

## REIKI, NUTRITION & ACID/ALKALINE BALANCE IN THE BODY...

We've all heard "you are what you eat"...There is a link between the quality of food we choose and it's effects on our bodies, minds, and spirits...Eating healthy food will also have a positive effect on the amount of Reiki energy you are able to channel...Healthy foods keeps your body free of toxins and raises your vibration....Being free of toxins allows you to be more sensitive to subtle energy and better able to read a client and know where to place your hands....You will also be more open to spiritual guidance in other areas of your life...As a Reiki practitioner, you will find you will want to improve your health as you develop your Reiki lifestyle..

It is very important to balance the acid vs. alkaline (pH) in the body for optimal health...When a body is too acid, it can become a perfect environment for harmful viruses and bacteria...If these viruses and bacteria begin to flourish, they can mutate into more serious illness and diseases...Optimal health requires a slightly "alkaline" body...When the body is more neutral to slightly alkaline, it is extremely difficult for viruses and bacteria live...To maintain good health, the body is constantly trying to get rid of the excess acids that irritate the tissues and deplete them of minerals....By testing your pH (potential of Hydrogen) levels using pH test strips with saliva or urine, you can tell where you are at...6.5-7 is optimal....An imbalanced diet high in acidic-producing foods such as animal protein, sugar, pop, caffeine, cigarettes, alcohol, and processed foods puts pressure on the body's regulating systems to maintain pH neutrality...This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making the person prone to chronic and degenerative disease...Minerals are then borrowed from vital organs and bones to buffer (neutralize) the acid safely remove it from the body...This can strain the body and go undetected for years....Acidosis, an extended time in the acid pH state, can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, most cancers and many more...Research shows that unless the body's pH level is slightly alkaline, the body can not heal itself....Reiki will assist the body by removing blocks and bringing the body back to a balanced state so that it can become strong and begin to heal.. Reiki can also be used to raise the vibration of your food...Eating alkaline foods, .fruits and vegetables, drinking green drinks, fresh water, getting regular Reiki and exercise can keep you in a healthy balanced state...Spring is a great time to cleanse, eat lighter, get toned and refreshed... Debbie Shkuratoff - Owner/Practitioner - Reiki Wellness and The Zen Room...

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