Human pH: Health by the Numbers
Max Chartrand, Ph.D.

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

- **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** 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

Processed (Dead) vs Natural (Live) Foods
Microwave/Processed Foods vs Fresh/Slow-Cooked Foods

Since 1998 (U.S.)
- Borrowed Amino Acids
- Processed Nutrients
- Slow Digestion/Acid Formation

Serotonin (Mood)
- Melatonin (Sleep)
- Dopamine (Motor)

Pre-1978 (U.S.)
- Amino Acid Chain
- Natural Nutrients
- Fast Digestion/High pH

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