

## **ARE YOU A PICTURE OF HEALTH?**

A new technology approved by the FDA is now being used in our office to objectively detect and predict your health now, and in the future.

It's called Bioimpedance Analysis, developed by RJL Systems as an indicator for the prognosis of survival for patients with cancer, AIDS and kidney disease. It is now being used to clinically assess body composition including body fat mass, lean body mass, body cell mass, extracellular mass, total body water both inside and outside the cell, basal metabolic rate, and the new "buzz word" in cell physiology; phase angle.

The "phase angle" is the greatest indicator of cell health and integrity. It is the phase angle which is the best indicator for monitoring people with chronic illness, or for those who want to improve their overall health. This is the number indicator that athletes are most concerned about.

The Bioimpedance Analyzer (BIA) is an FDA approved electronic device which applies a small current through the body using sensor pad electrodes placed on the right foot and right wrist. Within 10 seconds after entering your height, weight, sex, and amount you perform exercise in a week, valuable information is at our fingertips regarding your biological health. This is a scientifically validated procedure with over 2000 published research studies that have used this technology.

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

We all want our cells to be like plump, juicy grapes as opposed to dried out raisins. Our goal is a first line therapy approach implementing lifestyle modifications accompanied by a nutritional program that can offset biochemical imbalances, environmental assaults, and keep our cells happy. This is our focus and goal for our patients.

Contact our clinic for a B.I.A. analysis today.