



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, can 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 #4

Biological Immunity Analysis Key #4 involves monitoring your Nitrate nitrogen¹ and Ammonia nitrogen². We believe that monitoring these two factors will allow you to better balance your acid/alkaline balance, resulting in a higher quality of wellness.

The test for Nitrate and Ammonia nitrogen involves the following preliminary steps:

1. Place a double layer of paper towel on a clean area.
2. Place a layer of paper towel in the bottom of an empty urine specimen cup³. Place two droppers⁴ in the specimen cup for future use.
3. Collect a urine specimen using the large plastic specimen cup.
4. Using a clean, dry glass pipette, place one drop of urine into a small ceramic cup⁵. Return any excess urine from the pipette to the urine specimen cup. Return the urine pipette back to its storage container.
5. After transferring some Universal Extracting Solution⁶ (UES) from the 120 ml storage bottle to a glass dropper bottle for regular use, add six (6) drops of the UES to the one drop of urine you have placed into the small ceramic cup. Do not allow the dropper to contact the urine. Return the dropper to the UES bottle.
6. Using the urine pipette again, mix the urine/UES in the small ceramic cup by repeatedly squeezing the solution in and out of the dropper for at least 10 seconds.
7. Using the same urine dropper, put 1 drop of the urine/reagent mix into the first well and the third well of a plastic 3 well plate⁷, or 12 well ceramic plate.

8. Rinse the urine pipette in distilled water⁸ and blot the end on a paper towel to draw out any excess water from within the pipette before placing it back in its storage container.

The test for the Nitrate nitrogen is as follows:

1. **Note:** The Nitrate and Ammonia nitrogen reagents are very caustic. They are dangerous to skin and will harm most materials. Be sure to handle them with extreme care. Be sure to store in a safe, protected place.
2. Place a glass dropper in the Nitrate Reagent bottle. Keep the Nitrate reagent dropper pointed down. Do not let the reagent run up into the rubber tip. Add four (4) drops of the Nitrate nitrogen reagent to the first well. Allow the drops to fall into the well from at least a 1-inch height to cause a mixing action as it hits the drop of urine/reagent mix in the well. Return the Nitrate nitrogen reagent dropper to its bottle.
3. Set a 4-minute timer⁹. Let stand for 4 minutes. If the well mixture turns completely blue-black before the 4 minutes have expired, make a note of how long into the 4 minutes it took before it happened.
4. Using the blue color chart¹⁰, match the urine/reagent mix color to one of those on the blue color chart. Use the various designs to assist your selection, especially if the colors are a hard choice. Make a record of this Nitrate nitrogen reading for future reference.

Testing for the Ammonia nitrogen is as follows:

1. Place a plastic dropper in the Ammonia Nitrogen reagent bottle. Keep the Ammonia nitrogen reagent dropper pointed down. Do not let the Ammonia nitrogen reagent run up into the rubber tip. Add four (4) drops of the Ammonia nitrogen reagent to the third well. Allow the drops to fall into the well from at least a 1-inch height to cause a mixing action as it hits the drop of urine/reagent mix in the well. Return the Ammonia nitrogen reagent dropper back to its bottle.
2. Within 0-30 seconds the urine/reagent mix will have turned a color of yellow/gold. Compare this color with the yellow colors on the color chart. Choose the closest color match and make a record of this Ammonia nitrogen reading for future reference.
3. Add the Nitrate nitrogen reading (NN) to the Ammonia nitrogen reading (AN) and record this total, using a black dot, in the **Proteins** column on the Balance Chart.

Clean up instructions:

- Keep baking soda handy to neutralize the Nitrate nitrogen reagent in case it spills onto an unwanted area.
- Rinse the well plate under a faucet and dry with a paper towel. Do not splash.
- Rinse the small ceramic cup under a faucet and dry with a paper towel.
- Make certain all reagent residues are neutralized and flushed down the drain.
- Make sure all utensils are dry before performing the next test.
- Consider wearing protective gloves during testing and clean up.

Determining Balanced Sugars-Salts-Proteins

Now that you have 3 Keys (Sugars-Salts-Proteins) for reference, it is necessary to use a somewhat more complicated mathematical procedure to determine the Balanced¹¹ Sugars-Salts-Protein (red dots) readings. Use the following steps to determine the red dot positions for each of the Sugars, Salts and Proteins. The following steps supercede the instructions in previous keys for determining the Balanced readings (red dots) for the Sugars, Salts and Proteins:

To determine the Balanced Sugars (red dot) reading:

1. Divide the Actual Salts reading by 4.6 and label the value as BSC.
2. Divide the Actual Proteins reading by 3.2 and label the value as BSP.
3. $(BSC + BSP) / 2 =$ Balanced Sugars (red dot).
4. Using a red dot, plot the Balanced Sugars reading on the Balance Chart.

To determine the Balanced Salts (red dot) reading:

1. Multiply the Actual Sugars reading by 4.6 and label the value as BCS.
2. Multiply the Actual Proteins reading by 1.5 and label the value as BCP.
3. $(BCS + BCP) / 2 =$ Balanced Salts (red dot).
4. Using a red dot, plot the Balanced Salts reading on the Balance Chart.

To determine the Balanced Proteins (red dot) reading:

1. Multiply the Actual Sugars reading by 3.2 and label the value as BPS.
2. Divide the Actual Salts reading by 1.5 and label the value as BCP.
3. $(BPS + BCP) / 2 =$ Balanced Proteins (red dot).
4. Using a red dot, plot the Balanced Proteins on the Balance Chart.

Now, using a red broken line, connect the Balanced Sugars, Balanced Salts and Balanced Proteins red dots. Connect the actual readings for each with a solid black line.

Considerations

1. If your Sugars black dot is above its red dot, consider the following:
 - Thyroid nutritional support
 - Lymphatic nutritional support
 - Skip to #3.
2. If your Sugars black dot is below its red dot, consider the following:
 - Pancreas nutritional support
 - Sex organs nutritional support
 - Skip to #4.
3. If both Sugars and Salts black dots are above both red dots, you need to more closely follow the Key #1 instructions. Skip to #5.

4. If both Sugars and Salts black dots are below both red dots, you should gradually reduce your daily water intake until both black dots rise to be near the red dots.
5. If your Sugars black dot is higher than its red dot and the Salts black dot is lower than its red dot, consider the following:
 - Increase fatty acids intake.
 - Increase calcium intake.
 - Increase sodium intake.
 - Increase trace minerals intake.
 - Adrenal nutritional support
 - Kidney nutritional support
 - Digestive enzymes support
 - Decrease carbohydrate intake.
 - Increase chromium intake.
 - Regular massage therapy
 - Daily brisk walking
 - Hair mineral analysis
 - Skip to #8.
6. If your Sugars black dot is lower than its red dot and the Salts black dot is higher than its red dot, consider the following:
 - Increase protein intake.
 - Increase magnesium intake.
 - Adrenal nutritional support
 - Liver nutritional support
 - Increase vitamin B-complex intake.
 - Decrease sodium intake.
 - Increase purified water intake.
 - Regular massage therapy
 - Daily brisk walking
7. Follow Biological Immunity Analysis Key #3 for UpH/SpH considerations.
8. If Nitrate Nitrogen (NN) divided by Ammonia Nitrogen (AN) is greater than 1.5, or Proteins black dot is higher than the Proteins red dot:
 - Increase carbohydrates intake.
 - Increase magnesium intake.
 - Increase vitamin B-complex intake.
 - Increase vitamin A intake.
9. If AN is greater than NN, or Proteins black dot is lower than the Proteins red dot:
 - Increase selenium intake.
 - Increase iron intake.

- Increase potassium intake.
- Increase protein intake.
- Increase thyroid nutritional support.

10. Check your Sugars/UpH/SpH/Salts/Proteins readings at least weekly and make the corresponding dietary and lifestyle adjustments. Always test at the same approximate time of day. Keep a diary of how you feel relative to your test readings and you will soon see your Biological Immunity pattern. You will soon be able to associate your quality of life with how well balanced is your Biological Immunity pattern.

¹ Testing for Nitrate nitrogen is more common in soil chemistry. We believe that urine nitrate nitrogen is somewhat related to blood urea nitrogen, which gives us an idea of the protein metabolism status, and more. This test is accomplished using chemical reagents with 1 drop of urine to produce a color which is then converted to a number between 1-18. The 60 ml. Nitrate Nitrogen soil testing reagent and accompanying glass dropper is available from LaMotte Company, 800-344-3100.

² Testing for Ammonia nitrogen is also more common in soil chemistry. We believe that urine ammonia nitrogen is related to blood uric acid, a factor that must be kept under control to experience a high level of wellness. This test is accomplished using chemical reagents with 1 drop of urine to produce a color which is then converted to a number between 1-12. The 60 ml. Ammonia Nitrogen soil testing reagent and accompanying plastic dropper is available from LaMotte Company, 800-344-3100.

³ Plastic urine specimen cups are available.

⁴ Proper droppers are available. These droppers are used to mix the urine with the reagents to accomplish the Nitrate/Ammonia tests.

⁵ Ceramic mixing cups are generally available. These cups are used to mix the urine with the reagents to accomplish the Nitrate/Ammonia tests.

⁶ Universal Extracting Solution is generally available.

⁷ The 3-well plate is generally available.

⁸ Distilled water from the grocery store will suffice.

⁹ Any 4-minute timer that is easy to use and sounds an alarm when time expires will suffice.

¹⁰ A Nitrate/Ammonia color chart is available.

¹¹ “Balanced” refers to the position where the Sugars, Salts or Protein Key **should** be in order to be **balanced** with the other Keys. This is the position of the red dot. Thus, it is possible, by viewing the distance from your Actual (black dot) reading to your Balanced (red dot), to see which way from balance is that particular Key. Above the red dot may mean hyperactive (excess). Below the red dot may mean hypoactive (deficiency).

Notice

The information and procedures contained in the Biological Immunity System® 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.