

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

Natural Solutions to Health Questions

NATURE FRESH



SUBSCRIBE

Fresh Talk

EPISODE 21:

The pH Factor

Balancing Acids, Alkalinity, and Everything in Between

Nutrition Facts

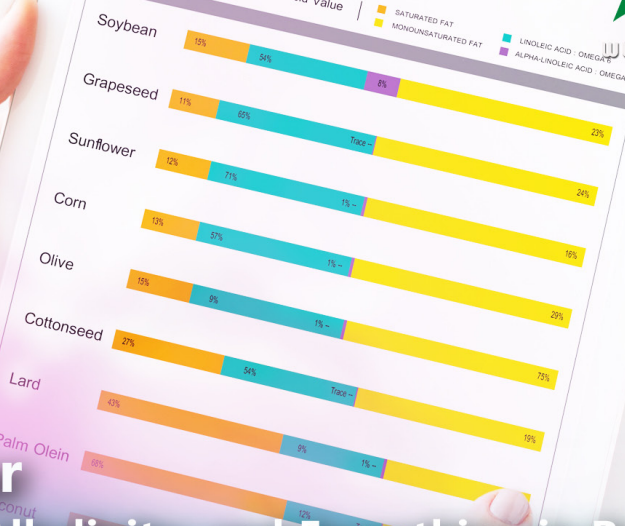
Average Fatty Acid Value

SATURATED FAT

MONOSATURATED FAT

UNSATURATED FAT

ALPHA-LINOLENIC ACID - OMEGA 3



NATURE FRESH

www.naturefresh.co.za

THE PH FACTOR

Balancing Acids, Alkalinity, and Everything in Between

Executive Summary

Nature Fresh Health Products is a South African manufacturer specializing in natural herbal supplements and remedies designed to address a wide array of physiological conditions, from dermatological issues to hormonal imbalances and mineral deficiencies. The core philosophy centers on maintaining the body's natural pH balance—specifically blood alkalinity and vaginal acidity—to prevent disease and promote healing.

Key insights from the company's research and product literature include:

- * The Teen Active Range: A specialized dermatological line targeting the root causes of acne (hormonal upsets, pH imbalances, and oxidative stress) using antimicrobial and collagen-supporting natural ingredients.
- * Mineral Metabolism: The assertion that calcium and magnesium deficiencies are linked to over 150 common ailments, necessitating daily, balanced supplementation for bone density and blood pH maintenance.
- * Intimate Health: A focus on maintaining the vaginal pH between 3.5 and 4.0 to prevent fungal (Candida) and bacterial infections, using specialized cleansers and lubricants.
- * Integrated Therapeutics: A methodology for transitioning from conventional prescription drugs (e.g., for hypertension or HRT) to natural herbal alternatives under professional supervision.
- * Dietary Synergy: The promotion of blood-type-specific eating and the identification of food intolerances (such as gluten) as critical components of holistic recovery.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

Dermatological Therapeutics: The Teen Active Range

The Teen Active Range is formulated to provide gentle, non-alkaline support for skin prone to breakouts, pimples, and acne. The range addresses the primary causes of skin distress, including hormonal fluctuations, comedogenic cosmetics, and harsh chemical exposure.

Primary Causes of Skin Dysfunction

- * Hormonal Upsets: Excess dihydrotestosterone, often triggered by “carbo loading” or conditions like Polycystic Ovarian Syndrome (PCOS).
- * pH Imbalance: Use of harsh alkaline soaps disrupts the skin’s barrier. The range advocates for acidic pH foaming cleansers.
- * Comedogenic Ingredients: Substances like cocoa butter, soy oil, and SLES are identified as triggers for rashes and pimples.
- * Internal Factors: Food intolerances (specifically gluten), emotional stress, and dry skin (which stimulates sebum excretion) are cited as contributing factors.

Key Healing Ingredients

Ingredient	Primary Benefits
Nigella Sativa (Kalonji)	Antibacterial, antiviral, and anti-inflammatory; spreads melanin and aids wound healing.
Artemisia Annua/Afra	Repairs the skin barrier, reduces redness, and inhibits inflammation.
Olive Leaf Extract	Purifies and nourishes skin; considered more effective than Vitamin E for reducing blood flow and redness.
Hyaluronic Acid	Intensely hydrates and aids in tissue regeneration and wound healing.
Colloidal Silver	Acts as a germ-killer and disinfectant; protects against infections and oxidative stress.
Urea	A keratolytic that softens the horny layer of skin to retain moisture and shed dead tissue.

Mineral Metabolism and the Calcium Complex

Nature Fresh emphasizes that mineral and trace element metabolism is the foundation of health. The “Calcium Complex” product is designed to replace mineral loss and maintain blood alkalinity (ideal pH of 7.4).

The Critical Role of Calcium and Magnesium

- * Daily Requirement: Only 200mg of calcium circulates in the bloodstream; if not supplied by diet, the body sacrifices bone density to maintain the heartbeat and organ function.
- * The Osteoporosis Link: Major causes of bone loss in South Africa are cited as deficiencies in Magnesium, Copper, and Boron, rather than just Calcium.
- * Blood Alkalinity: Cancer and other diseases are said to thrive in acidic, low-oxygen environments. Alkaline minerals like calcium help maintain oxygen transport.
- * Absorption Aids: Bone formation requires Vitamin C, D, B6, Zinc, Copper, Boron, and Silica. Nature Fresh products include these to prevent the side effects of isolated calcium intake (e.g., kidney stones or soft tissue calcification).