our body, is dependent on electrolytes. Electrolyte levels are dependent on pH. This would indicate that without proper pH levels, it should be difficult for the cells to incorporate the necessary nutrients and energy for good health.

Your body operates ideally within a narrow pH range of 7.36 to 7.44. There is very basic explanation as to why pH balance is so important to our overall health. Find out about Body Balance pH at

<http://www.smartreviewguide.com/balanceph>



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