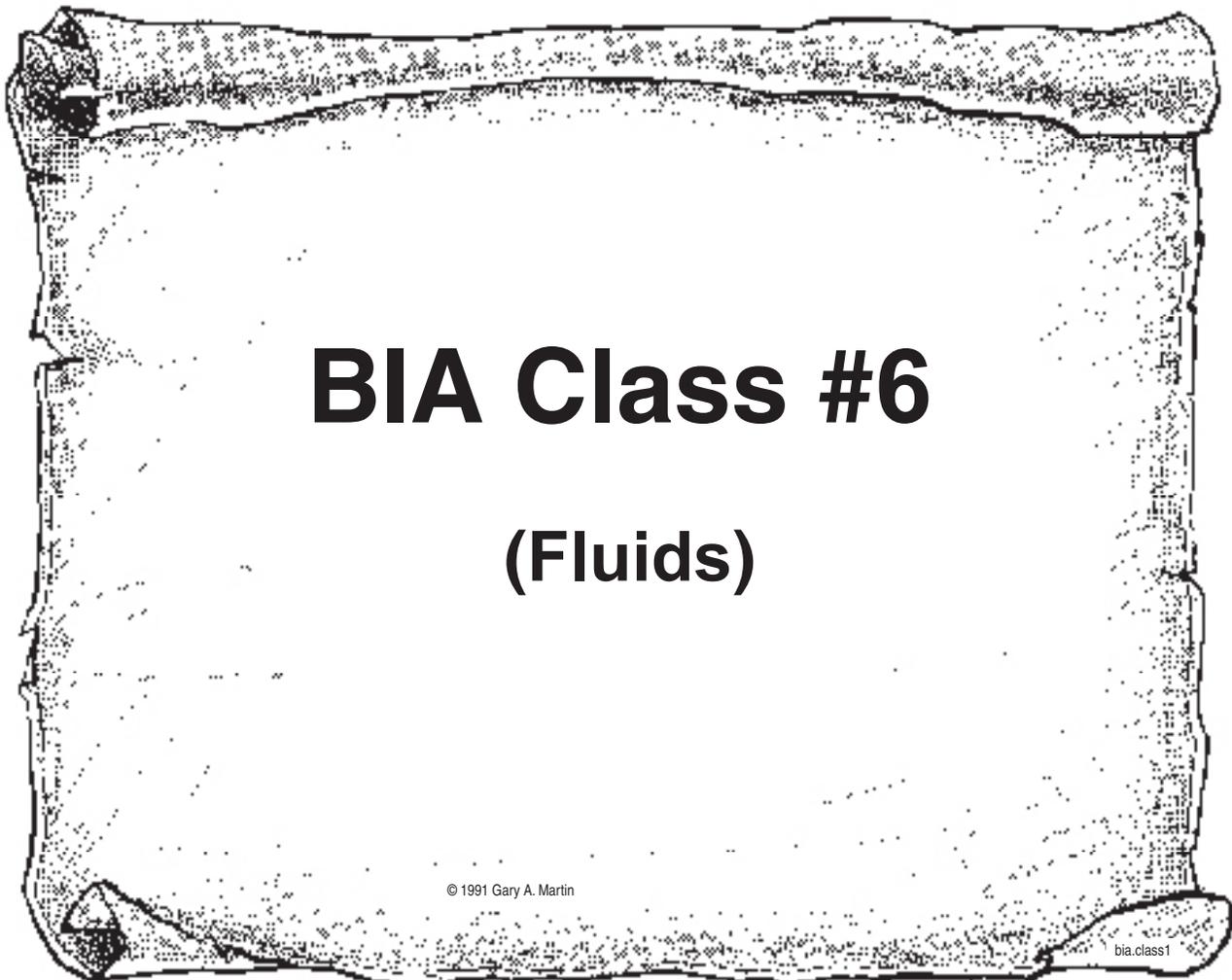




Biological Immunity Research Institute

7114 E. Dreyfus
Scottsdale, AZ 85254

888-221-4116
www.biri.org



BIA Class #6

(Fluids)

© 1991 Gary A. Martin

bia.class1

Class #6:

Fluids

1. The FLUIDS section is the most important section on the BIA. The body is more than 70% water. It makes sense that our cells should be surrounded with pure water if we are going to be healthy.
2. Reverse Osmosis (R/O) water is the best water due to the fact that it has a small mineral content with plenty of oxygen.
3. Distilled water is pure, but has less oxygen content. Fish will die in distilled water. It will also leech important minerals from the body.
4. Filtered water has plenty of oxygen but the filter becomes progressively more toxic with each gallon of water that passes through it.
5. The Precipitator will demonstrate the dissolved solids in tap water or filtered water. Drinking water is treated to look more pure than it really is.
6. The SUGARS and SALTS are the main indicators of fluid intake. As the Sugars and Salts become more concentrated (climbing higher than perfect) it is an indicator that more water is needed. Concentration of the BIA means, therefore, that more water is needed to dilute the Sugars and Salts.
7. It is also possible to drink too much water. When this happens the Sugars and Salts will fall below perfect.
8. The proper amount of water is 1 oz. per two pounds of body weight. This water should be consumed at a rate not to exceed 4 ozs. per 30 minutes. It should be consumed at a regular schedule. A 160 pound person who gets an average of 8 hours sleep per night needs 80 ozs water daily, or 5 ozs. per waking hour. Since 5 ozs. per hour is too much too soon, the person should consume 2-1/2 ozs. every half-hour.
9. It is impossible to catch up when one forgets to drink the water. Simply pick up where you left off and go on.

10. The first few days of this regime may result in headaches, dizziness and excessive urination as the body resists this change in lifestyle. The body is not going to believe that you are really going to give it the water it needs. It will ignore the increased water intake for a few days.
11. The body does not change quickly. It likes a regular routine and adapts to it. Likewise, when you persist in your new lifestyle, it will eventually adapt to the increased water intake, resulting in a greater use of the water and less urination.
12. The required water intake may be split 50-50 with a Lemon Water mixture if any of the following are true:
 - a. UpH > Balanced UpH
 - b. UpH + SpH > 12.8
 - c. Nitrates - Ammonia >3 or N/A ratio >1.5
13. Lemon Water means 10% FRESHLY SQUEEZED lemon juice in R/O water. It is acceptable to make enough Lemon Water for the whole day all at once. The water should be kept cool during the day.

The Lemon Water should be SWEETENED if:

- Your Sugars are more than 10 points under Balanced Sugars.
- Your Nitrate/Ammonia Ratio is greater than 1.5.
- Your Sugars are less than 2.0
- Your Ureas are less than Balanced Ureas, your Ureas are 15 or less, and your Sugars are greater than 5 under Balanced Sugars.
- When drinking unsweetened Lemon Water gives you a headache.

The proper sweetening procedure is to use 1 Tbsp. of sweetener per 10 ozs. of Lemon Water. Always vary the sweetener from day to day.

14. Alternating drinks from pure water and then Lemon Water is the best way to consume the water.
15. Consider drinking only reverse osmosis water or Micro-Water.
16. The PRECIPITATOR is a jar with two electrical probes. In about 3 minutes it will precipitate the dissolved solids present in your drinking water. You will notice a great difference between all forms of drinking water, including tap water, and water produced by the AQUA-RITE. Be sure to use steel wool on the probes between uses. When you see what your water looks like, you will understand how important it is to drink only reverse osmosis water.

17. Strict adherence to the water formula should be discontinued if any of the following occur:

- Sugars drop below 1.5
- Salts drop below 7.0
- Ureas drop below 8.0
- Dizziness, light-headedness
- Kidney pain
- Sugars/Salts/Ureas all below balanced

18. Water follows Salt. As protein is poorly digested due to a low EM, it acts like a salty sponge and becomes trapped in the circulatory system. This causes a lot of water retention (edema).

By adjusting your pure water intake to the proper level, you will notice that proper weight management becomes much easier. Plus, many other symptoms can be expected to subside.

BIA Class #6 Exam

(Fluids)

1. What section of the Biological Immunity System (BIS) should be implemented first? Why?
2. What type of water should you drink?
3. What type of water do you and your family drink?
4. How much pure water did you average daily before you saw your BIA?
5. What is the Precipitator? How can you use it to your advantage?
6. What part of the BIA is the best indicator of fluid intake?
7. What is an indicator of drinking too *much* water?
8. What is the proper water formula?
9. What may happen as you begin your new pure water regimen?
10. Does the body like change?
11. What is the proper Lemon Water formula?
12. How do you know when to use Lemon Water?
13. When do you sweeten your Lemon Water? How much?
14. What are the 3 models of Aqua-Rites?
15. When might you discontinue strict adherence to the water formula?
16. What may cause edema?