



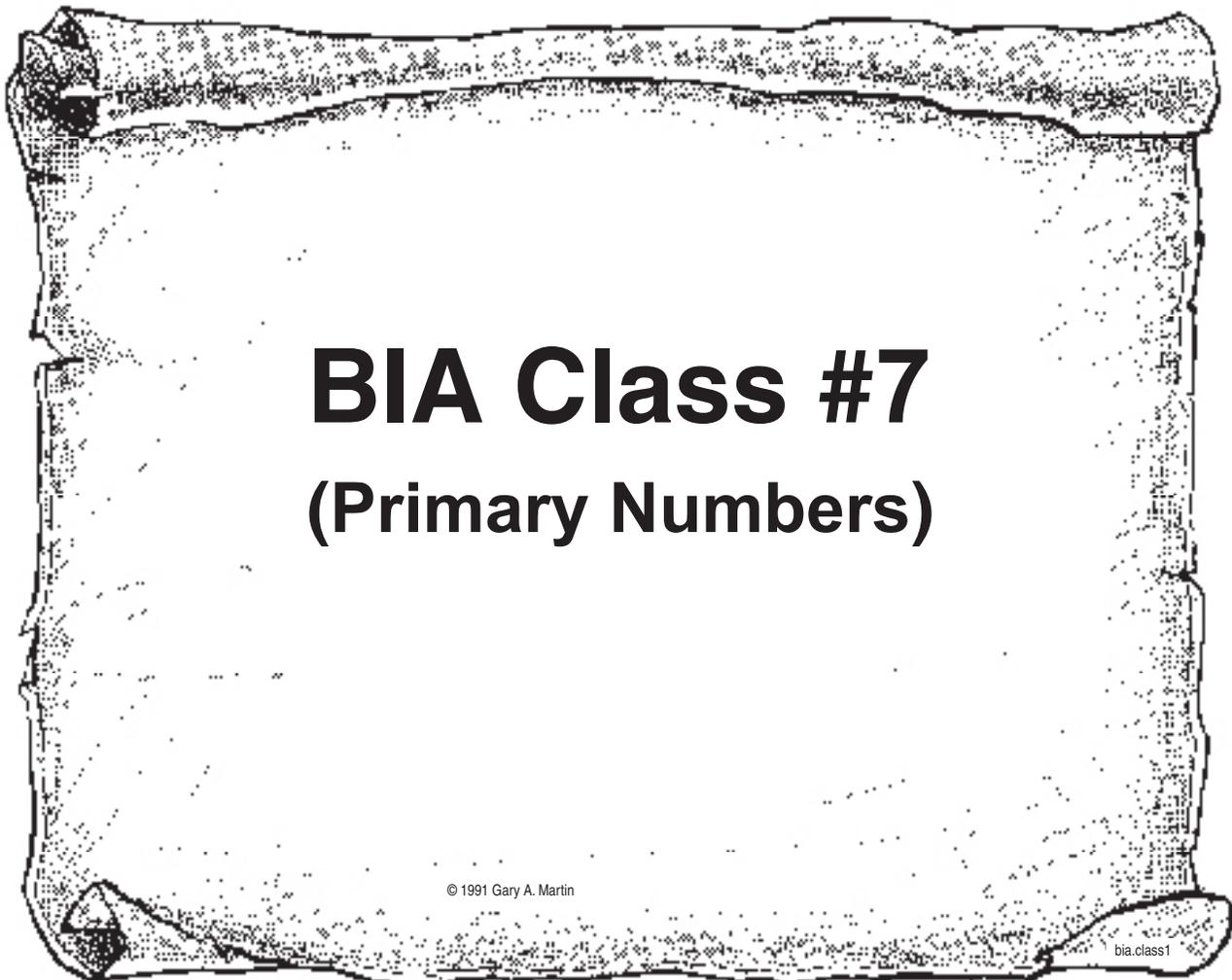
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# **BIA Class #7**

## **(Primary Numbers)**

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# Class #7:

## 5 Primary Numbers

1. There are 5 primary numbers involved in the BIA.
  - Sugars (Carbohydrates)
  - UpH
  - SpH
  - Salts (Fats)
  - Ureas (Proteins)
2. Notice that we have omitted the Cell Debris and we have combined the Nitrate Nitrogen and the Ammonia Nitrogen into one number called the Ureas.
3. Each of the 5 primary numbers has a scale on which it moves. There is a minimum dilution (low #) requirement for life. There is also a maximum concentration (high #) requirement for life.

| <b>Substance</b> | <b>Low</b> | <b>Perfect</b> | <b>High</b> |
|------------------|------------|----------------|-------------|
| Sugars           | .1         | 1.5            | 10          |
| UpH              | 4.4        | 6.4            | 8.4         |
| SpH              | 4.4        | 6.4            | 8.4         |
| Salts            | 1          | 7              | 60          |
| Nitrates         | 1          | 3              | 18          |
| Ammonia          | 1          | 3              | 12          |

4. Many things can cause the numbers to rise:
  - Lack of water intake
  - High body temperature
  - Physical exertion
  - Salty foods
  - High environmental temperature
  - High resistance to circumstances
  - High stress

5. Therefore, just because a person has a Sugar reading of 7, on the scale of .1 to 10, doesn't necessarily mean s/he has a high Sugar problem. It may be that one of items in #4 has caused it to be that high. In fact, the person may even be extremely hypoglycemic (low sugar).
6. We need a way to designate the difference between high Sugars and situations where the Sugars are simply concentrated (high on the scale) because of one of the items listed in #4. This is what the Balanced Number Concept is about.
7. Think of the 5 primary numbers as being linked together in a chain. As you pick up the chain on one end, the rest of the chain follows. This means that as the Sugars rise, the rest of the primary numbers are expected to also rise on their respective scales.
8. For example, if the Sugars are 3 (2x its perfect value) then we would expect the Salts to be 14 (2x its perfect value) and the Ureas to be 12 (2x its perfect value). Even though the Sugars are 3, they would NOT be considered HIGH in this case. They would simply be CONCENTRATED. Meaning that one of the items in #4 was responsible for it being higher on the scale. This means that the Carbohydrates are in balance with the Fats and Proteins. This also means that we would not consider the person to have any kind of malfunction that is associated with the Sugars number. It means only that the Sugars are CONCENTRATED. This does need to be corrected to accomplish proper weight management and a feeling of well-being, but it does not mean we have HIGH Sugars or any of the accompanying problems surrounding that issue.
9. In other words we only have a HIGH or LOW situation with regard to the primary numbers when the primary number is AWAY from the Balanced reading.
10. For example, if the Salts are 14 (2x perfect) and the Ureas are 12 (2x perfect) then we would expect the Sugars to be 3 (also 2x perfect). In other words, 3 is the BALANCED SUGARS in this case.
11. In this case, if the ACTUAL SUGARS are 3, they are not perfect, but they are Balanced, which is the next best thing.

12. If they are only 2, they are 10 points LOW ( $3 - 2 = 1.0$ , which is 10 decimal points).
13. If they are 4, the Sugars are 10 points HIGH ( $4 - 3 = 1.0$ , which is 10 decimal points).
14. The same procedure applies to all the other primary numbers. The Balanced Sugars are determined by the Salts and Ureas. The Balanced Salts are determined by the Sugars and Ureas. The Balanced Ureas are determined by the Sugars and Salts. The Balanced Urine pH (UpH) and the Balanced Saliva pH (SpH) are determined by the Sugars, Salts and Ureas.
15. The advantage of this system is that we can compensate for the effect of the items listed in #4. Without this system, it is impossible to effectively use the BIA as a feedback guide to better health and weight management.
16. There are 3 important ratios that appear in the BIA.

## First Ratio

17. The first ratio is the Nitrogen-Carbon Ratio. This ratio should be approximately 3.2. This means that the Ureas (Protein) reading should be approximately 3.2 times greater than the Sugars (Carbohydrates).
18. Proteins consist of amino acids which contain nitrogen. The delicate balance of both carbohydrate and protein is held within the human body by the Carbon-Nitrogen cycle, which is controlled by the DNA and RNA of chromosome development.
19. The Nitrogen-Carbon ratio found in the BIA depicts the classic struggle between the POSITIVE (+) Carbon-Hydrogen and NEGATIVE (-) Nitrogen forces of Life Energy.

20. The Sugars reading of the BIA shall hereafter also mean Carbon.
21. The Sugars represent the realization of desire into matter. It is the wish come true. If the Sugars are too high it means that you are failing in your desire to have your dreams come true. Life Energy is discharging from you. You are in a serious energy loss state. Your body is losing the battle for balance.

If your Sugars are too low it means your cells are sucking up every available bit of energy and need more to fulfill the demands your mind is placing upon your body.

22. Every organ and gland is affected by Sugar. Sugar centers activity. Too much unused Sugar in the system means certain areas of the body are becoming crystallized. This causes pain.
23. The buildup and breakdown of Sugar in the body is very systematic. When it is used up it will turn to ash. It is up to the eliminative system (lymphatic) to remove this ash or the system will become clogged. Thus an overbalanced Sugar may be a sign of lymphatic congestion and serious degeneration or malfunction within the body.
24. Sugar buildup in the form of ash, as opposed to the viable forms of Carbon complexed as proteins, fats, carbohydrates, may cause varying disturbances which are readily perceivable by the sense channels:
- Congestion, especially in lungs area
  - Diaphragm may harden
  - Hearing Loss
  - Brain confusion
  - Weak digestion
  - Nausea
  - Exhaustion
  - Hot Flashes
  - Cold Sweats
  - Respiratory problems
  - Incomplete oxidation of cells/tissues
  - Degeneration of proteins, fats, sugars
  - Infections, viruses, bacteria, toxins, parasites

25. The upsets of Carbon and the metabolic cycles involving the use of Sugars for energy, proteins for body structure, and fat for insulation and protection is what causes PREMATURE AGING.
26. When the Sugars are UNDER-BALANCED it means your DEMAND outweighs the SUPPLY. In other words, you are pushing yourself too hard for the supply available. Stress, in the early stages will produce an UNDER-BALANCED Sugars reading. Stress, when it has been happening for too long, enough to perhaps cause serious degeneration, results in an OVER-BALANCED Sugars reading.
27. Carbon is the realization of Life Energy into physical form. As each point in every life cycle where maturity is reached, Carbon will be formed. Carbon is the symbol of perfect balance. The diamond, which perfectly reflects all wavelengths and frequencies most visible to the naked eye, is the most perfect state of Carbon. The Sugars reading should therefore be balanced for proper weight management and health.
28. Even if the Sugars are not significantly out of balance, the Nitrogen-Sugar ratio may be an indication of potential problems to come:
  - Nit/Sug < 3.2 = Over-balanced Sugars, with its related symptoms.
  - Nit/Sug > 3.2 = Under-balanced Sugars with its related symptoms.
29. Cal-Pho-D and B-12 Formula may be very helpful in rectifying a HIGH imbalance of Carbon (Sugars).
30. Nitrogen is a NEGATIVELY (-) charged element. Nitrogen creates radiation. Nitrogen induces the decay of all crystalline structures.
31. Nitrogen activity takes place in all cells of the body, but it is activated from the outside toward the inside of any organism by digestion. The pancreas, liver and stomach are all involved in breaking down nitrogenous substances and then absorbing what is needed by the body for energy. The organs of elimination are expressly programmed to eliminate the toxic buildup of nitrogenous wastes through the kidneys and colon. It is in the colon that the

exact charge balance between the carbon-nitrogen cycle is corrected. The absorption of WATER and compounds of carbohydrates are measured and tested against the amount of nitrogenous substances contained in the colon.

32. The natural nitrogen cycle of the Earth is the radiational (decay) portion of all living matter. Nitrogen constitutes the basic negative balance of all proteins. Nitrogenous compounds are found in all living material and are positioned against Oxygen and Hydrogen to create a balance between growth and decay within the body.
33. The types of symptoms which result from the imbalance of Nitrogens (OVER-BALANCED UREAS) are many. Sickness is merely a disturbance of the Carbon-Nitrogen cycle (Nitrogen-Sugars Ratio).
- Irritableness
  - Pain
  - Tightness around the head
  - Sensitive to noise
  - Sharp stabbing pains
  - Tongue ulcerations
  - Slow healing
  - Constipation
  - Arthritis
  - Cancer
  - Heart Disease
  - Diabetes
  - Bothered by insects and pests
  - Hormonal and enzyme upsets
  - Premature aging
  - Depression, Hopelessness
34. All degenerative ills of mankind are a direct result of a rapid decay or disintegration of the body's healthy tissue. The production of all painful systems and decay comes from directly from the vacillation of the body tissues toward the nitrogen end of the cycle. It is this end of the cycle which leans the organism towards decomposition so that the body can be turned into fertilizer for the future generations to come.

35. There are two categories of HIGH Nitrogen imbalance in the BIA.
36. A N/A ratio  $>1.5$  indicates there may be a loss of protein digesting integrity within the digestive system. Here we have an alert that protein intake should be more discriminate. Selectivity as to the type of protein matrix needed to restore the delicate carbon-nitrogen balance is necessary if the person is to regain health.

The reason this type of individual may be losing protein is not because of the lack of sufficient dietary protein. It is because of a lost carbon-nitrogen integrity. Nitrogen exists in excess in an ill person because their body is BURNED on the inside. Nitrogen is a creation of the excesses of electric charges which invade the body. High speed energetic electrons enter the body, upsetting the carbon-nitrogen balance and releasing even more nitrogen.

In this case, the remedy is to support the organs and glands which regulate protein and fat disposition (fat insulates against nitrogen imbalance by impeding electric activity in the body. These organs should be supplied with the DNA-RNA complexes of the same material. In other words, if the person wishes to support the heart, he should eat heart substance, etc.

37. Zymazyme HCl, Liver Support, Pancreas Support, Thyroid Support, and Magnesium Formula are formulas that are helpful in re-establishing a proper N/A ratio.
38. The second category of HIGH Nitrogen balance is when the UREAS are OVER-BALANCED.
39. This category requires a detoxification of the body through reduction of nitrogen sources and increasing those substances which buffer the effects of the excess nitrogen.
40. Carbon is a major antagonist of Nitrogen, thus an increase of carbohydrates in the form of fruits and vegetables is warranted.

41. Calcium maintains the firmness of the skeletal system in the face of overt decomposition by nitrogen excess, therefore the various calcium formulas may be helpful in re-establishing proper Nitrogen balance:
  - Cal-Lactate if UpH + SpH >13
  - Cal-Formula if UpH + SpH is between 12.4 and 13.
  - Cal-Pho-D if UpH + SpH < 12.4
42. Magnesium Formula and B-Complex may be helpful in lowering Nitrogen levels in the second category.
43. Even if Nitrogen levels are not over-balanced, by consulting the Nitrogen/Sugar Ratio in the BIA, it is possible to detect potential problems developing:
  - A Nit/Sug ratio > 3.2 = high Nitrogen even if Ureas are not overbalanced.
  - A Nit/Sug ratio < 3.2 = low Nitrogen even if Ureas are not under-balanced.
44. When Nitrogen levels are LESS than what they should be, it may indicate high Carbonization in the body and crystallization of the enzyme systems.
45. In this case, Iron, Selenium, Pro-Amino and Potassium may be helpful in this category. A diet high in Protein may also be warranted.
46. Nitrogen is the element which creates the electric charge needed to make proteins stable. It is the relationship between carbon-nitrogen which dictates whether an organism metabolizes quickly or slowly.
47. The Carbon-Nitrogen balance establishes physical long chains of material which constitute the potential Life Energy of the human being.
48. Nitrogen and its sister elements provide the electro-negative charge (space)

for an organism to exist. However, when the electro-negative element increases disproportionately to the amount of Hydrogen or any other electro-positive element there is MORE SPACE in the body. The body becomes more empty and devoid of substance. This creates a chaos of UNWANTED SENSATION and pain.

49. Thus, when your Nit/Sug Ratio gets too high, especially if the N/A ratio is low, you can be expected to be greatly pressured. The high Nitrogen is attempting to compensate and make you more aggressive, “spacy” and less earthy in your thinking and acting with those around you. You become more sensitive to pain and other pressures of everyday living.
  
50. When your Nit/Sug Ratio gets too low you may be succumbing to the pressure. You may be becoming hard in your thoughts, actions and responses. You may be suppressing emotions. Your essence is being withheld from full expression. Your sewage system is backing up. You are drowning in your own problems.
  
51. The Thyroid Gland is the major gland involved in helping to regulate the Carbon-Nitrogen balance in the body. It uses the mineral Iodine. Therefore, when the Sug/Nit Ratio is significantly away from 3.2, thyroid and iodine support may be warranted.

Formulas:

- Thyroid Support
- Cal-Pho-D
- Mineral Nectar
- Wellness Source
- Cell Salts #2 (Calc Phos)

# **BIA Class #7 Exam**

## **(Primary Numbers)**

1. What are the 5 Primary #'s in the BIA?
2. List the ranges for each of the 5 Primary #'s.
3. What can cause the #'s to rise?
4. Why do we envision the 5 Primary #'s being linked together in a chain?
5. Define:
  - High
  - Low
  - Concentrated
  - Weak
6. What other Primary #'s determine what the Balanced Sugars should be?
7. What other Primary #'s determine what the Balanced Salts should be?
8. What other Primary #'s determine what the Balanced Ureas should be?
9. Why do we need the Balanced #'s?
10. How many important ratios are there to consider when looking at the BIA?
11. What is the first one?
12. Carbon is related to the Sugars reading. T / F
13. What do Sugars represent?
14. What may an over-balanced Sugars represent?
15. What may an under-balanced Sugars represent?

16. What are some symptoms of over-balanced Sugars?
17. What may cause premature aging?
18. What role does carbon play?
19. What formulas may be helpful for a low Nit/Sug ratio?
20. What role does Nitrogen play?
21. What symptoms may be associated with high Ureas?
22. What are the two categories of High Nitrogen Imbalance?
23. What formulas may be helpful for Category #1?
24. What formulas may be helpful for Category #2?
25. What type of diet may help a high N/S ratio person?
26. What type of diet may help a low N/S ratio person?
27. What formulas are appropriate in cases of high N/S ratios or overbalanced ureas?
28. What formulas are appropriate for low ureas, underbalanced ureas, or low N/S ratio?
29. Over-balanced Sugars may denote chronic condition, high gravitation, pain, pressure, excess concentration on past, congestion. T / F
30. Underbalanced or low Sugars may denote much stress, a metabolism too weak to produce the necessary power to fully manifest dreams into reality. T / F
31. What gland is most important relative to the Nit/Sug ratio?
32. What formulas are most important for Thyroid and Iodine support?