

Bio-Impedence Analysis (BIA)

Bio-Impedence Analysis is a painless, harmless, and inexpensive test that provides valuable information about your body that can help guide and support you in regaining and maintaining your health.

The BIA instrument measures whole body electrical resistance and capacitive reactance. These values, along with your height, weight, and gender, are used to approximate your:

- Body composition: Tracking body composition, inclusive of body fat % and LDM (muscle mass), is invaluable when monitoring weight loss, i.e., healthy vs. unhealthy weight loss; and also to gauge your progress resulting from your supplementation and dietary and lifestyle improvements.
- Fluid distribution: Fluid distribution has to do with shifts in the balance of intra- and extracellular water. This is important as the % of water balance in and around cells is directly related to your health (e.g., toxic burden; inflammation; kidney function; etc.).
- Phase Angle: The phase angle, a value that is mathematically derived from the measured values of resistance and reactance, is associated with cellular health and has been published as a leading indicator of prognosis of survival for patients with cancer, AIDS, and kidney disease.

An increase in the phase angle is associated with improving health; contrarily, a decline in phase angle is associated with failing health.

Regular monitoring of these variables provides clues as to your health trajectory (improving or declining health), affording you the opportunity to make the changes necessary to help avoid disease and disability, and to help ensure your continued vitality and vibrant health.

* In 1996, the American Journal of Clinical Nutrition (64 (suppl): 489S – 497S) reported that “body composition can be estimated with simple and easily applied techniques,” (BIA), “and that the estimates are sufficiently precise for use in clinical investigation and practice.”

** Electrical measurements have been used as a gauge of hydration status since 1940. Over the last several decades, this science has evolved to a level of cost-effectiveness and reproducibility that BIA can be effectively used in any health care office.

