Human pH: Health by the Numbers

Max Chartrand. Ph.D.

7.4
- **7.4** Best Asian/Mediterranean Diets (Chronic Illness Rare)
- **7.3** Best of American/European Diets (Until circa 1978)

7.2
- **7.2** Average American Youth: Depleted adrenals, developmental/mitochondria damage
- **7.1** Average American Adult: Premature aging, atherosclerosis, inflammatory disease (chronic illness common)

7.0
- **7.0** Acidosis: Pre-Diabetic/CVD/Arthritis
- **6.9** Acidosis: DMII, Osteoporosis, Inflammatory Disease, Pre-Cancer state
- **6.8** Acidosis: Cancer of all Types/Neuropathies Develop/Cell Death/Amputations

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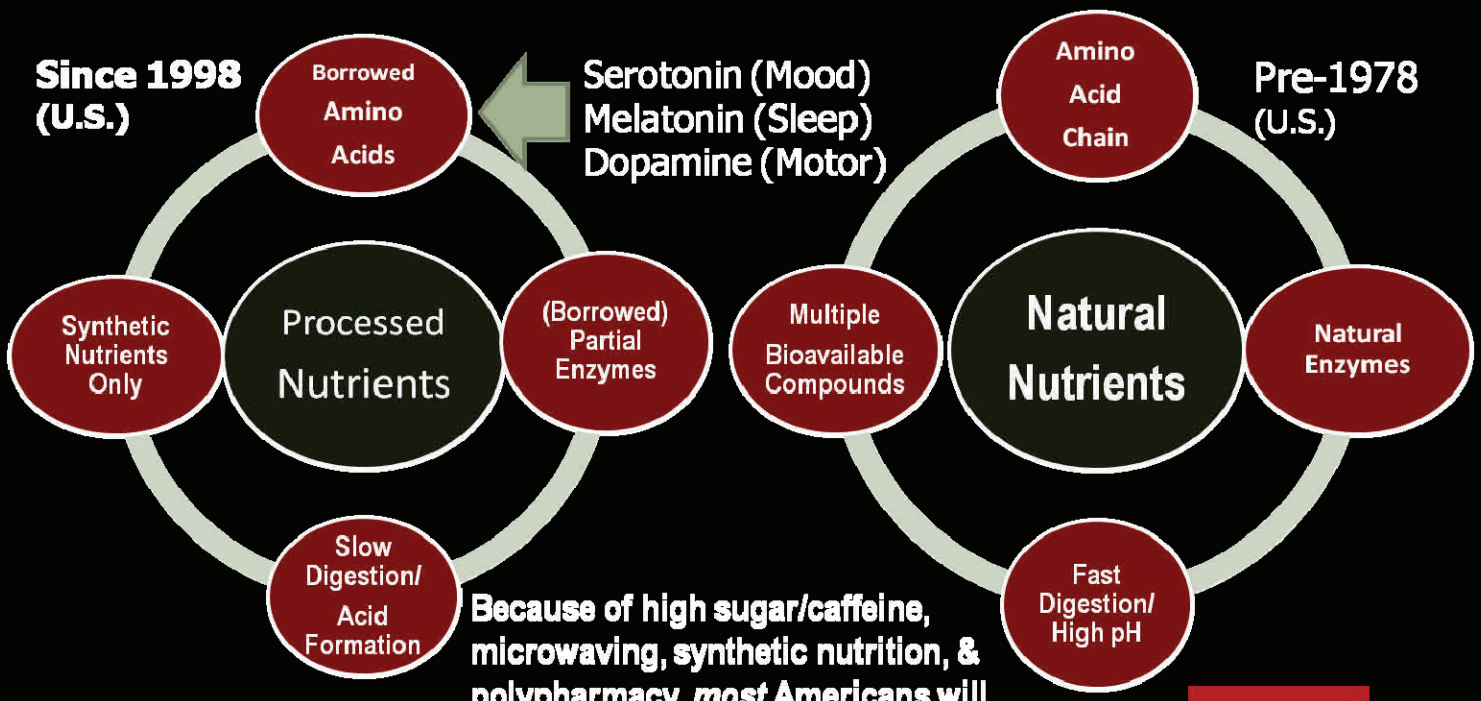
Processed (Dead) vs Natural (Live) Foods

Microwave/Processed Foods vs Fresh/Slow-Cooked Foods



Because of high sugar/caffeine, microwaving, synthetic nutrition, & polypharmacy, *most* Americans will suffer diabetes 2 during their lifetimes, unless correction action is taken today.

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