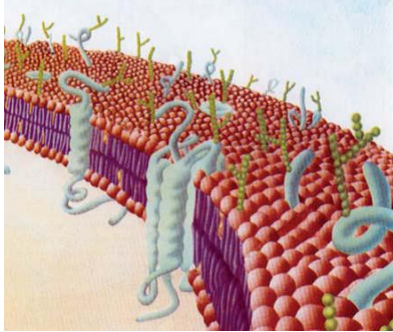


Bioimpedance Analysis (BIA)



This quick 5 minute test gives objective information we use when designing and monitoring any of our health programs (weight loss or weight gain, detoxification, immune challenges, etc.). The BIA is the assessment of body composition using electrical tissue conductivity. It simply involves placing two adhesive electrodes on the hand and wrist, and two on the ankle and foot. The computer then runs a very small current through the body for 10 seconds while the patient is lying down. **It's non-invasive and comfortable. Results are printed instantly.**

Health and well-being are closely tied to the health of the body's fat-free mass and body cell mass compartments. By focusing attention on these mass compartments, therapeutic strategies are more effective because **results can be measured objectively**. The **Biomarkers 2000** device, a bioimpedance analyzer, provides a direct readout of the impedance of the human body, and estimates of fat mass, fat-free mass (lean body mass), body cell mass, extracellular mass, total body water, intracellular water and extracellular water. It's a major test used in our *VitalityChek*[™] program.

Applications:

- Acute/Chronic Disease
- Obesity/Weight Loss Program
- Lifestyle Assessment
- Athletic Performance

How accurate is the test compared to similar tests?

The BIA is extremely accurate when performed properly. The current 'gold standard' for *body fat testing* is the *hydrostatic* method (submersion under water), with an error margin around .5 to 1 ½ %, whereas the BIA error margin is around 1 to 2 ½ %. However, BIA reveals information others don't.

What does it tell me?

The BIA accurately measures **important metabolic & nutritional data** – including:

- *Intracellular water* (a health indicator)
- *Extracellular water* (a toxin indicator)
- *Phase angle* (an indicator of cell health and fatty acids)

References

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