



BIA- BioImpedance Analysis

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The Research

Over 2,000 published research studies conducted over the past 20 years have demonstrated that the bioimpedance analysis (BIA) can provide an accurate and clinically useful assessment of body composition.

Over the last decade, the BIA has gained immense credibility from numerous scientific articles validating the accuracy of its measurements when compared to the standard densitometric underwater weighing (UWW) technique.

The Method

To find your impedance value, a tiny electrical current is sent through the body via electrodes attached to the left foot and hand. A machine called the QUADSCAN 4000 LCD measures and displays the impedance values at 5, 100 and 200 kHz and the details of extracellular water, intracellular water, etc.

These numbers, together with the age, height, weight and gender are used by the regression equations to analyze the data and within seconds produces:

- Clinical Assessment of Body Composition
- Fat Mass vs. Lean Body Mass
- Intracellular Water vs. Extracellular Water (toxicity level)
- Basal Metabolic Rate
- Phase Angle (cellular health)

The Benefits

BioImpedance analysis is a reliable method of measuring body composition, including body fat and lean body mass, as well as measuring cellular health and toxicity. It is used to obtain objective data regarding a person's health status as well as monitor how a person's health is evolving. This test produces a wealth of accurate data. The BIA helps you and your healer measure "wellness." Most doctor's tests look for how diseased you are. The BIA is one of the only ways to objectively measure how well you are!

Your Journey to Health & Healing,
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