

## Reams Biological Theory of Ionization

Understand what health is and what it means.  
Understand levels of body chemistry using urine and saliva.  
Understand the proper relationship of mental and spiritual aspects of health relating to body chemistry.

Throughout his research, Dr. Reams discovered that only two bodily fluids were needed to show your body chemistry levels - saliva and urine. If a person keeps his numbers in the Perfect Health or Healing range - it is believed the human body will maintain health. If the human body is not kept in the Perfect Health or in the Healing range - it is believed the body becomes diseased. The great news in pH testing is that you can manipulate your balances by controlling what you put into your body.

### **REAMS testing, this is how it works.**

→ The Carbohydrate measurement is made with a refractometer and it measures the number of brix in a urine specimen. It also represents the amount of potential energy available per pound of body weight. The ideal carbohydrate measure is 1.5 brix. Healing range is 1.2-2.0 brix. Below 1.2 represents low blood sugar. 5.5 and above represents borderline diabetes.

→ The pH is a measurement of resistance and indicates the speed at which energy is moving through the body. A reading of 6.4 is the ideal speed for energy to move through the body. The pH is written as a fraction. The top number is the urine pH and the bottom number is the saliva pH. Healing range is 6.2-6.6. If you add the urine pH number to two times the saliva pH number and divide by three - the results will yield your average bodily pH. This is helpful in analyzing the direction of the overall pH of your body. Urine pH provides information about the blood, saliva pH provides information about the liver.

→ The Salt or conductivity reading is ideally 6-7C. The conductivity number indicates the level of salts in the body. The salt number indicates whether the body has the correct number of electrolytes. Electrolyte levels indicate whether the body is undercharging or overcharging.

→ Cell debris is an indication of the number of dead cells leaving the body. A sick body needs to rid itself of excess dead cells. The ideal cell debris number is .04M. The cell debris number tells how well the body is cooperating in the healing process. It is also the last number to come into balance.

→ Urea readings are the Ammonia Nitrates and the Nitrate Nitrates added together. They equal the total ureas. Total ureas represent the total amount of unutilized protein that is being handled by the liver and sent to the kidneys for elimination.

→ Cell Exchange Rate - Ultimately the entire body chemistry depends upon the correct cell exchange rate. Homeostasis - a new healthy cell is produced for each old cell dying off. If any of the numbers are off, the cell exchange rate is off and cells are not getting produced to maintain homeostasis. There are three classes of cells: Alpha Cells - perfect whole cells, Delta Cells - damaged or dead cells ready to be replaced, and Omega Cells - dead cells clumping and sticking together. Good health demands an even exchange rate - dead cells out and new cells in. If any of the numbers in the equation are out of range then the delta cells are not leaving the body. Any

time the cell exchange is off, there is a mineral problem in the body. The body is made of minerals...The dust of the earth...Minerals are the basis for good health...You cannot build healthy cells without minerals.

→ Mineral Assimilation is determined by the pH of the digestive system. A second issue is the atomic number of each of the minerals. The higher the frequency, the more difficult it is to assimilate the particular mineral.

### **What does this test reveal?**

Determines calcium needs for your body chemistry  
Tells what you are digesting or not digesting  
Tells if your body is assimilating nutrients  
Shows vitamin and mineral deficiencies  
Reveals if blood sugar is high, low or normal  
Will show if your body is supporting excess yeast candidiasis) or parasites  
Indicates if there is excess stress on internal organs such as the kidneys, liver, heart, colon or gall bladder  
Gives the health level of the liver and gall bladder  
Reveals if your body's environment may be supporting:  
circulatory problems  
high blood pressure  
low blood pressure  
arthritis  
weight gain  
high cholesterol  
kidney/gall stones

### **PERFECT NUMBERS**

Through extensive research, Dr. Carey Reams discovered the “perfect numbers” for Biological Ionization, which represent the ideal cellular resistance required for life, just as 98.6 degrees represents the perfect resistance (temperature) for a healthy body. The higher the resistance, the higher the temperature. The lower the resistance, the colder the temperature. Death may occur from either extreme.

### **ENERGY FROM FOOD**

We do not live off the food we eat but off the energy produced by the food we eat. It is believed that we receive approximately 20% of our mineral energy from this digestive principal. Approximately 80% comes from the atmosphere. The more efficient the digestion, the more efficient the body is in extracting mineral energy from the air.

### **PREMATURE AGING**

Resistance is required for life. An excess of resistance can result in disease and death. Likewise, a deficiency of resistance can also result in disease and death. Dr. Reams determined that each of the 7 parameters, when all occurring simultaneously, represents the perfect 100% Metabolism Efficiency (the conversion of food into energy). The theory being that, if one could maintain a lifestyle that continually manifested the “perfect numbers”, there would be no premature aging.

### **BIOLOGICAL IONIZATION**

Of course there is no such perfect world, hence aging does occur. The objective, using “Reams Testing” as a guide, is to determine the proper lifestyle that allows a person to age, but not prematurely age. As the metabolism efficiency decreases, premature aging is more likely to occur, predisposing one to the disease process.

How are urine and saliva tests different than a blood test? According to Dr. Reams, the blood changes every 15 minutes. The urine and saliva test was found to be more accurate. The testing of these two substances is amazingly accurate in determining the degree of wellness one might be experiencing and importantly what minerals, vitamins, and foods one should or should not eat.

Biological Ionization Analysis is an excellent metabolic biofeedback device to indicate whether a particular lifestyle is beneficial or detrimental for any individual. It gives specific information on what vitamins and minerals are not being assimilated into the body's cellular structure. It provides biofeedback on a holistic (emotional, physical, spiritual) level.

**BODY LIFE DIRECT USES A COMPUTER PROGRAM TO EVALUATE THE HOW ONE'S BODY IS KEEPING UP WITH ONE'S LIFESTYLE USING THE REAMS METHOD AND FORMULA.**