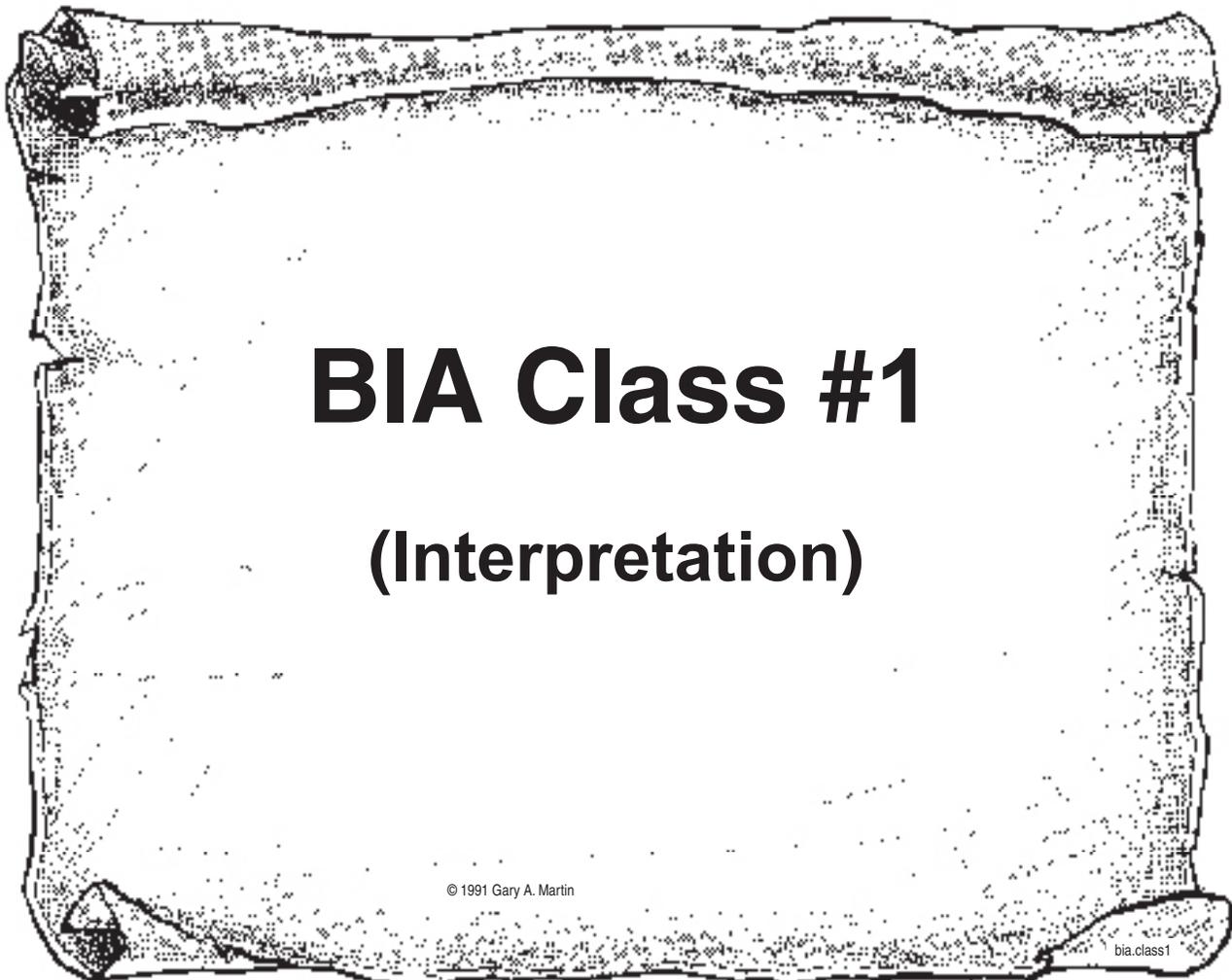




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BIA Class #1

(Interpretation)

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bia.class1

How to Interpret Your BIA

Turn to the last page of this section where this graphic appears:

Name: _____ Date: _____

ENERGY CATEGORIES

1.5	6.4	6.4	7	1	3	6	100	100%	0
1.5	6.4	6.4	7	1	3	6	100	100%	0
Balanced Sugars	Urine pH	Urine BpH	Balanced Salts	Cell Debris	Nitr. Nitro	Bal'd Ureas	Metab. Eff. (EM)	Reserve Energy (ER%)	Adv. Rela's
Actual Sugars	Saliva pH	Saliva BpH	Actual Salts		Amm. Nitro			(BA) Biological Age	Speed Decl.

METABOLIC EFFICIENCY (EM):

100% - 90%	Excellent
89% - 75%	Caution Zone
74% - 65%	Minor Symptoms
64% - 56%	Major Symptoms
55% - 45%	Minor Degeneration
44% - 25%	Major Degeneration
24% - 5%	Advanced Degeneration
4% - 0%	Critical Zone

IMMUNE ENERGY (ER):

100% - 90%	Excellent
89% - 75%	Good
74% - 50%	Fair
49% - 30%	Low
29% - 10%	Very Low
9% - 0%	Critical

BIOLOGICAL AGE (BA):

IMMUNITY INTERFERENCE FACTORS

ADVERSE RELATIONSHIPS (AR):

0 - 1	No Interference
2 - 3	Caution
4 - 5	Minor Interference Zone (Corr. Important)
6 - 7	Major Interference Zone (Corr. Imperative)
8 - 12	Severe Interference (Correction Vital)

SPEED OF DECLINE (SD):

0	Excellent
1	Caution
2	Minor Decline
3	Major Decline
4	Degenerative Decline

- At the top of the Energy Categories page you will see the perfect numbers printed in the blocks. This is your goal. These numbers represent *health* and *easy weight management*.

2. Each block contains a description of its contents.
3. Here are your test results. The ACTUAL numbers are YOUR test results. The *balanced numbers* represent what your actual numbers *should be* to be in *perfect balance*. We are always first concerned about balance. Balance is the next best thing to having perfect numbers. This means we are first interested in taking your body chemistry, no matter what it is, and getting it balanced. Then we will begin the process of moving your body chemistry toward the perfect numbers (#1).

The following numbers are the energy ratings that are important to your case.

4. **METABOLISM EFFICIENCY (EM):** This is our calculation of *how well you are converting food into energy*. *Minimum acceptable* is 55%. Deduct your number from 100% and you have the percentage of what you eat which is being turned into toxic waste. Your body has to waste energy to process this waste. Notice that the zones below 55% are classified as degeneration zones instead of symptom zones. This is because the toxicity accumulates faster than the body can carry it away. This can create a *weight problem*. Keep in mind that this is merely an analogy to help you conceptually understand where your body is on our scale of health. For ease of *weight management* you need to keep your metabolism efficiency (EM) above 75%.
5. **IMMUNE ENERGY (ER):** This is our measurement of your reserve energy, your resistance factor, your ability to heal. *Minimum acceptable* is 50% for average health and 65% for *optimum weight management*. The lower your immune energy, the longer it takes to stabilize your body chemistry and the more serious may be your condition. Also, the lower your immune energy, the higher your metabolism efficiency needs to be in order for you to *easily lose weight*.
6. **BIOLOGICAL AGE (BA):** Your biological age helps you see the impact that your metabolism efficiency has on your *aging factor*. What you want to see is a biological age that is the same or younger than your chronological age. The only way to *reduce your biological age* is to *increase your metabolism efficiency*.

7. **ADVERSE RELATIONSHIPS (AR's):** The AR's represent balance, or communication channels. The brain needs *proper feedback* from the various glands and organs if it is to keep the body in proper synchronization and at a *proper weight*. The AR's tell us how many of the 12 communication channels are broken. You want to keep this number between 0-4. The higher the AR's the more difficult it is for the brain to keep the body in balance through the hormone system. The *higher the AR's* the deeper the problem has gone in the body and the more difficult it is to *properly manage your weight*. The higher the AR's the longer it will take to bring balance back to the body. A *high number of AR's* can also be an indicator of mental or *emotional stress* playing a role in your symptoms. Likewise an abnormally *low number of AR's* coupled with a low metabolism efficiency may mean *emotional suppression* exists.
8. **SPEED OF DECLINE (SD):** Our measurement of your *aging factor*. You want to keep this between 0-2.
9. An interesting formula to determine the approximate time required to stabilize the body chemistry is to take the number of AR's times the Speed of Decline. The answer is the approximate number of months it may take to stabilize the body chemistry to help you feel and look good on a consistent basis.
10. **RESEARCH CROSS LINKS:** Your report may list various conditions that we have seen associated with certain levels and ratios of test results. As you read through the list, if you see several of your known symptoms, it may happen that as you improve your body chemistry, your symptoms may also improve.

BIA Class #1 Exam

(How to Interpret)

1. Complete the **BIA Worksheet** on the next page.
2. Define Metabolism Efficiency (EM).
3. Define Immune Energy (ER).
4. Define Adverse Relationships (AR's).
5. Define Speed of Decline (SD).
6. What do AR's have to do with emotional stress?
7. What is the formula using AR's X SD to grossly estimate the amount of time required to expect a noticeable consistent improvement in physical and emotional stability?

BIA Worksheet

1. What is your **METABOLISM EFFICIENCY (EM)**? %
2. What is the name of the **ZONE** it is in?
3. What is the **MINIMUM** acceptable EM for easy weight loss? %
4. What is your **IMMUNE ENERGY (ER)**? %
5. What is the name of the **ZONE** it is in?
6. What is the **MINIMUM** acceptable ER for good health? %
7. What is the **MINIMUM** acceptable ER for easy weight management? %
8. What is your **BIOLOGICAL AGE (BA)**?
9. How many **ADVERSE RELATIONSHIPS (AR's)** do you have?
10. What is the **MAXIMUM** acceptable # of AR's for easy weight management?
11. What is the name of the **ZONE** your AR's are in?
12. What is your **SPEED OF DECLINE (SD)**?
13. What is the **MAXIMUM** acceptable SD for easy weight management?
14. What is the name of the **ZONE** is your SD in?
15. How many of the 4 **ACCEPTABLE RATINGS** did you achieve?
16. What are your:

Sugars	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>	Balanced Sugars	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>
Urine pH	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>	Saliva pH	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>
Salts	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>	Balanced Salts	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>
Total Nitrogens (Ureas) .	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>	Balanced Nitrogens (Ureas) .	<input style="width: 100%; height: 20px; border: 1px solid black;" type="text"/>

18. On the reverse side, list your questions about your BIA. Discuss these with your Counselor.