

THE METHOD OF EVALUATING THE BODY'S ABILITY TO KEEP UP WITH OUR LIFESTYLE

Method

This Biochemist utilizes Dr. Carey Reams' method of evaluation to analyze body chemistry. This evaluation is different from other methods such as blood tests, kinesiography, hair analysis, reflexology, etc., because it is not concerned with looking for symptoms, but is concerned with measuring physical lifestyle energy. I am a biochemist, concerning myself with the chemistry of living things. In essence, when I talk about biochemistry, I am talking about forms of energy in different "containers" be it plants, mineral, animal, etc. Chemistry has a definite role in this evaluation, but physics plays an even greater role. Dr Reams' evaluation depicts what an individual's body chemistry should be in order to be at maximum vitality and health. One of the primary objectives of this evaluation is to measure how well our body's processes are keeping up with our lifestyles, so we will be able to correct the cause of any body malfunction rather than dealing with the effects, or the symptoms.

Dr. Reams discovered the frequency of the body, which is the amount of wavelengths a person gives off per second. The more parts of our body that are weak, sick or dis-eased, the more interference there is with those wavelengths. There are machines now, that measure these wavelengths and there are thermal x-rays, which show hot and cold spots in the body, for healthy versus dis-eased tissues. The reason these pictures show thermal energy is because the body gives off **heat**...radiation.

Dr. Reams discovered this principle, which is called **The Reams' Biological Theory of Ionization**, of developing test methods, with each number in the analysis is a measure of ionization. He discovered that the body runs on **electrical** energy and a healthy body operates in total frequency of 110 volts. We should be receiving eighty percent of our energy from the **air** and the **sun**, twenty percent from the **food** and **water** we eat. The body breaks down **food** from a solid, to a liquid, to a vapor and so by that process, which is digestion, converts **food** to **electrical** energy. The body frequency of a woman is twenty-four and the frequency of a man is twenty-six.^[1] When we start changing our frequency, we are in the dying process...we cannot live with our frequency changed. This evaluation shows how well our body

operates within its frequency.

C1

An evaluation analyzes the frequency a person gives off, so I can see how much energy the body has, where it is escaping unnecessarily and where the energy is not being used, not being assimilated by the cells in the body. In simplified terms, I look at how tired the body is and where it is tired.

Comparing methods

Let me briefly go over some personal background information as to why this method of evaluation was chosen over other methods in attempt to show what is happening physiologically in the body.

About thirty-two years ago, I was working in biochemical research in industry and government companies. I was involved with this work for eight years. At that same time, my family and I began having health problems and became deeply involved in the traditional medical means of “treatment”, which meant various drugs, radiation, etc. were used in an attempt to get rid of my symptoms of cancer, but the symptoms only changed to other symptoms. I realized that any therapy, which left symptoms as bad or worse than the one being treated, did not concern itself with healing or the regeneration of life processes.

I also realized that everything I had learned did not concern itself with the cause of the body’s malfunction, but only the effect, the symptom. I made a decision to do an extensive and thorough study of human physiology and of the application of biochemical and biophysical principles of the laws of physiology in order to understand the cause behind body malfunction. If the chain of symptoms were to be stopped, it was the cause factor that had to be changed. It was simply illogical to continue “treating” symptoms, when the cause could be dealt with and one could be free of the effects, the symptoms.

I spent many years in trial and error, trying this and that...nutrition, etc., in an attempt to find out what was happening in the body. The first group of books I studied dealt with the philosophy that certain symptoms meant a person was deficient in certain vitamins and/or minerals. That is still the most prevalent method of evaluation today. If a certain symptom is present, they (health consultants) advise taking this or that vitamin and/or mineral, or drug, etc. After spending much time and study in this area, I discovered many people can have the same symptoms, yet the same vitamin or mineral does

not necessarily take care of their symptoms, so that created a limitation in trying to evaluate the cause on the basis of symptoms.

There is a lot of information that will tell us different things to do or use to correct symptoms, but unfortunately, it is guess work. No matter how great the intelligence behind the guesswork it is still guess work and so I rejected that approach.

C2

It is very difficult to find a way to test living organisms. Most tests break down a substance, “cook” it or kill it in some way, and then test it when it is dead and/or abstracted from its living environment. For example, some scientists have recently tested honey and sugar. They found no difference in the composition of the two, because they cooked the honey until it was dead and then compared it with the sugar, a dead **food**, and of course, both tested out with the same composition. Instead, they should be testing raw, unfiltered, uncooked honey, which still has its nutrients...minerals, enzymes, hormones and vitamins. Once anything organic, living, is heated over 120° C, 240° F, all life is gone. Any temperature above 120° C breaks the organic bond and renders it inorganic...dead. As far as our body chemistry is concerned, spinach, asparagus, **broccoli**, or any living **food** is overcooked; it will be the same as eating something dead. To get an accurate analysis of any living organism, a test must be able to measure life process as it occurs in their living environment.

Other approaches

There were other approaches I studied and found to be tools, which could be of some use, if one doesn't expect more from them than they are capable of ascertaining. Just recognize what they can and cannot accomplish:

1. Blood analysis is limited. Although it does “find” symptoms, it is incapable of discovering the cause of the symptoms. The blood is what carries life to our cells, and in order for us to be healthy, the blood has to stay between 7.2 and 7.4 pH. At 7.1 or 7.5 we are dead! In order to maintain this narrow alkaline range, the blood system will pull calcium, potassium and all manner of nutrients from someplace else in the body, wherever it is available. It will rob nutrients from other places within the body in order to maintain this narrow specification of around 7.2 to 7.4 pH. The whole effort of the body is always toward life and the body will break down everywhere else before allowing the pH of the blood system to deviate and so end the life

process. **Not until the blood system is unable to get nutrients from someplace else in the body, because of total depletion, will the blood system show a deficiency.** Why wait until then? We need to correct the deficiency and what is causing it before we become sick or dis-eased. We can be sick and dis-eased in some part of our body, but based on a blood analysis, nothing would “show up”. The information a blood test provides just isn’t complete enough for a true analysis of total body chemistry.

C3

2. Hair analysis does tell us something about the inside of the body via the ratios of minerals coming out of the body, measured by the amounts found in strands of hair.

However, this method is limited by how fast the hair is growing out. That is, what time-span does this analysis represent—two weeks ago? Five weeks ago? For example, if a hair analysis shows too much calcium, is it because the body is simply kicking out the calcium we are putting in because it cannot use that type of calcium? Is it because we are unable to digest and assimilate the **foods** we are eating that do contain calcium? Is it because our system is so acid it is breaking down our bone calcium in order to extract calcium? Why is the body eliminating calcium? Since each part of the head represents a different part of the body, we would have to take a whole head of hair to get an average of the total body balance/imbalance. Obviously, this is not practical. Such analysis is just not capable of indicating the cause of an imbalance.

The body is not just a heart, a liver, an eye, a muscle or a thought process operating by itself in isolation; rather, all parts work together and are meant to be in harmony with the whole. When a gland or a nerve or anything else is not working, it upsets the balance of the entire body. We need a method of evaluation that zeroes in on what is happening throughout the entire body.

3. Reflexology and chiropractics can be very useful tools and therapies for us. They tell us where obstructive toxins are in our bodies and they can help in breaking down such wastes and moving them out of the body system, but neither is capable of indicating why such obstructions formed. All these factors need to be considered if we are interested at all in a total evaluation of our physiology.

This is why I chose the Reams method. Dr. Reams measures the ability of the

body to keep up with one's lifestyle. This ability is called vitality.

$$\underline{V=p-o}$$

Vitality = potential – obstructions; Your Vitality should be 100% at any age.

Definitions:

Vitality: Measure of the energy the body currently has available to do the work required by the individual's lifestyle, physical energy of the body.

Potential: Amount of energy the body has in reserve to do its work; called the bank account reserves.

C4

Bank Account Reserves: Should be 100% for 120 years.

Obstructions: Anything that interferes with the energy in the Bank Account from being used when it is needed.

P = 100 – loss, or gain, in energy reserves.

Loss or Gain in Energy Reserves =

<u>Energy Going In</u> <u>on lifestyle)</u>	Minus	<u>Energy Going Out (% depend</u>
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Breathing (56%)

Rest (24%)

Water (15%)

Food (5%)

1st-Stress

2nd-Mental & Physical Work

3rd-Digestion

4th-Elimination: (Bowel

eliminates waste;

Kidneys; Skin &

Lungs

Obstructions are anything that interferes with the circulation of the blood to any part of the body. Salt and undigested protein molecules are the main obstructions interfering with blood circulation and cell nutrition.

The physical body should use energy for 120 years, see **Genesis 6:3**. At 20 years of age, old cells change on average, every 6 months. At 40 years of age, old cells change on average, every 12 months, at 60 years, cells change every 18 months, and at 80 years, every 24 months.

This Biochemist developed a way to use The **Reams Method of Evaluation** to measure the vitality or physical energy of the body, and determine what is interfering with it. It also shows how well the body is handling our lifestyle. It differs from other forms of testing because it does not concern itself with “**symptoms**”. Quite simply, it shows how tired the body is and where it is

tired.

The **Reams Numbers** are taken from tests performed on urine and saliva. Each number indicates specific information about the body, but it is the totality of these numbers together which show even more information about the body. However, if one number differs from the: “**Ideal Level**” then the some part of the body is out of balance.

Reams numbers

Ideal Level

Sugars/Carbohydrates: **1.5** A measure of the number of calories the body is using. It indicates how well the body is handling carbohydrates. It also tells how well the body is assimilating Vitamin C. There are 5 different kinds of sugars measured in this test.

C5

pH: **6.4** These two numbers measure the “pH” of the body, an abbreviation meaning

6.4 percent hydrogen. The top number is the pH of the urine. The bottom number is the pH of the saliva. The two numbers together indicate how well the body is using energy and how well the body is eliminating what is left over after digestion. It also indicates whether or not we are putting in enough energy to replace what we are taking out.

Salts: This is a measure of the salts circulating in the blood. The higher this salt measurement is, the slower the circulation of the blood, thus inhibiting nutrients and **electrical** energy from reaching the body’s cells.

Albumin: The measure of albumin, which is the number of dead cells being eliminated. The body should be eliminating a certain number of dead cells continually. If it is eliminating too many, that means the body is changing cells too quickly. Thus, it is aging too fast or...burning out.

Ureas: **3** The urea measurement has two numbers: The top number

3

indicates how well the small intestine is eliminating and the bottom number shows how well the colon eliminates. The urea measurement indicates

generally how well you digest proteins, and if you are eating too much protein. It also indicates how well the large and small intestines are eliminating, if the body is building up cholesterol, whether the circulation is good or poor, and if the heart is under stress.

These numbers together give a total picture and I have to look at the whole picture as well as the individual number. If one number is off, the entire body chemistry is out of balance. A perfect pH or a really bad urea reading means nothing without taking into account the entire set of measurements. We can watch our numbers as we progress, but shouldn't get "stuck" on any one or two numbers. Any one number is not an absolute, but is a value, which indicates trends. These values together indicate how well the body operates within its frequency; it is a way of seeing the result of what the body is doing with the energy we are giving it and what the body is doing with what is left over, i.e. whether the body is eliminating or storing wastes.

C6

Getting into specifics of what these number indicate as to physiology:

Sugar Carbohydrates – 1.5 This carbohydrate reading indicates how well the body breaks down carbohydrates and starches. The pancreas is a very important organ as it relates to energy. It handles the digestion of carbohydrates and starches, and regulates blood sugar and temperature. It regulates temperature, via production of alcohol. For example, if we are cold all the time, the pancreas is not producing enough alcohol. Why? Is the pancreas obstructed or is it lacking nutrition?

The pancreas should do its job no matter what we eat. Even if we just ate a candy bar, or anything that is 100% refined sugar, the pancreas should keep this steady level between 1.0 and 2.0. If the pancreas is functioning, as it should, it will deal with the sugar by giving up enough insulin to handle it. If the pancreas is not able to do that, it should be a clue something is wrong, because under normal, healthy conditions it can handle anything—for a length of time. If we wear out by prolonged excess of dead **foods**, it will start talking to us via some symptom, but let's not wait until hypoglycemia or diabetes sets in before we take action. If our sugar is going down, we should not "cover up" this symptom by eating candy bars and drinking sugar cokes

to keep the sugar level up. We must not use ways to alter our symptoms of weakness, sickness and dis-ease to keep going until finally the body has to speak so loudly that we cannot cover it up any longer.

Generally, if we can keep the carbohydrate level between 1.0 and 1.5, we are doing well. When we are beginning to rebuild, the sugar level usually stays a bit under 1.0 or between 1.0 and 1.5, indicating the body is doing some good rebuilding and repairing. We may tend to feel as if we have less energy during this time, as most of our energy is going to cleaning and rebuilding, so energy is not available for jogging, walking, working all night, etc., etc., etc.

No matter what **food** or stress the body is required to handle, the body should have enough reserves to cover any excess. If the body has enough reserve energy, the sugar carbohydrate reading will stay in the range of 1.0 to 2.0. If the body does not have enough reserve energy, the pancreas will not have enough nutrients or will be too obstructed to break down the type of carbohydrates we are eating. A carbohydrate good for one person with a healthy pancreas is not necessarily good for another. Breads, beans, potatoes and fruits are good carbohydrates, but the pancreas of many people cannot break down such **foods**. When something is eaten the pancreas cannot digest, the body has to try to find something in reserves, the bank account, to come to the rescue in order to keep the body processes operating.

C7

The body always attempts to keep running at a maximum for as long as it can. We have to work long and hard to make the body sick or dis-eased. We think it is hard to get the body well, but it is even harder to make it sick. Since 1920, each generation has been giving the next generation, by way of its seed, a poor start and now it is all catching up with the result of babies being born with cancer because they are born with nothing in their bank accounts. Cancer is just abnormal, rapid aging. Some babies have so little in their seed that they grow to maturity with organs, glands, etc., not able to function, as they should. This situation must be reversed.

Grandfather and Grandmother did not begin their life on all this processed, preserved junk we call food; therefore they can eat this type of **food** now and still live into their 70's or longer, but their children cannot. Their grandchildren, as children, are having problems. Symptoms are showing up at an earlier age, mainly because of deficiencies they inherited from the seed

of the parents, as well as the **foods** they are fed from birth, on.

We have all heard things like... “Well, look at Grandpa, he eats junk **food**, smokes, chews his tobacco and look at him. He’s 90 years old!” We do not have to look far to find excuses and we can always find someone we can use to justify living a certain way, but the body will tell on us. It is just a matter of time. The body operates on certain physical laws and there is no appeal court for a lifetime of breaking these laws.

This carbohydrate reading also tells us how well the body is assimilating Vitamin C. If the numerical reading is between 1.0 and 2.0, the ideal value being 1.5, the body is getting Vitamin C at the maximum rate. Among other functions, Vitamin C holds the collagen network together. Without Vitamin C, our skin would literally fall off our bones. The collagen network is very important to the health of billions of cells in the body.

pH - (6.4/6.4) This indicates maximum resistance, if the other numbers are where they should be. That is, when the top pH number and bottom number are equally at 6.4, we are getting the maximum energy out of the **foods** we are eating.

In chemistry, pH means the measure of chemical reactions, or resistance, between different chemicals. In electrical terms, it is described as positive and negative. All that pertains to light, **heat** and life operate on the basis of resistance. This resistance can be measured **electrically** ...positive/negative, or chemically...acid/alkaline pH. For example, the reason light is received from a light bulb is because a positive and negative pole come together and the resistance between the positive/negative pole results in light, or to put another way, if the positive and negative poles are not connected in a battery, there is no resistance, and so no power, energy, is generated.

C8

Resistance is what gives us **heat**, light and therefore, life. Space is cold and dark because there is no resistance coming against the **sun’s** rays in space. In other words, in space, between the **sun** and the **earth**, there is no resistance to the energy from the **sun**, therefore there is no **heat**, light, or life, but the **Van Allen Belt**, which is a resistor, surrounds the **earth**. As light from the **sun** hits the **Van Allen Belt**, it creates a form of energy, which is defined as **electricity** or **heat**. There is no energy possible without resistance.

Where there is lack of resistance, there is a corresponding lack of energy.

When I measure the pH by way of the evaluation, I am measuring the

resistance, or energy, and/or the lack of resistance, or lack of energy, which is occurring in the body. The body has to have a certain amount of resistance to be able to take in energy from the **air** and the **sun** as well as from the energy in the **foods** we eat.

This measurement, 6.4/6.4, tells me how well the body assimilates energy, vitamins, minerals and enzymes, from foods, the **sun** and the **air**. It tells me which vitamins, minerals and enzymes the body is deficient in as well as which ones the body especially needs. It indicates whether the system is getting too many acid or alkaline **foods** and what **foods** the system has difficulty in digesting. It shows how fast the body is aging, and also indicates how well the pancreas and liver is functioning.

Different **foods** require different amounts of resistance before we are able to extract energy from them. The body has to have a certain amount of resistance before it is capable of breaking down...digesting **foods**. For example, if someone cuts a big log and it is still green, he cannot light a match and get enough resistance out of that match to break down the log. He would have to find something that has about the same amount of resistance the burning match has, so he lights some paper with the match and because the resistance of the paper is close enough to the energy being given off by the match, the paper begins to break down. Then he gets kindling, which has a resistance to the heat energy being given off by the burning paper and thus the kindling begins breaking down. Enough kindling under the log will have enough energy, resistance if you will, to start breaking it down and the log will have enough energy, or resistance, to start breaking down the log and it will begin burning.

Amounts of **food** also enter into this resistance factor. There is a limited amount of certain types of **food**, which the body has enough energy or resistance, to break down in one day. For example, if we ingest over 25 grams of protein in a day, the excess protein just ends up as uric acid and an obstruction as far as the body chemistry is concerned. We only have so much resistance we can use in any one-day and some of our energy needs to be used for working, thinking, etc. We cannot use it all for digesting **food** all day long.

C9

We need to learn to chew our **food** well, especially starches, as it is the saliva, which starts the digestion process by breaking down starch to a sugar.

If we do not chew well the saliva cannot break the **food** down, therefore we overwork the pancreas. The softer the **food**, the more we need to chew because such **food** tends to slip down and shock the pancreas by forcing it to break down sticky starch, thus the potato can end up as garbage—another obstruction for the system to handle.

Some **foods** take longer than others to break down, just as it takes longer to burn up the green log than to burn the kindling. Meat proteins take about four hours; starches and grains take about 3 hours, although it requires much longer than that for most people. Vegetables take about two hours and fruits approximately one hour. If we want to really help our body in its cleaning and rebuilding, we need to look at the most efficient way to get our energy with the least amount of work.

Some vitamins and minerals require more resistance than others to break down to the point where the body can accept them. For example, iron is a heavy mineral and requires a lot of energy for the body to be able to assimilate it. Manganese, which is very important for reproduction, is also quite heavy and thus produces much resistance in the body's digestive system to get to the point where the body can absorb it. Vitamins and minerals are forms of energy as far as the body processes are concerned.

There is an overemphasis on using nutrition to simply alter symptoms. By taking too many vitamins and/or minerals, we can put more energy in than the system is capable of using. Such over-stimulation results in our cells burning out too rapidly. It is the same principle operating when we burn out battery cells by overcharging them, or if we have an appliance that is supposed to run on 110 volts and we plug the appliance into a 220 and the appliance burns out. The body, like all other containers of energy, can accept only the amount of energy it has the resistance to handle.

It doesn't matter how many supplements we take or how many vitamins and/or minerals are in the good **foods** we eat. If our resistance is too low to accept them, we will still be deficient in them. If the body's resistance is low, it cannot fight sickness or dis-ease because the immune system will be too sluggish.

It is not enough to know that the body's resistance is low. We need to know why it is low and how to correct it. If the system is too positive, acid, it needs to be balanced by becoming more alkaline. If it is too negative, alkaline, it must be brought into balance. We get maximum vitality from our

body when both the sympathetic and parasympathetic nervous system is 6.4/6.4 pH.

Most people today are too acid because of what they ingest. All inorganic substances—processed, preserved, overcooked **foods**, drinks, drugs, etc. are acid. Lifestyles also consist of a lot of watching TV, working under fluorescent lights, etc. All negative emotions make the body acid because such emotions stimulate the sympathetic nervous system, consisting of the adrenals, pituitary, heart, thyroid, ovaries and gonads. Correspondingly, when negative emotions stimulate the sympathetic nervous system, the parasympathetic system, intestinal tract, stomach, liver, pancreas, etc. is weakened. Anytime the body is in an acid or alkaline imbalance, many different effects occur throughout the entire system.

C10

Total Salts – (5c)

The salt measurement indirectly indicates the energy level. The higher the salt reading, the lower the energy is. This measurement also indicates the degree of obstructions in the body. The higher the salts, the slower the circulation, and thus fewer nutrients can be extracted from foods. There are hundreds of different kinds of salts, including the salts the body manufactures, such as insulin, adrenaline, etc.

6c indicates that the body is eliminating all salts at the rate it should, i.e., as fast as they are forming. Most people having an evaluation for the first time have salt readings of 30c or more, which means the salts are not being eliminated at all, but have settled in tissue spaces, which tie up **water**. Salt as well as undigested protein molecules are the main obstructions that interfere with blood circulation and cell nutrition.

If we are breaking down **food**, as we should, the body will eliminate 92% of its water soluble wastes through the kidneys, 6% solid wastes through the bowel, and 2% gasses through the skin and lungs. These are the only four ways the body has to eliminate the bad guys from the system. The only way the body can break down obstructions and wastes is to eliminate them is when we are regularly drinking distilled **water**. All **water** used to be distilled by the **sun** before we had the degree of pollution now in lakes, rivers and ground, etc. Tap **water**, spring **water**, etc., is just too high in inorganic mineral salts[2] to accomplish any cleansing. All this type of **water** does is add obstructions, via the salt molecules. If we are further adding salt through

foods, for example: canned **foods**, reconstituted juices, saltshakers, processed meats, we are just going in circles. It will be difficult to remove all the salts we have accumulated throughout the years.

Steam distilled and filtered **water**...just pure **H₂O**, is the only **water** enough absorption power to pull out excess salt. Until we clean out our system, we cannot rebuild. This measurement also indicates electrolyte balance/imbalance, etc., by the amount of total salts being eliminated.

Albumin – (.04) The albumin measurement indicates the number of dead, used up cells coming out of the body. Remember, at 20 years of age our cells change on the average of every 6 months, at 40 years, every year, etc. Most people show 4.0m, which shows the cells are burning out faster than they are supposed to. Sometimes the cells, which are cleaning out, leave the body in a more concentrated form than should be. This albumin measurement usually does not change until the other numbers are approaching “perfect.”

C11

Ureas – (3/3) The urea measurement indicates how well we digest proteins as well as whether or not we are eating too many proteins. It also shows how well the large and small intestines are eliminating. The small intestine and the bowel should be moving at the same rate, so no matter where the level is, both numbers should be equal. The closer together the numbers, the better the elimination canal is doing. This measurement tells us if the body is building up cholesterol. It indicates the stress on the heart and shows whether the circulation is poor or good.

When the body cannot break down as much protein as we put in, any amount over 25 grams per day or 15 grams per day for a smaller person, the excess is turned into uric acid in order to flush it out via the kidneys. If the kidneys are unable to eliminate uric acid, it is then combined with Vitamin D. As it neutralizes this acid, it converts it into cholesterol. The body uses Vitamin D because Vitamin D is very close to the cholesterol molecule, so we lose Vitamin D and the body turns acid, all in the body's attempt to get rid of the uric acid. If the body did not, the blood system would become too acid and we would die.

Too much cholesterol is ultimately related to too many meat protein **foods**. The problem with cholesterol is...it is sticky. It sticks in the arteries as

well as in other places. For example, cataracts are just cholesterol in the eyes. All the body is doing in forming cholesterol is compensating for the uric acid, which has neutralized, if the kidneys cannot eliminate it.

We have overused protein. We use it to gain weight, in which case we are just putting stuffing into the tissues of the body, and to lose weight by losing **water** by way of dehydration and further plugging up the body system.

When we have high urea, high salts and high sugar, the blood system is literally like “syrup” and there is no possible feeding or cleansing of cells by this “syrup.” The body feels very tired and just drags around. The higher the urea, the harder the heart pounds...not faster, just harder.

Because this measurement tells us how well the body handles protein, we sometimes have to consider alternatives until the resistance of the body is high enough to break down heavy proteins such as meat, cheese or eggs, etc. We might need to eat a better, more assimilating-type protein to keep from forming uric acid. We might need to drink more **water**, steam distilled, so the kidneys have something to work with in diluting and flushing the uric acid.

C12

The top number indicates how well the small intestine is eliminating and the bottom number shows how well the colon eliminates. Some of the other values also give me this information.

When considered together, all the numbers give much more information about the consistency and rhythm of the body. It is like a picture of the inside of the body. When I look at the numbers, I see the body telling on itself. After watching the body chemistry for a while, I get a picture of the stress we operate under because of not getting enough rest or exercise, or anxiety and worry, etc. We need to be sensitive to our mental condition, which is not always easy! We cannot just correct what we are putting in. sometimes we have to slow down our lifestyles because we cannot put enough in to take care of our needs. With increased vitality, we can then accomplish more in less time. Some people have to work two hours in order to concentrate on something that should take only five minutes, just because the brain is so clogged with obstructions...or because they are too low in potassium for the brain to function, as it should.

How can we use the information provided by this evaluation?
If we understand what is happening to our body and do something to help it

clean itself, and if are able to put enough energy in to replace what is going out, eliminating, then we will be able to have maximum resistance and accomplish more with less stress. Following is the basic information I need from any evaluation of body chemistry:

1. How well is the body assimilating the energy being put in? Is it being wasted?
2. What is interfering with the energy getting to the cells?

What a computer lifestyle profile will tell me

Definitions: These definitions will help you understand the meaning of the values on your individual computer printout if you decide to be evaluated.

% VITALITY – the measurement of how well the body is handling stress, work, both mental and physical, the nutritional process: digestion, assimilation, cell replacement, and the elimination process: kidney, bowel, skin, and lungs. 100% vitality means the body is handling its lifestyle, as it should.

% POTENTIAL – is the amount of energy available to the body in reserves...the bank account. It includes rest and mineral energy reserves, **water** and oxygen reserves...breathing. 100% potential means there is enough energy available for crisis care and longevity, the immune resistance.

C13

% LOSS IN POTENTIAL – is potential loss due to:

1. Rest Energy Deficiency
2. Tissue Mineral Deficiency
3. Energy Loss Due to Smoking, Surgery and Drugs, and
4. Blood Mineral Deficiency. The value should be zero.

REST ENERGY DEFICIENCY – Rest energy is the amount of cell recharge energy you get while sleeping. The % rest energy deficiency indicates the loss of cell recharge energy due to the factors of stress, intensity of lifestyle, and eating and sleeping at the wrong times. The loss should be zero percent if the rest energy is able to support the levels of stress, work and lifestyle activities.

% TISSUE MEINERAL DEFICIENCY – is due to more minerals,

vitamins, hormones and enzymes being consumed by the body than what is supplied. The potential, bank account, is then lowered to this amount. This deficiency should be zero percent if the amounts of minerals, vitamins, and enzymes supplied from **foods** and supplements are sufficient to replace what is used by the body. The body to replace the cells as they wear out, depending on age, uses these minerals.

% BLOOD MINERAL DEFICIENCY – the loss of actual reserves IN THE BLOOD. These deficiencies in the blood include minerals, vitamins, hormones and enzymes. It should be zero.

% DEFICIENCY OF RESERVES DUE TO SMOKING – the reserves taken from the bank account reserves to offset the effects of smoking.

% DEFICIENCY OF RESERVES DUE TO MAJOR SURGERY – the reserves taken from the bank account to insure survival of major surgery.

% DEFICIENCY OF RESERVES DUE TO DRUGS – is the reserves taken from the bank account to offset the effects of drugs.

% CIRCULATORY OBSTRUCTIONS – circulatory obstructions are excess sugars, salts, acids, alkaloids, and urea carried by the blood. These obstructions interfere with the body's access to potential energy and thus lower vitality. Zero percent circulatory obstructions means the blood is carrying the minimum level of obstructions. The % of circulatory obstructions is due to: 1. **Water** Deficiencies; 2. Effects of Low Blood Sugar; and 3. Acidity.

C14

% WATER DEFICIENCY – the deficiency due to insufficient clean, distilled, **water** intake for the following processes: removing circulatory obstructions through the kidneys, sweating, talking, digesting and eliminating. The **water** deficiency should be zero percent if the **water** intake and purity provide sufficient clean **water** used in the above processes. Proper **water** intake results in urination approximately every two hours. Herb teas and vegetable juices count as **water**.

LOW BLOOD SUGAR; TOO MUCH INSULIN BEING PRODUCED – the pancreas gland is putting out too much insulin in the blood resulting in the blood sugar going too low causing cravings, body too cold, allergies, poor memory, etc. In most cases it is due to not getting enough rest. SHOULD BE ZERO.

TOO ACID, ACIDITY – the kidneys are having trouble neutralizing the acid in the blood coming into the body through **foods**, liquids and stress, so they are trying to compensate by eliminating the acid through the bladder and if there is not enough **water**, they dump the acid into the joints, muscles and/or organs. This acid interferes with the oxygen circulating to the cells. SHOULD BE ZERO.

% STORED OBSTRUCTIONS (in pounds) – is the excess circulatory obstructions that cannot be eliminated by the kidneys. These obstructions are stored in the cell tissues as excess weight to protect the vital organs of the body. These obstructions are inorganic salts and undigested protein, which are due to **saltwater** retention and bowel obstructions. SHOULD BE ZERO.

% SALT WATER RETENTION – too much sodium salt and not enough Potassium in the tissue spaces resulting in excessive **water** retention because the kidneys do not have enough **water** to eliminate the excess sodium salt. SHOULD BE ZERO.

% BOWEL OBSTRUCTIONS – is excessive **water** insoluble waste in the bowel system that cannot be eliminated; therefore is stored as extra weight. Ideally, we should have a bowel elimination for every meal each day. Three meals = 3 bowel eliminations a day. SHOULD BE ZERO.

% BREATHING POTENTIAL EFFICIENCY – the loss in energy due directly to circulatory obstructions and deficient breathing, and indirectly from the stress and intensity of the lifestyle. This loss in energy should be zero percent if the breathing is providing enough oxygen to supply the demands of the cells due to the lifestyle.

C15

% DIGESTION DEFICIENCY – is the ability of the body to process the **food** intake. The amounts of **food**, combinations, quality, time of eating, and drinking with meals are all factors that influence digestion efficiency. This will be 100% if digestion and assimilation completely process the **food**.

% BOWEL EFFICIENCY – is the ability of the intestinal tract to excrete the waste materials resulting from the **food** intake after digestion and assimilation. The bowel efficiency will be 100% if the colon is thoroughly eliminating all waste 18 to 24 hours after a meal. This waste should be mostly fiber.

% STRESS MANAGEMENT POTENTIAL – is the amount of energy available to counteract the effects of stress. The first potential source is energy from breathing, and then from rest and mineral reserves. The potential will be 100% if the rest and mineral reserves are not depleted by the stress of digestion, elimination, and physical or mental work. This means that the energy from breathing alone is able to counteract all of the stress.

% CELL REPLACEMENT EFFICIENCY – measure the rate in which cells are being replaced as they wear out. This will be 100% if the cells are replaced at the same rate as they are wearing out. Cells wear out on an average of every six months at 20 years of age, every year at 40 years of age, every 18 months at 60 years, and every two years at 80. Cells breaking down too fast means the cells are wearing out faster than they are being replaced.

TISSUE WATER RETENTION – the body tissues are holding on too much salt **water** due to poor kidney function, high salt intake, not enough distilled **water**, low potassium, or not enough rest.

TOO MUCH WATER – too much **water** or liquid is being consumed in a given time. Example: Two glasses of **water** in one hour instead of one, or soup or fruit containing a lot of **water** and **water** taken in the same hour.

DEHYDRATED – the kidneys are not getting enough **water** to keep the blood clean, resulting in **water** being taken from the organs like the bowels, lungs, skin, stomach, saliva, bile, etc. in order to maintain a safe blood **water** level.

METABOLIC AGE – is the actual age of the body due to the loss of potential. It is based on 120 year potential. It is not permanent.

General recommendations – refer to the four major minerals the body needs.

C16

If we can get enough information to help correct and balance these areas and replenish the bank account, then we will be able to have 100% vitality, which everybody should have regardless of their age.

After an evaluation, the best approach to balance your body chemistry is presented. The ideal is always given. Do not become stressed because of this “ideal.” However, we are going to be under some stress if we do not do something about our condition. Goals need to be set in order to encourage us. The mind likes to have direction. It has to set the signal for the rest of the body to cooperate with what is being put into it. We eat live green

vegetables, which the body is not used to and it sends a message... “What is this stuff? I am going into withdrawal without my daily poison.” We have to restrain the body and renew the mind. We need to make the important decision to eat to live, instead of living to eat, and to move in that direction. After an evaluation, I need to have an idea of the person’s commitment, as well as of their understanding of body processes. Remember, the only one who can detoxify and rebuild the body, is the body itself. The mind has to cooperate with the body. For example: if we do not understand why “green drink” is so good for regenerating the atoms of the cells, we are not going to drink it. The mind has to know we are committed to what we choose to do. Otherwise, the mind does not send the right signals to the body, so when the body is craving something, the mind gives in instead of sending a signal and training the body to respond to what is good for it. If we leave it to chance that is what it is going to be, a chance...hit or miss.

The profile evaluation is just a tool so I can see how well we are doing and in what areas we can improve. Sometimes an alternate approach has to be tried. For example, if the numbers are not changing and we are doing the best we can with our lifestyle, it might be necessary to take us off supplements or **foods** we need, but the body cannot assimilate at that moment. It is not that our needs have changed; it is just that the nutrition is not getting to our cells, so the original approach is not doing any good. If we do not do what is necessary to clean, this includes dealing with stress, the body cannot rebuild. Every one’s body is different. We might have the same chemistry imbalance as another has, but because of our different lifestyle, it might be necessary to be taken off supplements or **foods** we need, which the body can’t assimilate at the moment. It is not that our needs have changed, it is just that nutrition is not getting into the cells, so the original approach is not doing any good. If we do not do what is necessary to clean, this includes dealing with stress, the body cannot rebuild. Every one’s body is different. We might have the same chemistry imbalance as another, but because of the difference in lifestyle, stress and reserve energy, we have to take a different approach.

C17

There are so many factors involved besides the physiological factors. We are not just a physical body. There are also mental, emotional and spiritual considerations.

For those interested in rebuilding their systems, here is some further information to help understand detoxifying and rebuilding.

If we have enough reserve energy in our bank account, we can accomplish cleaning without the help of supplements. However, few people are capable of this because cleaning requires extra nutrition. We have to use extra reserves of vitamins, minerals, and enzymes to clean out the obstructions. How much supplementation we need depends on our bank account at our present age, as well as the stress in our life. Distilled **water** alone will do a lot of cleansing in the tissues, but to get the bowel in really good and healthy condition we need herbs or some other therapies to help the body.

Two of the most important nutrients the body uses are oxygen, the cleanser of the body, and hydrogen. Hydrogen is the mineral most prevalent in the body. 80% of the oxygen the body uses comes from **water**. The other 20% comes from the air we breathe. Deep breathing and learning to breathe correctly will help us get the 20% from the air. Pure **water** is essential.

To know more about the different kinds of **water** and the different symptoms of dis-ease caused by impure **water**, read [The Choice Is Clear](#) by Dr. Allen E. Banik. Well **water** and spring **water** are some of the worse **water** for our system because of their high content of inorganic minerals. Minerals have to be chelated to carbon, nitrogen, or phosphorus, i.e., organic, in order for the body to accept them. Inorganic mineral salts do not give us anything except obstructions.

We can use tap **water** to steam vegetables when this **water** will not be used for stock, as the vapor is distilled. That is what distilled **water** is. However, use distilled **water** in soups. We can wash food in tap **water** if we use Basic H or something similar to clean them, but rinse them in distilled. Many products are now sold in health **food** stores. Regular **water** interferes with digestion and works into the tissues and blood system. Salts tie up oxygen and circulation and cells do not get fed.

Do not cook or bake at temperatures above 120°C because any higher destroys life in the **food**. The organic bond is broken. Microwave cooking is fine for meat proteins as they are just dead cells anyway.

If the body does not sweat, we are either dehydrated or have a lot of obstructions in the skin that the body is unable to eliminate. If we sweat too much, it indicates we are too acid and are burning out our cells at a rapid rate, so we need more cooling perspiration. The more acid the system, the higher

the body temperature. We lose magnesium through sweating, but we do not lose much salt. The fainting feeling we get in the **heat** is because we are dehydrated and the salts are concentrated causing the circulation to slow down. If we are sweating, we need more **water** intake than usual. A good guideline is...we should be urinating every two hours, more frequently for people who are more acid.

C18

We can drink too much **water** at one time. Unless we are really sweating, if we drink more than 8 ounces per hour, the **water** just goes through the body without cleaning, without getting into the blood and circulating and cleaning the tissues by pulling out the toxins. Four ounces every half hour is really better than 8 ounces every hour for cleaning purposes. If we have a high blood pressure and heart problems and sweat a lot, to get the best results, we need to drink less, but more often each day.

When we do get our body chemistry balanced, we will be able to live on less **food**. The problem is, we have trained our body to eat processed **food** and all manner of dead **food** so we eat more just to get the stimulation. Acid stimulation is all we get from **food** that is dead and does not feed our cells, but it does force the body to make withdrawals from our reserve energy, which ages us.

If we do not see this as a way of living as opposed to a temporary diet, if we think of ourselves as being on a health program instead of changing our lifestyle, then we will become frustrated and it will be hard for our body and mind to accomplish much. Some people do not really make the decision to change their lifestyle, but just want to follow a diet until they feel better, so they do not take the time to educate themselves or do any long-term planning. They just do whatever they can get by with until they feel better. We all have that tendency, as we all tend to get stuck in our ways.

Each one of us must make the decision in changing our lifestyle...no one else can do this for us. If we do make such a decision, we must not be too hard on ourselves in thinking we have to make all the adjustments at once. We can plan ahead, but go one gentle step...one day, at a time.

THE ULTIMATE LIFESTYLE IN REVIEW FACTS TO CONSIDER

A. 80% of energy comes from light, **sun** and **air**. 56% comes to us during the day, 24% at night.

- B. Light manifests itself as **electric**, **heat**, and color energy.
- C. Light also gives us **air** to breathe through lungs and skin.
- D. 15% of our energy comes from liquid, **water**. 5% of our energy comes from **food** minus **water**, which breaks down by digestion to **heat**, calories
- E. if you will, and **electrical** energy. 95 % of raw **food** materials go to cell replacement.
- F. We could go 40 days without **food** – 5% of our energy.

C19

We could go 7 days without **water**, 15% of our energy.

We could go 5-7 days without sleep, 24% of our energy.

We could go 0 days without **sun** and **air**, 65% of our energy. This comes from breathing.

FOR MAXIMUM AVAILABLE ENERGY FROM SUN AND AIR – 80%

A. Exercise for maximum cleansing between 6 a.m. and noon.

B. Work in similar light conditions as outside light.

Use full spectrum lighting since most manmade light is 2900K, sleeping zone, or 4500K, between sleeping and work zone. Do 5 minutes of deep breathing exercises 5 times a day. This helps offset the stress factor, which tightens the body so it is difficult to breathe.

FOR MAXIMUM AVAILABALE ENERGY FROM LIQUIDS – 15%

A. Drink **ONLY** distilled **water**.

B. Drink a total of 1/2 your weight in ounces per day. It is especially important to drink **water** in the morning during the elimination cycle. **FIVE – 8 OZ. GLASSES.**

C. Do not drink with meals except to take supplements – 3 or 4 oz.

D. Eat **foods** with the most **water** content; 80% non-starchy vegetables and fruits.

FOR MAXIMIZING AVAILABLE ENERGY FROM FOODS

A. Eat **foods** between 12 noon and 6 p.m. during maximum digestion period – 7 p.m. in the summer.

B. Largest meal between 12 noon and 2 p.m. The later the meal, the longer it takes to digest and assimilate. **DO NOT EAT AFTER 6 p.m.** In the winter, 7 p.m. in the summer.

C. Eat only cleansing **foods** such as fruits, juices, herbs and vitamin supplements in the morning.

FOR MAXIMUM ENERGY FROM SLEEP

- A** Go to bed by 10 p.m. maximum recharging of the body cells take place between 10 p.m. and 2 a.m. in the winter and 11 p.m. and 3 a.m. in the summer.
- B** Sleep with your head to the North.
- C** Keep the humidity in the bedroom at approximately 50% and maintain good **air**flow.
- D** Use loose, natural fiber such as cotton, silk, and wool for bedding and bed clothing.

C20

[1] **Note:** if the frequency of any two beings is any farther apart, any more or less wave lengths per second, these beings cannot reproduce, which is why only that which comes from a seed—all life—can reproduce after its kind or frequency.

[2] Sea salt is one of the worst salts for our system.