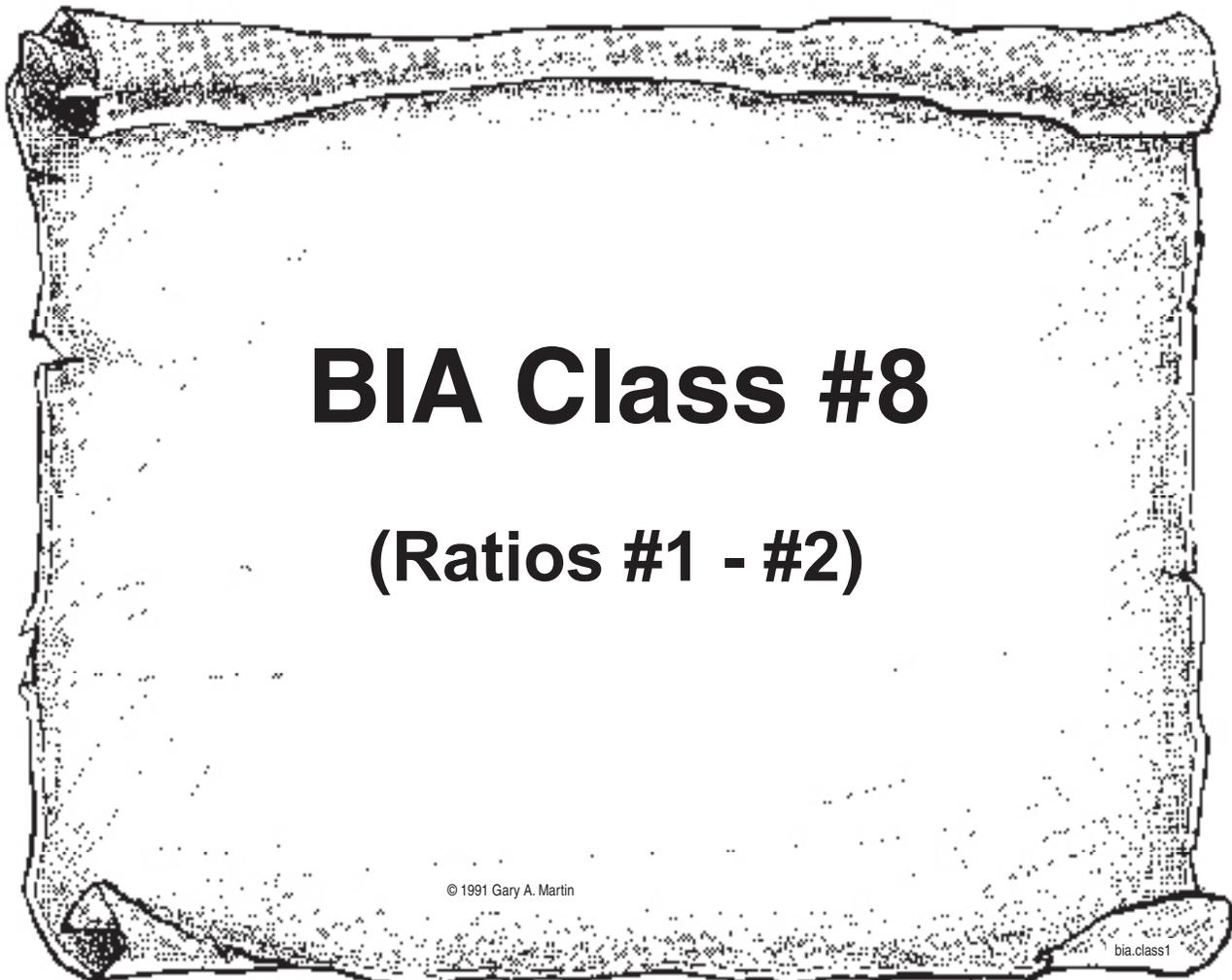




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BIA Class #8

(Ratios #1 - #2)

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bia.class1

Class #8:

Second Ratio

1. The second important ratio is the Salts/Sugar Ratio. The perfect ratio is 4.6. This means whatever the Sugars are, the Salts should be approximately 4.6 times greater. Another way of saying the same thing is whatever the Salts are, the Sugars should be .217 of that.
2. The Mineral Salts reading is related to the Fatty Acids in the body.
3. Fatty Acids are formed by amino acids (Nitrogen) which lose affinity for nitrogen.
4. Fatty Acids maintain an opposite but equal electric charge against the Sugar molecule. These two opposed charges, Sugar (-) and Fatty Acid (+), together work to trap water molecules, preventing them from transmitting electric force. This capture of water and the buildup of barriers resists the flow of electricity in the body.
5. Thus, when both the Sugars and Salts rise on their respective scales, there is going to be a problem with FAT.
6. The accumulation of too much electric force against the body creates fat. Its creation is accomplished by sugar, fatty acids, alcohol and increased electric pressure.
7. Glucose (sugar) is polarized at the (-) end of the scale. Fatty Acids are polarized at the (+) end of the scale. Together with alcohol they cause a pure form opposition to water and electric pressure. The result is a neutral fat barrier.
8. This is why there is a link between STRESS and WEIGHT GAIN. The fat which develops is created by the body as an insulator to stress.
9. Fat is a complete buffer to intense electric pressure. It blocks intense electric pressure (stress). It is a last resort survival attempt by the body to cushion the deterioration of rapid aging.

10. Rubber, the gooey substance of the tree, is used as an insulator. It is the reason why 14 feet of stone are needed to insulate a house as well as one foot of wood. Wood contains fat. Stone does not. Fat works just like plastic to protect areas from the invasion of electric pressure. The body develops fat barriers to protect itself from shocks and stress.
11. Fat is formed to barricade areas from an overload of electricity. Fat is the expression of physical or mental trauma. The greater the Salts are compared to the Balanced Salts, the more of a tendency to develop fat, especially if the Sugars are also high.
12. The absence of fat is a factor in complete overwhelm of the system. Low Salts (fat) can contribute to psychosis, schizophrenia, mental illness and nervous breakdown.
13. The body needs fat and its constituents for more efficient operation, yet the mechanisms of fat placement (hypothalamus, pituitary, thyroid) are in a constant state of confusion in a society filled with electronic pollution and all kinds of other stress.
14. Everyone needs a small amount of fat in their diet, but the normal person eats an excess, causing the Salts to be greater than Balanced.
15. A Salts/Sugar Ratio greater than 4.6 can mean the effect of the Salts can be much greater than the Salts level indicates. Refer to BIA Class #4 and the discussion regarding high Salts symptoms.
16. A Salts/Sugar Ratio greater than 4.6 can also mean the effect of the low Sugars level can be much greater than the Sugars reading indicates. Refer to BIA Class #2 and the discussion of low Sugars symptoms.
17. Likewise, a Salts/Sugar ratio of less than 4.6 can accentuate the effect of the high Sugars. Refer to BIA Class #2 and the discussion of high Sugars symptoms.
18. Accordingly, a Salts/Sugar ratio of less than 4.6 can intensify the effect of the low Salts. Refer to BIA Class #4 and the discussion of low Salts symptoms.
19. Sodium is one of the items being examined in the Mineral Salts reading. Sodium has a natural affinity for its opposite, chlorine, forming sodium chloride. Sodium Chloride is common table salt and resembles the cubic shape of the diamond, which is the ultimate salt.

20. Sodium works closely with the posterior pituitary and the hypothalamus. These two organs cooperate in maintaining proper fluid balance of the body.
21. Sodium ions battle chlorine and potassium for position. They help prevent the loss of minerals and water. In this way, sodium is connected with the kidneys and adrenals. It is also found in the stomach to assist in the proper balance of fluids so that digestion can take place normally.
22. A high Salts/Sugar ratio may produce a wide range of symptoms:
- edema
 - depression
 - grief
 - fright
 - terror
 - constipation
 - loss of hair
 - white spots on palms
 - headaches
 - vision difficulty
 - eyes tear when coughing
 - coated tongue
 - fever blisters
 - numbness/tingling hands/feet
 - stiff muscles
 - cold legs
 - hemorrhoids
 - heart disease
 - liver problems
 - kidney malfunction
 - premature aging
 - high blood pressure
 - hypoglycemia
 - immune deficiencies
23. Symptoms that can occur when the Salts/Sugar ratio is low are:
- increased urination
 - dizziness
 - digestive disorders
 - vomiting
 - mental depression
 - difficulty breathing

- heart palpitations
- heat prostration
- weak muscles
- diabetes
- cancer

24. BIA Formulas that are appropriate for a Salts/Sugars ratio greater than 4.6 are:

- Adrenal Support
- Antioxidants
- Silicea (TS #12)
- Kali Mur (TS #5)
- Kali Sulph (TS #7)
- Kali Phos (TS #6)
- Nat Mur (TS #9)
- B-12 w/Folic Acid
- B-Complex
- Iron
- Pancreas Support

25. BIA formulas appropriate for a Salts/Sugar ratio less than 4.6 are:

- Pancreas Support
- Calc Sulph (TS #3)
- Mag Phos (TS #8)
- Calc Phos (TS #2)
- Ferr Phos (TS #4)
- Cal-Pho-D

26. Generally speaking, a high Salts/Sugar ratio is less serious than a low Salts/Sugar ratio.

27. A high Salts/Sugar ratio is usually a sign of acute stress and a body that is having a hard time keeping up with the demands being placed on it. An examination of one's lifestyle for stress factors is definitely in order. It is important to balance this ratio to make sure it does not degenerate into a low ratio.

28. A low Salts/Sugar ratio is usually a sign of chronic stress and a body that is succumbing to the stress. This is usually a degenerative profile and could be very serious. If you have this type of profile, it is imperative that you take a serious look at your lifestyle and stress factors. If this ratio persists beyond the second test, a medical exam is definitely warranted to make sure serious problems do not exist.
29. Because the BIA is a pre-diagnostic tool, NOT a diagnostic test, it is very possible your medical exam will show nothing. It is our opinion that this is still no reason to be any less concerned. The BIA is usually ahead of the body on the way up as well as on the way down. This means your numbers may be improving before you feel it, and your numbers may be degenerating long before you know it or show it.
30. If the ratio is low it may mean your diet needs more fats.
31. If the ratio is high it may mean your diet needs more carbohydrates and less fat.

BIA Class #8 Exam

(Salts/Sugar Ratio)

1. What is the second important ratio?
2. What is a normal Salts/Sugar Ratio?
3. Fatty acids are related to _____.
4. How are fatty acids formed?
5. Fat resists the flow of _____.
6. What creates fat?
7. What role does alcohol play?
8. Why is there a link between stress and weight gain?
9. How does the body protect itself from rapid aging?
10. Fat barriers protect the body from _____.
11. Fat is the expression of _____.
12. The absence of fat is good. T / F
13. Low Salts symptoms are: _____.

14. What does too much fat in the diet cause?
15. What does a Salts/Sugar Ratio greater than 4.6 mean?
16. What does a Salts/Sugar Ratio less than 4.6 mean?
17. How and why does sodium affect the fluid balance of the body?
18. What symptoms may accompany a high Salts/Sugar Ratio?
19. What symptoms may accompany a low Salts/Sugar Ratio?
20. What formulas are appropriate for a Salts/Sugars Ratio greater than 4.6?
21. What formulas are appropriate for a Salts/Sugars Ratio less than 4.6?
22. Generally speaking, is a high Salts/Sugars Ratio (more / less) serious than a low Salts/Sugars Ratio?
23. What dietary changes might you make if the Salts/Sugars Ratio is low?
24. What dietary changes might you make if the Salts/Sugars Ratio is high?
25. Might the BIA indicate the possibility of a future problem before a medical diagnosis might show it?