

# Accumulation of Impurities

Our blood has to be alkaline (pH 7.35 - 7.45) in order to circulate and fulfill all its various functions. If the body is unable to buffer, temporarily deposit, metabolize or excrete the acids and toxins, these have to be neutralized with minerals and turned into neutral salts. Since there is a limit to the amount of neutral salts that can be eliminated, the body must deposit the surplus as residue impurities bound to fat and water.

## Where do acids come from?

- Sulphuric acid, e.g. from meat and meat products, cheese, quark, eggs
- Uric acid, e.g. from meat, meat products and high fructose corn syrup
- Nitric acid, e.g. from cured meat and meat products
- Hydrochloric acid from common salt
- Phosphoric acid, e.g. from soft drinks like coca cola, processed cheese, fish, eggs
- Acetylsalicylic acid from painkillers\*
- Acetic acid, e.g. from vinegar, white flour, sugar, sweets
- Formic acid, e.g. from artificial sweeteners (aspartame)
- Carbonic acid, e.g. from beverages, flat breathing, lack of exercise
- Carbonic-, lactic, acetic- and uric acid from overexertion
- Lactic acid, uric acid and hydrochloric acid from stress
- Keto acid, acetone, e.g. from incomplete fat burning, fasting, low-carb diets as in the case of diabetes

\* Longterm use of painkillers is often the reason for weak kidneys and kidney failure.

## What do acids and toxins cause in our body?

If the buffering systems and the temporary storage in the collagen fibers (in the connective tissue and the fascia) are exhausted, the acids and toxins corrode our tissue, cause inflammatory processes and weaken the immune system.

### Structural damages due to corrosion and intoxication:

- |                        |                          |                     |                               |                                     |
|------------------------|--------------------------|---------------------|-------------------------------|-------------------------------------|
| - Tonsillitis          | - Diabetes mellitus      | - Tinnitus          | - Overweight                  | - Gout, rheumatism                  |
| - Gastritis            | - Infertility            | - Alzheimer disease | - Indurations                 | - Fibromyalgia                      |
| - Gastric ulcer        | - Arthritis/ arthrosis   | - Parkinson disease | - Blood circulation disorders | - Kidney-, bladder- and gall stones |
| - Colitis              | - Inflamed articulations | - Heart attack      | - Arteriosclerosis            | - Swellings                         |
| - Morbus Crohn disease | - Muscle aches           | - Apoplectic stroke | - Cellulite                   | - Fibroma, lipoma, myoma            |
| - Neurodermatitis      | - Tenosynovitis          | - ...               | - Water retentions            | - Cataract                          |

## How does our body react to acids and toxins?

The liver, the kidneys, the intestines and the lungs try to metabolize and eliminate as much as possible of the acids and toxins. If these organs are overloaded the body tries to flush out acids and toxins via the skin and the mucous membranes.

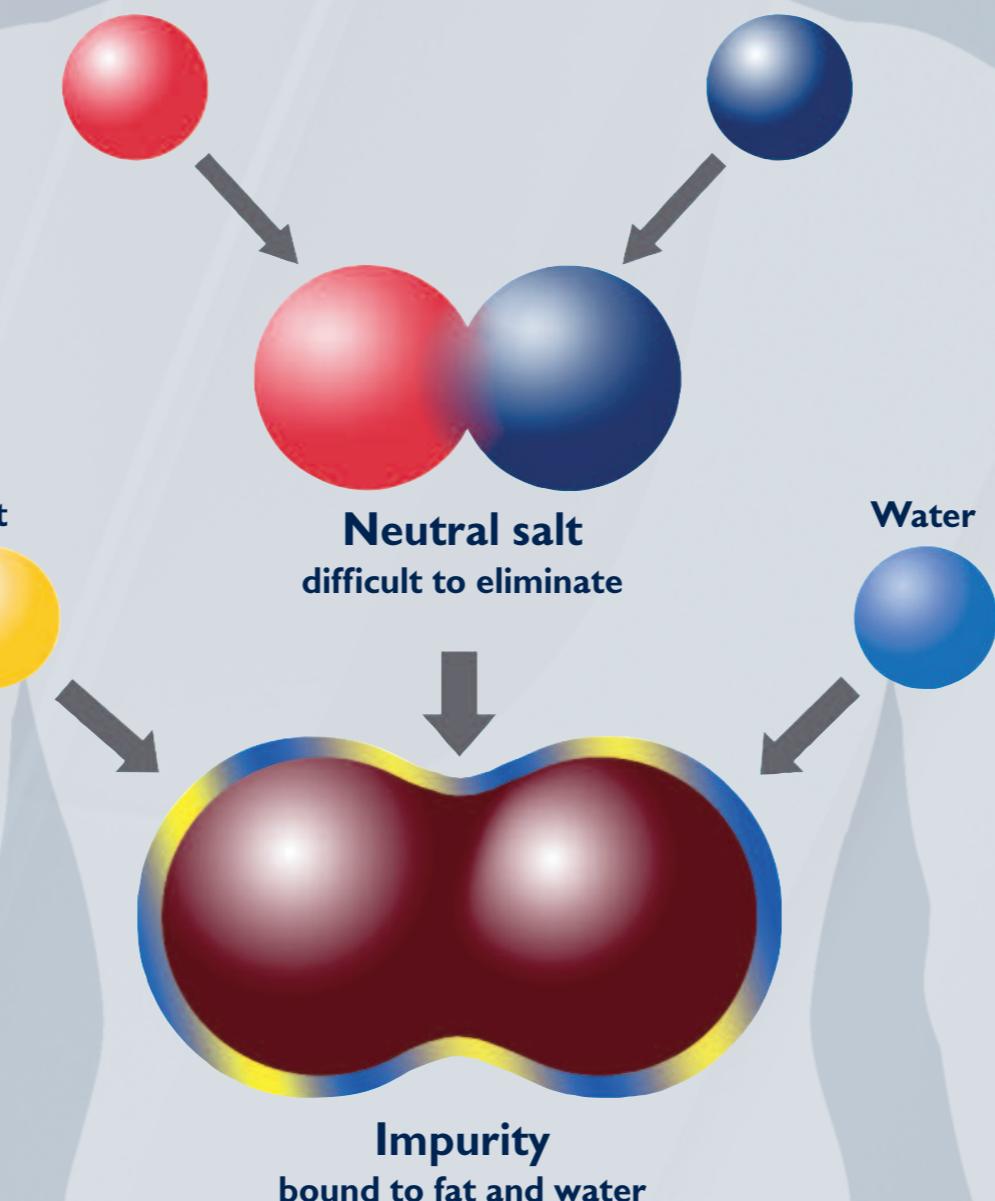
### Excretions:

- |   |                             |                               |                               |                          |                                     |
|---|-----------------------------|-------------------------------|-------------------------------|--------------------------|-------------------------------------|
| - Dental plaque                               | - Neurodermatitis           | - Skin scales and dandruff    | - Muscle tensions             | - Overweight             | - Gout, rheumatism                  |
| - Purulent tonsils                            | - Herpes zoster (shingles)  | - Psoriasis                   | - Indurations                 | - Obesity                | - Fibromyalgia                      |
| - Mucus                                       | - Allergic reactions        | - Horny skin / Hyperkeratosis | - Blood circulation disorders | - Age marks              | - Kidney-, bladder- and gall stones |
| - Acid reflux                                 | - Oily skin and greasy hair | - Warts                       | - Arteriosclerosis            | - Swellings              | - Cataract                          |
| - Heavy menstrual bleeding, vaginal discharge | - Spots, acne               | - Haemorrhoids                | - Cellulite                   | - Fibroma, lipoma, myoma | - Tumours, cysts                    |
| - Perspiration, hot flushes                   | - Eczema, furuncles (boils) | - Leg ulcers                  | - Water retentions            | - ...                    | - ...                               |
| - Sweaty armpits and feet                     | - Carbuncle, abscess        | - ...                         |                               |                          |                                     |

## Where do toxins come from?

- Nicotine and alcohol
- Artificial aromas, flavour enhancers, preserving agents from food-, luxury- and bodycare products
- Amyl alcohols, e.g. from bacterial decomposition of carbohydrates (fermentation) in the intestines
- Toxic amines like cadaverine, e.g. from bacterial decomposition of proteins (rotting) in the intestines
- Mycotoxins from fungi, e.g. in the intestines
- Medicine, vaccinations, anaesthetics
- Dental poisons, e.g. amalgam
- Light and heavy metals, e.g. aluminium from deodorants and vaccinations (plus mercury)
- Detergents, rinse aids, fabric conditioners
- Chemicals in the workplace, in clothing, furniture, carpets, paints and varnishes
- Environmental poisons such as insecticides, herbicides, pesticides, exhaust gases
- Energetic contamination from mobile phones, microwaves, electromagnetic pollution, radiowaves and terrestrial radiation

## Acid / Toxin



## Where do the minerals come from?

Our body should be supplied with sufficient minerals from a daily predominantly vegetable nutrition.

Our modern lifestyle and nutrition habits with an excess of acids and toxins offer only a small amount of alkaline-forming minerals. Therefore our body is increasingly forced to deplete its own mineral repositories to neutralize acids and toxins.

### Our own mineral repositories

- Hair and scalp
- Teeth and gums
- Nails
- Skin
- Connective tissue
- Intervertebral discs
- Vessels and veins
- Tendons
- Ligaments
- Cartilages
- Bones
- ...

### Structural damage due to demineralization

- Hair graying, hair loss, baldness
- Caries, periodontitis (gum disease)
- Fragile finger and toe nails
- Parchment skin
- Weak connective tissue
- Discopathy
- Vein problems, varicose veins, spider veins
- Tendon tears
- Inguinal hernia
- Arthrosis
- Osteoporosis
- ...

## How does the human body handle neutral salts?

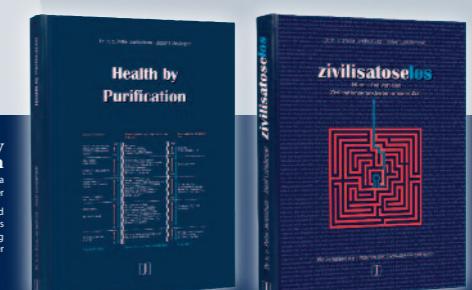
Our kidneys can eliminate only part of the salts which derive from nutrition or which are generated within our body. Salts that cannot be eliminated are deposited in the body as residue impurities.

### Deposits:

- |                               |                          |                                     |
|-------------------------------|--------------------------|-------------------------------------|
| - Muscle tensions             | - Overweight             | - Gout, rheumatism                  |
| - Indurations                 | - Obesity                | - Fibromyalgia                      |
| - Blood circulation disorders | - Age marks              | - Kidney-, bladder- and gall stones |
| - Arteriosclerosis            | - Swellings              | - Cataract                          |
| - Cellulite                   | - Fibroma, lipoma, myoma | - Tumours, cysts                    |
| - Water retentions            | - ...                    | - ...                               |

The Three Commandments  
for a good, healthy and long life:

**Avoid the harmful!**  
**Eat, drink and do good!**  
**Excrete the harmful!**



# The Process of Purification

The “triple jump to purification”: Dr. h. c. Peter Jentschura was the first researcher who found out how an overacidified and toxified body can be easily cleansed and regenerated in three metabolic steps.

## Step 1. Break-up of deposited impurities

Targeted splitting of the deposited impurities\* into their components and reactivation of the previously neutralized acids and toxins by means of impurity dissolvers:

- a) Gentle impurity dissolvers such as water, vegetable juices, special herbal teas, homeopathic agents or the like
- b) Acidic impurity dissolvers such as apple cider vinegar, salt brine or similar additionally burden the body due to an increased need of neutralization and elimination.

\* Impurities are not excreted acids and toxins previously neutralized by minerals and then bound to fat and water and deposited in the body.



**There is no successful purification without a targeted dissolution of impurities!**

## Step 2. Neutralization

A targeted neutralization and a safe elimination of acids and toxins from our daily nutrition and lifestyle habits, as well as those derived from the break-up of impurities, are secured by alkaline-forming vital substances and minerals from a plant-based, omnimolecular (comprehensive) nutrition.

This does not mean the neutralization of acids and toxins with alkaline minerals from supplements into neutral salts, but the targeted support of the buffer-, elimination- and detoxification enzymes and systems as well as the liver, the kidneys and the intestines.

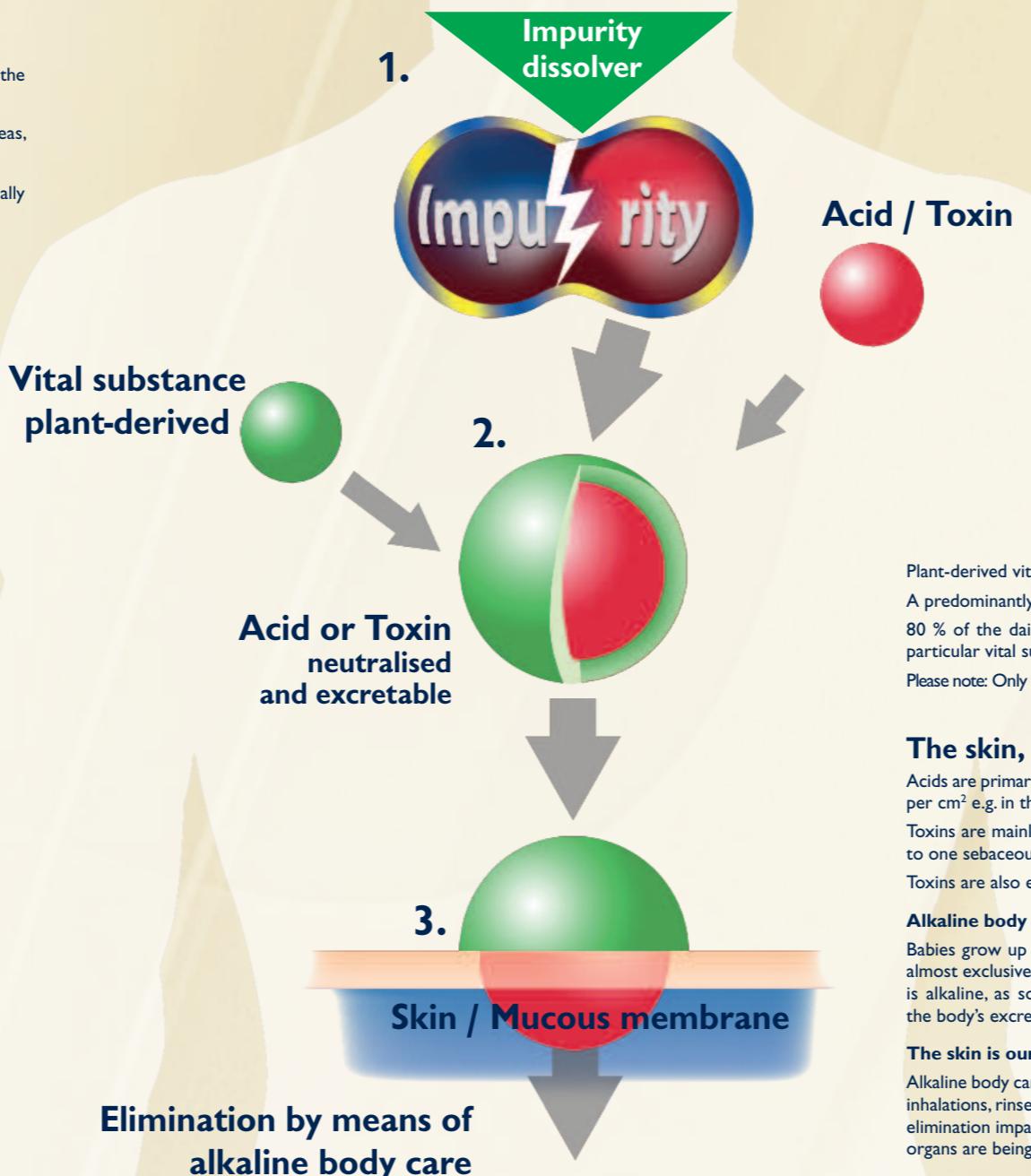
**Smooth and easy body cleansing with alkaline-forming plant-derived vital substances!**

## 3. Elimination

A targeted elimination of acids and toxins via kidneys, intestines, lungs and particularly via the skin and mucous membranes can be achieved by means of alkaline body care.

The elimination capacities of kidneys, intestines and lungs are increasingly overcharged due to an excess of acids and toxins in the body. The deposits of residues are the consequence of this elimination impasse. This problem can be overcome by using the elimination capability of the skin and the mucous membranes in combination with alkaline body care.

**A purification process is successfully completed only with an effective elimination!**



## Daily exposure of the body to acids and toxins

- Every day the body is exposed to acids and toxins from the environment, metabolic processes and cell turnover. Extreme exertion, stress, diabetes and fasting also contribute.

During a cleansing process our acid-alkaline regulation is overloaded by the acids and toxins from our daily nutrition and the reactivated acids and toxins produced by the break-up of impurities. Due to this reason our body needs high amounts of vital substances to get rid of this double acidic load.

## The importance of plant-derived vital substances for the human body

Plant-derived vital substances are

- Minerals (macronutrients and trace elements)
- Vitamins
- Plant secondary compounds
- Essential amino acids and fatty acids
- Enzymes
- Dietary fibres

The function of vital substances is

- to neutralize and improve the elimination of acids and toxins via kidneys, liver and intestines
- to strengthen the immune system
- to optimize the enzyme functions and all metabolic processes
- to conserve and repair structures, functions, health and beauty, being building blocks for regeneration

Plant-derived vital substances are irreplaceable due to their diversity, bioavailability and diverse functions.

A predominantly plant-derived, varied nutrition helps by providing lots of alkaline-forming vital substances and less acid. 80 % of the daily nutrition should be based on a plant-derived and alkaline-forming diet. As each plant contains only particular vital substances, a varied natural omni-molecular nutrition is of utmost importance.

Please note: Only a sound intestine and a healthy enteric flora can guarantee an ideal nutrient uptake and a strong immune system.

## The skin, an ingenious elimination organ

Acids are primarily flushed out through hundreds of thousands of sweat glands. Imagine, there are up to 600 sweat glands per cm<sup>2</sup> e.g. in the armpits and on the feet (each foot has 90,000 sweat glands).

Toxins are mainly eliminated through the skin via hundreds of thousands of sebaceous glands. Each hair is connected to one sebaceous gland.

Toxins are also excreted via the skin scales due to the accelerated division of the skin cells.

## Alkaline body care – the most sensible and effective natural elimination aid!

Babies grow up in the alkaline amniotic fluid of the mother-to-be. For nine months they eliminate acids and toxins almost exclusively via the skin. The amniotic fluid neutralizes acids so that they do not burden the baby skin. Baby skin is alkaline, as soft as velvet and smells very pleasant. In the course of time it gets more and more acid due to the body's excretions via sweat and sebaceous glands.

## The skin is our "third kidney"! The feet are our "auxiliary kidneys"!

Alkaline body care applied as alkaline full and foot bath, cuffs, stockings and compresses, massages, sauna and steam bath, inhalations, rinses etc. enhances the elimination capabilities of the skin and the mucous membranes. Consequently the elimination impasse of the kidneys, the intestines and the lungs can be overcome. Simultaneously the other elimination organs are being relieved.

**Preserve your health by regular purification and cleansing!**

