

ISA INTEGRATED SPIRITUAL ALIGNMENT

WIN THE ACID WAR IN YOUR BODY

90% of western diets today are ACIDIC. Eating high sugar snacks, caffeinated drinks, and processed foods – especially when you're stressed out – traps your body in a daily vicious cycle of too much acid. It's draining your energy and literally making you sick!

Acid is so corrosive it can burn a hole through metal. If it can do that to metal, think about what that's doing inside your body, to your digestive system, your joints and muscles, and your cardiovascular system (it's not good!).

Our body spends massive amounts of energy and resources to keep that from happening. ISA's simple Soda solution helps NEUTRALIZE these acids & toxins from your body, naturally promoting a healthy ALKALINE level. Not only does it help you replenish your health and well-being, it also stimulates it's ability to repair itself.

CONSIDER THESE FACTS:



COLA

Phosphoric acid in coke can dissolve bones and remove's rust from metal - think about what it's doing inside your digestive system.



ARTIFICIAL SWEETNERS

Aspartame (ie. Diet fizzy drinks) is a dangerous acid linked to increased belly fat, a 41% increase in obesity risk and cancer.



COFFEE

Coffee has a pH of 4.0 making is 1,000x more acidic than tap water. Add milk and sugar, and that number skyrockets to 10,000x!

An alkaline body is key to a healthy body. Maintaining correct body pH may help correct many health disorders such as - cancer, diabetes, arthritis, major organ malfunction, chronic fatigue, fibromyalgia, skin disorders, autism, gout, gastric reflux, auto immune disorders, Alzheimers, weight loss... just to name a few.

Chronic Disease Cannot Live In An Alkaline Environment.

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HOW TO TAKE ISA SODA

We can re-align our bodies and bring it back into an alkaline state, simply by taking high quality, pharmaceutical grade bi-carb soda and reducing the amount of sugar we consume.

STEP ONE: TEST YOUR ACIDITY/ALKALINITY

There are a number of ways to do this test, however the most effective and accurate is by testing your pH level against your saliva, with the use of litmus paper **FIRST THING IN THE MORNING**.

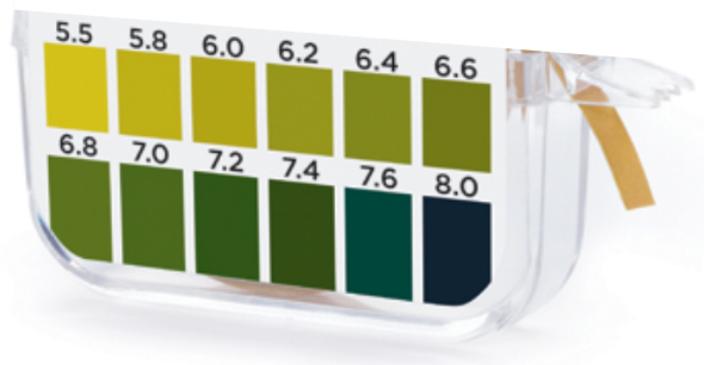
To test your pH, tear off a small amount of litmus paper (about 3cm/1") and place it directly on your tongue. You want to wet the paper with your new saliva.

Note: It is important you test yourself **FIRST THING** in the morning, before exercising or food.

Compare the colour of your strip against the scale on the side of the pH test kit.

Your pH should be at 7.4

If it is **UNDER 7.4**, your body is not in alignment, and is operating in an acidic environment. Start taking ISA SODA immediately.



STEP TWO: TAKING ISA SODA IF YOU ARE ACIDIC

If your pH level is **BELOW 7.4**, we recommend taking **FOUR** doses of ISA SODA a day until your pH level rises to 7.4. Four doses is the maximum required each day. One dose is equivalent to 1 level teaspoon or 5.69 grams.

Mix one level teaspoon of soda with 250ml of water.

Stir until dissolved, then enjoy!

Add more water if necessary.

If your pH level is **AT 7.4** or above, congratulations! You have an alkaline body. To maintain its alkalinity, we recommend one dose of ISA SODA on a daily basis.

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STEP THREE: WHEN YOU SHOULD TAKE ISA SODA – VERY IMPORTANT!!

For the ISA SODA to be effective in your body, it must be taken on an empty stomach. We recommend 60 mins prior to eating food and 60-120mins after eating food. i.e. empty stomach before consumption and then wait 60-120 mins before eating anything.

If you are acidic, we recommend the following times (guideline only):

- As soon as you wake up in the morning eg. 6:30am
- 60 mins before lunch e.g. 11:30am
- Late afternoon e.g. 4:30pm
- Just before bed e.g. 9:30pm

SMART TIP: You can also add 1/8th of a teaspoon to a 500ml water bottle, and sip throughout your day.

STEP FOUR: CLEAN UP YOUR DIET

Too much sugar is a major contributor to acid in your body. Aim to keep your sugar intake to a minimum. Keep a food diary, and start monitoring how much sugar you are consuming on a daily basis. Track your pH levels in your food diary as well.

The World Health organisation recommends the following daily intake of sugar to maintain a healthy body:

- Children - 3 teaspoons (12 grams)
- Women - 6 teaspoons (24 grams)
- Men - 9 teaspoons (36 grams)

Recommended App to track your calorie and food intake: MyFitnessPal

SKIN DISORDERS

If you suffer from a blood disease or skin disorder, soak in a bath containing 0.5-1 cup of bicarb soda for 20 mins daily. In just 20 mins, your body will consume the equivalent of 4-8 glasses of water via the bodies largest organ, the skin. You can also bath children in a soda infused bath to ensure they stay alkaline.

Notice: This document provides general advice only. Readers should seek independent professional advice from their general practitioner or dietician in relation to their own individual circumstances or condition before making any decisions based on the information contained in this document. This is in no way a medication.



ISA SODA BATH INSTRUCTIONS

The skin is the largest organ in the body. ISA SODA may help an array of skin issues by neutralising acids, raising pH and alkalinity.

FULL SIZE BATH:

Put between 5-8 tablespoons of ISA SODA in your bath. You can check the water pH using a pH Test Kit. Soak your body in the warm bath for 15-20 mins. Repeat twice daily for best results.

BABY BATH:

Put 1 tablespoon of ISA SODA into your baby bath. You can check the water pH using a pH Test Kit. Soak your body in the warm bath for 15-20 mins. Repeat twice daily for best results.

FOOT SPA:

Put 2-3 tablespoons of ISA SODA into your baby bath. You can check the water pH using a pH Test Kit. Soak your body in the warm bath for 15-20 mins. Repeat twice daily for best results.

SPRAY BOTTLE:

Put between 2-3 teaspoons of ISA SODA into a spray bottle. You can check the water pH using a pH Test Kit. Spray a fine mist onto the effected area at least 4 times a day. Let air dry and do not wipe off.

PASTE:

Mix 1 teaspoon of ISA SODA with a few drops of coconut oil to make paste. Apply paste to affected area and cover with a bandaid or bandage. Change paste at least twice daily for best results.

TAKE NOTICE:

This is not a medication. you must check with your health practitioner before using. Check with your health practitioner if you are taking other medications. ISA SODA takes no responsibility for any unsafe practice.

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ISA SODA PRICE LIST

Valid as at July 2017

ISA Bicarbonate Soda

100% Natural - Organic - Pharmaceutical Grade

1kg Sachets	\$ 49.00
5kg Tubs	\$ 120.00

pH Test Kit 5.5-80

Each roll provides for approximately 100 tests



pH Test Kit - Saliva	\$ 20.00
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**Shipping is not included in the above prices.

**1kg is the recommended order size per month if your body is acidic. It will allow you to consume 4 doses a day plus 2 baths.

To order, please email admin@dougandterriane.com or phone Terriane on 0418-634-852.