

DON'T EAT the YELLOW SNOW

**A New Holistic
Approach to
Health**

by

Gary A. Martin, D.Sc., Ph.D.

Don't Eat the Yellow Snow

Copyright © 1987 by

Gary A. Martin, D.Sc., Ph.D.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system now known or to be invented, without permission in writing from the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or broadcast.

1st printing, December, 1987

2nd printing, April, 1988

3rd printing, August, 1994

Printed in the United States of America

A Sad Story

You are now being told, and it is now being subtly suggested to you by the many doctor-type TV shows, that the American Medical Association is leaving no stones unturned in an all-out effort to find the cause of cancer, AIDS, and other major diseases. At the same time, every possible force and pressure is being applied to prevent doctors from using known and effective cures. Instead, they are only permitted, by AMA agreement and government coercion through the Federal Food and Drug Administration, to treat by futile means: chemotherapy, cobalt radiation and surgery.

Cancer and AIDS victims are rarely told by their allopathic doctors that there are alternative choices; that there are valid and effective cures that do not involve such radical surgery, expensive drugs and radiation. It is also true that most patients wait too long for “alternative” methods to be effective.

Any doctor who happens to stumble upon an effective natural treatment, or who develops one after years of research, may well be thrown into jail, harassed by the courts in AMA-initiated lawsuits, or driven out of the country. It is widely known that cancer is being cured in Mexican clinics, but unfortunately, by the time the average cancer patient learns of such treatment, if s/he ever does, traditional medicine has taken the last of the savings and insurance. With no money left, the patient is found to be “terminal” and sent home to die.

Incurable Disease

Most people forget that the American Medical Association is simply a professional organization of business persons who have come together to practice one form of the healing arts. Their general approach to healing is centered around the concept that there is a drug, or combination

**ALL-OUT
EFFORT**

**CANCER
AND
AIDS**

**RESULTS,
NOT
VICTORY**

**THE
PATH TO
ETERNAL
TRUTH**

of drugs, that will cause the healing of any malady. Failing that, there are only two alternatives, in their opinion: to sell expensive drugs that will mask the symptoms, or to cut out the offending parts. An “incurable disease”, by their definition, is merely one for which they have yet to discover the “healing drug”.

If organized medicine and government bureaucrats were truly interested in helping the people, they would be among the leaders in encouraging EVERY discipline among the wide spectrum of healing arts and philosophies so that the greatest good might be accomplished for the suffering of mankind. Results, not the victory of one healing art over another, would be their moral criteria.

Instead, this organization seems bent upon the thought that if THEIR methods cannot produce a healthy patient, they shall see to it, even to the use of government force, that no competing discipline is to be practiced which may produce positive results. When these methods are used, that healing art ceases to be a PHILOSOPHY and has become a RELIGION.

Philosophy vs. Religion

Philosophy is an ever-expanding thought process dedicated to the refinement and distillation of the truth. Philosophical truth is gleaned from wherever truth is to be found. A philosopher understands that he must process a great deal of chaff to find the wheat, and then a great amount of wheat must be refined to extract the germ of the wheat. To close one’s mind against an avalanche of truth is not the mark of a philosopher. It is to everyone’s disadvantage when a healing art ceases to be a philosophy and starts believing their way is the sole path to truth in health.

In demanding absolute conformity to their drug-oriented “religion” of healing, the AMA is very much like the Church of England some 300 years ago. Their clergy, backed by the force of

the Crown, insisted that theirs was the only “True Church”, the official church, and that no others were to be permitted to exist. Because it was a religion, its clergy truly believed that they were right. Thus, they quite naturally held that their doctrine was to be imposed upon the lesser educated people for their own good. All other doctrines were considered heretical and their adherents imprisoned or burned at the stake, in what they believed to be the Sacred Cause of Christianity. Today, we find the High Church of Medicine insisting that theirs is the only true religion, the only path to salvation from disease. All others must, at all cost, be suppressed. Three hundred years ago there was a rebellion. Today, another has begun.

**A
REVOLT
HAS
BEGUN**

A New Revolution

Per capita, America has more hospitals and medical schools than any nation in the world. We have the most sophisticated and widespread communications systems in the world for the promotion of valid information. Yet, America is one of the sickest nations in the world, and according to recent news items, one American in four is destined to develop cancer! Now, we have another problem, AIDS.

Bio-Chemical Analysis

During the past 20 years, I have been involved with the scientific, biological and bio-chemical analysis of foods pertaining to the nutrition of the human body and its relationship to the mind. I am convinced that there is a scientific and mathematical relationship — a cause and effect — between certain shifts in the body chemistry and the eventual outbreak of disease, also resulting in mental and emotional dysfunction.

As a result, I have learned how to make a bio-chemical analysis (Biological Immunity Analysis®) of the urine and saliva of a person,

MINIMUM RESISTANCE

and, from that analysis, develop a profile with thousands of variables. From that profile, with certain higher mathematical calculations, it is possible to determine the nature and meridian location of any imbalance affecting the person. Any person having the same profile would have the same imbalance. It is not necessary to rely on symptoms related to the doctor by the patient. It is also possible to develop a psychological profile based upon this Biological Immunity Analysis® (BIA).

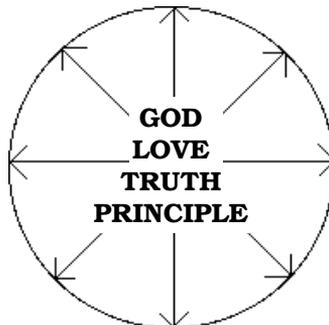
Even if you have been practicing for many years, this analysis is far ahead of anything that you have seen before. It is possible to see problems before symptoms appear.

A perfect profile looks like this:

Time	Age	Sex	Height	Weight	Smokin:	Drugs	Surgery	
					0	0	0	
Balance Sugar:	UpH	B-UpH	Bal'd Salts	CELLS	NN	Bal'd Ureas	Imm-E (ER%)	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN	Metat Eff (EM)	(BA) Bio-Age	SD
1.f	6.4		7	1	3	6	100%	0
1.f	6.4		7	3	6	100	100	0

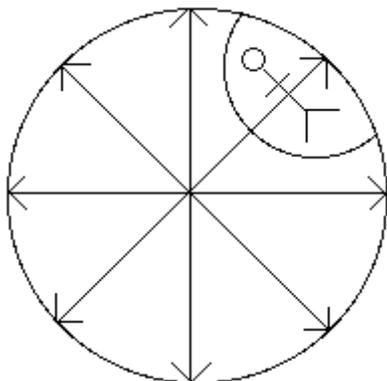
The above profile portrays MINIMUM RESISTANCE to God's Universal Laws which sustain the Cosmos. The following explanation will help you grasp the meaning of the foregoing statement.

The previous circle represents ALL THAT IS.



There is something which permeates this All That Is. We call this something God. It may also be called Love, Truth, Principle and a myriad of other names.

God is everywhere, all-powerful and all-knowing. It is also true that anywhere God is, all of God is there. This means that even if you consider just a small piece of All That Is, all of God is still there.



You are in All That Is. The world you create for yourself is also in All That Is. Your life can be divided into five areas: Financial, Social, Physical, Mental and Spiritual. Why is it that your life, in each of these five areas, is not perfect, since you exist within this state of perfection?

It is because of RESISTANCE. You have the power, unlike other living creations, to choose to RESIST the ways and laws of God. You have the power of choice. You can choose to live according to PRINCIPLE, or you can choose to live a life contrary to PRINCIPLE. It is human nature, because of the negative energy of the world, to set up RESISTANCE in your mind and physical body to the state of total perfection in which we exist. The result is that our bodies age, decay and ultimately die.

The Biological Immunity Analysis® portrays the minimum amount of resistance which can be present in the physical body and still be alive. It also represents minimum resistance present in

PERFECT

RESIST

the mind, which means the person is living in accordance with Universal Principle, thereby experiencing a high degree of abundance, prosperity and spiritual fulfillment. This person is well on the way to becoming a perfected Master, which is everyone's purpose for existing.

Three Important Factors

There are 3 important factors that are important to the BIA practitioner as well as the person wishing to implement wellness principles into their life.

1. **DETECTION:** It is important to be able to DETECT the presence in your life of RESISTANCE to Universal Principle. The Biological Immunity Analysis® does this well.
2. **MEASUREMENT:** It is important to be able to MEASURE the quantity, quality and change of this RESISTANCE as you begin to implement HealthWatchers principles into your life. You need a measurement device to know whether or not you are making progress toward your goal of perfecting your life. The Biological Immunity Analysis® does this well.
3. **PLANNING:** It is important to be able to know how to set up a PLAN to get from where you are today to where you wish to be tomorrow; Financially, Socially, Physically, Mentally and Spiritually. The education offered by the Biological Immunity Research Institute (BIRI) helps you accomplish this. The Biological Immunity Analysis® helps you know if your plan is working.

Naming the Disease Doesn't Cure It

The nature of the malady is not important. NAMING THE DISEASE DOESN'T CURE IT. What is important is getting a person's body chemistry back to the proper biological norm. Then, the body will have enough energy to cure

itself. No drug, no doctor, no therapy ever cures anything! If the person gets well, it is because the body chemistry has come into balance. **THE BODY MUST HEAL ITSELF.**

The cancer patient is a good example. A usual medical procedure is to cut out the offending parts; however, that seldom cures the problem. Since the body chemistry is far from perfect, which is what caused the problems in the first place, cancer eventually emerges again. Eventually, as cancer spreads, the proteins in the body get so high that the patient dies of a heart attack. There is no cure apart from balancing the body chemistry. Without the Biological Immunity Analysis® you simply don't know what is the problem.

This simple test can tell you many things, one of which is if you have a tendency toward developing some major problem. Perhaps you are tired all the time; tired when you get up, tired in the middle of the day, and exhausted when you go to bed at night. Your eyes bother you and you have difficulty concentrating on your work. If so, it is time to see your Biological Immunity Analysis®.

Simple to Learn

Within an hour, you can learn how to do a Urine/Saliva test that takes only 10 minutes.

Balance Sugar:	UpH	B-UpH	Bal'd Salts	CELLS	NN	Bal'd Ureas	Metab Effic (EM)	Imm-E (ER%)	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
7.0	5.8		27	4	10				
	8.0				10				

The above profile depicts a person who may be tired all the time. These numbers may represent a zone for a major heart attack. The heart could be beating too hard, causing fatigue. This person may not be properly digesting their food, resulting in not getting the energy they need out

**CUT,
BURN,
AND
POISON**

**EYES
BOTHER
YOU?**

**TIRED
ALL THE
TIME**

of it. Hence, they eat too much trying to get enough energy, and that just makes things worse.

This person needs to do their Biological Immunity Analysis® frequently and where they can get rest while their body chemistry, represented by this Profile, is changing. Often, when the body chemistry is changing, it is like a drug withdrawal. It could be rough! This Profile represents a Reserve Energy level of 29 on a scale that has 100 as perfect health and 0 as death.

A Wrong Concept

The medical approach, the concept that for every disease there is somewhere a drug that will heal it, in my opinion, is wrong. Millions needlessly suffer and die each year because of this wrong direction. I am not suggesting that most medical doctors are conspirators deliberately doing wrong. The fault lies in their training, much of which is financially supported by the pharmaceutical industry through grants, etc.

Basic Rules

ANY DAY A PERSON BURNS UP MORE ENERGY THAN THEY ASSIMILATE FROM THEIR FOOD, THAT DAY THEY BEGIN TO GET SICK.

In this concept is the vital key to health. With that in mind, consider this: WE DO NOT LIVE FROM THE *FOOD* THAT WE EAT, BUT FROM THE *ENERGY* CREATED *FROM* THE FOOD THAT WE EAT.

If we just lived off the food, diet would be insignificant. One food would be just about as good as any other food. Most traditional doctors do not know, and even fewer of them bother to teach, anything about diet. They may know that a “good diet” seems to make a difference, but few know why diet works or how energy is created from the food.

Sugar Brix Level

Balance Sugar: Actua Sugar:	UpH	B-UpH	Bal'd Salts Actua Salts	C E L L S	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
	SpH	B-SpH			AN				SD
7.0	6.4		7	1	3			7	
	6.4				3				

You hear a lot these days about how important it is to stay away from refined sugars, sweets and carbohydrates. Yet, without sugar in your blood, you will go into a coma and die for lack of proper energy to your brain and other vital organs. Sugar (glucose) provides energy and, thus, is very important to your health. Blood sugar being too high can cause as many problems as blood sugar being too low.

Low blood sugar symptoms such as sudden headaches, uneasiness, sweats, light-headedness, disorientation and sudden losses of energy are being experienced by more and more Americans today.

Many people have learned to cope with this problem by snacking on something sweet. The problem with this is that when they do this, the same problem reoccurs a few hours later and they have to repeat the whole process. As a result, they have a hard time keeping their weight down. Pregnant women have a difficult time carrying a child for the full term if they have a low blood sugar problem. This is because there is a threat of abortion when the sugar drops too low for a long period of time.

An extreme result of low blood sugar is a coma, and, ultimately, death. This could happen at any time. Many head-on collisions, bridge collisions and telephone pole collisions which cannot be attributed to intoxication, may be nothing more than low blood sugar comas happening while driving.

When the sugar level goes up, the brain is deprived of oxygen, and, like low blood sugar,

**SUDDEN
LOSS OF
ENERGY**

**MEMORY
PROB-
LEMS**

**HIGH
CHOLE-
STEROL
AND
TRIGLY-
CERIDES**

this affects your ability to think clearly. You may experience an increased problem with infections. You may notice that you are not healing quite as fast as you used to heal. You may notice that “gout” is beginning to appear. Headaches may be frequent. You may have a constant feeling of frustration, or being “out of sorts.” Your circulation may become impaired, with your hands and feet feeling colder than they used to feel and your legs “going to sleep” more frequently.

A very high sugar brix reading, sustained over a long period of time, will begin to cause a weight loss. The more sugars there are in your system, the more the system craves. The result is a leaching from the muscles and other tissues. There seems to be a constant hunger, but weight continues to drop.

High sugars will affect other parts of the Biological Immunity Analysis® also — the pH values of both the urine and saliva. The oxygen supply is being cut off. This means that various stages of nutrition are incomplete due to the inability of certain organs, especially the liver, to properly metabolize your food.

You have heard of diabetes. A diabetic, which is the opposite of a hypoglycemic, is unable to keep his blood sugar down to a reasonable level. Thus, he is put on insulin. High sugar levels many times mean that your cholesterol, triglyceride and other fat levels are on the rise, although this may also be true in a hypoglycemic. If your high sugar level doesn't kill you, a heart attack may.

The culprit involved in both the high and low blood sugar problem is refined sugar. Our bodies are created with a mechanism to properly metabolize the naturally-occurring carbohydrates in fruits, vegetables and other natural foods, but refined sugar is absorbed so quickly into the blood that it elevates the blood fat levels. Then this fat interferes with the function of insulin, allowing the blood sugar to rise.

If you are fortunate enough to have a strong pancreas, it will pour out enough insulin to

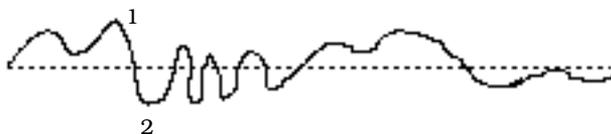
overpower the fat and keep the blood sugar within tolerable levels. However, if your liver converts the sugar into fat faster than the pancreas can tolerate it, then you are going to have a high blood sugar problem.

Therefore, it is important to reduce, if not eliminate, your intake of refined sugar products. Along with the liver and the pancreas, the kidneys play a major part in excreting excess sugar from the blood and the body. When your blood sugar level drops below 60 mg%, there is no sugar found in your urine and you will have a difficult time staying conscious.

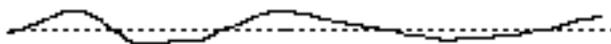
When the sugar in the blood is between 75 and 80 mg%, you will feel great, and, if you are consuming the proper amounts of pure water for your body weight, the sugar brix should be between 1.5 and 2.0. The farther your sugar number is from 1.5, the less energy you are going to have. It will also be more important to learn what dietary/supplementary program may be appropriate for you.

You must improve your sugar nutrition if you ever hope to regain, or maintain, perfect health. Our HealthWatchers Program holds great promise for you in dealing with your sugar metabolism. It is the most efficient way to a healthier, happier life, the natural way.

IMPROVE YOUR SUGARS



COMMON BLOOD SUGAR PATTERNS IN 24 HOURS



COMMON URINE SUGAR PATTERNS IN 24 HOURS

**A
HEALTHY
BODY**

**RESIS-
TANCE
RELEASES
ENERGY**

The level of sugar in the blood can change far too quickly during the day for you to get any test of value. If the blood were drawn at Point #1, you will have high sugar, but if the blood were drawn a little while later, the doctor may tell you that you have low blood sugar (Point #2). Later on, your sugar could test rather normal (Point #3). The sugar level in the urine is the average of the fluctuations of the blood sugar in any 24-hour period. We teach you how to use a standard scientific instrument that measures ALL sugars in the urine in just a few seconds.

The scale on our instrument indicates that perfect sugar brix is 1.5. Sugar brix level is the first number in the Biological Immunity Analysis[®]. Urine pH is the second. Saliva pH is the third. A healthy body will pattern a very steady urine sugar level regardless of what is eaten. A blood test can be misleading. The Biological Immunity Analysis[®] is accurate and indicative of what we need to know.

What we need to aim for is a pancreas so revitalized that no matter what we eat, our sugar level will hold between 1.5 and 3.0. The best way we know of to rebuild the pancreas is a “green drink”, that is, anything green, such as carrot tops, celery, green beans, any edible green leaf, etc., put through a juicer so that the vital juices are separated from the bulk of the plant. We make 4 ozs. of this, twice a day, and drink it very slowly. You will be amazed at the new-found energy.

***Biological Immunity Analysis[®]
Theory of Ionization***

All energy in the human body is created by the RESISTANCE generated when oppositely-charged ions (cations-anions) rotating in opposite directions come together. In the ionization chemistry of the human body, it is the resistance between the orbiting anions and cations that actually creates energy. If there is no resistance,

then no energy is created. In chemistry, the measure of this resistance is known as “pH”, but pH is neither a qualitative or quantitative measurement. It is just resistance.

Your pH Balance

Balance Sugars Actua Sugars	UpH	B-UpH	Bal'd Salts Actua Salts	CELLULOSE	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
	SpH	B-SpH			AN				SD
7.0	6.4		7	1	3				
	6.4				3				

Certainly one of the most important processes in your body is the process by which the pH balance is maintained. Of all the subjects I had to study in order to grasp the significance of the Biological Immunity Analysis®, the pH was probably the most technical and complex.

The pH involves the Hydrogen ion. In order to understand pH, you have to know what an ion is. An ion is an atom of some particular element which has lost or gained electrons. Hydrogen is found in two ways, either as a complete Hydrogen atom, or with part of it missing, as a Hydrogen ion. If an atom gains electrons, it develops a negative charge (anion). If an atom loses electrons, it develops a positive charge (cationic).

The pH scale was developed by scientists in order to measure the number of Hydrogen ions in any solution. Hydrogen is heavily involved in nutrition and some solutions carry more Hydrogen ions than others. The pH scale is an easy way of measuring this amount. The concept is very similar to your Biological Immunity Analysis®. It is easier to understand by converting the process to math.

Imagine a paper towel and a pool of water on the kitchen floor. Now, this paper towel is going to absorb Hydrogen ions instead of water. As long as your paper towel is dry, it has a lot of potential to absorb Hydrogen ions, doesn't it?

**ANIONS
VS.
CATIONS**

**pH
SCALE**

**HIGH
SCHOOL
CHEMIS-
TRY**

The more it soaks up, the less potential it has to absorb Hydrogen ions.

A chemical solution is just like our paper towel. When it has a great deal of Hydrogen ions in solution, the potential of the chemical solution to absorb or attract more Hydrogen ions is very low. When it has only a few Hydrogen ions in solution, its potential to absorb more Hydrogen ions is very high, and we would say that the pH of that solution is very high. This is because the potential to attract Hydrogen ions is high. Hopefully, this analogy helps you gain an understanding of pH.

Scientists have established the pH scale from 0-14. Thus, a solution having a pH of 0 has no ability to attract Hydrogen ions, while a solution having a pH of 14 has a great deal of ability to attract Hydrogen ions. Remember, “p” stands for potential and “H” stands for Hydrogen — the potential of the solution to attract Hydrogen ions.

If the scale runs from 0-14, then 7 is the midpoint. A pH above 7 is alkaline in nature, and a pH below 7 is acid. Therefore, a pH of 7.2 is alkaline, and a pH of 6.2 is acid. Distilled water has a pH of 7, or is neutral. Vinegar has a pH of less than 7, and is therefore an acid. Baking soda has a pH greater than 7, and therefore is alkaline. Of course, there are some acid solutions which are more acid, or lower on the pH scale, than others, just as there are some alkaline solutions which are more alkaline, or higher on the pH scale, than others.

Now, how does this work? Do you remember seeing an alkaline substance being dumped into Sulfuric Acid in high school chemistry class? What happened? That’s right, a lot of bubbling and foaming. Why? Because all of the Hydrogen ions that were contained in the Sulfuric Acid (low pH) went rushing over to the alkaline substance (high pH). The high potential of the alkaline substance to accept the available Hydrogen ions present in the Sulfuric Acid was great enough to cause this rushing effect which

caused the bubbling and foaming. As soon as the solution was neutralized, the bubbling and foaming stopped. In other words, as soon as there were as many Hydrogen ions present in the alkaline substance as there were in the Sulfuric Acid, the bubbling stopped. We say the solution was neutralized, but that doesn't mean that the solution became 7.0. It only means that the Sulfuric Acid no longer had the low pH it once had and the alkaline substance no longer had the high pH it once had.

Each solution in your body has its proper pH, and if its pH gets too far out of balance, the secretion or solution loses its effectiveness to assimilate or absorb minerals and vitamins. Enzymes are also affected by the pH of the solution in which they are contained. If you are not properly absorbing nutrients from the food you eat, then poor health is ultimately going to result. Blood has a pH of 7.4, and a variance of just a few tenths in its pH can cause a coma and death.

Thus, you can see why the pH of the various secretions and solutions of your body is something you just cannot ignore if you wish to maintain perfect health.

Your digestive system has two opposing sets of secretions. One is very acid and the other very alkaline. For the maximum digestive efficiency to take place, these two secretions must balance each other.

The gastric juices of the stomach are the prime source of the acid enzymes which are represented by the saliva pH. The pancreas and liver are the source of the alkaline enzymes which are also represented by the saliva pH. When both the alkaline and the acid enzymes are in balance and at the correct pH, then the pH of the saliva should read between 6.4 and 6.8. This is slightly on the acid side of the pH scale.

In other words, when your urine and saliva pH are in correct balance, with both reading 6.4, it means that the secretions of your digestive

**pH
AFFECTS
ENZYMES**

**SALIVA
pH**

**BAD
ASSIMI-
LATION**

system are operating at peak efficiency. It means that you are obtaining maximum nutrition from the foods you eat. It means that your blood is at the proper pH level. When the pH balance is altered and one or both of your pH readings moves away from 6.4, it means that your digestive secretions are out of balance. The enzymes become less efficient, which means that the nutritional process in your body is becoming more and more inefficient. The farther out the balance of the two pH's travels, the more serious health problems you may develop because of improper assimilation of important minerals.

If you have a body pH that is very acid, then you may have a pre-ulcerous condition, depending upon how long it has been low. This low pH may lead to more serious health problems as you grow older. People with a Urine pH that is too low often experience increased heart rate, frequent sighing, restlessness, cold sweats, dry skin, dry mouth, hard stools, halitosis and diminished urination and perspiration. This is usually due to a prolonged alkaline condition which finally results in the exhaustion of the adrenal cortex. The adrenal glands play a very important role in controlling the pH.

A very low body pH means that the food must be passed through the alimentary tract, stomach and duodenum very quickly to keep from irritating and burning the walls of the intestines. This means that the time normally allotted for absorption of minerals and vitamins is greatly decreased, and, as a result, you may not get the proper energy out of the food you eat.

The more acid your pH goes, the more destruction occurs to certain vitamins. Calcium is also affected. A lack of calcium may cause a decrease in vitamin C, and this permits a weakening of tissues as well as a weakening of the gastric juices, which in turn affects your pH. It is a vicious cycle.

Calciums are important because calcium is the base for many enzymes which are produced by the liver. A deficiency of a certain kind of

**WEAK
ADRENALS**

**LOW
ENERGY**

**CALCIUM
AND
VITAMIN C**

calcium will cause the pH to go acid because it depletes the body of alkaline enzymes. The liver is then unable to manufacture the enzymes because it does not have the available raw material.

There are at least six kinds of calcium that are needed by the body. However, only one needs to be lacking to cause an unbalanced Biological Immunity Analysis®. This lack of a certain kind of calcium usually affects women differently than men. Women become nervous, uptight, and may often cry. Men become very tired and irritable. Thus, you can see that a deficiency in calciums can cause grave marital difficulties. This deficiency may even be part of the “generation gap,” if it exists in your family.

But what kinds of calcium? There are many kinds of calcium needed by the liver in order for it to correctly produce a multitude of enzymes.

You surely have known at least two people who have taken Dolomite, for example. One person says that they sleep much better. The other person says that if they take Dolomite it “drives them up the wall.” Why is this? The answer lies in the type of calcium in which each is deficient.

How do you know? We can teach you how to know by looking at your Biological Immunity Analysis®.

What about an alkaline body pH? The more alkaline your body pH travels, the weaker your digestive juices become. Now you do not get the proper energy from the food you eat because your digestive enzymes are not strong enough to break down your food for easy assimilation. You have nutritional problems. People with a high pH often experience increased respiration, stiff joints, muscle cramps, calcium precipitating out of alkaline tissues, discomfort after eating due to a lack of acidity in the stomach, a sudden rush of sugars into the bloodstream, causing insulin stress, and lowered resistance to disease, since viruses, bacteria, fungus, parasites and other micro-organisms thrive in an alkaline medium.

THE LIVER

SIX KINDS OF CALCIUM

STIFF JOINTS

**ASTHMA
ALLERGY**

You tend to have upper body problems such as asthma, allergies, etc. It is also likely that you have colon problems such as constipation and/or congestion.

Your pH helps you know what foods, as well as food supplements, you should be eating and which ones you should not be eating.

When you take the wrong food supplements you are wasting money. When your pH is out of balance, it means that your energy mechanism is inefficient because you are not extracting the needed nutrients from the food you eat.

For example, have you ever met someone who says that vitamin C doesn't help them ward off flu, colds or infections? Perhaps you have had that experience, and you wonder, after reading many articles about the value of vitamin C, why it doesn't work for you. It is entirely possible that you have the wrong pH and lack alkaline enzymes which are necessary to properly utilize vitamin C! You can learn what to do to balance your body chemistry to enable you to take full advantage of vitamin C.

We have previously mentioned calcium and how it affects and is affected by your pH. Women need much more calcium than men. Lack of the proper kind of calcium can make you nervous and tense, especially before menstruation. It usually means that your pH is away from normal and preventing you from obtaining the needed calcium from your diet.

The oil soluble vitamins, A, D, E and K, are also affected by the pH range. Vitamin B Complex is, too.

Each of the minerals has a pH range beyond which it is not properly assimilated. Today, it seems like degeneration or disease of the uterus in females and the prostate in males is a frequent diagnosis. This is because manganese, which is vital to the breasts, uterus and ovaries, and zinc, vital to the prostate, are not properly absorbed because the digestive pH is out of balance. When this deficiency accumulates over many years, those organs suffer from mineral

**UTILIZE
VITAMIN C**

**EACH
MINERAL
HAS A
pH
RANGE**

starvation. They begin to rot and die. Then a medical doctor usually tells you that chemotherapy or surgery is needed. Perhaps radiation is prescribed. What you actually need is to balance your pH's so your body can pick up the needed minerals and vitamins. If it can do this, it can begin the rebuilding process. You must always keep one thing in mind: matter does have its limitations. It is possible that the disease process has gone too far and the cells will not respond to nutritional therapy. However, this will be evident immediately should it be the case.

Yes, by knowing your pH, you can learn what is happening to your digestive system. It is important to find out as early as possible, because, as you have probably noticed, when the first problem appears, it is only the beginning of many to come. Do yourself a big favor and find out what your Biological Immunity Analysis® looks like and do whatever is necessary to bring your pH balance back to normal.

Now it is time to discuss your saliva pH. The pH of the saliva is very slow to change, and when it does change, it is equally as difficult to bring it back to normal. It is indicative of the pH of the liver bile, pancreatic fluids and the large intestine or colon. By using the saliva pH as an indicator, you can tell which way the secretions of the liver, pancreas and colon are heading.

For example, if your saliva pH is very alkaline, it may mean that your digestive enzymes are too alkaline. This could cause you to have a real problem keeping your weight under control. It may also mean that you probably have high sugars and, if you are not careful, could end up on insulin if they are very high. Your liver may be overactive, which causes a lot of stress on your gallbladder. When your gallbladder is under stress you run the risk of having gallstones. Another problem caused by too alkaline of liver secretions is gas. The more acid your urine pH, the more gas you may have, because the acid gastric secretions are going into an alkaline system. Remember the Sulfuric Acid and alka-

MINERAL STORES

SALIVA pH

LIVER STRESS

**A LARGE
pH
SPREAD
MEANS
GAS**

line substance reaction? The same thing happens in your intestinal tract. A large spread between the two pH's means a great internal energy loss due to a very inefficient metabolism. The larger the spread between the two pH's, the more gas you will have. Nothing you take to eliminate the symptom is going to benefit you in the long run. The solution is to put an end to the pH imbalance. You can learn how.

**DIGEST
TOO
FAST**

When your saliva pH is too acid, it means, again, that your liver may be very inefficient. This time the bile is weak and the liver is toxic. There is a deficiency of the alkaline enzymes. You are not getting the proper energy from the food you eat because the alkaline enzymes, which also play a part in balancing the acid gastric system, are deficient. Carbohydrate digestion is poor due to the toxic liver condition, which means less energy coming to your system. If it should happen that your urine pH is acid, along with an acid saliva pH, it means that you have a very fast digestive action. You will have a tendency toward gastric or duodenal ulcers, colitis, and a problem with loose stools. Our research has shown a correlation between degenerative disease and an acid saliva pH.

COLITIS

**CONSTI-
PATION**

When both pH's are alkaline, you have a tendency toward having a very slow digestion. This means "packing away" in the colon. It means putrefaction in the colon. It could mean constipation. Many women have a very difficult time getting pregnant if their pH balance is too far away from normal. Problems with lung disease, heart disease, reproductive organ disease, kidney and bladder disease, and many other degenerative diseases are related to an abnormal pH balance. You can learn how to see this picture by looking at your "numbers" which are part of your Biological Immunity Analysis®.

There are many other things that you can learn to see in the pH balance. You can learn to develop a program consisting of a specialized diet and food supplements which will bring your pH's back into the proper 6.4 balance. Once you do

that, the gastric secretions, the saliva, the liver bile and the pancreatic enzymes are all balancing each other and the efficiency of your digestive system increases at a fantastic rate.

You can now see that your pH is one of the most important parts of your Biological Immunity Analysis®. When your pH goes out of balance, it causes all kinds of chemistry problems in your body. As you begin to get it back into balance, you experience energy you forgot you had. Many times it seems like a miracle, but it is merely chemistry coming into balance. It is all scientific and mathematical. The numbers do not lie. When your pH comes into balance, your body is on the way to being able to efficiently and properly assimilate the needed minerals and vitamins from the food you eat.

The soil is the same way. Why would your body be any different? An improper soil pH can cause plants to grow poorly and die prematurely, fruit to be too small or not ripen, insect infestation and a myriad of other problems. This can all be due to the fact that when the pH goes outside a specific range, certain minerals are not correctly assimilated. Without these minerals life cannot survive. Your Biological Immunity Analysis® holds your key to survival. Learn how to use that key to unlock for you the secret of perfect health and eternal light.

pH Equals Resistance

Picture yourself as a tube with arms and legs. This may sound funny, but in reality it is what we are. We put food in one end and it comes out the other. It is changed, but it is still the same food we put in.

Almost all food is cationic in nature. This means its design is to bury us. Cations are attracted toward the center of the Earth. Roots and foods growing beneath the surface of the earth are very cationic. Anions are drawn toward the Van Allen belt hundreds of miles up in the sky surrounding Earth. The juice of the lemon is

**ENERGY
YOU
FORGOT
YOU HAD**

**SOIL
pH**

**LEMON
JUICE**

**ANIONIC
DIGES-
TIVE
FLUIDS**

**NO
RESIS-
TANCE,
NO
ENERGY**

considered to be the most anionic food.

Since all food is largely cationic, it requires anionic digestive fluids produced by the Stomach, Liver and Pancreas to offset the effect of these foods and produce the correct amount of energy needed by the body.

In other words, the anionic digestive fluids of the body interact with the cationic foods (RESISTANCE) which produces energy that is absorbed by the body. Therefore, it is EXTREMELY IMPORTANT to be sure that our anionic digestive system is strong.

You must have the correct combination of minerals in your body or you run the risk of having a weak anionic system, resulting in an improper pH, ultimately leading to a malfunction in the body's mechanisms.

To make matters more confusing, there are different kinds of Calcium, different kinds of Potassium and different kinds of Chlorine, all of which need to be present in different amounts, depending upon the kind of Biological Immunity Analysis[®] a person has.

One thing is for sure. It is of paramount importance to learn how to see the deficiency and excess of each of these minerals in the Biological Immunity Analysis[®]. Correction of these deficiencies, or excesses, can work miracles. Many "hopeless" situations have turned around, seemingly overnight.

Suppose that you ate only foods or substances that contained cations. With no anionic substances present, there would be no resistance. Remember, no resistance, no energy. Suppose you consumed only anionic substances. Where would you get the cations to create the energy? In practical consideration, it is not possible to have only anions or only cations present. However, it happens all the time, with sick people, that there are never enough anionic substances present for them to get the energy needed from the cationic foods they have eaten. Thus it is said that we "do not properly digest our food". In reality, the cause of any illness is

the improper balance between the anions and cations necessary to produce energy. Any day that you do not produce more energy than your body consumes, that day is the first day of your illness, REGARDLESS OF HOW WELL YOU MIGHT FEEL.

How Can You Tell?

How can we know from day to day how we are doing with this anion/cation balance? The answer is quite simple. Measure the pH of both the urine and saliva. Both should read a pH of 6.4 if you are getting the maximum energy out of the food you eat. Any deviation from that reading, either higher or lower, is a sharp loss of energy. If the pH remains off from this norm of 6.4 for any length of time, the person is sick! Any time there is a loss of energy, you will ultimately find sickness. No exceptions! Can you imagine the problem with a urine pH of 5.8 and a saliva pH of 8.0? The urine is far too acid and the saliva far too alkaline. Does it really matter what illness is present? Naming the illness does not correct the pH problem and cure the malady. What does help cure the problem is getting the pH back to 6.4.

Cationic vs. Anionic

Suppose you knew which foods and minerals were anionic and which were cationic...the shift would be rather easy, wouldn't it? Consider this: all foods, except freshly-squeezed lemon juice, happen to be predominantly cationic. The liver bile, as it enters the duodenum to make digestion possible, is also anionic. If the liver only produced 40% of the bile needed. What would happen to the pH and the energy generated from the food? Calcium and Potassium are cationic minerals and Chlorine is predominantly anionic. It is very important that our bodies do not become deficient in these minerals. Furthermore, calcium is the one mineral the body needs more

**FIRST
DAY OF
YOUR
ILLNESS**

**LOSS
OF
ENERGY**

**CORRECT
THE
pH**

**DO NOT
BECOME
DEFI-
CIENT**

**PRICE-
LESS
INFOR-
MATION**

**CANCER,
AIDS**

of by weight and volume than any other mineral. It happens also to be available in at least six different forms. Suppose you do not get the right form of calcium you need; what happens to the energy created? Too many doctors stress iron, which is cationic, when most people desperately need a specific form of anionic calcium, which would result in the body being able to naturally absorb the required iron.

The Beginning of Energy Loss

The beginning of any loss of energy, the beginning of any illness, is the lack of the needed minerals from the food that we eat to obtain the necessary ionization, the anions and cations, to create energy. Suppose you had a low pH, one below 6.4, and are not feeling well and stuffed yourself with vitamin C. What would happen? Vitamin C happens to be anionic and it would drive the pH even lower and actually make your condition worse! If the body pH is below 6.4 it cannot use vitamin C. How do you know whether to take vitamin C? Check the pH. That knowledge, right there, is priceless.

It is the deficiency of the needed minerals in the right ratio of ion combinations that causes the cells of the body to fail to produce energy. What is cancer? What is AIDS? In our opinion, it is a cell that cannot produce its normal amount of energy, a dying cell because of the lack of some needed mineral that would have allowed it to produce energy and live.

If the foregoing is true, then what is the answer to cancer and other diseases? It is the same as the answer to the energy crisis in the body! Correct the mineral deficiency so that your body, as indicated by the urine and saliva, maintains a pH of 6.4. Of course, that is not quite as easy as it sounds.

Where is the Energy Loss?

Now for the next step. Suppose you could determine where the energy loss was located in the body. What would you then know? You would know the probable location of a future disease. Is there a way to determine this and the extent of the energy loss? Yes, but it is beyond the scope of this booklet. What we are looking for here is a way to correct the problems before they get started. If we can design a nutritional and lifestyle management program that will bring the body back to the normal pH you will notice that you have much more energy. If there is no energy loss, disease cannot exist.

The same diet does not work for everyone! Anyone offering a “magic diet good for anyone” is foolish at best and a fraud at worst. Without an analysis of the cations and anions available and the resistance called “pH”, good diet is, a lucky guess. Why guess when you can know for sure? However, pH is just part of the answer.

The First Thing That Happens

What is the first thing that happens when there is a mineral deficiency in the body? The very first thing that happens, the very beginning of illness is the breakdown of the liver. The liver's function is to produce many different kinds of enzymes. It is these enzymes from the liver that supply the “raw materials” used by the various organs and glands and tissue structures. These organs and glands add certain minerals to these enzymes, thus producing their own output to perform certain body functions.

Take, for instance, the problem of cancer. Why could a loss of energy ultimately cause cancer? It has been said that cancer is caused by the body failing to digest, or metabolize, proteins taken into the body. It is because the pancreas is not producing the special enzymes needed to metabolize the protein. This statement is not new to those who have been studying the

**DISEASE
CANNOT
EXIST**

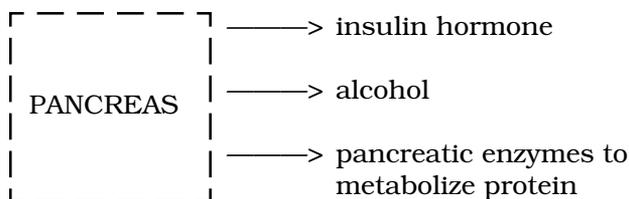
**MAGIC
DIET**

**LIVER
ENZYMES**

**COLD
HANDS
AND
FEET**

**NO
MATTER
WHAT
YOU EAT**

cancer problem, but, for others, let's provide a little review of three functions of the pancreas:

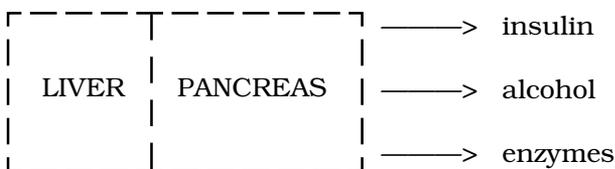


If the pancreas does not produce enough insulin, the person will have high blood sugar and may become a diabetic. If it produces too much insulin, he will have low blood sugar, which may also result in diabetes. If the pancreas does not produce enough of the special kind of alcohol, the person has cold hands and feet most of the time. If severe enough, he may be cold all over at all times and in all seasons. If there are not enough of the pancreatic enzymes, that person may develop cancer. Cancer patients usually need more of these enzymes or they must reduce their protein intake. What is most of the traditional world telling us night and day? Eat proteins! Eat proteins, as they are the building blocks of the body, etc. TRUE, they are, but what if that person has a pancreas that is not producing the proper amount of enzymes?

How about the rebound thought of taking less protein as an answer to cancer? Yes, you will find those who propose this as a solution, cut the protein to match the output of the pancreas. One man's answer, among other things, is not to eat meat after the noon meal. No, that is not to the answer to a sluggish pancreas. THE SOLUTION IS TO GET THE PANCREAS TO PRODUCE WHAT IS NEEDED REGARDLESS OF HOW MUCH PROTEIN YOU EAT.

The pancreas gets its input from the liver enzymes. Suppose the liver produced only 40% of its normal output of enzymes. What may happen to the INPUT of the pancreas? Right, 40% of normal. What might the pancreas then

put out? About 40%. If this 40% was not enough to handle the protein, you could expect cancer or other degenerative disease to strike that person at his weakest point.



Look closely at this concept, for herein lies the key to cancer and almost every other “incurable” disease. The beginning of illness is the breakdown of the liver. Our project, then, is rather simply stated: REBUILD THE LIVER! Get it going again at 100% output, if possible. Once that happens, its enzymes are sent all over the body, and all kinds of troubles begin to disappear. There is suddenly enough anionic liver bile to handle the volume of cationic foods that are eaten. Just imagine a liver sending out 100% to the pancreas. What happens to that diabetic? He may no longer need his daily dose of insulin because his pancreas now makes enough to handle his sugar intake. What about the cancer patient? Digestion of proteins may no longer be a problem and, quietly, his cancer begins to be thrown out of his body.

There is a word of caution in regard to this approach. If the liver gets turned on suddenly to 100% capacity, the pancreas might produce too much insulin. If that person’s pancreas already made too much insulin (in other words, there is hypoglycemia present, or a low blood sugar condition), this technique might force the sugars too low and the person would pass out. (The sudden drop in blood sugar is far more serious than many people realize. Not only does it cause “blackouts” where the person becomes unconscious at the wheel of a car, a major cause of unexplained auto accidents, but convulsions in babies may also involve low sugar. It is now

**THE
START OF
ILLNESS**

**SUDDEN
BLACK-
OUTS**

**A LOT
OF
FOOD**

**NATURAL
LOVERS**

**LEMON
JUICE**

believed that many epileptics are not epileptics at all, but are sudden-low-blood-sugar cases.)

Unstable Body Chemistry

If what you eat can dramatically change your body chemistry, you are sick. Whenever your body chemistry is unstable, you are losing energy and are sick. If you have to eat a lot of food just to have the energy you want, you are sick.

Our bodies are cationic. All the foods we eat, except fresh lemon, are largely cationic. Even frozen and “reconstituted” lemon juice sold in cans are cationic. As these cationic foods enter the digestive tract they meet the anionic liver bile. The electronic resistance between the anions and cations creates the energy. Now, suppose the liver stopped working. No bile, no resistance, no energy.

If the liver were sluggish, the anions of the lemon would help in the energy created from the cationic foods. It just so happens that anionic lemon juice, mixed 10% with distilled water, is believed to be the natural base for the many different kinds of liver enzymes needed for every organ and gland in the body! The liver and the lemon are sweethearts, natural lovers. A specific solution of lemon and water taken every hour, and the correct amount of plain distilled water taken on the half-hour, is just the right combination and concentration to flush and rebuild the liver faster than any other known method.

Yes, the common lemon, because of its unique anionic properties that trigger the liver, contains the secret cure for most illnesses associated with a sluggish liver.

Most people never drink lemon juice, so how in the world can they stay healthy? If you have had a proper diet and you continue with one, you may never need the juices of the lemon. Lemon is one of few known anionic foods. Calcium, potassium and chlorine are important digestion minerals. Foods high in these organic

minerals must be eaten regularly. You must get plenty of the various organic calciums into the body or you will not get the natural anionic/cationic resistance needed to produce energy. If you have had these in your diet over the years, that fact will show up in the Biological Immunity Analysis[®], and you will be healthy. Healthy people do not need the strongly anionic juice of the lemon. One of the best ways to get the proper anionic minerals is to eat the widest possible variety of fruits and vegetables you can. When was the last time you ate a pear, cauliflower, mango, avocado, or citrus? Variety is needed.

Hidden Cause of Sickness

One of the major hidden causes of sickness is the overuse of white sugar. Some of you have heard this before, but you may not know the reason. White sugar depletes the calcium from the body because it easily turns into alcohol. Alcohol is the greatest enemy of calcium in the body chemistry. There is an ionization connection between the high consumption of white sugar and cell degeneration. White sugar causes disease by driving out the anionic calcium that you are trying to accumulate from foods, thus shifting the body chemistry enough so that proteins are not digested. If this goes on long enough you will begin to lose energy and start to get sick. The shift in body chemistry can cause a host of problems.

“My people are destroyed for lack of knowledge...” (Hosea 4:6)

Water Is A Key to Good Health

Another very important health subject is WATER. Our bodies are composed of some 80% water. Most of us do not drink enough water to maintain our health. Some doctors tell you that you should drink a quart a day. That advice may keep you their regular patient, unless you weigh less than 65 pounds. Most people need to drink

**ENEMY
OF
CALCIUM**

**PURE
WATER**

**MUST
GET
PROPER
IONS**

one ounce of pure water for every two pounds of body weight. Suppose you weigh 180 pounds. Divide 180 by 2 which equals 90. That means 90 ozs. of water every day. That is nearly three quarts, and most Americans do not even drink one quart unless they are doing heavy work. Is it any wonder that they have all sorts of aches and pains and many develop serious diseases? Ignoring all other things that I have stated thus far, I doubt that you can find a diseased person who drinks the proper amount of water. Water keeps the toxins flushed out of the body; it keeps the digestive tract operating; and it keeps the colon moving. It is impossible to get the proper ionization of the stomach, so that the cations and anions can create energy, if you do not provide them the water in which to ionize.

**HARD
WATER**

ARTHRITIS

All water initially starts as rainwater and is cationic in nature. As this cationic water hits the earth and passes through it, its cations come into contact with anionic ions to draw mineral molecules into the water. Most of these will be inorganic calciums and potassiums. When you get enough of these molecules in the water, you notice that the water is "hard". While your body does need organic calciums, it cannot assimilate, to any great extent, the inorganic calcium and potassium minerals as are found in wells, springs and municipal water supplies. Most of these minerals are passed on out of the body, but some of them get involved in the anion/cation exchange and do get sloughed off into the joints and build up deposits there. We call this problem "arthritis". Arthritis may be caused by a deficiency of pantothenic acid in the system, again the result of a faulty diet. A shot of cortisone is one medical approach. This treatment might make you feel better, but it reportedly destroys the pantothenic acid that you may have, leaving you worse off, and sure to return again to the medical office for another "treatment".

"But God hath chosen the foolish things of the world to confound the wise; and God hath chosen

the weak things of the world to confound the things which are mighty.” (I Corinthians 1:27)

Electrolyte Imbalance

Balance Sugars:	UpH	B-UpH	Bal'd Salts	CELL D <small>EN</small> S <small>IT</small> Y	NN	Bal'd Ureas	Metat Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
	Actua Sugars:	SpH			B-SpH				Actua Salts
7.0	6.4		7	1	3				
	6.4				3				

The third number is the mineral salt (electrolyte) level of the body chemistry. The normal is 7. It is the measurement of every kind of salt, not just the sodium salts. We are interested in salt level because salt, organic as well as inorganic, causes the water in the body to become an electrolyte and to conduct the minute electrical charges of the body. Too much salt magnetizes or over-ionizes the nerves of the stomach and may be the primary cause of ulcers. Salt also over-ionizes the food causing it to cling to the walls of the colon. Too much salt may be a cause of angina heart conditions. An angina heart attack may not happen if the salt level is kept normal. When the salt reading gets above 20 the heart may be beating too hard. A doctor cannot see angina; however, you can see certain indications of too much salt and toxemia by ruptured blood vessels in the face and varicose veins elsewhere in the body. One way to correct this problem is to drink the correct amount of distilled water. If that does not cure the problem, you will have to go easy on every kind of salt, including fats and oils.

The mineral salts in your body are electrolytes. An electrolyte is something that conducts electricity. Water, other than distilled water, is an excellent conductor of electricity because of the mineral salts that are dissolved in the water.

You may be aware of one of the salt group, Sodium Chloride, or common table salt. How-

TOO MUCH SALT

HEART

FACE

LEGS

BRAIN

ever, Sodium Chloride is only one of the mineral salts group.

Potassium salts, for example, are important for the conduction of nerve impulses involving the brain and central nervous system. Potassium is also very important for proper cell function because it relates to electrical function. Brain dysfunction, as well as dysfunction of other vital organs such as the heart, can be traced to a Potassium deficiency.

There are salts that buffer the very acid secretions as well as the very alkaline secretions of the body. This is an important function, one which you cannot live without.

You also have inorganic salts in your body. These are salts that your body does not need. You obtain these salts from processed, devitalized foods that are literally sold everywhere. These salts cannot be used by your body and are extremely dangerous to your health. Common sense will tell you that anytime you put something into your body that your body cannot use, it will consume vital energy to get rid of it. If you put too much of this useless material into a system that is already under a great deal of stress, it is going to cause your metabolism to operate even more inefficiently than it already is.

COMMON SENSE

You can also end up having too many mineral salts in your system by eating too much protein. The body converts excess protein into salts in order to eliminate them from the system. Often these excess salts are stored in the connective and fibrous tissue. Connective and fibrous tissue includes ligaments, cartilage, tendons and the tissue supporting the nervous and vascular systems.

EXCESS PROTEIN

Excess mineral salts cause a “beef jerky” effect, causing this connective tissue to become rigid and stiff. You begin to experience stiff joints, strained tendons, torn cartilages and other irritating symptoms.

Another more serious problem is that some of the excess salts are being deposited in and around the walls of your blood vessels. The more

this buildup continues, the less permeable they become. The liver manufactures cholesterol to “grease” the lining of the blood vessels so the blood can flow more easily. The more cholesterol that is created, the worse the problem gets. Now, we have a problem with the possibility of a piece of the cholesterol breaking off and plugging an arterial passage.

If this happens within an artery supplying blood, and therefore oxygen, to a major organ such as the heart, brain or pancreas, part of that organ is going to cease functioning and you may become seriously ill, if not dead.

If your mineral salts level is too high, it may mean that your body contains too much salt and toxemia and you are in a zone for a major angina heart attack. This concentration of salts may also cause your intestines to lose their elasticity due to the crusting effect on the intestinal walls. As the inability to expand and contract continues, especially in the colon, the transverse colon may get very much out of shape, sag and create the appearance of a “tummy.”

This does not mean that your cholesterol blood count would necessarily show high. The amount of cholesterol floating around in your blood is different than the amount of cholesterol buildup on the linings of your blood vessels.

Also, the older you are, the more serious a high reading becomes. A person 55 with a salt level of 35 would be a lot worse off than a 21-year-old with a 35 salt reading. Why? Because the 55-year-old has more than likely had the problem for 34 more years than the 21-year-old, during which time the buildup has gotten an extremely strong hold on the system. The 21-year-old can reverse the situation in much less time because the high level has not had time to firmly seat itself in the body. So, the older you are, the more significant high readings become.

This is the main reason why it is a good idea to find out what your salt level is as soon as you can arrange to do so. On the Biological Immunity Analysis® scale, a level of 7 is considered perfect

BLOOD VESSELS

MAJOR HEART ATTACK

THE OLDER YOU ARE

**LOW SALT
BECOM-
ING
MORE OF
A
PROBLEM**

as long as all the rest of your Biological Immunity Analysis® is perfect. The higher you go, the more contamination there is. Many serious health problems can be avoided by simply knowing your mineral salt level and learning how to lower it and keep it in balance with the rest of your Biological Immunity Analysis®.

Just as a high Salt reading indicates impending problems, a too low Salt reading may mean a more serious imbalance. This may denote a lack of Potassium, Chlorine and other electrolytes, which may result in severe cell degeneration due to an improperly functioning metabolism. My research has shown that people with degenerative diseases tend to have a mineral salt reading under balance. It is also true that, due to the “low sodium” craze, many people are becoming sodium and chlorine deficient, leading to improper assimilation and absorption, and, ultimately, disease and distress.

Some of the mineral salts that are found in the urine are Sodium Chloride, Potassium Chloride, Magnesium Chloride, Calcium Chloride and Ammonium Chloride.

You have just been given a glimpse of what your salt level can tell you. You can learn a lot more by looking at this level with respect to the rest of your Biological Immunity Analysis®.

Cell Debris

Balance Sugars	UpH	B-UpH	Bal'd Salts	CELL DEBRIS	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (EP%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
	6.4			1	3				
7.C	6.4		7		3				

The fourth number is the albumin count, the number of minute particles in the urine. We are not concerned about the shade of yellow. As you hold a specimen of urine up to the light, do you see a sort of cloudy mass that swirls around? If you can very easily see such a mass, or there

seem to be particles all though the urine, your albumin count is more than 4 million particles per liter and is marked as 4 in the profile. The urine of a healthy person should be a clear light yellow color with few visible particles that can be clearly and easily seen. If you see these particles, it means that there is trouble somewhere. These are the release of either dying cells or dead cells. Only 40,000 per liter per 100 pounds of body weight is considered normal. This is the only part of the profile the average person can check at home without chemicals or instruments. If you see these particles, you had better find out what the rest of the profile is as soon as possible.

The cells in your body are constantly dying and being replaced. God does not deal in used parts. When they die, a large number of the cells are removed from the body through the urine. For a person in perfect health, this should not exceed 40,000 parts of cellular debris per liter of urine. However, if we are aging too fast, our cells are breaking down prematurely and the cellular debris found in our urine will increase.

Common sense will again tell you that when your metabolism is in balance your cells won't wear out as rapidly and there will be less tissue and cell debris in the urine. By calculating the amount of urine debris, it is possible to see just how fast you are aging. This fact could be alarming. This premature aging may be primarily due to a nutritional imbalance. Look at the other numbers in your Biological Immunity Analysis®. If the pH and sugar balances are away from normal, then a high cellular debris is expected. If it is not expected, then that could represent a failure of your nervous system to properly command the kidneys, etc., and as a result, the repair mechanism of your body would be malfunctioning. To know this in advance is a very important piece of information.

It is always exciting to see a person who knows they are beginning to really show their age go on a HealthWatchers Program and begin to firm up their sagging muscles, put some

**URINE
OF A
HEALTHY
PERSON**

**FIND
OUT
NOW**

**AGING
TOO
FAST**

**FIRM
UP AND
LOSE
WEIGHT**

contour back into their face, drop their cellular debris to a very low level and feel young again. Why do they feel and look younger after a few weeks of eating foods which give them a balanced Biological Immunity Analysis®? Because their cells are not breaking down as rapidly as they once were.

Your tissue and cell debris (urine debris) level should be 1M. If it is higher than this, you may be prematurely aging. If it is higher than this but under-balanced in your Biological Immunity Analysis®, it could mean that your repair mechanism is not working properly.

The Nitrogens

Balancer Sugar	UpH	B-UpH	Bal'd Salts	CELL DEBRIS	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
Actua Sugar	SpH	B-SpH	Actua Salts		AN				SD
7.0	6.4		7	1	3				
	6.4			3					

The last two numbers in the sequence that makes up your Biological Immunity Analysis® are both 3. Like the pH's, they are expressed as a fraction, but they are not a fraction.

The top number, which accounts for most of your protein elimination, represents your cationic elimination and is called the Nitrate Nitrogen. It is formed when excess amino acids are released by the liver as urea.

The bottom number, also a waste product of protein metabolism, represents your anionic elimination and is called the Ammonia Nitrogen. It is many times more toxic than the Nitrate Nitrogen.

The amount of ammonia in your urine depends upon the acid/alkaline balance of your body. Normally, there is relatively little ammonia in your urine. It should range from .5 to 1.0 grams per day, or 2.5% to 4.5% of the total nitrogen content of the urine.

Ammonia excretion increases for a variety of

PROTEIN DETOX

reasons: diabetes, potassium and sodium depletion, hyper-aldosteronism, starvation, too great a protein intake, or extreme toxicity.

When your body chemistry is out of balance, certain minerals required to produce the necessary enzymes for perfect health are not assimilated from your diet. This means the liver is unable to properly cope with nitrogen products. It becomes burdened and toxic. If your liver is toxic, it means that your entire body is going to become polluted. This is because your liver is the garbage man of your body.

A high Nitrogen in your Biological Immunity Analysis® indicates a buildup of toxic material in the tissues of your body. This is an indication of the amount of stress your body is experiencing due to this excess undigested protein by-product accumulation.

It is likely that diseases begin with a vital organ that is central-nervous-system controlled. The liver is the most likely organ to be involved because of its detoxification role. The more toxic it becomes, the less efficient it is in producing its many of enzymes and amino acid formations.

You have been programmed by all kinds of industries that protein is very important to your well-being. You have been brainwashed by everybody from the dairy industry to the makers of shampoos that without protein you will shrivel up and blow away.

Yes, proteins are very important to your body. It is also true that proteins are difficult to digest. If you will remember our previous discussion about pH, the pH balance of your digestive system has to be just right or you end up digesting your proteins too quickly or too slowly. Both situations will leave an undigested protein by-product residue which will turn toxic in a few days and create much stress on your system. This stress pulls down your Metabolism Efficiency and affects your Reserve Energy.

It is estimated that it takes approximately 30% of the energy generated from protein just to convert the protein into energy; it only takes 6%

DIABETES

**THE
GARBAGE
MAN
OF THE
BODY**

**MORE
TOXIC
LESS
EFFICIENT**

**SHRIVEL
UP AND
BLOW
AWAY**

**MUCH
STRESS**

MOTH- ER'S MILK

of carbohydrates to convert the remaining 94% to energy, and it takes a mere 4% to convert fats to energy. Therefore, proteins are not a very efficient source of energy.

Given a proper diet, your body will use and reuse its protein storage. Mother's milk is only 3% protein. Many cultures around the world exist just fine on a low-protein, high carbohydrate diet. The key is in quality, not quantity.

Concentrate on getting enough of the eight essential amino acids. Eight of the amino acids are called essential because your body doesn't manufacture them. You have to obtain them from your diet. When you obtain the eight essential amino acids, out of the approximately twenty, in the proper balance, you shouldn't have to worry about eating a great deal of protein, especially if you eat a great deal of the natural complex carbohydrates.

Which proteins are usually more complete in the eight essential amino acids? Animal proteins. Therefore, you would think that animal protein would be better for you than vegetable protein.

The reason this is not necessarily true is because of the cooking process through which people put their animal proteins. When you cook proteins you change their nature from a substance that absorbs water, digestive secretions and enzymes, into a substance which does not. Therefore, the proteins cannot be broken down by your digestive system nearly as well. This problem is especially compounded if your pH balance is away from normal.

This applies to pasteurized milk, cheese, eggs, meat and other cooked animal proteins. Cooked animal proteins are mucous forming and should be avoided as much as possible, especially if your Biological Immunity Analysis[®] is showing a lot of stress on your system. This certainly applies more to babies, who are just beginning to adapt to life, than anyone else. There is a world of difference between the digestive processes and odors of the stools comparing a baby being fed formula and cooked animal

ANIMAL PROTEIN

ODORS OF STOOLS

proteins, such as pasteurized milk, versus a baby who is being breastfed or fed raw certified milk, or better yet, if breastfeeding isn't possible, raw goat's milk.

Cooked animal proteins have to be broken down by the E-Coli bacteria in your colon. Because the animal protein has been cooked, the bacteria have to rot the protein in order to digest it. This produces extremely harmful waste products which will show in the Biological Immunity Analysis®.

Why is protein important? Because it contains the amino acids we mentioned earlier. As these amino acids are broken down, there may be an excess. The excess is changed into urea, or Nitrate Nitrogen. Some is changed into Ammonia Nitrogen. Both forms are excreted into the urine if there is an excess of protein or improper metabolism of the available protein.

The problem arises because our body is just not designed to handle a high animal protein diet over a long period of time. It can eliminate a reasonable amount of excess nitrogens, but it is easily overloaded.

When the excess protein begins to build up in your body, it deposits itself in the blood capillaries, and the capillary walls begin to thicken. As these tiny little walls thicken, the blood supply is gradually reduced until the cells surrounding the affected area begin to die. As these cells begin to die, tissues are affected. When the various tissues become affected, an organ is going to slowly lose its proper blood supply and hence, its oxygen and nutrient supply, and it will slowly degenerate. Thus, excess protein can cause degeneration and death if it is not properly flushed out of the body.

If you are balanced nutritionally, most of the excess protein will enter the lymph system and be eliminated from the body. The lymph system is the garbage system in the body. It cooperates with the body's metabolism by removing the crud from your system.

Where you run into trouble is when your Salt

**BREAST-
FEEDING**

**EASILY
OVER-
LOADED**

**LOSS
OF
BLOOD
SUPPLY**

**LYMPH
SYSTEM**

**WATER
RETEN-
TION**

**BLOOD
PRESSURE
UP**

**ACHES
AND
PAINS**

level is too high along with a high Nitrogen reading. The lymph system operates between the cells. The amino acids carry a negative charge and, therefore, attract the sodium ions which are positively charged. The result is water retention.

This water retention raises the osmotic pressure in the lymph system, forcing many lymph vessels to close. When these lymph vessels close, excess amino acids, protein, do not get eliminated from the tissues.

Now you have a cell starvation problem along with a contamination problem. A starvation problem arises because the flow of nutrients is going to be interfered with and degeneration will begin because of the lack of proper nutrients as well as the decaying of the trapped protein.

To add to your misery, the blood vessels become constricted, your blood supply to the heart goes down, and your blood pressure goes up. As with high Salts, the liver manufactures cholesterol to compensate for the problem. This only makes matters worse, as it creates extreme stress on your heart.

Next, the liver springs into action again, converting the excess amino acids, protein, into Ureas, which is what we call the combination of the Nitrate Nitrogen and the Ammonia Nitrogen. It dumps these Ureas into the bloodstream where it heads toward the kidneys. This is fine until the kidneys become overloaded and are unable to eliminate all this Urea. When this happens, more excess protein is stored in the tissue spaces. Eventually aches, pains and inflammations are going to begin as this irritant makes its presence known.

This irritation places stress on the heart and makes it beat harder. The excess Ureas act as a heart stimulant. When it rises too high, you face the danger of a heart attack without any advance notice whatsoever.

A very high Sugar reading, a low pH, a high mineral Salt level, combined with a high Nitrogen reading, could mean that you are in a heart attack zone. You have heard of at least one

person who, all of a sudden, unexpectedly dropped dead of a heart attack. Here is one explanation. If you have a Biological Immunity Analysis® such as this, then you should be very careful not to exercise vigorously, not to lose your temper, and not to place yourself in any traumatic experience. It could be fatal!

The level of protein accumulation in your body should concern you. The level of protein accumulation in the bodies of your family should concern you, also, as it will eventually affect their health. It is possible to overwork your liver with protein digestion. If you do so, it will have a very difficult time taking care of its other duties.

You can learn how to easily test for the amount of Nitrate Nitrogen and Ammonia Nitrogen in your urine. This is important, as it will tell you approximately how many hours per day your body is involved with protein digestion.

If you place too great a demand on your body, you may find yourself being rushed to the hospital in an ambulance with lights flashing and sirens howling.

You can learn how to prepare a diet which will take the load off your protein metabolism. You may be causing cell degeneration because of the high excess protein. You may be putting extreme cardiovascular stress on your body.

Your Biological Immunity Analysis® is very helpful in determining the extent of your toxicity. If it denotes a nutritional deficiency and can be corrected by proper nutritional adherence. It won't be the easiest thing you have ever done, but it will be worth the effort.

Protein is important. Getting just the right amount of quality protein is even more important. As you begin to bring your protein digestion back into balance as a result of your Biological Immunity Analysis®, amazing changes will take place. Heart palpitations may leave. You may feel more relaxed. You may find that you don't get as upset as easily as you used to. Your blood pressure may go down. Your headaches may disappear. You may have more energy. These are

**HEART
ATTACK
ZONE**

**PROTECT
YOUR
FAMILY**

**WILL BE
WORTH
THE
EFFORT**

**MORE
ENERGY**

**FEEL
MORE
RELAXED**

just some of the possible changes you may experience as a result of balancing your protein digestion.

In summary, the last part of this profile is the reading of the anionic nitrate nitrogen on the top and the cationic ammonia nitrogen on the bottom. We are interested in this because it represents the level of undigested proteins in the body. Many diseases are caused by the failure of the body to digest proteins by an insufficient quantity of pancreatic enzymes. A reduced output of the pancreas, in most cases is caused by a sluggish liver. What causes the liver to produce? Anionic substances taken regularly in the diet. This urea test is extremely valuable. The normal reading for a healthy person is considered to be 3 over 3, or a total of 6. As the energy from the resistance between anions and cations is reduced, more and more undigested proteins are thrown off. If the total of these two numbers reaches 20, the heart beats too hard all day long. This causes fatigue, since the heart is overworking all day and all night. Couple this with a high mineral salt reading, and you can see why a person could be in a major heart attack range.

FATIGUE

By the time this total reaches 27 or 28, the person may suddenly start into a pectoris heart attack. A cause of a pectoris heart attack is too high a level of undigested proteins. When you push a high-protein diet on a person who may have cancer or a sluggish liver you may kill him by driving the undigested protein level into the fatal heart attack zone. This is a reason for “unexplained” heart attacks among school children during athletics, and “unexplained” cause of “crib deaths”. Check your urea level often.

**CRIB
DEATH**

A thrombosis is an angina and a pectoris heart attack happening at the same time. A suspected cause of heart attacks, especially among those who have no history of “heart condition” may be too much salt and/or too much undigested protein in the body chemistry.

Has something happened to one of your loved ones? Is there needless pain and suffering in your family just because your doctor cannot provide them with a scientifically balanced diet and wellness program?

We need your support to get this knowledge out around the world. The profile for perfect health and eternal light is:

Balance Sugar: Actua Sugar:	UpH SpH	B-UpH B-SpH	Bal'd Salts Actua Salts	C E L L S	NN AN	Bal'd Ureas	Metat Eff (EM)	Imm-E (EP%) (BA) Bio-Age	ARs SD
7.0	6.4		7	1	3				
	6.4				3				

We have briefly discussed each of these numbers. Actually, each number by itself means very little when compared to the knowledge available when the profile is examined as a whole. When taken as a group and balanced, one number against the other, it is possible to calculate where and to what extent problems are forming in the body.

What Is Your Metabolism Efficiency?

We have briefly discussed what each of the numbers mean. Metabolism Efficiency means how well you are producing energy from the food you eat. The more efficiently you do this, the healthier you will be. Remember, this is just part of your Biological Immunity Analysis[®]. Each component of your Profile has its own meaning, but is nothing like the picture seen when you look at it as a whole.

To begin to see your picture, separate the formula into two halves.

Balance Sugar: Actua Sugar:	UpH SpH	B-UpH B-SpH	Bal'd Salts Actua Salts	C E L L S	NN AN
7.0	6.4		7	1	3
	6.4				3

**PERFECT
HEALTH
AND
ETERNAL
LIGHT**

**LOCATE
THE
PROBLEM**

**THE
FIRST
HALF**

PRODUCE ENERGY

LOSS OF MINERALS MEANS LOSS OF ENERGY

The first half consists of the sugar index, urine pH, saliva pH, and salts. This half tells you how much of an energy input you have. In order to maintain perfect health, you need a maximum energy input which would be represented, mathematically, as 1.5, 6.4 / 6.4 and 7. If your first three components read differently, it means that your digestive efficiency is in trouble. When you are operating inefficiently, your body will rob the necessary elements from itself. This is called demineralization. The body must have an ample supply of certain minerals. When it does not, or cannot, obtain them from your diet, either because they are not present or because the pH assimilation range has been exceeded, the void must be filled. This void will be filled by robbing these minerals from your body. This may ultimately mean degeneration, rot, decay and death.

For every tenth of a point the body pH moves away from normal, you lose a substantial percentage of the efficiency of your gastric system to extract the necessary elements from your diet.

If you also have a sugar index away from normal, you have additional energy loss due to an inefficient carbohydrate metabolism. When you combine an inefficient carbohydrate metabolism with an inefficient digestive system, you have a very ineffective nutritional process which results in a very low energy input.

The second half of your BIA consists of:

Balance Sugars	UpH	B-UpH	Bal'd Salts	C M L L S E R V I C E	NN
Actua Sugars	SpH	B-SpH	Actua Salts		AN
7.0	6.4		7	1	3
	6.4				

These are the mineral salts index, urine debris index and nitrogen index. This half of your Profile tells you how much energy your metabolism is using. As these numbers travel away from normal, it is an indication of more energy being consumed to perform the metabolic

CONSUME ENERGY

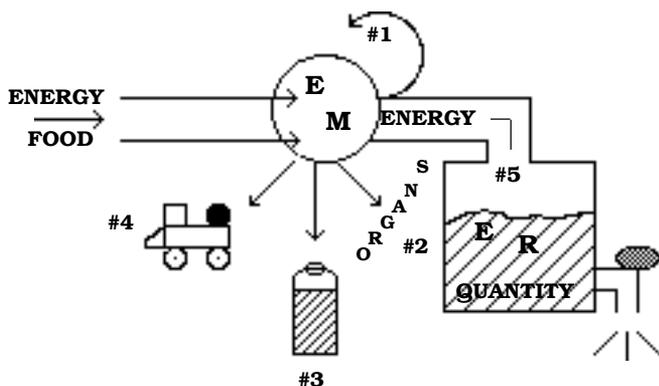
functions of the body.

As the mineral salts index rises, it means an increased energy load. As the nitrogens rise, it means your protein digestion is taking much more time than is necessary. This is another energy drain on your system.

It is not uncommon, on the "all-American diet," for the mineral salts to be 20+, the urine debris 4 and the nitrogens 10 and 7. This means the salts level is almost 3 times too high, the amount of tissue and cell debris 3 times too high and the protein digestion is taking almost 3 times too long. This puts an enormous energy drain on your system.

This problem is further magnified when combined with a low energy input. When you have a low energy input and a high energy drain, it adds up to a low Metabolism Efficiency as well as a low Reserve Energy. This deficit must be taken care of. It will be taken care of by stealing from the bones, tissues and organs. This may mean degeneration, rot, decay and death.

Picture your system as a pipeline leading to a storage tank. This pipeline has a pump between the opening and storage tank. The pump is your Metabolic Efficiency and the storage tank is your Reserve Energy. It is the function of your metabolism to convert the food you eat into energy. As just discussed, your metabolism may be operating at various stages of efficiency.



**HIGH
ENERGY
DRAIN**

**THE
ENERGY
PUMP**

**PUMP
CONVERTS
ENERGY**

It is the job of the pump, your metabolism, to send the converted energy to be used in the following ways:

1. Some of the converted energy is lost in the conversion process. In other words, it takes energy to make energy.
2. The organs need and use some of the converted energy.
3. The system which collects the garbage in the body also uses some of the converted energy. This garbage is the material left over from cell metabolic processes.
4. The system which hauls away the garbage uses some of the energy.
5. The excess energy, assuming there is some, is stored in the storage tank and becomes your Reserve Energy.

As the efficiency of your metabolism decreases, the first of the five energy users to suffer is the storage tank or your Reserve Energy, item #5 above. Because of the lowered efficiency of the “pump,” your metabolism, there isn’t enough energy being converted to go around. Therefore, the replenishment of your Reserve Energy stops and you begin to use it. The longer you use the energy from your storage tank, without replenishing it from an improved, efficient metabolism, the lower your Reserve Energy becomes. The lower your Reserve Energy, the lower your resistance. The lower your resistance, the closer you are to death, especially if your Metabolic Efficiency is in the critical zone also.

**CRITICAL
ZONE**

**ENVIRON-
MENT
RIPE FOR
DISEASE**

As the efficiency of your metabolism worsens, the energy being converted becomes less and less. Now it begins to affect the system which hauls away the “garbage,” (item #4 on the diagram) and your body becomes toxic. This means that there is an environment ripe for degenerative disease to develop.

When your metabolism is operating so inefficiently that there is not enough energy being converted from the food you eat to operate

the system responsible for collecting the garbage, you then have an environment ripe for malignancies and other degenerative disease to develop.

Any kind of Metabolic Efficiency worse than just described is critical. You cannot function at such a low level of Metabolic Efficiency that the organs will not receive the energy they need to properly do their job.

We have developed a scale for the Metabolic Efficiency ("EM"). The minimum acceptable EM is 55%. When you operate below that point, we assume that the "crud" is building up faster than what the body can carry it away.

If your Metabolic Efficiency falls into the 0-25% range, you are in the critical zone and need to do something about balancing your body chemistry immediately!

Reserve Energy

Some people have a higher resistance level than others. It takes much more to pull their Reserve Energy down and they can exist for a longer time at a very low Reserve Energy. One thing for sure is that all of us have a breaking point. Matter does have its limitations. You must do something to turn yourself around before your Reserve Energy level reaches that point of no return. If you find yourself in the critical zone of Reserve Energy, you certainly want to do all you can to increase the efficiency of your metabolism. If your Metabolic Efficiency continues to decrease, ultimately, you have no Reserve Energy from which to draw. You will have some very good days and some very bad days. This is because your Metabolic Efficiency is fluctuating and you do not have enough Reserve Energy to carry you through the down cycles.

You can depend upon a low Metabolic Efficiency and a low Reserve Energy to strike your body where it is the weakest. Many people have what we call inherent weaknesses. That is their weak link. Chances are, if your family has a history of diabetes, cancer, heart disease, lung

**EM OF
AT
LEAST
55%**

**MATTER
HAS
LIMITA-
TIONS**

**THE
WEAK
LINK**

**PAIN
AND
SWELLING**

**LIVING
IN THE
NOW**

disease, colon problems, etc., you can expect that these are areas which could be inherently weak in your body also. Wherever your weaknesses are, you can expect any energy loss to first take its toll there.

Delta cells, which are worn-out cells or cells that are losing energy, often collect in the weakest part of your body. This collection of delta cells may cause pain, swelling or other discomforts. Many times your medical doctor will diagnose your pain, prescribe a drug or other treatment, and let it go at that. That is called treating the EFFECT. You need to be concerned with the CAUSE of your problem. We believe that the cause is a mineral and digestive deficiency on a physical level, and a lack of living in the “now” on a spiritual level. We can teach you how to examine your Biological Immunity Analysis[®] for signs of such physical, emotional and spiritual deficiencies.

It isn't nearly as important to know what your energy level is as it is to know how to use your Biological Immunity Analysis[®] to guide you to perfect health and happiness, but it is a great way to measure your progress.

We can show you how to regain that delicate balance between energy input and internal consumption. When you do this, you may feel the new surge in energy, drop your excess weight, feel younger, look younger, put an end to major health problems and remove the emotional stress from your life.

Biological Immunity Analysis® Profile

By now you are probably eager to see some sample profiles and the computerized evaluation as to their Metabolic Efficiency and Reserve Energy ratings as well as possible physical abnormalities which may be present.

Before we can get into specific representative Analyses, however, a discussion of the meanings of various parts of the Biological Immunity Analysis® is necessary.

Look at the diagram (page 45) designed as a visual explanation of the Metabolic Efficiency and Reserve Energy ratings. You can see on the left that food, our energy source, is taken into the body. The #1 on the diagram illustrates the primary demand for that energy — by the body system whose job it is to convert food into usable energy. In other words, it takes energy to make energy. About 5% of the energy supplied by the food source is lost as it is used in the process of converting the other 95% into usable fuel. Using a bank account as an analogy, the 5% is comparable to the “service charge,” a debit which is not recoverable that you pay for the privilege of having the account.

Again, as you can see from the diagram, left with 95% of the available energy from the food source, the various organs of the body, #2, have the next priority for the available energy. After they withdraw what energy they need to function, the #3 energy user is the lymph system which collects the metabolic by-products, the “garbage.” After the “garbage” is collected, the #4 energy requirement is that it be “hailed away,” or removed from the body through the various excretory routes.

The steps of taking in the food as a fuel source, breaking it down into its constituents, delivering it to the various body systems, collecting and removing the debris of the energy-converting processes — these steps collectively are known as your “Metabolism.” How well your body functions in these areas can be measured

**SERVICE
CHARGE**

**CHECK-
ING
ACCOUNT**

SAVINGS ACCOUNT

by the U/S Analysis and expressed as a percentage figure which we term your “Metabolic Efficiency” (EM). If your EM is good, then you are efficiently converting food into energy which you can function on day by day.

If your EM is high, then you are ahead of the game and have sufficient energy left over after meeting all the demands of daily life to make deposits to your “Reserve Tank,” like saving for a rainy day. After all the metabolic housekeeping chores are accomplished, the energy that is left over, IF any is left over, is stored as Reserve Energy (ER), pictured on the diagram as a “Reserve Tank.” Referring again to our analogy, this is your “savings account” to which you make, hopefully, periodic deposits. If you don’t need it, you never have to withdraw from your savings, but if your day-to-day transactions go beyond what you have in your account, then it is good to know that reserves are there to keep your financial dealings solvent. The same is true of our “Reserve Energy tank.” Normally our body functions off the metabolic energy which comes from our daily conversion of food into energy and we do not need to dip into our “savings” or “reserves.” If a crisis arises — an illness, accident, shock, etc. — which demands an extraordinary expenditure of energy, beyond what we have available from our daily energy conversion, then it becomes important that we have reserves stored away from which we can draw to meet the demand. Our “reserve tank” really only becomes important to us at the moment of need.

SMOKING DRUGS SURGERY

Your EM, and thereby also your ER, are affected by other aspects of your lifestyle than just your type of food intake. Many habits not only do not contribute to building up your energy reserves, they actively deplete them. Three major ones are smoking, taking drugs, and surgery. Smoking contributes nothing beneficial to the body and, indeed, is clearly a pollutant with which various body systems must deal. This, of course, is a drain on your energy. Drugs, except in highly unusual circumstances,

drag down your energy by requiring detoxification measures to be initiated by the liver and by hiding the symptoms rather than removing the cause of the original problem for which they were prescribed. Many are poisonous; most are useless; nearly all cause more trouble than they're worth. Surgery, largely due to the anesthetic, is a trauma from which the body never totally recovers, in our opinion. There is a clear relationship between these detrimental practices and your energies, and the result of indulging in them will show in the Biological Immunity Analysis®.

If your Metabolic Efficiency rating is poor, then you are probably experiencing a great deal of nagging persistent symptoms. You probably have no energy and may even get up as tired as when you went to bed. You may be quite susceptible to colds and infections. You may feel the demands of life are too much for you and you just can't take any more. Up to now you have just had to bear with these problems, as doctors and pills and pep talks haven't made any significant improvement in your condition. Through the Biological Immunity Analysis®, however, you are afforded the opportunity to assess your energy situation and do something about improving your energy efficiency and increasing your energy reserves. You no longer have to guess why you experience the symptoms, and you certainly no longer can feel that there is nothing you can do to better your condition.

With this explanation, you are now in a position to look at the ENERGY CATEGORIES sheet and understand the ratings of the Metabolic Efficiencies and Reserve Energies given there. The ratings, depending upon how high they are, fit into the various self-explanatory categories listed. Obviously, the higher the better. Everyone's Metabolic Efficiency varies somewhat from day to day. The trick is to keep the EM high enough that the ER is not depleted and there is as much in reserve as possible to meet unusual demands. If your Metabolic Effi-

SURGERY

**DEMANDS
OF
LIFE**

**LACK
OF
ENERGY**

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):

IMMUNE ENERGY (ER):

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

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):

SPEED OF DECLINE (SD):

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)

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

FOR RESEARCH PURPOSES ONLY - NO DIAGNOSIS INTENDED NOR IMPLIED

ciency is consistently very low and you have been drawing on your Reserve Energy until it too is very low, then it is imperative that you know where you stand. Death is, after all, the ultimate effect of the lack of energy.

Interference Factors

Now let's look at the second half of the ENERGY CATEGORIES sheet, the Adverse Relationships Categories. No organ or gland in the body works entirely on its own, a "no organ is an island unto itself" sort of interdependency, if you will. All are interrelated with other organs and glands which affect each other's functioning. If the liver fails, its failure will influence the intestines, pancreas, kidneys, etc.; if the kidneys do not function, the whole system will be poisoned; if the heart fails, the entire body suffers; and so on.

The point here is that in the Biological Immunity Analysis[®] there are twelve mathematical relationships between the individual numbers in the U/S Analysis. The nitrate nitrogen number should compare in a specific way with the saliva pH; the ammonia nitrogen should relate properly to the salt number; the urine pH should correlate correctly to the sugar reading; etc. It is desirable to have none of the twelve relationships be out of line, but this is very rare, particularly on a first test. It is acceptable to have one Adverse Relationship (AR). Two or three are not alarming and probably indicates a body that will respond well to a cleansing regime. Four or five AR's begins to be of concern and signifies the need of correction. Six or seven are serious and mean correction is vital, and eight to twelve is a sign of massive malfunctioning which must be reversed immediately.

Once you know how many AR's your U/S Analysis shows, it is important to know the

AR'S

**0-3
IS OKAY**

**SPEED OF
DECLINE**

**0-2
IS OKAY**

**SIMPLY A
TENDENCY**

“Speed of Decline”. This is a rating, on a scale of zero to four, of how quickly the AR’s are deteriorating the body. Obviously it is best to have a speed of zero, which means that, even though there may be one or two Adverse Relationships, deterioration is not progressing. The amount of concern rises with the Speed of Decline—a rating of four signifies a very fast downhill trend in the body’s metabolic processes which must be arrested before energy reserves are depleted and failure of some system(s) ensues.

Now that the stage has been set and the parts played by the various ratings explained, we can discuss in some detail some illustrative profiles. Quite a few things may be surmised just on the basis of the Biological Immunity Analysis®. These tendency listings are summaries of abnormal findings prevalent in each subject’s Biological Immunity Analysis®. They are not diagnoses, but simply evaluations of imbalances which may be present. Assuming the test was properly done and the client is not on any metabolism-altering drugs, research has shown that persons with tests such as these may have tendencies toward, but need not have, such symptoms as are described hereafter.

Case Analysis #1

Time 5 PM	Age 37	Sex F	Height 5'4"	Weight 143	Smokin' 0	Drugs 0	Surgery 0	
Balanc Sugar:	UpH	B-UpH	Bal'd Salts	L C M C S P A M M O N I A	NN	Bal'd Ureas	Imm-E (ER%)	ARs SD
Actua Sugars:	SpH	B-SpH	Actua Salts		AN	Metab Eff (EM)	(BA) Bio-Age	
6.5	5.6	5.3	37	4	9	19	60%	2
5.8	7.9	7.5	36	12			45	0

This 37-year-old woman is 16 pounds over her maximum ideal body weight of 127 and may be 1% over the maximum ideal body fat ratio of 30%; she is probably gaining weight for a place to store the toxicity in her body. The acid urine pH means toxins are probably being created. The high Saliva pH and Ammonia tells us that the bowel may be the major toxin storage site. The high saliva pH balances the urine pH enough so that she probably is not experiencing diarrhea. The high Salts may affect the smooth muscles of the colon, reducing peristaltic action and slowing her digestion; her transverse colon may be enlarging and bagging and she may have diverticulitis and hemorrhoids. Vitamin C is not being used effectively, so the tendency to sag is even greater. The bowel drooping and pressing on her uterus may cause female problems to develop. She already has a calcium deficiency which is resulting in symptoms of menopause, pseudomenopause in this case. There is a high likelihood of high blood pressure when the Salts and Nitrogens are both high. She may be suffering from heavy metal poisoning.

She could benefit from Adrenal support (7 point deficit in the Sugar balance, coupled with an acid Urine pH and high Ammonia); Thyroid support (Salts under their balanced number); Stomach support (Stomach meridian lower than Urine meridian, coupled with a very alkaline Saliva pH and Ureas over their balanced number). Her heart and Gallbladder need relief (both

FEMALE PROBLEMS

ADJUST
C-7
T-2
T-4
T-6
5-9

Heart/Gallbladder meridians in Zone 4, equal to Saliva pH Zone).

Chiropractic adjustments could be focused on C-7, T-2, T-4, T-6 and T-9.

Case Analysis #2

Time 3 PM	Age 62	Sex M	Height 5'6"	Weight 148	Smokin. 30	Drugs 0	Surgery 0		
Balance/ Sugar	UpH	B-UpH	Bal'd Salts	CELL DURESS	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
Actua Sugar	SpH	B-SpH	Actua Salts		AN				SD
6.0	6.2	5.4	33	1	10	16	49	34%	2
4.7	6.9	7.4	36		10			75	1

RINGING
IN THE
EARS

With his salts being this high at his age, this man could be in a major heart attack zone, have hardening of the arteries and capillary stress, high cholesterol, ringing in the ears and numb extremities. His colon may have been affected by high salts for a long time, a cause of diverticulitis and hemorrhoids. His sugars are low enough in comparison to his other numbers to indicate he may have hypoglycemia. The pancreas may be unstable. Oxygen assimilation problems may be present.

MINERAL
DEFI-
CIENT

A Manganese deficiency is probably present. Because his Metabolism Efficiency is very low, he probably has to eat a lot of food to keep his energy level up. This creates a great deal of stress on the system. The right side of his body is likely under a great deal of stress. We would expect migraine headaches, dizziness and plenty of tension in the chest area.

ADJUST
C-7
T-2
T-4

The Heart and Gallbladder are under much stress and need much relief (Heart Zone is 4 with Urine Zone 1; and Gallbladder Zone is 4 with Saliva Zone 2.) Chiropractic adjustments in the area of C-7, T-2 and T-4 are warranted.

Case Analysis #3

Time 10 am	Age 55	Sex F	Height 5'	Weight 115	Smokin' 0	Drugs 0	Surgery 0			
Balance Sugar: Actua Sugar:	UpH	B-UpH	Bal'd Salts	C E L L S P R I T E	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
	SpH	B-SpH	Actua Salts		AN					SD
5.7 4.0	7.8	5.5	27 35	4	7	16	39	40%		6
	7.6	7.3		10	2					

This lady may be in a dangerous zone for a major heart attack and should consider immediately going on a 6-hour water fast with total rest to bring her numbers down into less alarming zones. The 17 total nitrogens indicates much undigested protein in the system, overstimulating the heart and causing fatigue. Her Reserve Energy at 40% is very low; a sudden drop in ER due to a unusual stress could likely trigger a heart attack. The alkaline body pH shows her food may be digesting too slowly and sticking to the colon walls, causing constipation. The alkaline saliva pH indicates the liver and pancreas systems may be malfunctioning. This could affect the spleen and cause anemia. Her high salts for her age may put great stress on the heart and give rise to angina, as well as causing irritation across her transverse colon.

The pH range plus high salts suggest parasites in the cecum. The reproductive system suffers first when the pH's go out of range, so female problems are probably manifest in her body. Her liver may be toxic and weak and not sufficiently clearing toxins. She may be exhibiting the symptoms of subclinical scurvy, indigestion, colitis, cataracts, headaches, dizziness, numbness of extremities, anemia and tumor formation. She is probably assimilating very little, if any, Calcium, and developing osteoporosis. She may not be getting enough complex carbohydrates in her diet, nor enough trace elements, Calcium, Potassium, Vitamin C or

**TOTAL
REST**

ANEMIA

**EYE
PROBLEMS**

STROKE

COLONICS

ADJUST

T-3

T-4

L-3

**VITAMIN
C**

Manganese. With six AR's at a Speed of 2, she should consider following the HealthWatchers System® faithfully for at least 6 months.

This profile shows possible Adrenal stress (17 point Sugar deficit and a 10 Ammonia). When the Urine pH goes more alkaline than the Saliva pH, you may have a schizophrenic situation, or a stroke pattern if the subject is older. Colonics may be considered. Hydrochloric acid deficiency may be present. Stomach needs much support (Stomach meridian 2 with Saliva Zone 4). The Bladder needs as much support as the Stomach does (the Bladder meridian is 2 with a Urine Zone of 4).

Chiropractic adjustments at T-3, T-4 and L-3 may produce much improvement.

Case Analysis #4

Time	Age	Sex	Height	Weight	Smokin:	Drugs	Surgery		
10 am	27	M	6'1"	165	0	0	0		
Balanc: Sugars	UpH	B-UpH	Bal'd Salts	C E L L D I S T R I B U T I O N	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
8.2	7.6	4.9	47	4	14	23	40%	3	
7.2	7.7	7.9	47		12		52	1	

This man's numbers show him to possibly be in serious condition. He may be a borderline diabetic with periods of dysinsulinism; his digestion may be slow; pockets may be in the process of being created in the colon; he is in the minor heart attack zone; not enough oxygen may be going to his vital organs; he may need much vitamin C; his gallbladder, pancreas, liver and adrenals may be under much stress; his colon is probably irritated and enlarged.

His high salts combined with high ureas indicates a probable high level of tissue salt retention. This man's liver function may be weak (saliva pH), therefore his protein would be broken down incompletely, evidenced by the high

nitrogens. The proteins accumulate in the blood and tissues and interfere with cellular metabolism and oxygenation.

When protein digestion is slow, excess proteins also remain in the bowel where they ferment and putrefy, producing toxins. With a combined nitrogens total of 12 you may begin to experience cardiac stress, although you may not be aware of it. At 20 the coronary arteries may be under so much stress that they may narrow and begin to limit the blood flow to the heart muscle. At 24 the heart muscle is likely not being oxygenated adequately and the possibility of cardiac arrest may exist. At 28 and above you maybe walking on very thin ice, especially if you are over age 40.

**SLOW
DIGES-
TION**

Case Analysis #5

Time 5 pm	Age 37	Sex M	Height 6'1"	Weight 160	Smokin: 0	Drugs 0	Surgery 0		
Balance/ Sugars	UpH	B-UpH	Bal'd Salts	CELL S-BRND	NN	Bal'd	Metab Eff	Imm-E (ER%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN	Ureas	(EM)	(BA) Bio-Age	SD
3.9	6.0	5.7	29	4	3	24	29	29%	5
9.0	7.0	7.1	40		1			65	1

This man has been diagnosed diabetic, very susceptible to infections and slow to heal from them. He is probably getting insufficient protein to completely utilize his carbohydrates. He likely needs more Potassium, Manganese, Phosphorus and Calcium in his intestinal tract. High blood pressure and high cholesterol are almost certain. He may be in a minor heart attack zone. His colon can be expected to be irritated and enlarged. He must get on a HealthWatchers Program and be faithful to it if he wants to avoid the devastating consequences that normally arise from diabetes.

A Metabolism Efficiency of 29% indicates that the crud may be building up faster than it is

**SLOW
TO HEAL**

being eliminated from his system. We also see this in the Ureas being 20 under balanced. This means the day of reckoning is coming soon. The only reason it hasn't appeared already is because there are only 5 AR's with a Speed of Decline of 1.

Case Analysis #6

Time 3 pm	Age 47	Sex F	Height 5'7"	Weight 115	Smokin 10	Drugs 0	Surgery 0			
Balanc Sugars	UpH	B-UpH	Bal'd Salts	C E L L G R A D E	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN					SD
4.5	6.8	5.6	35	4	8	14	31	26%		5
5.7	6.0	7.2	16		11			71		1

This woman has had such frequent periods of very low Metabolic Efficiency that she has been dipping into her Reserve Energy for some time. Her very low ER indicates she must do something to build up her reserves, and quickly. She should consider complete rest for seven days. Her above-balance sugars indicate dysinsulinism leaning toward diabetes. Her liver can be expected to be in a great deal of trouble and unable to cope with carbohydrates. This can be expected to have also affected the pancreas. There is an imbalance in fat and protein intake, with not enough fat available to completely use the carbohydrates she eats. She may have colon congestion and lack Calcium and Phosphorus in the intestinal tract. She may have allergies to wheat, white potatoes or milk products. Her abnormally low Salt reading in comparison to her other numbers is a bad sign. She may well be developing high resistance spots in her body.

The Urine pH higher than the Saliva pH is always a bad sign, especially when the Body pH is acid. You know the system is messed up when the kidneys are eliminating alkalinity while the body is going more acid. The right side of the

ALLERGY

body can be expected to be under more stress. There seems to be a lack of adequate pure water intake. There likely is a Calcium deficiency, Chloride deficiency, Potassium deficiency and heavy metal poisoning. We can expect serious malfunction of major organs, headaches, and tension in the chest area. She could consider a Hair Mineral Analysis. Massage therapy is indicated due to probable lymphatic congestion.

Lung meridian is very weak and needs support. Small Intestine and Bladder meridians are stressed and need relief.

Chiropractic manipulation may be considered in the areas of C-1, T-3, T-5, T-10, T-12, L-12, Coccyx.

Case Analysis #7

Time	Age	Sex	Height	Weight	Smokin	Drugs	Surgery		
10 am	49	M	5'8"	176	0	0	0		
Balance Sugars	UpH	B-UpH	Bal'd Salts	CELL S-BALANCE	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (EP%)	ARs
Actua Sugar	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
1.9	5.1	6.7	8	4	3	5	21	22%	11
1.0	6.9	6.4	8		5			25	4

This man's liver and gallbladder can be expected to be stressed and not functioning well. This could be affecting his digestion. He has a great deal of intestinal flatulence. He alternates between constipation and diarrhea. He is experiencing arthritic symptoms because his pH's are so out of line. He is not getting sufficient rest and needs total rest for seven days. He suffers from a lot of restlessness, anxiety and tension. He may have heavy metal poisoning and could have a Hair Analysis done to determine if that is the case. It is likely that his body is very toxic and may be forming tumors.

This profile indicates a possibility of hyperinsulinism, demineralization, degeneration, insufficient rest, insufficient protein, constipation,

**RIGHT
SIDE OF
BODY**

**MASSAGE
THERAPY**

**CHIRO-
PRACTIC
SUPPORT**

**GAS
GALORE**

TUMORS

A REAL MESS

THE MASTER GLAND

ADJUST ANY-WHERE

BREAST CANCER

toxemia and tumor formation, not enough oxygen going to vital organs, eye and sinus stress, nervousness, anxiety, tension, arthritic symptoms, heavy metal poisoning, gallstones, kidney stones, heart malfunction and anemia. In other words, a real mess. The left side of the body can be expected to be under more stress. Colonics and massage therapy would be beneficial for the lymphatics and colon.

The 11 Adverse Relationships with a Speed of Decline of 4 indicates a critical situation. The Pituitary is the master gland of the body and it is falling down on the job. There may be very little teamwork between the various glands and organs. A Speed of Decline of 4 may indicate that the immune system is about to fail. When this happens, the situation may become impossible. All affected meridians are weak. They are Heart, Kidneys/Adrenals, Thyroid, Gallbladder, Stomach and Colon. They all are in need of support. They are losing their ability to function.

There is so much imbalance that Chiropractic manipulation may be focused just about anywhere with observable results.

Case Analysis #8

Time	Age	Sex	Height	Weight	Smokin _g	Drugs	Surgery		
2 pm	73	F	5'3"	160	0	0	0		
Balance Sugar:	UpH	B-UpH	Bal'd Salts	CELLULAR pH-3.3-7.3	NN	Bal'd Ureas	Metat Eff (EM)	Imm-E (ER%)	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
1.9	7.1	6.2	15	4	2	9	39	41%	9
3.3	7.4	6.6	8		6			80	2

This lady has diagnosed breast cancer. The toxicity in her body is easy to see in her numbers. She is extremely alkaline and her salts are 7 points under balanced, suggesting the presence of a cancer. Her ammoniacal nitrogen is high even though she's alkaline, another pos-

sible cancer indication. Nine AR's with a Speed of Decline of 2 is not good. She must get on the HealthWatchers System® and follow it closely. As in the previous profile, all affected meridians in this case are weak and need support: Small Intestines, Bladder, Pituitary, Gallbladder, Stomach and Colon.

Case Analysis #9

Time 2:30 pm	Age 80	Sex M	Height 5'11"	Weight 16E	Smokin 0	Drugs 2	Surgery 0		
Balance: Sugar: Actua Sugar:	UpH SpH	B-UpH B-SpH	Bal'd Salts Actua Salts	C E L L S	NN AN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs SD
4.1 3.2	7.0 5.8	5.9 6.9	25 15		1	8 9	10	51	50% 82

This client has diagnosed leukemia. His numbers confirm that in three ways. The fact that his pH's are flipped, with the saliva pH being quite acid and his urine pH alkaline, is one sign that leukemia may be present. His salts 10 points under balanced, signifying cancer may be involved. The high ammonia nitrogen, even though his urine pH is alkaline, indicates a very toxic body, possibly involving cancer. The albumin of 1 shows that debris is not being cast off and is accumulating somewhere in the body. At his age, a cleansing regime must be carefully monitored to maintain his energy level.

Chiropractic manipulation should not be accomplished on an acid system because the overextended ligaments cannot hold the adjustment. There is also the risk of cellular and capillary damage due to the weakening of the cellular walls caused by inability to absorb Vitamin C.

LEUKEMIA

**DO NOT
ADJUST**

Case Analysis #10

Time 10 am	Age 55	Sex F	Height 5'7"	Weight 155	Smokin 0	Drugs 12	Surgery 0		
Balance: Sugar:	UpH	B-UpH	Bal'd Salts	C E L L D E B I T S	NN	Bal'd Ureas	Metac Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs
	Actua Sugar:	SpH			B-SpH				AN
3.6	5.3	6.6	11	4	5	11	16%	80	10
	0.7	5.5			6.4				7

**POOR
IMMUNE
SYSTEM**

**MUCH
DANGER**

SCHIZO

**A RARE
PROFILE**

**DO NOT
ADJUST**

This client has real problems brewing. She has a very poor Metabolic Efficiency and finds it hard to function day to day. Her Reserve Energy has been depleted and will probably be exhausted with a crisis situation. Her sugars are abnormally low and show strong hypoglycemia. With this much acidity, she is experiencing diarrhea and losing electrolytes. She is malabsorbing Calcium and showing the consequent nervousness and menopausal symptoms. Her pH's are very acid, indicating her condition is serious and going downhill quickly. Her 10 out of 12 possible Adverse Relationships progressing at the Speed of Decline of 4 confirms this energy loss. If steps are not taken to arrest this energy erosion, her life may be in immediate danger.

This profile indicates the possibility of insufficient protein available for complete oxidation of carbohydrates; Vitamin C not being assimilated; toxemia and tumor formation; Calcium, Magnesium, Phosphorus, Iron and Potassium deficiencies; schizophrenia, dizziness and fainting.

Heart and Thyroid meridians are failing and are in need of much support. Spleen, Pancreas, Liver and Lung meridians are in equally in trouble and need much support. This is a profile you will rarely see.

Chiropractic manipulation should not be accomplished on an acid system because the overextended ligaments cannot hold the adjustment. There is also the risk of cellular and

capillary damage due to the weakening of the cellular walls caused by inability to absorb Vitamin C.

Case Analysis #11

Time 11 am	Age 36	Sex F	Height 5'6"	Weight 121	Smokin 0	Drugs 0	Surgery 12			
Balancē Sugar:	UpH	B-UpH	Bal'd Saltē	C E L L S - D I S T R I B U T I O N	NN	Bal'd Ureas	Metab Eff	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugar:	SpH	B-SpH	Actua Saltē		AN	(EM)				SD
5.8	5.6	5.5	29	4	14	10	43	42%		4
2.0	6.0	7.1	21		10			56		1

This lady has a tumor in the uterus. She has excessive flatulence, coughing and muscle cramps at night, difficulty concentrating, an eye discharge, swollen ankles in the afternoon, extreme hypoglycemia, very fast digestion so that little benefit is derived from her food, and not nearly enough assimilation of vitamins B and C and the mineral Calcium. She has frequent bouts of diarrhea and probably has an allergy to wheat, milk products or white potatoes.

This profile is the classic Adrenal stress profile. Hypoglycemic symptomatology would be expected. It also indicates the possible need for Iron, Calcium, Zinc, Copper, Manganese, and Dolomite with A&D. Extreme toxicity is indicated by the excess Ureas over balanced. Irregular heartbeat, tension in the neck and shoulders, arthritic changes, pseudomenopause, and major heart attack zone may be present.

Chiropractic manipulation should not be accomplished on an acid system because the overextended ligaments cannot hold the adjustment. There is also the risk of cellular and capillary damage due to the weakening of the cellular walls caused by inability to absorb Vitamin C.

ADRENAL STRESS

Case Analysis #12

Time 5 pm	Age 53	Sex F	Height 5'1"	Weight 180	Smokin 0	Drugs 0	Surgery 0			
Balanc Sugar:	UpH	B-UpH	Bal'd Salts	C E L L S D I S S O L V E S	NN	Bal'd Ureas	Metac Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN					SD
6.1	5.0	5.5	27	4	13	14	61	62%		5
3.0	8.0	7.3	33	7				58		2

ARTHRITIS

This client has arthritis, which is to be expected with her pH structure. She has motion sickness, a metallic taste in her mouth and great distress when she eats greasy foods. This again is understandable with her very alkaline saliva pH—her gallbladder may not be functioning well and is probably full of stones. She is always exhausted because of the great strain her circulatory system is under. Pressure just wipes her out. High salts with an acid urine pH is a critical situation because abnormal ionization in creases in these circumstances and “plating” may occur along the digestive tract. You may find ulcers, spastic colon, colitis or enteritis manifesting.

An alkaline pH may also represent a breakdown of ligament fibers which require vitamin C for formation. The lack of vitamin C in this pH range also reduces the integrity of the cell wall and allows more leakage into the tissues from the capillaries. If the salts are high too, the cells disassociate more easily and breakdown accelerates. The pH is important to remedy because all healing will be retarded without the absorption of vitamin C. She may be assimilating almost no vitamins and minerals, even presuming they are present in her diet. She still has Reserve Energy enough to get her through a cleansing pro gram, however, and should consider starting one as soon as possible.

This profile indicates hypoglycemia; lack of complex carbohydrates; demineralization; excess cholesterol; cyst or tumor formation; gallbladder

MUST REMEDY THE pH

**MUCH
PROGRESS**

and need relief. After being put on a 3 Day Turn Around Diet, her next set of numbers showed some significant changes in levels and relationships.

Time 10:30 am	Age 31	Sex F	Height 5'	Weight 100	Smokin' 0	Drugs 0	Surgery 0	
Balanc Sugar: Actua Sugar:	UpH SpH	B-UpH B-SpH	Bal'd Salts Actua Salts	CELL DIBI LS	NN AN	Bal'd Ureas Metab Eff (EM)	Imm-E (ER%) (BA) Bio-Age	ARs SD
3.3 1.0	6.1 7.0	6.4 6.4	13 14		4 4	9 7	71 71	71% 33

Obviously a significant change has occurred. A lemon-water and strict diet has initiated a cleansing. The stress on the body has been greatly reduced. The hypoglycemia that was predictable in the first test is apparent in this test with a sugar reading of only 1. The pH's are in a much better range and the body is digesting food much better. The salts have dropped tremendously, relieving a lot of stress on the heart and circulatory system. The ureas have dropped as they should at this stage of the diet. Later, during the fast, they will rise as the excess protein by-products that have been stored in the body are eliminated. If the sugars and salts go down but the nitrogens do not, it indicates the client did not rest. The Metabolic Efficiency and Reserve Energy have risen in spite of a temporarily increase in Adverse Relationships. This is a good sign of progress. From this point the cleansing program is continued with particular care given that the sugars do not go too low in the process. An increase in fruits is necessary rather than a reduction in the fluid intake.

Case Analysis #14

Here we have a true diabetic situation. The sugars are 6.8 points over balanced, coupled with a very acid urine pH and an under-balanced salts reading. The only thing missing is

**IN NEED
OF
VITAMIN
E**

Time	Age	Sex	Height	Weight	Smokin	Drugs	Surgery		
10:30 am	11	M	4'4"	68	0	30	0		
Balance Sugars	UpH	B-UpH	Bald Salts	CELLS	NN	Bald Ureas	Metab Eff (EM)	Imm-E (ER%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
2.2	4.9	5.7	32	4	2	18	3	3%	9
9.0	6.7	7.1	14	5				77	3

the high ammonia. This youngster has been on insulin for 30 months. You can tell it is not doing a good job. Both the Metabolism and the Reserve Energy are in the critical zone. The body is extremely out of balance, shown by the 9 Adverse Relationships. The boy is not long for this world. Speed of Decline is 3, which means that the body is deteriorating very quickly. Notice that the body may be protein and Potassium deficient. You can tell this by the fact that the Nitrate reading (2) is less than the Ammonia reading (5) and the total of both of them is less than the balanced ureas reading (18). The heart meridian is very chronic and the thyroid meridian needs much support. There is a severe need for Sodium, Potassium, protein, water, trace minerals, Calcium. This youngster needs to be turned around quickly or the end is very near.

**BEYOND
HELP**

**TURN
AROUND
MUCH
NEEDED**

Case Analysis #15

Time	Age	Sex	Height	Weight	Smokin	Drugs	Surgery		
2 pm	70	F	5'4"	143	0	0	0		
Balance Sugars	UpH	B-UpH	Bald Salts	CELLS	NN	Bald Ureas	Metab Eff (EM)	Imm-E (ER%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
4.9	7.9	5.5	34	4	8	17	31	30%	6
6.2	6.6	7.3	25	9				81	2

This lady may be about to have a stroke. She came complaining about lack of energy, light-headedness, fatigue and headaches. She had

**WORN
OUT**

**NEEDS
WATER**

just finished having a lot of winter visitor company and was worn out. Her EM is beginning to show the strain. Keep in mind that when the EM drops below 55%, we consider it to mean that the crud is building up faster than the body can eliminate it. The Reserve Energy is borderline, but the body is extremely unbalanced (AR's = 6) . The Urine pH is showing that the small intestines, bladder and pituitary have been through a stressed phase and are now underactive and need support. They are simply not performing optimally. The Saliva pH indicates that the gallbladder, stomach and colon are currently under stress and need relief before their performance falls significantly under desirable levels. Since her gallbladder, stomach and small intestines are involved, her digestive processes are underperforming, resulting in her reduced energy levels.

She was placed on the HealthWatchers System® for 1 week. She was a good example of how much the body will respond in just a few days if you have the proper program. Her new numbers were:

**GREAT
PROGRESS**

Time	Age	Sex	Height	Weight	Smokin	Drugs	Surgery		
2 pm	70	F	5'4"	143	0	0	0		
Balance Sugar:	UpH	B-UpH	Bal'd Salts	CELLS	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
3.6	6.5	6.C	16	4	7	10	77	77%	3
3.0	6.6	6.E	19		3			67	1

Notice that her sugars and salts are now almost balanced. Her pH's have really come around and her Ureas are now balanced. She now feels much better. Her body is producing energy much more efficiently. She is more vibrant, rested and enthusiastic about herself and her life. Her stroke pattern has disappeared and she now has no complaints.

**MORE
VIBRANT**

Case Analysis #16

Time 5 pm	Age 37	Sex F	Height 5'4"	Weight 143	Smokin 0	Drugs 0	Surgery 0			
Balance Sugars	UpH	B-UpH	Bal'd Salts	C E L L D I S T R I B U T I O N	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN					SD
1.0	6.3	6.8	2	4	1	4	67%			4
0.7	7.0	6.4	5	2				41		1

This is a good example of what we call a “no-picture” (low sugars, low salts, low ureas), except in this case it is her picture. This person is usually anxious, tense and emotionally stressed. There is very little physically wrong with her. Her complaints always center around her anxiety, worry, fear and overconcern for herself and others.

Her Metabolism Efficiency (EM) is quite low, as you can see. She is in pretty good balance, except she vacillates between 4 and 8 AR's, depending upon her mental state. This shows that her main problem is psychological and not physical. Transformational counseling is needed, along with good adrenal and pituitary support. HealthWatchers Flower Formulas work very well in such cases. This type of person needs to be counseled weekly for a while in order to help them see that their point-of-view and perceptions about themselves (Financially, Socially, Physically, Mentally and Spiritually) are actually determining their reality. They need to be shown how they can change their reality anytime they truly desire. This is the kind of training available to those who study the HealthWatchers System®.

**A
NO
PICTURE**

**PSYCHO,
NOT
PHYSICAL**

**CHAL-
LENGE
THEIR
REALITY**

Case Analysis #17

Time 1:45 pm	Age 4	Sex F	Height 4'2"	Weight 34	Smokin 0	Drugs 48	Surgery 12			
Balanc Sugar 8.0	UpH 5.1	B-UpH 4.9	Bal'd Salts 33	C E L L C E L L C E L L	NN 7	Bal'd Ureas 28	Metab Eff (EM) 22	Imm-E (ER%) 24%	(BA) Bio-Age 57	ARs 5
Actua Sugar 7.1	SpH 6.6	B-SpH 7.9	Actua Salts 70		AN 7					SD 2

**CHRONIC
SINUS
AND EAR
MUCOUS**

The above 4 year-old female has a history of chronic sinus/ear congestion and accompanying mucous. The mother was at her wit's end. She heard about a Biological Immunity Analysis[®] practitioner in her area and takes her daughter to see her.

This poor child has been thoroughly examined by the medical profession and no one has seen the real problem. To a Biological Immunity Analysis[®] practitioner, the real problem is obvious in the numbers.

The Sugars have a high concentration, but they are low in level (9 points under balanced). We can expect the child's adrenals to be greatly weakened due to the Sugar arrangement (8.0-7.1), low Urine pH (5.1), high Ammonia (7). Adrenal support may be necessary.

The incredibly high Sugars (7.1) and Salts (70) are blocking oxygen flow. They are high because the child does not drink enough pure water for her body weight. This high concentration causes excess ionization of the smooth muscles and tissues. This may cause excess mucous and cholesterol to be secreted to eliminate irritation in the smooth muscles and tissues, including the cardiovascular system. This high concentration of Sugars and Salts may also cause so much energy to be flowing through this little body that the child is extremely hyper. There may be headaches due to the fact that inadequate oxygen is available to the system.

The liver may not be getting enough oxygen

**LEARN
TO SEE
THE
CAUSE**

and cannot properly detoxify the body, thus, the Urine pH (5.1) goes terribly acid. This is very acid which means the system is going into a hyperactive mode to try to defend itself. This causes mucous to be created and the congestion begins.

The Saliva pH is too acid for the time of day (6.6 vs. 7.9). This is a bad sign; one of extreme stress on the system. The only pH arrangement worse than this would be a Saliva pH below 6.4 with a Urine pH of 5. 1. We are catching this child just in time.

The fact that the Salts (70) are 37 points greater than balanced (30) means, to us, that not only doesn't the child consume enough proper water, but there is also a tremendous intake of salty foods, i.e., junk foods, fats, oils, etc. 70 is extremely high, high enough to cause an angina heart attack, as well as many of the problems mentioned in the Sugars paragraph above.

The Albumin count (4) means, to us, that she is aging 4 times faster than she could be, if her numbers were in proper balance.

To add to the child's misery, she appears extremely potassium-deficient (14 total Ureas with balanced Ureas of 28) which causes the toxicity to build up in her system instead of being eliminated by the body. (Sodium moves nutrition into the cells; Potassium moves waste out of the cells.)

The Metabolism Efficiency (EM) is only 32% (Major Degeneration Zone), which means, to us, that 68% of everything the child is eating is being turned into toxic waste. The body has to figure out what to do with this waste. It has two options: Excrete it, or store it. If it expends energy to eliminate it from the body, the immune system is going to suffer. If it creates tissue (fat) to store this toxicity, there will be a corresponding weight gain and stress on the immune system as well. Either way, the health is going to deteriorate. When the EM falls below 55%, we look upon that situation as one in which the crud is building up in the body faster than what

HYPER

**CATCHING
HER
JUST IN
TIME**

**"JUNK
FOOD
CITY"**

**SODIUM
IN,
POTAS-
SIUM
OUT**

**WEAK
IMMUNE
SYSTEM**

**GET
THE EM
ABOVE
55%**

**GET
ER
ABOVE
50%**

**MAY
TAKE 12
MONTHS**

the lymphatic system can carry it away. Thus, every day, the body is becoming more toxic, moving closer and closer to a diagnosable disease state. OUR FIRST GOAL IS TO GET THE EM ABOVE 55%.

The Immune Energy (ER%) is only 24% (Very Low Zone), which is absolutely atrocious for a child so young. We take this to mean that the immune system is very low; the resistance, immunity, healing capacity and ability to heal are greatly threatened. Our second goal is to get this above 65%.

The body's balance is poor. We determine this from the Adverse Relationships # = 5. There are 12 possible AR's. The more of them appearing in a test the worse the problem is; the deeper into the body the problem has progressed; the longer it will take to correct the body chemistry. 5 AR's is the Major Interference Zone. We don't like to see AR's higher than 4. This means, to us, that the communication between the various organs/glands, via the hormone system, is faulty. It means, to us, that there is much internal stress on the system and the problem is not a superficial one, but that it has progressed farther into the body, threatening the vital organs and systems. It is critical to improve this immediately. The Speed of Decline (SD) = 2. This is encouraging. The SD is our measurement of how fast the body is falling apart. The scale is 0-4. We know that a person with an SD of 4 is impossible for us to help. An SD of 3 takes a long time to achieve maximum energy turn-around. Anyone can have an SD of 0-2 on any given day, so those Speeds of Decline are acceptable. The fact that this child has an SD of 2 tells us that we are in no great danger and that she should respond very well to whatever her mother initiates into her diet and lifestyle.

Based on the AR's and SD we will expect that it may take as long as 12 months before this child will regularly experience a sustained energy flow and consistent relief from her present problems. There will be lots of ups and downs in

the energy cycling. The mother was taught the appropriate HealthWatchers considerations for lifestyle and diet modifications for the child. She has the responsibility to determine what options she wishes to implement for the child. She is asked to do her best and to report back to the Biological Immunity Analysis Practitioner® in 2 weeks for a Monitor.

Time	Age	Sex	Height	Weight	Smokin	Drugs	Surgery		
2 pm	4	F	4'2"	34	0	48	12		
Balance Sugars	UpH	B-UpH	Bal'd Salts	CELLS	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
7.7	6.5	4.9	36	4	9	28	32	24%	3
7.7	6.4	7.9	65	6				57	1

The child returned for a Monitor in 3 weeks, rather than the suggested 2-week period. The mother reports amazing improvement. One week into the HealthWatchers System®, the mucous began clearing. The child just spent her first 2 weeks of mucous-free living and is already a changed personality.

This is a surprise to us because the child is obviously still not consuming enough pure water (Sugars 7.7 and Salts 65). If the child is doing great now, watch what happens when the proper water is consumed and the Sugars (7.7) and the Salts (65) drop to their proper position (1.5 and 7, respectively). When that extra oxygen starts pouring into the system things will really begin to happen.

The adrenals appear to be stronger since there are now no points between the actual Sugars (7.7) and the balanced Sugars (7.7).

The Urine pH has moved from being 40 times too acid (5.1) to 6.5. This indicates, to us, that the liver and kidneys are being overwhelmed by toxins being removed. The Salts (65) have decreased from the original reading (70), plus, they are only 29 points over balanced, whereas they were 40 over balanced on Test #1. This tells us

**MOTHER
IS
AMAZED**

**STILL
NEEDS
WATER**

**TOXINS
MOVING
OUT**

**GREAT
VITALITY**

**VERY
ENTHUSED**

that we are slowly gaining on the Salt problem. Since we still have a water consumption problem, the change is probably due to a diet alteration made in the child's lifestyle by the mother. This is encouraging.

The increase in Ureas (15 instead of 14) indicates, to us that the wastes and retained toxins are beginning to move out of the body. This will relieve much stress on the system and will lessen the formation of mucous. The EM has remained the same.

The AR's have declined from 5 (Major Interference Zone - Correction Imperative) to 3 (Caution Zone). This is totally unexpected at this early date and indicates, to us, that the body has tremendous vitality and is very quickly restoring the communication system between the glands/organs via the hormone system. The problem is rapidly moving from a chronic/degenerative position to a more acute/superficial position. This is happening much faster than we expected, but it is not entirely surprising due to the fact that children have an extremely high vitality and respond very quickly. The SD has decreased from 2 (Minor Decline) to 1 (Caution Zone). This also indicates that the body is coming back into proper balance and that the body chemistry is changing into a position of slower decline. The aging factor is being reduced.

The importance of proper pure water intake was reinforced and other appropriate HealthWatchers considerations were taught to the mother. They are to report back in 2 weeks for another Monitor.

The Mother is very impressed and enthused about the child's progress in just 3 weeks. We expect that she will initiate most of the HealthWatchers considerations and that we will see continued improvement in all phases of the child's body chemistry in 2 weeks.

Case Analysis #18 Could Not Work

Time 12:45 pm	Age 47	Sex F	Height 5'2"	Weight 125	Smokin 10	Drugs 0	Surgery 0		
Balance Sugars	UpH	B-UpH	Bal'd Salts	C E L L D I S T R I B U T I O N	NN	Bal'd Ureas	Metab Etf (EM)	Imm-E (ER%)	ARs
Actua Sugars	SpH	B-SpH	Actua Salts		AN			(BA) Bio-Age	SD
1.0	5.4	6.8	4	4	1	3	48	43%	6
0.6	6.2	6.4	3	4					62

Here is an exciting case. She came to us totally unable to physically or emotionally concentrate on one thing for more than a few minutes. This had been the case for over a year. Yet, in spite of this inability to work, she was being denied any type of federal or state assistance because no medical doctor could find anything wrong with her. To look and talk with her you wouldn't think there was anything wrong. Her blood tests proved normal as well. There was nothing diagnosable about her situation.

Now you will see the beauty of the Biological Immunity Analysis®. The BIA is not a diagnostic test; however, it is superb for giving us needed information regarding pre-diagnosable situations, which is exactly where this person found herself. Her numbers are very weak. Notice how the Sugars, Salts and Ureas are all below normal. Both the UpH and SpH are very acid. The EM is critical. The ER is waning. The AR's show inability of the organs/ glands to properly communicate. The numbers are indicative of a central nervous system that may be "burnt". This profile indicates a possibility of a very weak immune system, with "wasted" adrenals. A lot of deficiencies here. Energy is not being created for the body to use. Even after 12 years, I am consistently amazed at what this test can show

**DENIED
FEDERAL
AID**

CNS

CNS

a properly trained practitioner that normal diagnostic tests simply can not.

She was educated concerning the HealthWatchers System® and began to live and think accordingly. The following Profiles show her progress at two-week intervals.

6.5	5.0	5.3	35	4	15	16	35	32%	6
4.6	6.4	7.5	34	7	68	2			

1.6	5.1	6.5	8	4	3	6	64	58%	7
1.6	6.5	6.4	6	4	4	54	2		

4.5	4.7	5.9	22	4	12	9	56	51%	7
2.1	7.3	6.9	18	6	58	1			

Notice the steady increase in Metabolism Efficiency (EM) and Reserve Energy (ER). With this much positive change, we can expect to hear glowing reports about how she is feeling. There is still a problem with the balance between the various glands and organs (AR's), but that will come in time. She is already working at a part-time job! All this improvement in just a few weeks on the HealthWatchers System®.

**BACK
TO
WORK**

***Case Analysis #19
Sent Home to Die***

The following case is a person we have never seen. The specimens were brought in by a church member. The client was sent home from the hospital to die. He is bedridden, doesn't have enough energy even to speak, eats very little, and appears to be degenerating quickly. He is a pastor of a small congregation.

Time 11:50 am	Age 88	Sex M	Height 5'7"	Weight 170	Smokin 0	Drugs 0	Surgery 0		
Balance Sugar: Actua Sugar:	UpH SpH	B-UpH B-SpH	Bal'd Salts Actua Salts	C E L L S P E E D O F D E C L I N E	NN AN	Bal'd Ureas 13	Metab Eff (EM) 30	Imm-E (ER%) (BA) Bio-Age 33%	ARs SD
5.0 4.6	6.8 5.5	5.6 7.2	33 18	4 8	13	13	30	33%	4 1

This test shows a definite degeneration trend. Notice how the Urine pH is greater than the Saliva pH. This is called a stroke profile. This profile indicates a deficiency of Calcium, Potassium, Chloride, water and breath. The EM and ER are falling rapidly and the system is extremely toxic. If this profile isn't turned around very soon, the medical doctors will be right. One ray of hope is that the body balance (AR's) are still low and the Speed of Decline is still only a 1. This means that if the right anionic/cationic substances are placed into this body, and the body absorbs them properly, we can expect to see dramatic improvement in a short period of time. If not, then we are no worse off than we were before we began.

The following profiles are results at two-week intervals after beginning the HealthWatchers System®:

3.8 3.2	6.1 5.7	5.9 6.9	23 13	4	10 6	10	54	50% 89	4 1
------------	------------	------------	----------	---	---------	----	----	-----------	--------

1.5 1.4	6.5 5.7	6.4 6.4	9 8	4	3 5	6	56	58% 88	4 2
------------	------------	------------	--------	---	--------	---	----	-----------	--------

3.7 2.7	7.1 5.6	6.0 6.8	20 14	4	8 7	9	50	50% 89	5 1
------------	------------	------------	----------	---	--------	---	----	-----------	--------

**A RAY
OF
HOPE**

**A
DESIRE
TO
LIVE**

This man is already taking short walks, is speaking, and has a renewed desire to live. He is very excited concerning his progress and so is his congregation. All this has happened within just a few short weeks. It is absolutely amazing what the body will do once the obstacles to the vital force flowing through the body are removed. Balance the body chemistry and you are well on The way to balancing the world.

A Few Higher Level Examples

A profile of too much **“what if”** in a life:

Time 9:30 am	Age 69	Sex M	Height 5'11"	Weight 195	Smokin 0	Drugs 0	Surgery 0			
Balance: Sugar:	UpH	B-UpH	Bal'd Salts	CELLS D S I S	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN					SD
4.6	5.0	5.6	29	4	10	14	47	48%	6	
4.7	6.5	7.2	22		7					75

**WHAT
IF**

A profile of too much **“resentment”** in a life:

Time 9:45 am	Age 44	Sex F	Height 5'	Weight 185	Smokin 0	Drugs 0	Surgery 0			
Balance: Sugar:	UpH	B-UpH	Bal'd Salts	CELLS D S I S	NN	Bal'd Ureas	Metab Eff (EM)	Imm-E (ER%)	(BA) Bio-Age	ARs
Actua Sugar:	SpH	B-SpH	Actua Salts		AN					SD
1.0	5.9	6.8	4	4	1	5	73	73%	6	
1.0	7.5	6.4	8		3					44

**RESENT-
MENT**

Body, Mind and Spirit

It is important to note that at no time do we diagnose nor treat any disease. We merely educate. We do not judge any profession. We merely fill a need in society and provide a tremendous service to those people who need to learn how to take more personal responsibility for their own wellness: Financially, Socially, Physically, Mentally & Spiritually.

The amazing thing about the Biological Immunity Analysis[®] is that it also shows you how well balanced the person is in the mental, emotional and spiritual areas of their life. In our **seminars** and **videos** we will teach you how to see emotional patterns, personality profiles, and irrational belief patterns in the numbers. Now you have a test that can be run on the physical part of an individual that gives you an objective measurement of just how much resistance they are setting up in their life to Universal Principles that must be followed if they are going to experience joyfulness and fulfillment; financially, socially, physically, mentally and spiritually.

Stating the tendencies which may be present given each of these BIA's does not mean that they are necessarily manifest. Even if they are present, naming them does not remedy them. The body must heal itself. What is necessary is to change the body's chemistry through diet and cleansing so that its energy level increases to the point where it can itself restore its biological norms. We can only tell you what we would do if we had a particular profile. We can guide, but not command; teach but not compel. What you do at this point is up to you.

What is YOUR choice?

**LEARN
TO SEE
MORE
THAN
JUST
PHYSICAL**

**BODY
MUST
HEAL
ITSELF**

LICENSED HEALTH PROFESSIONAL

If you are already a licensed health professional or a lay-person interested in assisting a health professional in the use of the Biological Immunity Analysis[®], and you want to learn more about how to work with this fascinating tool, to enhance your ability **to get your patients well**, visit us online at www.BIRL.org. Training is available on cassette tape, CD-ROM and video. Training is structured so that you can **begin using this valuable knowledge immediately** upon completion.

Biological Immunity Research Institute

6501 E. Greenway #102-503

Scottsdale, AZ 85254

480-948-6766

TRAINING

**TRAINING
IS
QUICK
AND
EASY**

ACCEPT THE CHALLENGE

The world needs transforming: financially, socially, physically, mentally and spiritually. Every household in America needs to know about this fascinating self-test. If the Biological Immunity Analysis® intrigues you and you desire to learn more, visit us online at www.BIRI.org. Training is available on cassette tape, CD-ROM and video.

Certification is available. Put this valuable information to work in your life and that of your loved ones. Learn how to effectively educate others (financially, socially, physically, mentally and spiritually) using this fascinating tool.

We have a goal of establishing Centers in every city.

Biological Immunity Research Institute

POB 31322

Phoenix, AZ 85032

888-221-4116

Notice and Disclaimer

This book has been written for the professional Health Practitioner who has an interest in holistic concepts.

The author understands that the concepts presented herein may be considered by some to be controversial and unorthodox, and cannot, at this time, be proven in such a manner that will satisfy medical science. Nevertheless, this material is the result of over 27 years of extensive research, study and practical experience. The author expects that anyone taking the time to study and apply the methodology taught by the *Biological Immunity Research Institute* concerning this valuable profile will agree with his conclusions regarding its efficacy.

Please consider supporting the work of the *Biological Immunity Research Institute*. We are a non-profit 501(C)3 foundation. We need funding to support research-oriented personnel to scientifically prove the efficacy of this wonderful measuring technique, the **Biological Immunity Analysis**[®]. At this time, all available funds have necessarily been devoted to the processing the **Biological Immunity Analysis**[®] to assist others physically, mentally and spiritually.

The author urges anyone having a disease problem to see a licensed health practitioner. Personal implementation of any concepts presented in this book without the consent of a licensed health practitioner is not encouraged; however, it is your constitutional right. The author and publisher assume no liability for the implementation of the concepts presented herein.

***Don't Eat the Yellow Snow* is a book based on 27 years of research in holistic (Body-Mind-Spirit) health by one of the pioneers of non-invasive testing. In easy-to-understand language, Gary A. Martin, D.Sc., Ph.D. shows how a simple evaluation of urine and saliva can guide you and your patients to optimal health, energy and longevity.**

The Biological Immunity Analysis® is truly a test of the 21st Century and will be used by many health professionals who want to help their patients bridge the gap between short-term recovery and abundant health.

In response to the public's outcry for more supportive, human and loving care, Gary A. Martin, D.Sc., Ph.D. also discusses how such a simple test can be the portal to improved psychological and emotional well-being.

This book will show you that not only are you what you eat, you eat because of how you think. Therefore you become what you think.