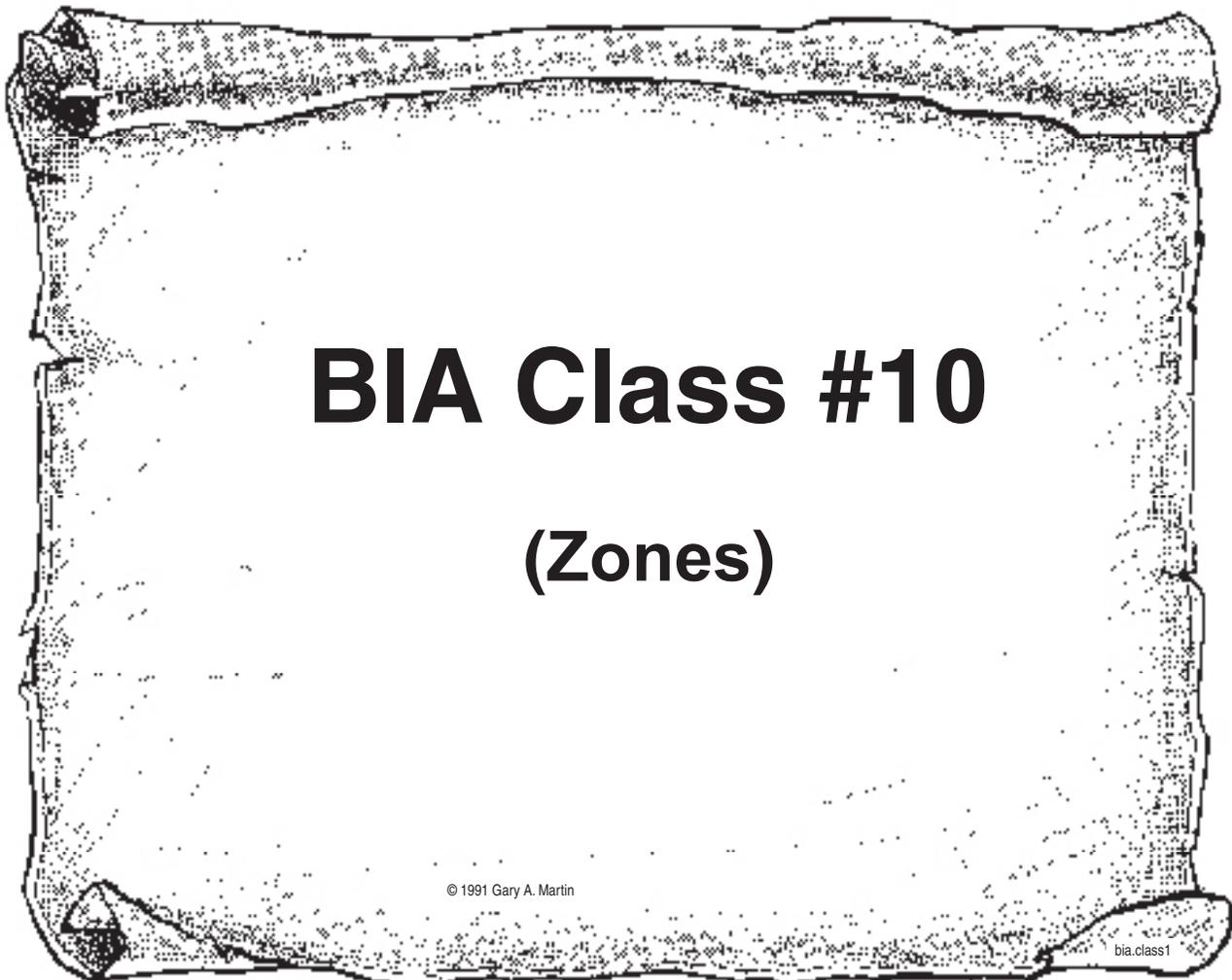




Biological Immunity Research Institute

7114 E. Dreyfus
Scottsdale, AZ 85254

888-221-4116
www.biri.org



BIA Class #10

(Zones)

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Class #10:

How to Read Your Zones

1. Page 2 of your BIA contains a description of your ZONES. They are located above the graph on the right side of the page.
2. Notice that it says Urine Zone and Saliva Zone, with a number between 1-50 following each zone.
3. There are only 5 zones for the Urine pH and the Saliva pH. Consult the enclosed Zone Chart for exact delineations.
4. It is better for your Urine pH to travel ACID (down) than it is for it to travel ALKALINE (up).
5. When your Urine pH is 5.4, it is in Zone 3. When your Urine pH is 7.4 it is in Zone 3.
6. It is better for your Saliva pH to travel ALKALINE (up) than it is for it to travel ACID (down).
7. When your Saliva pH is 5.4 it is in Zone 5. When your Saliva pH is 7.4 it is Zone 3.
8. However, to mathematically describe when the particular pH has traveled in the WRONG direction, we add a ZERO after the Zone #. Therefore, when the computer sees a Urine pH of 7.4 it will show it as being in Zone 30. When it sees a Saliva pH of 5.4 it will show it as being in Zone 50.
9. You want to keep your pH's in Zone 1 or 2 at all times. Zones 3-5 indicate the possibility of *acute stress*. Zones 10-50 may indicate *chronic degeneration*.
10. Remember, zones 10-50 are simply zones 1-5, but in the *wrong direction*, which is alkaline for the Urine pH and acid for the Saliva pH.
11. There is a situation where the pH may be in Zone 1 but be shown as Zone 10. For example, perhaps your Urine pH is 6.0, which would put it in Zone 1, but the BALANCED Urine pH (the UpH expected because of the rest of your numbers) is 5.7. In this case, your UpH is more ALKALINE that is desirable

for the rest of your numbers. The computer notices this and reports the UpH as being in Zone 10, instead of Zone 1 in order to call your attention to the fact that it has traveled the WRONG WAY relative to the rest of the numbers.

12. Thus, when you look at your pH Zones, the pH showing the HIGHEST ZONE number is the pH that is under the most stress.

13. Now that you have located the pH Zone under the most stress it is time to look at the organs/glands beneath that pH.

14. Notice that the lineup is always:

- Sugars
- Salts
- Nitrogens

15. The lineup is always the same, but there are 4 possible combinations of organs/glands represented by the Sugars, Salts, Nitrogens, depending upon whether the pH is ACID or ALKALINE. The 4 combinations are:

	Acid UpH	Alk UpH	Acid SpH	Alk SpH
Sugars -----	Kidney/Adrenal	----Sex/Bladder	-----Spleen/Pancreas	---- Stomach
Salts -----	Thyroid	-----Pituitary	-----Lungs	----- Colon
Nitrogens ----	Heart	-----Small Intestines	---- Liver	----- Gallbladder

16. What you are looking for when you look at your individual Sugar-Salt-Nitrogen zones are any zones that are 2 or more digits apart from the pH Zone listed above the group.

17. For the purposes of comparison, at this point you must drop the ZERO, if any, that the computer has attached to the pH Zone.

18. The organ/gland represented by any zone that is GREATER than the pH zone by 2 or more digits should be looked upon as being HYPER and needing RELIEF. It has been working too hard keeping up with the demands placed on it. This is *acute stress*.

19. The organ/gland represented by any zone that is 2 or more digits LESS than the pH zone should be considered as HYPO and needing SUPPORT. It has succumbed to the demands of the past and is UNABLE to produce according to the demands of the present. It may become *chronic* and *degenerative* if support is not available soon.

20. Special Formulas to be used when you have HYPER organs/glands are the *Stress Pattern Remedies* according to the particular organ/gland involved.
21. Special formulas to be used when you have HYPO organs/glands are formulas that contain substances of that organ/gland.
 - Adrenal Support
 - Kidney Support
 - Liver Support
 - Pancreas Support
 - Pure Defense
 - Zymazyme Original
22. For the purposes of delineation, when you have an individual organ/gland with a ZERO added to the zone it is in, simply consider it as -. For example, a Sugar with zone of 10 would be considered as -1. A Salts with a zone of 20 is to be considered as -2. A Nitrogens depicted as 30 is to be considered as -3 when comparing it to the pH zone listed above it.
23. Whatever pH Zone is the farthest out contains the *primary* problem organ/gland according to the schematic of the individual zones.
24. The remaining pH Zone group is considered to be the *secondary* problem group.
25. By watching the balance of your zones, especially as they compare to your pH Zones, you can gauge your progress. Your individual zones should be in balance with your pH zone. If they are not, you need to pay close attention to the BIA until they are.
26. If you have more HYPER zones than HYPO zones as compared to your pH Zone, it means you are under *much stress* and need to make some changes in lifestyle before it is too late.
27. If you have more HYPO zones than HYPER zones as compared to your pH Zone, then you are in *serious* trouble.
28. If your zones are all over the place, you most likely have much *emotional stress* involved in your problems.

29. Your Stress Pattern Chart and the processing that goes along with it will be the most help of anything you can do to return your Zones to the proper position. The good health and vitality that come from finding WHO you ARE, WHY you are here, and WHERE you are going is a wonderful experience. Only by understanding your Stress Pattern Chart and processing the radiation coming from your Traumas can you fully understand your “place in the Sun”, why you have the kind of life you have, and what you have to do to change it for the better.
30. DISCOVER THE PLAN AGAINST YOUR LIFE and the plan FOR your life is an automatic reward. Stress Pattern Processing is a great way to get your Zones balanced and back into Zones 1-2 where they belong.

BIA Analysis Zones

Z o n e	Sugars	UpH	SpH	Salts	Nitrates (Urea)	Ammonia	Total Nitrogens
1 10	1.5 - 3.2	6.0 - 6.8	6.4 - 6.9 6.2 - 6.3	7 - 12	3 - 5	3 - 5	6 - 11
2 20	3.3 - 5.0	6.9 - 7.2 5.6 - 5.9	7.0 - 7.3 6.0 - 6.1	13 - 20	6 - 7	6 - 7	12 - 15
3 30	5.1 - 6.8	7.3 - 7.6 5.2 - 5.5	7.4 - 7.7 5.8 - 5.9	21 - 30	8 - 9	8 - 9	16 - 19
4 40	6.9 - 8.6 1.1 - 1.4	7.7 - 8.0 4.8 - 5.1	7.8 - 8.1 5.6 - 5.7	31 - 45 5 - 6	10 - 11 2	10 - 11 2	20 - 23 4 - 5
5 50	8.7 - 10.0 0 - 1.0	8.1 - 14.0 1.0 - 4.7	8.2 - 14.0 1.0 - 5.5	1 - 4 46 - 80	12 - 18 1	12 1	24 - 30 1 - 3

BIA Class #10 Exam

(Understanding Zones)

1. List the UpH and SpH zones and their delineations.
2. Is it better for the UpH to be acid or alkaline?
3. How do we mathematically describe when a pH has traveled in the wrong direction?
4. What do zones 3-5 indicate?
5. What do zones 10-50 indicate?
6. What zone is a UpH of 6.0 in if the Balanced UpH is 5.7?
7. How do you tell which pH is the most stressed?
8. List the 4 possible combinations of organs/glands represented by the Sugars, Salts and Nitrogens when the pH is acid and when it is alkaline.
9. What are you looking for when you look at your individual Sugar-Salt-Nitrogen zones?
10. How do you determine if an organ is *hyper*?
11. How do you determine if an organ is *hypo*?
12. What formulas should be used with *hyper* organs/glands?
13. What formulas should be used with *hypo* organs/glands?
14. How do you gauge progress?
15. Is it better to have more hypo zones or hyper zones?
16. How can you spot emotional stress?
17. What comes from processing your Stress Pattern?