Biological Immunity Research Institute

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BIA Class #2

(Sugars)

bia.class1

Class #2:
Sugars

(Carbohydrates)
(0 — 3.2 — 10)

1. The Sugars # is determined by using an instrument called a Refractometer. Wineries use such an instrument to determine the sugar content (ripening factor) of their grapes.

2. A sugar refractometer relates amount of refraction (refractive index reading) to the percentage of dissolved solids.

3. Dissolved solids =
   - simple carbohydrates
   - complex carbohydrates
   - various mineral salts
   - protein
   - specific gravity

4. Blood glucose levels and urine carbohydrate levels may differ due to incomplete metabolism of carbohydrates.

5. The lower the Immune Energy (ER%), the greater the difference between blood glucose and the urine sugars reading.

6. High/low sugars involve disordered pancreatic function. This results in reduced production of bicarbonate and proteolytic enzymes. This creates incomplete metabolism of carbohydrates, fats and proteins.

7. The SUGARS have the greatest effect on the overall feeling of well-being of all the **BIA** numbers.

8. Indicates the amount of ENERGY available. (Voltage)

9. Blood oxygen levels are directly affected by blood sugar levels going too high or too low.

10. Reduced oxygen levels affect BRAIN and LIVER. LOW SUGARS =

- acute illness
- addictions
- adrenal stress
- alcoholism
- cold intolerance
- depression
- dizziness
- eczema
- epilepsy
- excess coffee, tea, cola
- excess fluid
- fatigue
- hallucinations
- headaches
- heart arrhythmia
- hypoglycemia
- immune deficiency
- indigestion
- insomnia
- irritability
- malnutrition
- mood swings
- morning sickness
- motion sickness
- nausea
- pancreas/kidney stress
- past losses
- phobias
- PMS
- pregnancy problems
- seizures
- sex organ stress
- spaciness
- temper flares
- tired after meals

11. HIGH SUGARS = also low blood oxygen, but less severe symptoms due to fact that the excess blood sugars are converted to alcohol. This covers up symptomatology.

- abscesses
- acne
- boils
- calcium precipitation in liver and kidneys
- chronic fatigue
- chronic illness
- chronic infections
- cysts
- diabetes
- emotional stress
- excess sugar foods
- eye problems
- headaches (esp. if pH's alkaline)
- hot flashes
- hyperactivity
- insufficient R/O water
- kidney stress
- lymphatic congestion
- moist hands
- moist skin
- more positive attitude
- overweight
- pancreas stress
- skin problems
- suppressed emotions
- sweat easily
- thyroid, thymus stress
- vitamin A deficiencies

12. *Sugar reading*

1.5 - 2.5	most desirable range (or Balanced)
2.6 - 5.5	is Zone of Misery (if less than Balanced)
5.5 - 10	high sugar tendency (or greater than Balanced)
.1 - 1.4	indicates a severe low carbohydrate zone (or more than 10 points under Balanced)

13. Correcting the sugars due to salts influence: Salts/Sugars ratio should be approximately 4.6. If greater than 4.6, the Sugar reading may be lower than it appears due to the influence of the Salts reading.

14. Insulin is stronger with higher pH's, weaker with lower pH's.

15. Vitamin C is greatly affected by high/low sugars due to reduced oxygen. Imbalance of insulin causes loss of vitamin C. High insulin production = low sugars, prevent vitamin C from being pulled into position as the chelating element for cell cement; low insulin production = excess sugars results in excess alcohol which makes too much body heat. This causes a loss of vitamin C again. Delicate tissue (lungs) will have cells that come apart (emphysema).

16. Sugars level relative to other numbers indicates the status of:

Acid UpH

Sugars =	Kidneys	-	filtration	-	fear
Sugars =	Adrenals	-	capacitance	-	courage

Alkaline UpH

Sugars =	Bladder	-	filtration	-	fear
Sugars =	Sex organs	-	reproduction	-	apathy

Acid SpH

Sugars =	Spleen	-	antagonism	-	rejection
Sugars =	Pancreas	-	location	-	laughter

Alkaline SpH

Sugars = Stomach - digestion - happiness

High Sugars
(or Greater than Balanced)

• Thyroid	-	metabolism/toxicity	-	anxiety
• Lymph	-	acceptance/genetic	-	enthusiasm

Low Sugars
(or Less than Balanced)

• Pancreas	-	location/self-esteem	-	laughter
• Sex organs	-	reproduction/creativity	-	apathy

17. Formulas for low sugars:

    Adrenal support
    Multi-Mineral
    Trace minerals
    Protein (non-soy)
    Sweetened lemon water

18. Formulas for high sugars:

    Unsweetened lemon water
    Vitamin B6
    Vitamin E
    Chromium
    Calcium

BIA Class #2 Exam
(Sugars)

1. How is the Sugars reading determined?

2. What 5 items may be represented in your Sugars reading? Define each.

3. Does the Sugars reading necessarily have any direct relationship to blood glucose levels?

4. High Sugars may represent acidity and a low ability of pancreas to properly dump enzymes, resulting in a toxic fatty tissue. T or F?

5. Low Sugars may represent alkalinity and a hyperability of pancreas to properly dump enzymes, resulting in major energy fluctuations leading to cravings. T or F?

6. What # has the greatest effect on the overall feeling?

7. What # may indicate the amount of energy available?

8. List 5 Low Sugar symptoms that either you or someone you know exhibits.

9. List 5 High Sugar symptoms that either you or someone you know exhibits.

10. What is the proper Salts/Sugar ratio?

11. What vitamin is greatly affected by imbalanced Sugars?

12. When UpH is acid (below acceptable), the Sugars represent what condition and what emotion?

13. When UpH is alkaline (above acceptable), the Sugars represent what condition and what emotion?

14. When SpH is acid (below acceptable), the Sugars represent what condition and what emotion?

15. When SpH is alkaline (above acceptable), the Sugars represent what condition and what emotion?

16. High Sugars (greater than Balanced) represent what organs, conditions and emotions?

17. Low Sugars (less than Balanced) represent what organs, conditions and emotions?

18. List the formulas that affect the Sugars and describe their effect.