

*Personalized Medicine  
To Achieve Your Genetic Potential*

## FAQs

### What does BIA stand for?

Bioelectrical Impedance Analysis. This test can help detect the presence of biochemical influences, which may create an environment where fungi, viruses and allergic sensitivities to xenobiotics (environmental poisons) may reside. Although it does not diagnose a specific condition or disease process, it does provide extremely valuable information about the underlying biochemistry or Biological Terrain of your body.

### What is BIA Testing?

Bioelectrical Impedance Analysis is a computerized analysis which provides your health care practitioner with the information needed to create a health and wellness program designed specifically for you. This program may include nutritional counseling, vitamin and mineral supplements, homeopathic products, phytochemicals, or exercise recommendations based on your body and your individual biochemistry and body composition.

### What can I expect with the BIA test?

The BIA test is a quick, easy, non-invasive in-office assessment. The test takes less than ten minutes and only requires that you remove all jewelry.

### Dr. Kalei N. Campbell

### How will BIA testing and balancing benefit me?

A BIA analysis provides a wealth of information about your internal biochemistry. You will find out, for example, if your system is hydrated or dehydrated and whether digestion and absorption of vitamins, minerals and nutrients are occurring properly. The BIA test can also alert your primary care physician to the presence of damaging environmental or industrial contaminants, substances that can prove very damaging to your body's delicate biochemistry.

You will also find out the degree of oxidative damage present in your system. Stress, poor air quality, food lacking in nutritional value, and lack of aerobic exercise often result in oxidative stress and damage—damage that makes the body more susceptible to illness, disease, degeneration, and premature aging.

### How often do I need to have BIA testing done?

Each individual should be tested as frequently as is deemed necessary by the primary care provider. The greater the variances from optimal values, the more frequently a retest might be considered. The body can show remarkable changes in a short period of time.

