

Episode 9

MYSTERY POWDER

HEY SUNSHINE!

In Episode 9 I asked you to let us know if you knew what the mystery powder is that I used. Did you know? If not, no worries, because I am going to tell you! First off, have you heard of the rave of putting a tiny bit of baking soda in water to alkalize and mineralize it? Well if so you are close in your thinking! We are not asking you to use baking soda today, however, there are a ton of studies on using a little bit of baking soda in water each day to help combat autoimmune disease by means of promoting an anti inflammatory environment for the body (*1). The studies on using Sodium Bicarbonate are fascinating and as a stage 4 cancer survivor myself, I am quite familiar with using it for prevention. I've been cancer-free for twenty years, so something must be working.



While sodium bicarbonate is great, today we are asking you to use **POTASSIUM BICARBONATE**. Some people are intolerant to increased doses of sodium, such as those with high blood pressure. *Of course, and as always we recommend you seek the advice of your doctor before beginning ANY nutritional remedy.* We do not treat, prescribe or diagnose. We simply share years of experience and research we come across and use in our own lives, it is up to each individual to make their own decisions based on what resonates as truth for you.

THE SIMPLE TRUTH

Acid equals pain and pain equals edema. Acidic tissue leads to irritation, inflammation, and eventually degeneration of cells leading to death. It is commonly known you can combat this acidic degeneration by simply maintaining proper alkaline levels by using a

Interactive Beauty

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protective measure of hydration alkaline sodium or potassium bicarbonate fluids. [\(*2\)](#) Keep in mind, checking your alkalinity levels with a simple pH strip test is ideal as over alkalizing the body destroys the natural acid build up in the stomach lining. **Everything is about balance**, find the right balance and your body will run optimally for many years to come!

INSTRUCTIONS:

Follow through with your Lemon Beauty Elixir drink (chia seeds, dandelion tea, lemon and ginger ice cubes) in the morning first thing, but this time add a **half-teaspoon of Potassium Bicarbonate** with **five crushed cell salts** which we have spoken plenty about in past episodes. Keep in mind as well, this is a form of a gentle cleanse. After doing this for a few days you may need to be closer to a bathroom and don't be caught in a toilet paper shortage! You can do this up to three times a day but we are suggesting once in the morning before any food. Do this for five days as your super challenge.

For 25 extra points leave us a comment on Instagram @tiffanyandersenbeauty180 or by using the IBTV Challenge Form that you made it thus far and are ready to decrease inflammatory factors aging you!

Live in good health with beautiful skin.

~Tiffany Andersen

Thank You!

