

# How to take Safe Soda

Your body's pH level determines the amount of bicarb you should take on a daily basis. The maximum recommended dose is one level teaspoon (4 Grams), four times a day. Each dose should be taken 30 - 60 minutes before eating, or, 90 minutes after eating.

**Please Note:** Try and keep your sugar intake to a minimum - between 6 to 9 teaspoons of sugar in total is the recommended daily intake.

1

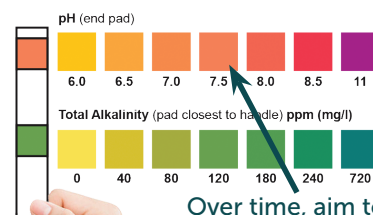
First thing in the morning take a few swallows to bring up new saliva. Before eating, drinking or brushing your teeth check you pH and Alkalinity with the tester. Take one of the testers out of the bottle and place some saliva on a spoon, then dip your pH and Alkalinity tester into the saliva making both pads wet. Once wet, wait 10 seconds.



**Please Note:**  
Place a small amount of saliva on a spoon. Place strip in saliva & match the colour.

2

Match the colour change on the strip with the scale on the side of the test kit. Record this number ideally your pH should be 7.4 and your Alkalinity should be over 120ppm. If your pH is under 7.4 you need to start taking Safe Soda Body.

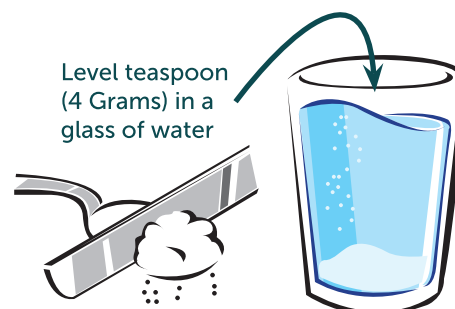


Over time, aim to get your reading to here.

3

Take one level teaspoon (4 Grams) of Safe Soda Body in a glass of water, stir until dissolved. Have more water if needed. If your pH is lower than 7.4 and your Alkalinity is lower than 120ppm. You'll need to take one Level teaspoon (4 Grams) four times a day.

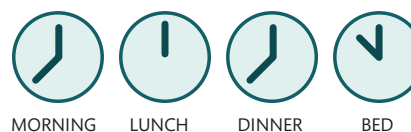
When your pH is 7.4 you can reduce to one teaspoon (4 Grams) per day to maintain your pH at 7.4. It's also good practice to add 1/4 of a teaspoon to a 500ml or 600ml bottle of water which you can drink throughout the day. It's recommended to always start on a smaller dosage and gradually work your way up to the full dosage over a few weeks.



Level teaspoon  
(4 Grams) in a  
glass of water

4

Times to take Safe Soda Body



Depending on how many times you need to take Safe Soda Body per day, remember to allow at least 30 to 60 minutes before you have your next meal, or 90 minutes after your meal to make sure there is no stomach acid in your stomach to react with the soda.

FOR SOURCES OF SUPPLY AND SUPPORT

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TAKE NOTICE. This document provides general advice only. Readers should seek independent professional advice from their general practitioner or dietician in relation to their own individual circumstances or condition before making any decisions based on the information in this document. Safe Soda takes no responsibility for any unsafe practice.



# Information Sheet

This programme is about striving to turn our bodies' from an acidic environment to an alkaline environment by adjusting our body's pH level and importantly, bolstering the body's ability to buffer acidity by using the correct pharmaceutical grade sodium bicarbonate.

By our research, pure pharmaceutical grade bicarb is the only known substance that can provide this critical function for our bodies - as everything in nature, including our own bodies produce bicarb. Given enough time, a correct environment, and a consistently "clean" diet, our bodies when sufficiently alkalized naturally cultivate a more enhanced ability to self repair.

An alkaline body is key to a healthy body. Maintaining correct body pH may help correct many health disorders, such as; cancer, diabetes, arthritis, gout, gastric reflux, auto immune disorders, major organ malfunction, chronic fatigue, fibromyalgia, skin disorders, autism, Alzheimer's, Asperger's, and weight loss to name a few.

This is done by using litmus paper or a digital pH reader to test your body's pH level against your saliva first thing in the morning, and then bringing it into an alkaline state over time. Achieving an alkaline state is done by simply consuming the correct high quality pharmaceutical grade bicarb (Safe Soda) whilst simultaneously reducing your amount of sugar consumption, and maintaining a consistently "clean" diet. Many people with blood disease or skin disorders have reported great success by using Safe Soda Bath. Soak in a bath with four tablespoons of dissolved bath crystals for 20 minutes a day. Bathing children in Safe Soda bath crystals is a great way to help keep up their alkalinity.

Many people with lung or respiratory problems, such as; asthma, emphysema, farmer's lung or mesothelioma, have reported favourable results by inhaling a small pinch of Safe Soda Body through a Handi-Haler breathed directly into the lungs.

## HOW LONG WILL A 450 GRAM BOTTLE OF SAFE SODA LAST ME?

- pH 5.5 one level teaspoon (4 Grams), taken four times a day. 28 days (about a month, in typical cases)
- pH 7.4 one level teaspoon a day (4 Grams), preferably first thing in the morning. (almost 4 mths, in typical cases)

## POSSIBLE SIDE EFFECTS OF BICARB

- Frequent urge to urinate
  - Loose motions (initially)
  - Headaches (initially)
  - Loss of appetite
  - Mood changes
  - Slow breathing
  - Swelling of feet or lower legs
  - Unpleasant taste
  - Unusual tiredness or weakness
  - Increased thirst
  - Stomach cramps
- (if taken too close to eating)

The majority of the above listed side effects may be caused by the natural cellular detoxification which occurs whilst our bodies are adjusting from systemic acidity to alkaline. These side effects are not life threatening and usually abate after a short time. Some swelling of feet or lower legs may be caused by the body releasing excess fluid. Simply elevate your legs while seated. The swelling usually disappears as your body expels the excess fluid.

**TAKE NOTICE:** Make sure you discuss with Safe Soda, and your doctor, any medications (both medical or natural) that you are prescribed to take on a regular basis, as some medications may react with taking Safe Soda.

