

Would you like to know if what you are doing to care for your health is actually paying off? Or, are you feeling bad and nothing seems to work for long? Read this brochure to find out if Biological Terrain Assessment is right for you.

What is the science of Biological Terrain?

The science of Biological Terrain involves assessing urine and saliva samples with regard to three specific biochemical ranges. These ranges give us an idea of the health of your cells and the fluid that nourishes those cells, in other words, your internal cellular environment.

Dr. Claude Bernard, a French physiologist, developed the theory of Biological Terrain more than a century ago. He believed that most illness was caused by imbalances in the body's internal cellular environment which he then referred to as Biological Terrain.

It was his belief that disturbances in this cellular environment affected the integrity of the body's cells, and in turn, compromised the immune system's ability to fight disease and maintain health.

Today the concept of Biological Terrain is a widely accepted and reputable form of science recognized by researchers, health care practitioners, and nutritionists all over the world. It's biochemical and nutritional concepts have extensive application for all types of research and health care assessment.

A Biological Terrain Assessment (BTA)

After an overnight food and water fast, using saliva and urine samples provided by the client, a BTA compares the samples with the optimum ranges of the following biochemical measurements:

pH: Biochemically, pH is the measurement of hydrogen ion concentration and simply indicates the acidity or alkalinity of biological fluids. Specific pH ranges are necessary for optimum digestion and absorption of nutrients from foods and supplements. Many negative symptoms may be caused by inadequate digestion and nutrient absorption.

Redox/ rH2: Known as oxidation reduction potential (ORP), redox is a measurement of electron concentration. It indicates the level of electron production. Electrons are involved in all chemical reactions in the body and thus are essential for life. They are necessary for the body to produce energy. Low electron production is usually a contributing factor of fatigue and aging.

Resistivity: Represents fluid conductivity as measured by mineral concentrations. Minerals are needed for many critical actions and reactions in the body. Mineral levels that are too high or too low can contribute to demineralization, stagnation, or congestion, which is a primary root cause of malnourishment at the cellular level.

Causes of Imbalance in Biological Terrain

The body and its cells have been created with many complex biochemical systems to handle stress and perform intricate functions.

Prolonged exposure to such factors as poor diet, too little sleep, certain drugs, excessive emotional stress, alcohol, smoking, exposure to chemicals and environmental toxins in our air, food, and water can cause biochemical stress.

These factors create nutritional deficiencies and biochemical imbalances that can severely compromise the integrity of your Biological Terrain. In turn, a compromised terrain is much less able to maintain a healthy immune system and adequately support the trillions of cells that need nourishment for healthy functioning.

With a healthy Biological Terrain cells are able to thrive within a biochemically balanced environment and we are better equipped to resist the effects of damaging pathogenic organisms such as bacteria, viruses, yeast, and fungi, etc.

Do you have a healthy biological terrain?

Contact Natural Nutrition to make an appointment for a Biological Terrain Assessment today!

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