



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 considered by you. *Please get your doctor's approval before implementing any of the Biological Immunity Keys.*

Biological Immunity Analysis® Key #3

Biological Immunity Key #3 involves maintaining your acid/alkaline¹ (pH) balance. In order for life to exist in a healthy state, the blood must be kept in a narrow pH range. As its pH changes, compromises are required by other body systems, which may first produce varied symptoms and ultimately a disease state, if left uncorrected.

We believe there is a relationship between the Urine pH (UpH) and Saliva pH (SpH) that can be monitored to protect our wellness. Since urine comes from blood, we believe there is also a relationship between urine and blood. We choose to work with urine and saliva, rather than blood, because its collection is less stressful and easier to accomplish. By balancing the UpH and SpH, we believe that blood pH may benefit, reflecting a return of homeostasis² to the body.

This pH test should be done at the same time you are also testing for Key#1 and Key #2. Collect a urine specimen using a large plastic specimen cup. Collect a saliva specimen³ using a small plastic specimen cup. Using the pH paper⁴, or your pH meter, determine your average UpH and SpH⁵. Using black dots, record your UpH and SpH readings in the corresponding columns on the Balance Chart. Draw a black solid line between the UpH and SpH black dots.

Based on the UpH and SpH values, match your readings to one of the following four scenarios:

1. If your UpH black dot is higher than your SpH black dot, and your SpH is 7.0 or greater, consider the following:
 - Ascorbate vitamin C
 - Liver nutritional support
 - Pancreas nutritional support
 - If Salts black dot is lower than its red dot, increase mixed calciums.
 - If Salts black dot is lower than its red dot, increase trace minerals and sodium.

- If Salts black dot is higher than its red dot, increase magnesium.
- Eat using Food Combining⁶ rules until $(SpH - UpH) \leq 0.5$.
- You may be a mixed oxidizer. Complete the WellZone analysis⁷.
- Digestive enzymes support
- Increase oxygen utilization.
- If Key #1 and #2 indicate a need for more water, use MicroWater or R/O water.
- Increase white animal protein and avoid red meat.
- Decrease carbohydrate intake.
- Skip to #3.

2. If your UpH black dot is higher than your SpH black dot, and SpH is less than 7.0, consider the following:

- Ascorbate vitamin C
- If your Salts black dot is lower than its red dot, increase bone meal calcium.
- If your Salts black dot is lower than its red dot, increase trace minerals/sodium.
- Vitamin B12 and folic acid
- Kidney nutritional support
- You may be a fast oxidizer. Complete the WellZone analysis.
- Eat using Food Combining rules until $(SpH - UpH) \leq 0.5$.
- Digestive enzymes support
- Increase white animal protein and avoid red meat.
- Increase oxygen utilization.
- If Key #1 and #2 indicate a need for more water, use MicroWater or R/O water.

3. If your UpH black dot is lower than your SpH black dot, and your SpH is 7.0 or greater, consider the following:

- Ascorbic acid vitamin C
- Liver nutritional support
- If Salts black dot is lower than its red dot, increase calcium lactate.
- If Salts black dot is lower than its red dot, increase trace minerals and sodium.
- You may be a slow oxidizer. Complete the WellZone analysis.
- Kidney nutritional support
- Liver nutritional support
- Pancreas nutritional support
- Digestive enzymes support
- Hair mineral analysis
- Skip to end.

4. If your UpH black dot is lower than your SpH black dot, and your SpH is less than 7.0, consider the following:

- Ascorbate vitamin C
- Vitamin B12 and folic acid
- If Salts black dot is lower than its red dot, increase mixed calciums.
- You may be a mixed oxidizer. Complete the WellZone analysis.
- Kidney nutritional support
- Digestive enzymes support
- Liver nutritional support
- Hair mineral analysis

¹ The pH scale runs from 0-14, with 7 being considered neutral, neither acid nor alkaline. Acid is from 0-7. Alkaline is from 7-14. We believe the best pH for both urine and saliva is approximately 6.4, assuming all other Keys are also perfect.

² Homeostasis is a medical term for perfect balance.

³ When collecting the saliva specimen be sure nothing was in the mouth for 30 minutes prior to collecting the specimen. For pH paper testing, only a small layer of saliva on the bottom of the specimen cup is required. For pH meter testing, you will need enough depth to cover the electrode at the bottom of the meter.

⁴ pH paper is generally available.

⁵ Average pH is the average of pH test readings done over a 3-day period. Always test all Keys 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.

⁶ Food Combining refers to the practice of eating by combining certain food groups. For example, combining proteins only with vegetables, combining starches only with fruit, at the same meal. A Food Combining Cookbook and food combining chart is available from Biological Immunity Analysis®.

⁷ The WellZone analysis may help you determine the diet that allows you to feel your best. Contact Biological Immunity Analysis® for a copy of the WellZone analysis or visit www.BiologicalImmunity.com.

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.