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# BIA Class #4

## (Salts)

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# Class #4: Salts

(Conductivity)  
(1 — 12 — 60)

1. Salts are electrolytes. They are able to conduct electricity.
2. 3 types: chlorides, non-chlorides, protein
3. Human body is a complex electrical circuit. The BIA relates to electrical flow.
  - Sugars = voltage
  - pH = measure of resistance to the electrical flow (OHMS)
  - Salts (conductivity) = a measure of the ability of a substance to conduct a current (amps)
  - Nitrogens = amount of heat (energy) absorbed or lost by the body
4. Body is designed to operate on a certain current. Too high or too low a current produces disease.
5. When pH rises = increased resistance, which means if Salts high (current), there will be excess heat generated. This must be eliminated by urine and other exiting fluids. This is ENERGY LOSS.
6. When pH decreases = decreased resistance, which allows more current to travel = electrical loss instead of heat loss.

## High Salts

7. When Salts are high, smooth muscle tissue and mucous membranes over-ionize (disassociation of the proper magnetic bonding).
8. Smooth muscle is muscle that makes up all the involuntary muscles of body except the heart. This includes muscular layers in blood vessels, veins, arteries, lymph, ducts, bladders, digestive tract.
9. This tissue is vulnerable to over-ionization (too much current flow), because it is associated with removal of fluids from system. The smooth muscle weakens because high Salts create excess conductance.
10. The body senses this irritation and moves blood fats to the outside of the blood flow. Plating occurs for protection. Over time the vessel becomes rigid. Heart has to work harder.
11. If wall is not plated, it will weaken and have a tendency toward aneurysm. When vein wall weakens (bags) = hemorrhoids and varicose veins, diverticular problems, ulcers, weakened valves, sphincter muscles weaken, eye muscles weaken, ear muscles weaken.
12. Nerves also affected by high current flow. MYELIN SHEATH degenerates. High heat causes numbness, skin itching, palms and soles itching, scalp itching, internal tension, burnout, nerve disorders.
13. High Salts associated with sclerosis problems. Calcium and water deficiency biggest cause. When liver getting proper calcium, iron and water, it is able to conjugate metabolic waste salt material into harmless substances that kidneys can easily eliminate.
14. High Salt levels may cause water imbalances due to a reverse osmosis process. This may cause joint stiffness as lubricating fluids are pulled out of joints and high blood pressure as fluid is sucked into vessels.

15. High Salts make the heart beat harder, high body temperature, menopause aggravation, may also cover up a low blood sugar condition.

- Abscesses
- Acute illness
- Arteriosclerosis
- Asthma
- Baldness
- Bloating
- Colitis
- Cysts
- Digestive disorders
- Eczema
- Epilepsy
- Overweight
- Fatigue
- Hemorrhoids
- Hypertension
- Insomnia
- Vitamin E
- Nerve disorders
- Skin disorders
- Recreational drugs
- Thyroid, stomach stress
- Acne
- Allergies
- Arthritis
- Back pain
- Bladder infections
- Blood pressure
- Constipation
- Deafness
- Diverticulitis
- Edema
- Vein, artery stress
- Excess fats, oils, salt
- Heart stress
- Hyperactivity
- Hypoglycemia
- Insufficient R/O water
- Mineral depletion
- Nervous tension
- Reproductive problems
- Fatigue
- Sex organ, liver stress

Formulas:

- Water
- Lemon water
- B6
- B-Complex
- Cal-Pho-D
- Turn Around Diet Juices
- Vitamin A
- Vitamin E
- Enzymes
- Colon-Aid
- Chlorophyll

## Low Salts

16. Overweight people may not notice the effects of high Salts as much as others due to fatty tissue that acts as a buffering agent for the Salts.
17. Underweight persons will have a worse problem with high Salts. Sclerosing problems will be worse due to less fatty tissue for buffering.
18. Darker skinned persons absorb more sun energy, giving them more heat than light skinned persons. High Salts levels are worse for dark skinned persons in cool climates due to lack of perspiration. More of a need for Vitamin D in light skinned persons.
19. Low Salts may cause slow mental ability, slow physical ability, improper coordination, exhaustion, or fatigue factors.

- Anemia
- Chronic fatigue
- Emotional stress
- Excess fluids
- Immune disorders
- Excess exercise
- Mental exhaustion
- Mineral deficiency
- Insufficient fats, oils
- Pituitary stress
- Kidney stress
- Anxiety
- Chronic illness
- Endocrine system
- Heart disease
- Insufficient calcium
- Malnutrition
- Nervous system
- Heart, liver stress
- Low sodium
- Parathyroid stress

### Formulas:

- Sprinkle
- Magnesium
- Trace minerals
- B6
- Liver Support
- Protein (non-soy)
- Potassium
- Calcium
- Gatorade
- Enzymes w/HCl
- Hawaiian Sea Salt
- Exercise

20. Salts level relative to other #'s indicates status of:

**Acid UpH**

Salts = Thyroid - metabolism - anxiety

**Alkaline UpH**

Salts = Post. Pituitary - hydrolyzation - grief

**Acid SpH**

Salts = Lungs - vaporization - monotony

**Alkaline SpH**

Salts = Colon - detoxification - hate

**High Salts  
(or greater than Balanced)**

Veins/arteries	-	circulation	-	resentment
Sex organs	-	reproduction/creativity	-	apathy
Stomach	-	digestion	-	happy
Liver	-	transmutation	-	sadness

**Low Salts  
(or less than Balanced)**

Kidneys	-	filtration	-	fear
Parathyroid	-	experience	-	anger
Heart	-	synchronization	-	love
Liver	-	transmutation	-	sadness
Mind	-	analyzation	-	wonder
Hypothalamus	-	evaluation	-	attention
Endocrine	-	coordination/force	-	conservation
Post. pituitary	-	hydrolyzation	-	grief

**URINE CELL DEBRIS**

(Albumin)  
(0 — 1 — 4)

1. Insoluble cell parts. Worn-out cells discarded by kidneys.
2. Subjective part of test. Not used in energy computations.
3. Indicates body's activity in the healing process. 1 = 1,000,000 particles per liter of urine is being discarded. This is the maximum a healthy body should be discarding.
4. It will be the last number to move to normal as liver rebuilds.

# **BIA Class #4 Exam**

## **(Salts)**

1. What are perfect Sugars?
2. What are Perfect pH's?
3. What are perfect Salts?
4. What are the Salts?
5. What are the types of Salts represented by the Salts reading?
6. Discuss how a heat energy loss can be created.
7. Discuss how an electrical energy loss is created.
8. What type of body tissue is most affected by high Salts?
9. How are high Salts connected to plating of circulatory system walls?
10. What can be the result?
11. How are the nerves affected by high Salts?
12. List 5 high Salts symptoms that you have or someone you know has.
13. Why can overweight people carry a high Salt with fewer symptoms?
14. List at least 2 low Salts symptoms that you have or someone you know has.



15. Why might low Salts cause the types of symptoms listed?
16. With an acid UpH list the organ, condition and emotion represented by the Salts.
17. With an alkaline UpH list the organ, condition and emotion represented by the Salts.
18. With an acid SpH list the organ, condition and emotion represented by the Salts.
19. With an alkaline SpH list the organ, condition and emotion represented by the Salts.
20. List the organ, condition and emotion represented by high Salts (greater than Balanced).
21. List the organ, condition and emotion represented by low Salts (less than Balanced).
22. What is the significance of the Cell Debris?
23. List the various formulas that influence the Salts and how they affect the Salts.