

# A Holistic Approach to Achieve Maximum Health

## Balancing Body Chemistry with Nutrition Utilizing the Reams Biological Theory of Ionization (RBTI)

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Many people play a “guessing game” with their diets and nutritional supplementation. Why guess when you can be sure? Life is too precious to be guessing. The RBTI (urine and saliva) tests take the guess-work out of achieving maximum health, pinpointing the locations of the body’s energy loss.

RBTI is the abbreviated term for Reams Biological Theory of Ionization. RBTI is a working explanation about the fundamental ionic energy composition and function of biological life. This theory was discovered, developed and proven through the unique work of agronomist, biochemist and mathematician, Dr. Carey A. Reams.

Using the *Reams Biological Theory of Ionization (RBTI) Testing*, it can be determined whether what is consumed in an individual diet is beneficial or harmful to the cells of our body.

These tests detect mineral imbalances and energy loss in the body’s organs, which, if left to progress, ultimately manifest as some form of disease process. This allows the discovery of the root cause of the disease before it is physically manifested.

### **Dr. Reams Process includes:**

- Body Detoxification and Purification Procedure.
- Biochemistry Balancing using Water, Minerals, Vitamins and Food.
- Dietary Suggestions for Cellular Regeneration and Maintenance.

Material in the body is either working for the body or against the body. Proper nutrients work for the body, toxins work against the body. There is no such thing as neutrality. Many would-be nutrients actually work against the body rather than for the body and become toxins. The proper diet must be a diet that will cleanse the body of toxins and supply it with nutrients. To cleanse the body is to remove the toxins and intestinal debris that are obstacles preventing the body from healing. To give nutrients is to supply only that which can be utilized.

Dr. Carey Reams developed a Urine and Saliva Test that yields information to mathematically analyze the body’s chemistry and provides guidance for getting the body chemistry balanced. Each number in the equation indicates specific information about the body. But it’s the totality of the numbers together which reveal the most information about the body. Whatever our age, the numbers should be the same as in the Perfect Health Equation.

This test yields information to mathematically analyze the Body’s Chemistry, establishing individual recommendations for getting that chemistry balanced.

The urine and saliva screenings help a person determine the cause of energy loss. (We live off energy from the food we eat.). By monitoring the equation’s numbers, it’s possible determine which foods and/or supplements that should be added to an individuals diet to fit their exact body chemistry. RBTI offers a common sense approach to nutrition that demonstrates how complex issues (i.e. health and longevity) can be reduced to easily understood practical concepts and applications.

The Reams RBTI Urine/Saliva Test reveals a Person's Body Chemistry and:

- Determines the particular calciums needed 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 the total body carbohydrates are 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/gallstones

The target numbers are:

Sugar	Urine/Saliva pH Acid/Alkaline Balance	Urine Salts	Urine Albumin	Ureas
1.5	<u>6.4</u> 6.4	6-7C	.04m	<u>3</u> 3

### Sugar

This number indicates how well the body is assimilating total body carbohydrates and reveals the amount of potential energy of the individual.

### pH

This number indicates how well the body is using its energy supplies, and how well the body is eliminating what is left over after digestion. It indicates whether or not the body is putting in enough energy to replace what is being used up.

The pH is affected by mineral deficiency causing degenerative diseases in the cell structure of the affected organ or gland.

Normal cells can not be produced, or energy levels sustained, or premature cell death prevented (as seen in carcinoma and cancer) if there are deficiencies in the minerals required by a certain organ. Fungus and Bacteria invade mineral deficient areas, and very quickly, affect the nearby healthy cells. These cells are then weakened and begin dying and decaying, creating toxins within the body.

### Salt

Some bodies can cope with more salt than can others. All salts cause blood vessels to dilate. If the body retains too much salt over a long period of time, veins and arteries lose their flexibility, leading to what is commonly termed "hardening" occurs.

Often retaining too much salt can cause angina (pain in the chest). It's high salt levels, not cholesterol, which causes angina. Cholesterol deposits are dangerous because if a piece breaks free it can plug vessels in the heart muscle & cause spasms as the heart muscle tries to pump blood around the obstacle. In attempting to push the piece through, sometimes a vessel will burst (also known as an aneurysm and cause a stroke). Varicose veins are early signs that salt is too high for a body to cope with. If the liver is not functioning properly, a person can carefully avoid salt, yet still have a high salt level. As a result, too much salt is being stored in muscles and fatty tissues causing adverse conditions. Salt substitutes are no better, than regular table salt

## Albumin

Albumin is the termed used for the solid particles in the urine. The urine should be clear yellow with a few visible particles that can be easily seen. Many particles throughout the urine reveal the body is toxic and in need of immediate cleansing. Albumin is the measure of the amount of dead cells being eliminated. This should be a constant number. If the body is eliminating too many, the body is changing cells too quickly, and thus aging too fast.

## Urea

Urea is the undigested protein in the Body. This measurement indicates how well the body digests proteins, as well as whether or not too many proteins are being consumed. It also shows how efficiently the large and small intestines are eliminating waste materials.

High urea can be caused by not drinking enough water or from drinking water with too much nitrogen fertilizer run-off (nitrates). The body needs half of its body weight in ounces of water each day. For example, for someone weighing 160 pounds, they should consume at least 80 ounces (2400 ml) of water daily.

Often high urea levels occur when the heart muscle consistently beats too hard, not too fast. Urea numbers can also test high from eating certain foods that digest too quickly for the body to cope; thus leading too much urea (waste protein) entering the bloodstream, overloading the kidneys and overstimulating the heart muscle. High urea could be cause of sudden death in athletes.

## Why is the RBTI analysis so valuable?

It is a true real-time mathematical analysis of what is taking place within the electro-biochemical structure of the human body. It reveals the intricate cause and effect of the physiological dysfunctional patterns demonstrated through the urine and saliva analysis. The individual, being analyzed, may or may not be aware of the dysfunction. More importantly, the RBTI analysis will reveal a life-style program each individual can follow to reverse the dysfunctional patterns that RBTI has disclosed.

For example, the analysis reveals:

- How much water to consume; when and why;
- What foods to use along with how they are to be prepared; when and why;
- What foods to eliminate or avoid; when and why;
- What type of mineral supplements to use and which to avoid; when and why;
- What type of vitamins and enzymes to use and which to avoid; when and why;
- What type of ancillary therapy (exercise, rest, sunlight, chiropractics, massage, etc.) to use and which to avoid; when and why

## Who was Dr. Carey Reams?

Dr. Carey Reams was a scientist whose research spanned the fields of agriculture and human health. One of his greatest achievements was the development of the "Reams Biological Theory of Ionization" (RBTI), which unified plant and animal biochemistry and biophysics. A beloved teacher and healer, Dr. Reams was a mentor to many physicians, agronomists and allied health professionals who have utilized the principles he taught to enhance the lives of countless people throughout the world.

## Is RBTI used to treat illness?

RBTI is not for diagnosing or treating medical illness - you may consult a license medical doctor for that. The purpose of RBTI is to analyze and identify previously unrecognized electro-biochemical dysfunctions taking place within the human body, thereby allowing the creation of a perfect set of personal lifestyle recommendations that will address and reverse those unrecognized dysfunctional patterns. RBTI, when correctly applied, offers the highest potential for perfect health.

The Reams Analyst does not do the following things either implied or intended:

- A. We do not diagnose. We test urine and saliva to ascertain certain facts about nutritional, dietary and other factors in and/or related to urine and saliva
- B. We make no attempt to cure any condition
- C. We make no claims nor imply that suggestions given you are to cure any condition.
- D. We do not claim that any supplemental material we may suggest will cure any condition, or that it's purpose is to treat any condition.
- E. We do not prescribe or treat disease. However, we do attempt to educate you in/on food and nutrition.
- F. Whether or not you participate in this program is your decision. All decisions relative to your health, by rights, must be made by you.
- G. Diet and nutrition is an inexact science and that the results obtained are not constant or even always predictable.