



Biological Immunity Research Institute

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The Biological Immunity Analysis®

The *Biological Immunity Analysis*® consists of 12 Keys. Each Key has guidelines, that, when followed, may have an amazing positive impact upon your physical, mental, emotional and spiritual wellness. **NOTE:** There may be valid medical reasons why these guidelines should not be followed. *Get your doctor's approval before implementing any of the Biological Immunity Keys.*

Biological Immunity Analysis® Key #1

Biological Immunity Key #1 involves water. Only when you have mastered “water” are you ready to move forward and implement step two. We believe that, if you never master water, most everything else you do to promote youthfulness and a body that can feel and behave much younger than your chronological age is wasted motion.

WATER: Use a Specific Gravity Strip¹ to determine your average daily specific gravity² of your urine. Collect a urine specimen using a 4 oz. plastic specimen cup³. Dip the Specific Gravity Strip into the urine specimen according to the instructions in the package of strips. If your Specific Gravity is .025 or higher, consider increasing your pure water intake according to the following guidelines:

- Drink only purified water, preferably MicroWater⁴. Absolutely no tap water.
- Drink 1 oz. water daily for each 2 lbs. of body weight.
- Divide your body weight by 40. Limit your daily intake to that many oz. per serving.
- If your average urine pH⁵ is 6.0 or higher, convert your daily water into lemon water⁶.
- If your urine specific gravity is below .025, sweeten⁷ your daily lemon water.
- If you drink lemon water, drink it on the hour. Drink the purified water on the half-hour.
- If your lifestyle is more active than sedentary, your water requirements may be greater.
- Continue to use the specific gravity reading to daily monitor your water need.

We believe water to be the #1 health problem in America. We believe that most people do not drink enough of the right kind of water. Tap water, even bottled water, can be one of the most *oxidizing* substances most people consume! There are doctors who believe, as we do, that, a chronic, oxidized, sub-clinical dehydration state existing over many years can sap people of their youthful vigor. For example, if you ever get thirsty, it is our belief you should have consumed purified water at least one hour prior. Thirst is an *alarm* reaction and should never occur if you are giving your body the water it needs.

Although following the aforementioned Biological Immunity Key #1 water guidelines may be a simple way to support wellness, many people find it hard to consistently accomplish. People and circumstances in your life seem to conspire to keep you from living by these simple rules. We believe that, to the extent you do not follow the above instructions, your body will lose its healthful youthfulness more quickly and you will live a life of sub-potential.

¹ Specific gravity test strips are generally available. You can eliminate this testing expense by purchasing a sugar brix refractometer. The refractometer will do an infinite number of tests. If you are using the refractometer, instead of the specific gravity strips, substitute a reading of 5.0 for the .025 specific gravity in the above “water” paragraph. The refractometer will play an important role in later Keys.

² Average specific gravity is the average of specific gravity test readings done over a 3-day period, preferably tested at the same approximate time of day. If there is a time of day which you generally feel the worst, then choose that time of day for testing.

³ Plastic 4-oz. specimen cups are generally available.

⁴ MicroWater is water made by an electrolysis device invented by the Japanese. MicroWater has three important characteristics; 1) It is made of *small molecules* which allow the water to be better absorbed into dehydrated tissues, resulting in better mobility and lubrication; 2) It is highly *anti-oxidant* (reduced), versus other waters which may be extremely oxidizing; 3) The pH is usually around 10 because it contains concentrated *alkaline minerals* which the body can use to maintain an alkaline blood homeostasis, resulting in good immune function. Both the MicroWater System, or bottled MicroWater, is generally available. In the absence of MicroWater, reverse-osmosis purified water is best.

⁵ Average urine pH is the average of urine pH test readings done over a 3-day period, preferably at the same approximate time of day. If there is a time of day which you generally feel the worst, that should be time of day chosen to test. If you are also doing the specific gravity test, be sure to do both tests at the same time of day. There is value in having the combined test information, which we will discuss in future Keys. pH test paper is generally available. A standard quantity will do approximately 300 tests. You can eliminate this testing expense by purchasing a combination pH/Conductivity meter. A pH meter is a more accurate and economical way of determining pH. The meter will play an important role in later Keys.

⁶ Lemon water is 10% *fresh* lemon juice and 90% purified water.

⁷ Sweeten your lemon water by adding 1 tbsp. natural sweetener per 10 oz. of lemon water.

Notice

The information and procedures contained in the Biological Immunity Analysis® Keys are based upon the research and professional experiences of Biological Immunity personnel. NONE OF THE STATEMENTS CONTAINED HEREIN HAVE BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. NONE OF THE PRODUCTS OR PROCEDURES DESCRIBED HEREIN ARE INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. ABSOLUTELY NO DISEASE OR MEDICAL CLAIMS ARE MADE FOR ANY OF THE PRODUCTS, SUGGESTIONS, OR PROCEDURES DESCRIBED HEREIN. They are not intended as a substitute for consulting with your physician or other health care provider. All matters pertaining to your physical and emotional health should be supervised by a qualified health care professional. Patent pending. All rights reserved.