



Biological Immunity Research Institute

7114 E. Dreyfus
Scottsdale, AZ 85254
888-221-4116
www.biri.org

The Biological Immunity System®

The *Biological Immunity System*® consists of 12 Keys. Each Key has guidelines, that, when followed, may 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 System® Key #2

Key #2 involves balancing your urine Sugars with the conductivity¹ (Salts) of your urine.

1. Collect a urine specimen using a 4-oz. plastic specimen cup. If you have a Sugars refractometer², skip to #2. If you are using specific gravity strips³, use the following chart to convert your urine specific gravity reading to a Sugars reading:

Specific Gravity = Sugars reading

.000	.5
.005	1.0
.010	1.8
.015	2.7
.020	3.7
.025	5.0
.030	6.4
.035	7.4

2. If you are using the sugar refractometer, after properly calibrating the refractometer, use a glass pipette⁴ to place two drops of urine on the refractometer lens, gently close the lid and point the refractometer into a strong light to see the refractometer reading. There is no conversion necessary. Record your refractometer reading using a **black** dot in the Sugars column on the attached Balance Chart⁵.
3. Use the pH/conductivity meter⁶ to accomplish the Salts reading. Using a clean glass pipette, mix 1 dropper of urine and 19 droppers of distilled water into a 1-oz. plastic specimen cup⁷. After proper calibration of the pH/conductivity meter, insert the meter into the diluted urine mix and turn on the pH/conductivity meter. **To determine your Salts reading, multiply the conductivity reading by the factor in the following table.** Remove the conductivity meter. Rinse the electrode in distilled water⁸.

If Conductivity Meter Reading Then Multiply By

0 – 574	.0297
575 - 1074	.0369
1075+	.0419

4. Round your factored Salts reading to the nearest whole number. Record this Salts reading using a **black** dot in the Salts column on the Balance Chart.
5. Draw a **black solid line** from the Sugars black dot to your Salts black dot.
6. Multiply the **black** dot Sugars reading by 4.6 and record this calculation using a **red** dot in the **Salts** column on the Balance Chart.
7. Divide the **black** dot Salts reading by 4.6 and record this calculation using a **red** dot in the **Sugars** column on the Balance Chart.
8. Draw a **red broken line** between the **Sugars** and **Salts red** dots.
9. If your Sugars black dot is above its red dot, consider the following:
 - Thyroid nutritional support
 - Lymphatic nutritional support
 - Skip to #11.
10. If your Sugars black dot is below its red dot, consider the following:
 - Pancreas nutritional support
 - Sex organs nutritional support
 - Skip to #12
11. If both Sugars and Salts black dots are above both red dots, you need to more closely follow the Biological Immunity Key #1 instructions. Skip to #15.
12. 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. Skip to #15.
13. 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 #15.

14. 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

15. Check your Sugars and Salts 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 Conductivity is a measurement of the amount of electricity able to be carried by the urine. A conductivity meter is used to accomplish this Salts reading. A combination pH/Conductivity meter is generally available.

² See Key #1 endnotes for Sugars refractometer information.

³ See Key #1 endnotes for specific gravity strips information.

⁴ A glass pipette is a fancy name for dropper. They are generally available.

⁵ The Balance Chart may be downloaded from ftp://ftp.biri.org/balance_chart.pdf

⁶ See Key #1 endnotes for pH/Conductivity meter information.

⁷ 1-oz. plastic specimen cups are generally available.

⁸ Any distilled water from the grocery store will suffice.

Notice

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