



PRESS RELEASE FOR IMMEDIATE RELEASE

MIRACLE LIVING
BY DR PHILIP SHERWIN

South Africa; Cape Town; September 2009: With almost 40 years of experience, registered Practitioner Dr Philip Sherwin promotes and practices The pH Miracle, an alternative alkaline diet, for optimum health and well being.

Believing there's one disease (depending on where in the body it will have a different name) and only one cure, which is to sort out the pH, Dr Sherwin reiterates that correct supplements are essential and he's able to prescribe the correct minerals for each individual in an easily absorbable form to balance ones basic chemistry.

Knowing there's a safer, more natural, and more effective way to make you feel better our search is finally turning towards a truer more natural diet with an awareness that dates back to the earliest instances of food consumption. The pH Miracle promotes the consumption of fresh fruit, vegetables, roots and tubers, nuts, and legumes and with the additional expert advice from Dr Philip Sherwin restoring health by balancing your pH is an entirely comprehensible and compatible reality.

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Dr Sherwin emphasizes, "Health is the result of natural living". When people live in harmony with their physiological needs, health is the inevitable result. By supplying the organism, our bodies, with its basic requirements - natural, unadulterated food; sunshine; clean, fresh air; pure water; appropriate physical, mental and emotional activities; and a productive lifestyle - while simultaneously eliminating all harmful factors and influences, the self-constructing, self-regulating, self-repairing qualities of the body are given full rein.

Acidity is indicated by what is termed pH on a scale from 0 to 14. When a solution is neither acid nor alkaline it will have a pH of 7. This means that it is neutral. The body constantly strives to keep its pH in an alkaline zone. Our blood is slightly alkaline, with a normal pH level of between 7.35 and 7.45. Our diet should reflect this pH level and be slightly alkaline. A diet high in acid-producing foods disrupts this balance and promotes the loss of essential minerals such as potassium, magnesium, calcium, and sodium etc. as the body tries to restore equilibrium. This imbalance is known to make people prone to illness as many studies have shown that eating too much acid-forming food will actually lead to disease.

Discovering how to do an alkaline diet the right way should include a comprehensive introduction to which food is acid or alkaline and how to shop, cook and eat and ultimately change your lifestyle. For general health, 70-80% alkaline and 20-30% acidic is required, it's very important to have a more alkaline than acid diet. Most alkaline foods are wet and acid foods are generally dry. Stick to natural food and try not to eat processed foods, as they are not recommended as a health food. A sure way to know if the food you are about to eat is made by man or nature, look and see if it grows on a tree, bush or vine or grows on top of or under the ground. This is nature food. If it is in a packet, tin, carton or a box off the shelf or out of the cupboard then this is man made. These will satisfy your taste buds but will do very little if anything for your health and may even cause allergies, constipation and other undesired symptoms. Nature food gives energy, mental control and clarity whilst de-natured (acid) food gives tiredness, foginess, depression and disease.

Almost all foods after being digested, absorbed, and metabolized, release either an acid or an alkaline base (bicarbonate) into the blood. Alcohol, coffee, grains, fish, meat, poultry, shellfish, cheese and milk, all produce acid. The introduction and dramatic rise in our consumption of these foods has meant a more acid-producing diet and with the decrease in consumption of fresh fruit and vegetables, the Western diet has become even more acid producing.

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Dr Sherwin specialises in hair and live blood analysis - the former via radionics (it is not necessary for a patient to be present for a diagnosis, and therefore Dr Sherwin treats patients countrywide). He also specialises in mineral deficiencies and says just one deficiency can cause many symptoms and serious diseases, "Even our soil is depleted of minerals so it's important to get specialist advice. In daily life, one way of making sure you get enough minerals is to eat as much organic food as possible." Dr Sherwin also makes use of **Nutri-Energetics Systems®** (NES), a vibrational scanner, to ascertain the electro magnetic fields surrounding the body.

Dr Sherwin qualified as a Homoeopath, Naturopath and Osteopath in 1970 at Lindlahr College of Natural Therapeutics. He studied and taught Reflexology under Hanna Marquart in 1973 and furthermore qualified as a Mineral Therapist; and is in fact a member of the International College of Mineral Therapists and lectured at Johannesburg Technicon to 3rd year Homeopathic students.

Dr Sherwin speaks and contributes regularly on various topics including 'The Cause and Cure of almost all diseases via balancing the pH (acid /alkaline) of the body'. Dr Philip Sherwin is located at 201 Sea Point Medical Centre, 11 Kloof Road, Sea Point. For more information visit www.miracleliving.co.za, email psherwin@telkomsa.net, or telephonically on 021 434 0244 or 084 901 0547.

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EDITORS NOTES:

NES is a pioneering approach to integrative, holistic health based on decades of research into the human body-field (HBF), a structured web of information and energy that is present within the body which influences the state of our overall health and well being.

The NES scan probes body-fields and monitors the quality of its responses, at a quantum level, and then prioritizes the results. It reveals more than 145 body-field parameters, identifying reduced energy levels and disturbed information pathways that correlate to just about

everything that is important in physiology. It also recommends 'Infoceuticals' (unique liquid preparations that you take as drops in water) that can help restore the information necessary to return your body-field to its natural functioning. They are fully compatible with herbs, supplements, pharmaceuticals or other remedies.

NES can be used by itself, to address body-field issues concerning physical, emotional and mental states, as part of an ongoing daily, health and exercise program or to enhance other complementary health therapies.

The complete NES program works at a deep, holistic level, correlating the state of your body-field with the body's own innate self-healing intelligence. NES provides a natural and noninvasive way to foster positive changes in the overall state of well being.

For more information visit www.nutrienegetics.com.