prairienaturals®

morning rise & shine

YOUR NATURAL PRESCRIPTION FOR A HEALTHY pH

LEMON, ALOE, ALKALINE MINERAL DRINK MIX

"I formulated **Morning Rise & Shine** as a natural prescription for healthy pH. This highly-absorbable drink helps the body balance pH with key alkaline minerals, natural lemon and organic aloe vera. Start your day the alkaline way with Prairie Naturals **Morning Rise & Shine.** You will feel the difference!"

Holistic Pharmacist, RoseMarie Pierce, B.Sc.Pharm.

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Make every day a good day with **Morning Rise & Shine**

As a child, RoseMarie often awoke in the morning to her mother's cheery voice calling **"Good morning — time to rise & shine!"** And, as children, we often did just that. But as we get older, starting the day feeling instantly energetic upon rising can be a challenge! Upon rising, many people experience:

- Early morning fatigue & low moods
- The "need" for caffeine in the morning
- Bad breath & a coated tongue
- Indigestion & constipation
- Joint pain & muscle stiffness
- Bloating & water retention

These unpleasant feelings are all symptoms of a pH imbalance.

What does your body's pH balance have to do with how you feel?

The body's natural pH balance must be maintained for us to feel our best and most energetic. It's a key component to overall good health, including: muscle-to-fat body composition, hormonal balance, mineral absorption, bone density, and even exercise performance.

What is body pH?

Body pH is a measure of the relative state of acidity or alkalinity. It is the key indicator of balance within the internal body fluids.

What impacts our body's pH?

Many dietary and lifestyle factors including stress, drugs, alcohol, acid-forming foods and strenuous exercise influence our body's pH.

What happens when we are too acidic?

Being too acidic over an extended period of time (known as low-grade acidosis) can negatively impact health in many ways, including placing us at higher risk of: **Osteoporosis, bone fractures, muscle weakness, nervous disorders, fatigue, mood swings, hypertension, hormonal imbalances, infertility, liver toxicity, arthritis, skin & lung disorders, inflammation, kidney stones, gout, urinary tract issues, digestive problems, dental decay, mouth ulcers, diabetes, infections, colds & flu , obesity & other weight imbalances.**

What is the connection between what we eat and our body pH?

Numerous studies in the last 10 years have shown a strong relationship between the foods we eat and low-grade acidosis. The typical Western diet is an acid-forming diet.

What are some common acid-forming foods & beverages?

artificial sweeteners • animal proteins • dairy • eggs • grains & flours • fried & processed foods • fatty foods • beans • unfermented soy • salted peanuts • most caffeinated drinks • soft drinks & alcohol • city-supplied tap water • most drugs & chemicals

Most people start their day with breakfast choices that contain mainly acid-forming foods, upsetting the body's natural pH balance for the entire day. Choose wisely, keeping the acid forming foods to 25%-40% by volume of your daily intake.

Are you getting enough of the alkalizing minerals?

pH is also a key indicator of the body's mineral reserves. The body's natural pH balanced state is slightly alkaline. If your urine pH measurement is in the acid range consistently, it indicates low mineral reserves. In order to neutralize or buffer the acids, additional minerals from both the diet and pH balancing supplements are required.

The key alkalizing minerals are **potassium, magnesium, calcium and sodium**. Dietary modifications and alkaline mineral supplementation help bring your pH into a state of balance.

If you are like most people, your dietary choices are not providing enough of the alkalizing minerals to sustain a healthy body. In fact, numerous studies have shown that minerals are seriously lacking in the soil of North American farmlands.

This is why it is more important than ever to choose organic and locally-grown foods, and to add mineral-rich supplements and superfoods to the diet.

Are you pH balanced & disease-resistant?

A highly-mineralized body is more disease-resistant! If the diet does not supply enough alkaline minerals to buffer the acid load, the body must resort to drawing them from its own reserves. To do this, calcium, potassium, magnesium and other mineral salts are leached from muscles, nerves, bones, and vital organs. Over time, depletion of these valuable alkalizing minerals takes place, leading to acidic wastes accumulating in the cells and tissues. This results in a chronic, low-grade acid condition. Normal cellular detoxification becomes difficult, resulting in a lack of energy and vitality, and may eventually lead to chronic health conditions including hormonal imbalances, osteoporosis, arthritis, indigestion and constipation.

Adequate alkaline mineral intake supports the natural cellular detoxification process while bringing crucially important oxygen into each cell. This vital process is key to disease-resistance, energy production and tissue repair.

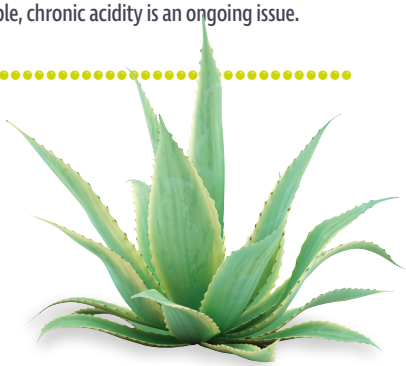
Start your day the alkaline way

The early morning is the natural cleansing period for the body. Acid waste can be safely eliminated by our primary elimination organs — kidneys, lungs, liver and skin — only when adequate hydration and alkaline input have played a balancing role. To help start this daily alkalizing/hydration/cleansing process, many health experts recommend drinking two glasses of water combined with the juice of one-half lemon first thing upon waking.

How can we measure our body's pH?

The easiest and most economical way to measure your pH is to use a small piece of specially designed pH paper and test your urine first thing in the morning.

A consistent pH reading of between 6.6 and 7.4 shows a favourable acid-alkaline balance; if the pH is regularly below 6.4, this most likely indicates an acid condition (acidosis). For many people, chronic acidity is an ongoing issue.



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ALKALINE MINERALS & BICARBONATE-PRODUCING FOODS BUFFER ACIDITY

Research has revealed that the body's natural ability to produce pH-balancing bicarbonates declines with age. Mineral-rich foods, such as fruits and vegetables, are rich in precursors to bicarbonates in the form of organic acids (citric, malic, acetic etc.). The continual replacement of key minerals & bicarbonate-producing foods is essential. The most obvious source of mineral and bicarbonate buffers is the diet. The best foods are those that form the fewest acidic waste products and provide the greatest amount of acid-neutralizing minerals (potassium, magnesium, calcium, sodium) and bicarbonate precursors. The highest mineral-containing and bicarbonate-producing foods are: fruits (lemons, limes, melons, prunes, berries); root vegetables (celeriac, rutabaga, turnips, carrots, parsnips, sweet potato, potato, yams, onions); vegetable or vine fruit (tomatoes, zucchini, eggplant, cucumbers); leafy greens (spinach, lettuce, kale, chard); stalks (celery, broccoli stalks); mushrooms.

START YOUR DAY THE ALKALINE WAY!

One of the most convenient and effective ways to reduce the body's level of acidity is to hydrate and energize first thing in the morning and throughout the day with an alkalizing drink. Lemon juice added to water provides alkaline minerals and bicarbonate precursors inthe form of citric acid. Citric acid can be converted by the kidneys into bicarbonate and used as part of its buffering system to neutralize acid accumulating in the blood. Lemons contain the highest amount of citric acid (up to 10%) of any food. As a super-alkalizing agent, lemons play an important role in cellular detoxification and energy production. When taken every morning, an alkalizing drink (lemon water) can aid the body in naturally releasing harmful acidic impurities and other toxic build-up that retard metabolism and add weight to the abdominal area.

ALKALINE-FORMING FOODS

Low	Medium	High
FRUITS		
• Coconuts • Mandarin oranges	• Apples • Apricots • Avocado • Banana • Blueberries • Cherries • Grapefruit • Grapes • Olives, green • Oranges • Pears • Peaches • Raisins	• Blackberries • Cantaloupe • Honeydew • Lemons • Limes • Nectarines • Papaya • Persimmon • Pineapple • Raspberries • Strawberries • Tangerines • Watermelon
VEGETABLES		
• Brussels sprouts • Carrots, organic • Cauliflower • Cucumbers • Mushrooms • Snow peas • Spinach • Spirulina	• Artichokes • Baked potato (with skins) • Beets • Bell peppers • Broccoli • Cabbage • Eggplant • Okra • String beans (without formed beans) • Summer squash • Zucchini	• Asparagus • Celery • Collard greens • Endive • Kale • Kohlrabi • Mustard greens • Onions • Parsnips • Sea vegetables • Seaweed & • Sweet potatoes • Winter squash • Yams
MEAT / FISH		
N / A	N / A	N / A
DAIRY / EGGS		
• Clarified butter (Ghee) • Cow/goat whey • Human breast milk • Quail/duck eggs	N / A	N / A
OILS		
• Avocado oil • Coconut oil • Cod Liver oil • Flaxseed oil • Olive oil	• Primrose oil	N / A
NUTS / SEEDS / LEGUMES / HERBES / SPICES		
• Almonds • Bay leaf • Cayenne pepper • Celery seeds • Flaxseeds • Macadamia nuts • Quinoa • Sesame seeds • Sunflower seeds	• Aloe vera • Basil • Black pepper • Cashews • Cilantro • Cinnamon • Garlic • Lentils • Soy sauce (Tamari)	• Chestnuts • Celtic sea salt • Soybean paste (miso) • Himalayan sea salt • Ginger root • Pumpkin seeds • Parsley • Paprika
BREADS / GRAINS / DESSERTS		
• Granola (unsweetened) • Oatmeal • Quinoa • Wild rice	• Baked apples (unsweetened)	N / A
SWEETENERS / VINEGARS		
• Rice syrup • Sucanat	• Apple cider vinegar • Dark molasses • Stevia	• Umeboshi vinegar
BEVERAGES		
• Almond milk • Apple juice • Grape juice • Green/ herbal tea • Orange juice • Pear juice	• Cherry Juice • Grapefruit juice • Kombucha • Pineapple juice	• Cucumber/celery juice • Ginger tea • Green juices • Greenfood drinks (containing chlorella & grass juice powders) • Mineral water • Morning Rise & Shine drink mix

Compiled from the work of: Dr. Russell Jaffe, Dr. S.E. Brown, Dr. Lynda Frassetto, Drs T. Remer & F. Manz (PRAL) & Herman Aihara, RoseMarie Pierce, BSc. Pharm

Morning Rise & Shine! What's in it & what does it do?

Lemon juice powder (5.5:1 Concentrate):
Lemon juice naturally cleans the liver, kidneys and the upper gastro-intestinal (GI) tract while balancing pH levels and providing valuable bioflavonoids. By weight, **Morning Rise & Shine** is 72% natural lemon juice powder containing 30% citric acid. When taken every morning, lemon assists the body's natural elimination of harmful acidic impurities and toxins that impede metabolism and add weight to the abdominal area. Citric acid and citrates are urinary alkalizers which can reduce the risk of kidney stone formation and other forms of oxalate deposits.

Organic Aloe vera leaf gel (200:1 Extract):
Aloe is known to support normal cell growth and is a mineral-rich tonic used by many cultures. The organic Aloe vera extract powder (200:1) used in the **Morning Rise & Shine** drink supports the liver's cleansing process, reduces inflammation and helps to heal ulcers and the lining of the digestive tract (without irritating laxitive effect).

Alkaline citrate minerals:
Morning Rise & Shine is specially designed to provide 80 rare and valuable trace minerals in combination with key alkalizing minerals – potassium, magnesium, calcium and sodium. These minerals along with the citrates promote cellular detoxification, improve pH balance, prevent kidney stones and help to restore the body to its natural alkaline state.

All of the ingredients in **Morning Rise & Shine** are mineral-rich. Lemon juice concentrate contains 10 different minerals. Organic Aloe vera extract has 13 various minerals. Le Paludier unrefined sea salt contains lower levels of sodium, while supplying 80 other minerals and trace minerals, and is ecologically harvested. The citrate minerals include:

- Elemental potassium 100mg - helps move toxins out of the cell
- Elemental magnesium 120mg - supports the enzymes involved in glucose metabolism
- Elemental calcium 90mg- required when liver function is poor
- Elemental manganese 0.4mg - involved in fat, protein and sugar metabolism

What are the benefits of Morning Rise & Shine?

Enjoy "Morning Rise & Shine" upon waking and you will naturally support your body in removing toxins while promoting: **hydration & alkalinity • energy & physical mobility • normal appetite & weight loss • brain & memory function • digestion, assimilation, elimination • liver cleansing, detoxification • healthy aging, healthy skin • tissue healing & healthy bones • healthy hormone levels • improved sleep • stone-free urinary tract**

What are people saying about Morning Rise & Shine?

- "This makes me feel energized and purified — a total body-mind boost."
- "Tastes fresh and healthy; lovely to sip first thing in the day."
- "It's quick, easy, and delicious!"
- "I use it anytime... even in my water bottle, It's liquid sunshine."
- "I take it before my hot yoga workout and definitely notice the difference in my energy levels."

What are the best ways to take Morning Rise & Shine?

- Regularly, first thing in the morning, as a detoxifier.
- Anytime of the day warm or cold as an energizer.
- Pre-exercise for sustained energy.
- Post-exercise to counteract exercise-induced lactic acid production.
- Added to a water bottle for electrolyte replacement.
- Before bedtime for overnight pH balancing & to improve sleep.

8 great things about **Morning Rise & Shine**

- One serving equals the juice of one-half organic lemon and 1 oz. organic Aloe vera juice.
- Easy-to-mix, tastes like fresh lemon!
- Sweetened with stevia; only 15 calories/serving
- All ingredients are natural and pure.
- Contains no added: sugar, yeast, gluten, egg, dairy, artificial colour, sulphites, or artificial preservatives.
- Totally vegan, non-GMO & gluten-free!
- Major minerals are in the highly absorbable citrate form.
- Contains low-sodium, high-mineral Le Paludier salt, harvested ecologically.

Directions

Mix one rounded scoop (8.4g) in 375-500 mL of cold or warm (not hot) water.

Medicinal ingredients

Concentrated lemon juice 5.5:1 powder, organic Aloe vera leaf gel 200:1 extract, magnesium citrate, calcium citrate, potassium citrate, Le Paludier mineral-rich unrefined sea salt, manganese citrate. **No added:** sugar, yeast, gluten, soy, egg, dairy, artificial colour, sulfites, artificial preservatives, solvents or alcohol.

CHANGE YOUR HABITS. CHANGE YOUR pH. CHANGE YOUR HEALTH.

7 daily habits that help to balance your body's pH :

1. Take 1-2 servings of **Morning Rise & Shine** daily to hydrate & energize.
2. Consume 2 litres of pure water daily (between meals), starting early in the day.
3. Make 60-75% of your food choices alkaline-forming foods.
4. Sip apple cider vinegar in water 15-30 minutes before meals.
5. Consume no more than 10-20% of your daily caloric intake as animal protein.
6. Wake up early and include 30 minutes of a stress-reducing pratice into your daily schedule. This includes gentle exercises, yoga or meditation.
7. Incorporate deep breathing exercises for 5 minutes or more each day.

BALANCES YOUR BODY'S pH

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YOUR NATURAL PRESCRIPTION FOR A HEALTHY pH

Morning Rise & Shine is a unique Body pH Balancer. Ideally used first thing in the morning (upon waking), this mineral-enhanced, all-natural lemon & aloe drink gently balances internal body pH and promotes an alkaline environment. Keeping the body's pH in balance helps to create the optimal internal environment for overall good health. Recent studies have shown that maintaining a balanced internal pH can improve immune health, reduce inflammation, prevent degenerative disease and promote bone health.

Daily use of **Morning Rise & Shine** detoxifies and rejuvenates cells and organs. It also effectively increases energy levels, boosts athletic endurance and improves mental acuity. Pleasant-tasting **Morning Rise & Shine** instant drink mix can be used any time of the day — warm or cold — and is good for people of all ages.

ALKALIZES • CLEANSES • ENERGIZES

Available in: 126g / 252g / Box of individual packets
For optimal freshness, refrigerate after opening