

## **BIOIMPEDANCE ANALYSIS**

**BioImpedance Analysis (BIA)** is a non-invasive, diagnostic tool used to obtain objective data regarding a person's health status as well as monitor how their health is evolving. This test produces sufficiently accurate data for little time and effort. Individuals as well as health care practitioners need objective data to gauge whether or not health care and lifestyle protocols are working for them. This is a scientifically validated procedure with over 2000 published research studies that have used this technology.

**This data then provides a clinical assessment of body composition** which includes fat mass, lean body mass, body cell mass, extracellular mass, total body water, intracellular water, extracellular water, basal metabolic rate, and phase angle. Phase angle is a "buzz word" indicating cellular health and integrity. Within the last few years there have been several published papers in major journals depicting phase angle as the best indicator for prognosis of survival for patients with cancer, immune system disorders, and kidney disease. A normal distribution of tissue and fluid in the body is associated with immunity, high function, and longevity. An abnormal distribution of tissue and fluid in the body is associated with susceptibility, effects of disease and aging, low function, morbidity, and mortality.

**According to a JAMA article** by Dr. Ronenn Roubenoff, "Muscle is the major source of protein for functions such as antibody production, wound healing, and white blood cell production during illness. If the body's protein reserves are already depleted by sarcopenia (muscle loss), there is less to mobilize for illness." We all want more vitality and functional capacity as long as we can have it. We all want more metabolically active tissue (lean body mass) and less metabolically inactive tissue (fat mass). We all want our cells to be like plump, juicy grapes as opposed to dried out raisins.

**Specific areas where body composition information** can be applied include Nutritional Assessment, Anti-aging Therapy, Physical Performance Assessment, Weight Management, Obesity, Eating Disorders, Inflammatory, Immune and Auto-Immune Disorders, Diabetes Fluid Analysis, Critical Care Monitoring, Geriatrics, Lifestyles Assessment, Athletic Performance, Clinical Trials, and Research Initiatives.

**BioImpedance Analysis** testing not only gives you a personal assessment of your current body's health, we can use it to monitor the impact of all the other healthy choices you're currently making. And, it gives us a projected impact trend for you to follow through with for greater success than you've ever experienced before!