Reams' Analysis

Philosophy & Diets



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I'm happy that you've decided to participate in the Reams' Analysis. If you should decide to follow the plan, I'm sure that you will receive benefits from it.

This booklet has been prepared for you to assist you in several ways.

- It will answer the great majority of your questions concerning the analysis
- It will explain the individual numbers to you and it will furnish the needed dietary information for you to develop your plan to the fullest.

You must read this booklet very carefully. When you have a good understanding of the information enclosed, you can take your check-off sheet and determine which Factors are indicated relative to your numbers. By letting this booklet assist you to the fullest, two primary purposes are met:

First, it gets you involved with the program in an active role.
Second, it cuts down on consultation time so that the cost of the original analysis and the retests can remain reasonable.

SECTION I

Questions most frequently asked.

Read this section carefully as it contains a great deal of information you will need in developing your plan.

1) **What is the nature of the test?**
   Answer: It is an analysis of a freshly voided specimen of urine and a small amount of saliva. The test may be run on you at any time during the Day, but the first urine voided in the morning after a nights rest should not be used. It becomes too concentrated during the sleeping hours. After the Initial test, retests should be made at the same approximate time of day to avoid highs and lows of the biological cycle. Saliva samples should not be given while chewing gum, using tobacco or while eating candy, lozenges, etc.

2) **What factors are you testing?**
   Answer: There are seven factors taken into consideration with the test. Each is looked at separately, each is looked at relative to the others and the overall pattern produced by the factors is assessed. They are:
   - The combined urine sugars.
   - Urine pH.
   - Saliva pH.
   - Combined salts.
   - Albumin and cellular debris.
   - Nitrate nitrogen.
   - Ammonical nitrogen.

3) What does the formula look like and which figures are where?

Answer:

$$\text{Combined sugars} \;\frac{\text{Urine pH}}{\text{Saliva pH}}\; \text{combined salts albumin} \;\frac{\text{Nitrate Nitrogen}}{\text{Ammonical Nitrogen}}$$

4) What would perfect numbers look like?

Answer:

$$(1.5 \text{ to } 2.0)\;\frac{6.40}{6.40}\;(6 \text{ to } 7\text{ C})\;(.04\text{ M})\;\frac{3}{3}$$

5) Then if my numbers were:

$$1.6\;\frac{6.40}{6.40}\;\textbf{(7.0 C)}\;\;\textbf{(4 M)}\;\frac{3}{3}$$

Wouldn't I be close to perfect health since only the fifth number in the formula is other than perfect?

Answer: NO, you're wrong. Each number relates to the others in an integrated pattern or relationship. Look at that fifth number. Normal is .04 M or 40,000 particles per liter. 4M, however, means 4,000,000 particles per liter. Your body could not be "near" perfect health if it were throwing out 100 times the amount of cellular debris it should normally. I bring this up to you right at the start because it's vitally important that you realize that you cannot concentrate on just a single number from within the formula. The relationship between each of them and the overall pattern produced by all the factors together must be assessed.

6) Can you tell me more about the first number in the formula?

Answer - This is the combined sugar. It is not just a glucose reading or galactose reading etc. but the combined total as read with a refractometer. This combined total tells the examiner your true urine sugar picture and not just a partial picture.

7) Why not use the blood sugar level?

Answer - Because the blood sugar may elevate or depress many times in a single hour. The urine sugars tend to be an average of the variations in the blood sugar when taken over a twenty-four hour period. For our purposes, this is a more accurate picture.

8) Are you saying then that the Glucose Tolerance Test may not be all that accurate as an Indicator?

Answer: Yes, I'm implying that.

9) What about the second number?

Answer - This is the urine pH. Of all the numbers in the formula, the pHs is the most confusing. Look at the sequence below:

5.40 ---- 6.40 ---- 7.40

It would appear that 5.40 Is one below 6.40 (or normal) and that 7.40 is one above normal. What is not normally understood, however, is that pH (or pOH) is calculated in logarithmic progression. Look at the sequence again:

5.40 ---- 6.40 ---- 7.40

If 6.40 is considered normal then a drop in the pH would be an increase in acidity and a rise in pH would be an increase In alkalinity, but, due to logarithmic progression a drop in pH from 6.40 to 5.40 is not a drop of 1 but a drop of 10 times. In other words, a pH of 5.40 is ten times more acid than a pH of 6.40 and a pH of 5.40 is 100 times more acid than a pH of 7.40 (10 x 10).

Now look at 6.0 relative to 6.40. Considering the logarithmic progression, they are not Just 0.4 (four tenths) apart but rather there is a difference between them of four times.

10) I've read where some people considered normal urine pH to be 7.0 and others say it should be 5.6. Why the difference?

Answer - The most frequent way to find a "norm" or "average" is to test a large grouping of people and then average out the extremes in range. These test subjects are not selected for their perfect health. The researchers feel that if enough people are tested the differences in health of the test subjects will "average" out. Unfortunately the vast percentage of the people in the United States have drifted away from good health, especially since WWII. Therefore, you're not going to get a perfect number by taking the average of several hundred or even thousand unhealthy people.

11) Why do you need the saliva pH?

Answer: There are several reasons. First, it gives an indication of the bile strength and liver physiology. Second, it's possible to get an indication as to which direction the numbers are going (i.e. from better to worse or worse to better). Third, it forms one of the factors of the formula and is therefore necessary in the development of the overall pattern of your numbers.

12) What does the fourth number imply?

Answer: This is the combined tissue salts being thrown off by the body thru the urine. This number, like all the rest, is not as simple as it seems. For instance, a high salt reading combined with high urea readings would indicate a high level of tissue salt retention, whereas a high salt reading when the combined sugars and pH's are drifting toward normal would indicate that the body is throwing off excess tissue salts, Remember, you can't look at individual numbers, but rather the over-all pattern produced by the numbers. In the overall pattern, the combined salt number

correlates with cardiac integrity, arterial elasticity, venous integrity (strength); ionization factors, and cholesterol build-up just to name a few.

13) What does the 0.04M mean?

Answer: This refers to the number of particles or cellular debris in the urine. It is not a bacterial count. A person with perfect numbers would be throwing off very little cellular debris, as digestion, cellular renewal, metabolism and energy utilization would be optimum. When that number begins to go up, your body is breaking down faster than it is building up. In other words, you are becoming energy deficient and are losing your energy reserve. The further this goes the further from health you're slipping and the more your body "shows its age". Again, the number is not as simple as it seems. For instance, look at the numbers below:

$$\frac{.06}{2} \quad \frac{6.40}{6.30} \quad 2.0C \quad 0.4M \quad \frac{1}{2}$$

In this pattern, the 0.4M is abnormal because of its relationship to the other numbers. If it were to rise to say 2.0M while at the same time the sugar, salts and ureas raised, it would be a good sign that the body was getting the message. Remember, it's the over-all pattern that counts.

14) What does the sixth number mean?

Answer: This refers to the nitrate nitrogen. It is an indication of how well the body is digesting and utilizing protein.

What factors are involved here?

Well, protein digestion relies on proper pancreatic function, which relies on proper liver function. If liver function is weak, too many proteins are broken down incompletely, causing a build-up of unwanted amino acids. These accumulate in the blood and tissues and interfere with proper tissue metabolism and oxygenation. This especially affects the heart muscle as proper building blocks and oxygen are vital to its continuing a normal cardiac output. Again, this number is not as simple as it seems. A high initial nitrate nitrogen number, especially lf it's combined with a high combined salt number and high ammonical nitrogen number, indicates undue cardiac stress. On the other hand, a low nitrate nitrogen number that rises in accordance with shifts in other numbers nay be a very good sign as it indicates the body is throwing off these unwanted amino acids.

15) What does the last, number or ammonical nitrogen represent?

Answer: When protein digestion is slow or not completely normal, excess protein remains in the bowels. In the large bowel these improperly digested proteins ferment and putrefy producing toxins. These toxins are absorbed and enter the blood and lymph systems. They change the relative acidity of the body tissues; interfere with proper metabolism and tissue oxygenation. The ammonical nitrogen number, as you can see, also affects the cardio-vascular integrity.

16) Why do you add the nitrate nitrogen and ammonical nitrogen numbers?

Answer - First, let me remind you that each number is important in itself relative to the over-all pattern. But they are also important when combined. For instance, the heart begins to show stress at a combined number of 12. At 20 the coronary arteries are under so much stress they narrow and begin limiting the blood flow to the heart muscle. At 24 the heart muscle is not being oxygenated properly and the possibility of a cardio-spasm exists. At 28 you're walking on thin ice and at 30 or above the heart goes into spasm and ceases to function. You become another statistic.

17) Do my numbers change all the time?

Answer - Certainly they will change. Based on your water intake, type of food ingested, stress load, amount of rest or amount of exercise etc., your numbers may raise or lower from day to day, week to week, or month to month.

18) Then if you tested me on one of my "bad" days number wise, wouldn't you think my health was worse then it really is or, even more alarming, if you tested me on a "good" day, might you miss something important?

Answer: Not so. You're forgetting what was mentioned earlier. It's not the individual numbers we look at. It's the pattern produced by all the numbers together that produces the significant over-all picture. Your numbers may drift up or down but the over-all pattern will remain unchanged until you do something about it.

19) Once you have all the numbers, is that the complete analysis?

Answer - No. Your eyes will be checked to determine the extent of vascular distortion and engorgement. This pattern will be recorded. Depending on who your Ream's Analyst is, a brief case history may be taken, vital signs checked and, if the numbers warrant it, a more detailed physical may be performed for your benefit,

20) When you've done all this, or whatever part needs to be done in my case, can you make a diagnosis of what's wrong with me, if anything?

Answer - The word DIAGNOSIS literally means "An educated guess. Therefore, seldom if ever are two diagnoses exactly the same. When you use an analytical procedure, it is repeatable and therefore not a guess. We analyze. WG do not guess when it cones to your health. Let's take the word diagnosis a little further before we leave it. As the author of this booklet I can be jailed in the State of Illinois if I do not make an adequate diagnostic evaluation before offering care to a patient. In the State of Iowa, right across the river, I can be jailed for making a diagnosis relative to the patient. They would rather I care for the patient without knowing what's wrong with him or her. Both points of view leave things to be desired. It's because of this varied interpretation of the word diagnosis plus its definition that makes us stay completely clear of the word. We do not diagnose and we wish no part of the analysis to be construed as such.

21) Can you tell me anything?

Answer: Yes. When I've completed the analysis I can determine certain tendencies in your health based on the pattern of your numbers. That doesn't mean you have a certain condition necessarily, but research has shown that people with numbers such as yours have a tendency toward certain conditions. You may in fact have the condition (or conditions) in question but we do not intend to use the analysis as a means of naming diseases.

Before we continue, let's review several points that are very important:

- The test is not a means of making a diagnosis. AMA figures have shown that the average medical general practitioner is correct in his office diagnosis approximately 12% of the time, and the research hospitals are correct about 47% of the time. There are two things I will never jeopardize: my integrity and your health. Therefore, I do not use this test as a means of diagnosis.
- No attempt is made to "cure" any disease. Naming a disease does not cure it and the same is true of any diet. It does not cure anymore than a doctor cures. The body must heal itself. All that we can attempt to do is to change the body chemistry through diet back to a biological norm so the body has the energy to heal itself.
- The suggestions made to you by the test person are based on what he or she would do if they had numbers similar to yours. No attempt at prescribing is intended or should be construed as such.
- Whether or not you take the advice offered to you is your decision.

22) I have heard that Dr. Reams uses fresh lemon juice in the diet. What's its purpose?

Answer: Fresh lemon juice (reconstituted lemon juice will not work) functions in the role of an anionic substance. The interrelationships between anions and cations produce energy. The liver needs energy in large quantities to maintain its enzyme systems, its role as a body detoxifier, the Citric acid cycle, bile production and approximately 1600 other daily roles utilizing an estimated six billion enzymes.

When we don't get enough anionic substances in the body, the body's energy level drops because we are not assimilating our food property. When you consider that the vast majority of the food we eat is cationic in nature, you can see the need for the lemon juice and other anions.

23) Then shouldn't everybody drink fresh lemon juice and water each day?

Answer: It would help the greatest percentage if their numbers were in an appropriate pattern. Lemon juice is a high stress food and if the person is not monitored it may release too many toxins too fast and drive salts, M numbers, and ureas up into a very dangerous zone. For example, if your combined ureas were 28, the ingestion of lemon juice right off the bat might very well have a disastrous effect en you're body physiology.

Some people with highly inflamed stomachs or ulcers cannot drink it at all because of the burning. In certain neurological conditions it can be harmful. The best bet is to let the numbers tell you if it's acceptable for you at this time.

24) Why use distilled water?

Answer - The average body is from 54 to 62% water. Contrary to popular belief, thin people have a higher percentage of water in their bodies than fat people. Water is not only used to flush and bathe body tissues but in every single cellular process that occurs in the body. No other fluid in the known universe has similar properties. But for it to work with optimum efficiency it must be pure. City water, rainwater, or well water is a long way from being pure. One study of city water in the Midwest found the water to contain:

- Fluorine
- Chlorine
- 24 other chemicals
- Pesticides and herbicides
- Flocculation material
- Traces of heavy metals
- Bacteria, yeast and protozoan organisms
- Dissolved salts

This water, by itself, over a period of time would contribute to hardening of the arteries, hypertension, nervousness, heart attacks and strokes not to mention constipation, diarrhea, (when bacteria count was high), kidney stress, bladder stress, poor digestion and hyperexcitibility of nerve transmission just to name a few.

For water to draw unwanted ions and other waste from your system it must be pure. Most municipal water is so highly saturated with junk that not only can it not help you cleanse your system, it will add to the problem.

25) There are so many kinds of water for sale now days, how can I be sure it's good distilled water?

Answer - Make sure it says on the label that it's steam distilled. Second, make sure it has been shipped across state lines. If it has, it must meet federal regulations for content, which, by the way, happen to be pretty good. Do not buy the following:

a) Deionized water - It is "dead" water that will leach needed ions from your system.
b) Demineralized water - It's just been run over an electrolysis grid. It's not distilled.
c) Charcoal filtered water " You can get that yourself by putting a filter on your faucet.
d) Mineral water " You don't get your minerals from water, so it's a waste to buy it.
e) Pure drinking water with X% minerals added. How can it be pure with additives in it?

26) My only problem is that distilled water tastes funny.

Answer - If it's pure it can't taste funny because it won't have a taste. Oxygen and calcium are the two principal factors that give water that "good" taste. Pour your distilled water back and forth between glasses just before you drink it. This will add oxygen to it and it will "taste" better. After you've been on it for several days, you'll find city water tastes funny.

27) With a large family, buying distilled water can run into quite a sum can't it, especially if you cook with it as well?

Answer: As soon as you can fit it into your budget, you'd be wise to purchase a stainless steel water distiller. Then you can make all you want for about 6 cents a gallon.

28) Is it all right to store distilled water in plastic jugs?

Answer: No. Use glass Jugs. Water left in plastic jugs (especially if left in sunlight) will pick up unwanted ions from the container. Some plastic jugs are vinyl chloride. Need 1 say more?

29) Along with lemon juice and distilled water I've heard that Dr. Reams will put you on a fast and diet. Is this true?

Answer: First, let me remind you that not all people are put on lemon juice and water, some not ever, some not initially. Nor does Dr. Reams recommend a fast for everyone. Your numbers will determine which diet plan you will use if you should decide to try his method.

There are seven basic approaches to diet used by this analysis. Again, let me remind you that your numbers will determine which one you are most likely to respond to. Remember, however, that these are the basic diets and your personal check-off sheet may ask you to add or delete certain foods. Determine which plan is checked for you. Then determine from your check-off sheet what should be added or deleted.

Example: Your diet may call for fresh fruit and/or juices but your pH range may be low so you will note on your check-off sheet that you are not eat oranges, grapefruit or similar citrus fruits initially until your pH has had time to come up. Or your sugar may be high and you'll be asked to eat only low carbohydrate fruits and to eat them before 2:00 p.m.

Let me list the plans for you:

Plan I - No fast, no light diet.
Plan II - Three day light diet.
Plan III - Six day light diet.
Plan IV - Three day fast, three day light diet.
Plan V - Three day fast, three day light diet followed by a second three day fast and three day light diet.
Plan VI - Three day fast, six day light diet followed by a second three day fast and six day light diet.
Plan VII - Six day fast and six day light diet.

Each of these plans will be detailed for you in the section on diets and foods, but as you can see, not everyone fasts or not everyone goes on a light diet.

30) What else is used with the plan?

Answer: In some cases, minerals, vitamins, herbs, special supplements such as royal jelly and tonics may also be used.

31) How will I know which ones to take?

Answer: Look at your check-off sheet. It will tell you.

32) Can you define illness for me?

Answer: Illness is due to loss of energy resulting in lowered resistance. A person starts on the road to illness the first day his body burns up more energy then he is able to assimilate from his foods or his energies become imbalanced due to neurological effects, specific toxins or by trauma etc.

33) Then the basic function of the test is to determine where these energies are less than normal?

Answer: You've hit the nail on the head. Do not treat the symptoms but rather treat the loss of energy. When you know where the body is deficient in energy, then you have found the cause of the disease process. Remember, however, that no drug, no diet, no therapy, no adjustment or no doctor ever heals anything. If the person gets well, it's because his body chemistry has changed closer to the biological norm.

This increases the body's energy reserves and allows the body to heal itself through God's innate intelligence. The numbers tell you nothing but the reason they're there tells you everything.

34) But why must I change my diet so drastically?

Answer: If your diet over a period of years, has affected your health, then how do you expect to get well by eating the same things that got you there in the first place?

When you are eating the wrong foods for you, you do not get enough energy from them and toxins begin to build up in your system. Therefore, you eat too much trying to get enough energy and that just makes things worse. You've started a positive feedback mechanism that will end in sickness and early death unless these conditions are corrected.

Another factor to be considered is that you tend to crave what the body already has too much of. That further complicates matters. The last thing a person needs with high ureas is a high protein diet or six bottles of pop a day when you're a borderline diabetic.

35) All of the Reams' analysts use the term "cause and effect". What do they mean?

Answer: Better than 80% of all drugs dispensed today and better then 80% of all treatments given today are treating effects. The "effect" is illness. The "cause" is the loss of the body's perfect chemistry. Treating the effect may help the cause but treating the cause will correct the chemistry imbalance and allow the body to heal itself. You will never regain prefect health by treating effects. Go To The Cause.

36) Then this plan will treat the cause and allow me to get well?

Answer: I certainly hope so, but not everyone will regain total health. In some people, too many years have passed and some of the damage has been rendered permanent. These people can be helped but not all of the effects can be wiped out because the cause is no longer totally correctable. We are all composed of matter and matter has limitations. If we've gone beyond the limitations of our matter then only God can intervene in our behalf. Attitude has a lot to do with getting well. Some people just give up. Others just will not accept the responsibility. Some don't believe they were meant to have health. Some would rather be sick. It's hard to get these people to respond until you can correct their attitude.

If I were to make a decision on whether the analysis will help you or not based on how many people that have already been helped by it, I'd say, "Yes, the plan will help you toward regaining health."

37) Will I be able to start on a fast or light diet immediately?

Answer: Not always. People with extremely high ureas or extremely high combined salt numbers may have to have these numbers brought down into a more manageable zone before starting a fast or light diet. If this were not done, the added stress to their system from a sudden diet change could very well add to their problems. If you're told to drink four ounces of distilled water every hour for twelve hours or for two days and then come back in to be retested before starting on a program, you will know the salts and/or ureas need to be lowered. Remember, a quick change in body chemistry by force will cause a loss of energy and will inhibit recovery.

38) If I go on a fast and/or a light diet what may happen?

Answer: Your body will go into a withdrawal pattern as it rids itself of excess sugars, ketone bodies, accumulated wastes, drug residues, and dead cellular debris. It is not uncommon for people to break out in hives when they begin their withdrawal. Stay with it. It's a sign your body chemistry is changing. There's probably a lot of waste in your body from years of accumulation. As your body throws it off, you are going to have reactions. Rest & maintain your fluid intake. If you're on a light diet, eat low stress foods lightly steamed and hang in there.

39) I see that I'm going to be eating a lot of raw vegetables and fresh vegetable juices. Why raw?

Answer: Raw foods are still alive. They still contain active enzymes. When they are digested they can readily offer this life energy to your body. They are also a natural source of roughage and cellulose and not only regulate the rate at which foodstuffs are propelled along the bowel but, also, they scour the bowel and help to remove encrustings attached to the bowel wall. Cellulose is also a natural detoxifier. It ties up certain toxic substances in the bowel so they cannot be absorbed into your system. Cellulose will also draw blood born toxins and unwanted metal ions from the capillary beds lining the bowel and tie them up so they may be excreted.

40) Why not eat everything raw then?

Answer: If your numbers were in line you could with no problem. However, eating nothing but raw food may detoxify you too fast. We desire controlled detoxification. Also your bile may be so weak that you cannot digest raw foods properly. For these reasons we also include steamed vegetables (usually in the evening as it holds digestive stress down during the sleeping hours) into your diet. Steaming breaks down the cellulose cell wall making the food easier to digest.

41) Won't the heat "kill" the food?

Answer: No. The heat used in properly steaming vegetables or the heat used in crock-pot cooking will not destroy the vital energies of the food. I cooked an apple in a crock-pot until it was tender as could be and then was able to sprout the seeds from it.

42) I'm worried about preservatives in my food. How can I avoid them?

Answer: First, let me mention that some foods are safer for you with preservatives in them today then they would be without them. Several things can be done, however. Try to buy as much of your produce as possible from vegetable truck farms. Properly freeze foods for the winter months. Watch for wax and artificial color on some fruits and vegetables. Scrub them well or peel them. Buy your grains from your local health food store and have them grind them for you. Store in glass containers with tight lids. If you eat meat, make sure you cook it thoroughly to destroy as many unwanted hormone byproducts as possible and to kill any parasites.

Remember this: More damage has been done with coffee, dyed processed oriental teas, alcohol, drugs, etc., than has been done by all the food preservatives put together.

43) What is this heart attack range associated with the combined ureas I've heard about?

Answer: Anytime your combined ureas go above 12 your heart is beginning to exhibit notable stress. The heart may not beat faster, but it will beat harder as it's working against a toxin level in its coronary arteries that begins to limit proper oxygenation to the heart muscle. Anywhere above a combined total of 16 you may experience angina pains, palpitation, or skipped beats during periods of high physical work or other stress. From a combined total of 20 to 24 there is a strong tendency toward a

minor pectoris heart attack. From 24 to 26 there is a strong tendency toward a major pectoris heart attack. From 26 to 30 you're considered to be in the range for a fatal heart attack. With few exceptions, the heart goes into cardiac spasm (cardiac arrest) when the numbers exceed a combined total of 30. Fortunately, the numbers can be reduced rapidly under Dr. Ream's direction.

44) You mentioned Angina pains. Are these due to high ureas alone?

Answer: No. High salt readings also contribute to Angina pains. The salt levels also have a contributory factor on arterial elasticity, capillary strength, venous integrity and the degree at which cholesterol or fatty acids are building up in the vessels. If the salt levels are extremely high, they may affect the heart muscle and valves.

45) Will Dr. Reams' test tell me if I'm pregnant?

Answer: Not if the pregnancy is running normally, it won't.

46) If I am pregnant can I still go on the Ream's plan?

Answer: In the vast majority of cases, Yes. You will have to be retested frequently and it's vital that your sugar level be maintained carefully. Remember, what's good for you will be good for your baby.

47) I have a hyperactive child who is giving the school fits. Will the Ream's test and the restructuring of his/her numbers back toward a biological norm help this?

Answer: Hyperactive children are being classed today as MBD children (Minimal Brain Damage). In my personal opinion, I think that is the stupidest statement I've heard come out in years. Only a very small percentage of children have brain damage or the inability to produce certain enzyme systems, etc. You know what is wrong with the rest! It's improper diet, not enough water intake per day, drinking highly ionized water from public systems, parasites, constipation, abnormal stress placed on them by the school system and at home to "perform at optimum levels of educational expertise", and a lack of understanding of their problem at home and at school. Is there any doubt in your mind but what this plan will help?

48) The children love candy. What can I use in place of it for treats?

Answer: Grinding dried fruits in a blender may make delicious candies. If the child is over eight years old, you may add ground nut meats as well. Roll the mixture into balls or squares and roll them in wheat germ. For a cool treat, take ripe bananas, loosen the peels, stick a Popsicle stick into them for a handle and freeze them. They are great!

49) What about nuts in the diet? You hear so much about B-17.

Answer: Nuts are high stress foods and many people with cancer, colitis, poor enzymes due to a toxic liver or pancreas, hemorrhoids, diverticulitis or diverticuloses, inflamed digestive tracts, etc., find nuts further irritate the condition. Nuts are better digested if they are chopped or ground first. None of the light diets allow nuts because of their high stress factor. Once your numbers come into line, they are a fine addition

to your diet. A note to remember: If nuts are not allowed in your diet then neither are seed berries such as strawberries, blackberries, etc., and seeds such as sesame, sunflower, pumpkin, etc.

50)Will I lose weight on this diet?

Answer: First you have to have two terms defined. Your "desired weight" is the weight you'd like to be. Your "genetic weight" is the weight you'll obtain and maintain given a balanced diet. The two may be miles apart. You may want to weigh 110 pounds if you are a 5'4" female. But you may be large framed due to your family genetic inheritance and, as such, will normally carry 130 pounds. That's 20 pounds difference between your "desired" weight and your "genetic" weight and a good part of your problem may be due to trying to maintain a weight your body is not physiologically suited for.

Now, back to your question. Several things put weight on you. Calorie intakes higher than your body needs, high stress loads, diets high in high stress foods, accumulation of toxic substances in your body at a rate faster than the body can rid itself of them and deficiencies in calcium and/or other trace minerals. Only about 2% of the population is truly obese. The rest are merely overweight. Therefore, if you weigh above your genetic weight when you start on the program you can expect to lose weight naturally and normally as your numbers come in line.

The rate at which you start to lose weight will depend entirely upon your numbers, your age and condition, the rate at which you are innately capable of responding, how overweight you are, how well you follow the plan, how much rebuilding must be done and how rapidly your reserve energy level is reestablished. Be patient.

* *

If you should decide to follow the Reams program, there are several things to consider before you begin.

A. Read and familarlze yourself well with the complete diet booklet. Get a good overall understanding of the numbers, diets, minerals, vitamins, lemon juice, and distilled water etc., and why they are used.

B. Read your personal check-off sheet. Make a list of the suggestions that pertain to you. Consider them; reread the portions of the diet booklet that apply to them.

C. Now sit down and plan your approach. If it's recommended that you should go on a three day fast, for instance, then you must plan your days so that you achieve the necessary time and rest. You must organize yourself, develop a schedule, stock what you used, and plan your time so that you will get the maximum benefit possible. Do not go into your program half-cocked. It just adds stress, may discourage you, and most assuredly will not give you the best results.

D. Make a commitment to yourself. Mentally, emotionally and spiritually be ready to begin to restructure your body chemistry toward more optimum health. Do not start the program until you are ready to give it an open fair and honest attempt.

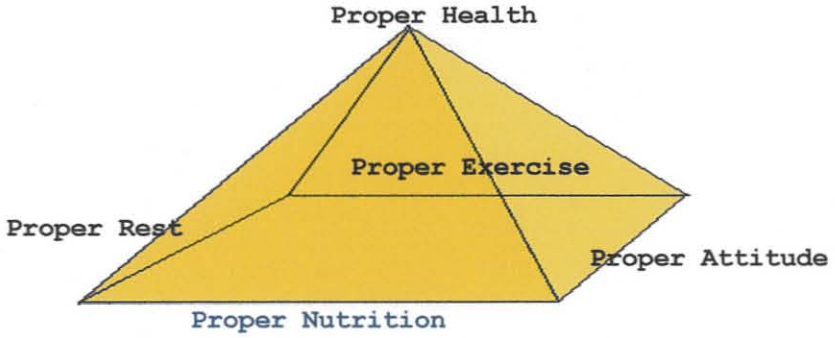
E. Follow the suggestions offered you. Don't make substitutions in minerals, or change your water or lemon water intake, etc. Don't decide for yourself that macaroni salad is the same as a fresh vegetable salad. Don't decide that two B-6 tablets are the equal of one B-12 tablet and so on. This may alter your results and make the program of little value to your health.

F. Be retested when it is suggested to you. You are an individual and your body is going to respond as an individual. You will not necessarily follow a predictable pattern. You must be monitored so that changes can be made, when necessary, to develop the optimum results based on your needs.

Let me give you a couple of examples:
Your body may be retaining drug residues from a past illness. When you detoxify, these residues may be eliminated too rapidly causing you extreme withdrawal symptoms. Therefore your program may have to be slowed to give the body the time it needs to safely remove these toxins.
On the other hand, if you were to fast and light diet for six days, the retests may show that your body has not completely gone through its withdrawal and you need more time.

See the picture? There are too many variables. You must be monitored if the program is to be a success.

G. (For God) Look at your life. Where can you get rid of stress in your life? What can you add to your life to make it better and more fulfilling? Your health is based on a pyramidal shaped structure.



Each of these primary factors must be in a universal balance. Each must receive its proper proportion of attention. Ignore one and all the others suffer. It is much easier in the long run to maintain health to prevent disease rather than try to reverse the disease after it occurs.

Section II has to do with the diets, the foods, the minerals and vitamins, and the restricted foods. Read it just as carefully as you've read Section I.

Section III plus your personal check-off sheet will instruct you in how to set up your individual program. Read on and enjoy.

SECTION II

DIET PLANS AND FOODS

Plan I - No fast - no light diet. If you should decide to go on Plan I then you would do the following:

A. Check to see if lemon juice and water is recommended for you. If it is, you would mix it fresh every morning and drink four ounces on the hour, every hour, until the recommended amount is finished. Add sweetener if directed to do so.

B. Drink the recommended amount of distilled water at the rate of four ounces per hour.

C. You would add lots and lots of fresh raw vegetables and steamed vegetables into your diet.

D. You would add any fresh fruits in season into your diet.

E. You would drink fresh vegetable and fruit juices and cut out sugared drinks.

F. Your would limit your meat intake to breakfast and lunch not eating meat at the evening meal.

G. You would limit meat intake to chicken, turkey, beef, lamb, scale fishes and eat no pork or pork products, processed meats or meat skin or shell fish. Eat smaller portions of meat and wherever possible, use meat substitutes.

H. You would eliminate the "no-nos" from your diet and limit any foods listed as "high stress

I. Stay away from heavy oils or fried foods.

J. Take minearls and vitamins recommended for you. Minerals should be taken with your meals and vitamins either at the end of the meal or between meals.

K. Be sure to add into your plan any recommended juices or drinks and take them at the recommended time.

L. Watch closely to maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc.

M. Follow any suggestions offered you by your tester and be retested when recommended.

Plan II - Three day light diet. If you should decide to go in Plan II, then you need to do the following:

A. Check to see if lemon juice and water is recommended for you. If it is, mix it fresh every morning and drink four ounces on the hour, every hour, until the recommended amount is finished. Add sweetener if directed to do so.

B. Drink the recommended amount of distilled water at the rate of four ounces per hour.

C. You would use the 500 to 800 calorie diet for the first day, the 800 to 1000 calorie diet for the second day, and the 1000 to 1200 calorie diet for the third day.

D. You would completely eliminate all meats from your diet.

E. Construct your meals from as many low stress foods as possible.

F. You would eliminate the "no-nos" from your diet and limit any foods listed as high stress.

G. Stay away from heavy oils (with the possible exception of olive oil) and stay away from fried foods.

H. Take those mineral and vitamins recommended for you. Minerals should be taken with your meals and vitamins either at the end of the meal or between meals. Start minerals and vitamins on the fourth day.

I. Be sure to add into your plan any recommended juices or drinks and take them at the recommended time.

J. Watch closely to maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc.

K. Follow any suggestions offered you by your tester and be retested when recommended.

Plan III - Six-Day Light Diet. If you should decide to go on Plan III then you would do the following:

A. Check to see if lemon juice and water is recommended for you. If it is 'mix it fresh' every morning and drink four ounces on the hour, every hour until the recommended amount is finished. Add sweetener if directed to do so.

B. Drink the recommended amount of distilled water at the rate of four ounces per hour.

C. You would follow the steps laid out for you in Plan II, but continuing the 1000 to 1200 calorie diet for the third day on through the fourth, fifth and sixth day.

D. Do not eat more than three poached eggs during the six-day period.

E. Vary your salad ingredients, juices, teas and steamed vegetables to give your diet variation but stick to the general pattern and watch the calories. You can pick up a simple calorie counter at your local health food store.

F. You would eliminate the "no-nos" from your diet and limit any foods listed as high stress.

G. Stay away from heavy oils or fried foods.

H. Take those minerals and vitamins recommended for you. Minerals should be taken with your meals and vitamins either at the end of the meal or between meals. Start your minerals and vitamins on the seventh day.

I. Be sure to add into your plan any recommended juices or drinks and take them at the recommended time.

J. Watch closely to maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc.

K. Follow any suggestions offered you by your tester and be retested when recommended.

Plan IV - Three day fast - three day light diet. If you should decide to go on Plan IV then you would do the following:

A. Check to see if lemon juice and water is recommended for you. If it is you would mix it fresh every morning and drink four ounces on the hour, every hour until the recommended amount is finished. Add sweetener if directed to do so.

B. Drink the recommended amount of distilled water at the rate of four ounces per hour.

C. You should plan your work schedule so that during the fast you can rest completely. If you try to work and fast it will drive your sugars down rapidly & allow ketone bodies to raise accumulating in the blood and putting undue stress on the kidneys, lungs and heart.

D. Plan ahead as to what you'll need for the following three-day light diet and purchase these things ahead of time.

E. Do not try to "catch up" on things around the house. Rest means rest. Don't even do any heavy reading or studying. Rest your mind as well as your body.

F. Several parts of this booklet refer to the fast and the possible affects that might occur during the body's withdrawal and chemistry changes. Read these carefully. Be familiar with what to expect.

G. Your sugars will have to be tested at least twice a day. If you are close to the office that tested you, you can drop in or send urine specimens to them. If they are not close to you, you can purchase sugar test tape at your local drug store and test your sugar yourself two or three times a day. You should find it higher in the morning and lowest around mid-afternoon.

H. In some cases the ureas must also be checked during the fast period. Occasionally a set of numbers will be such that the entire test has to be run. In these cases you have no choice but to drop into the office. This fast period will not be overly hard on you if you rest properly and keep a firm resolve to stick it out. Seldom after the first day will you be bothered by hunger.

I. During the fast an enema administered each morning can do a great deal to help remove wastes and toxins from the body. In high pH cases it may be recommended to you to have a minimum of two colonic irrigations administered the first week and then one a week for several weeks. Check with your local health food stores. They will usually know if anyone in the area is trained and has the equipment to give a colonic.

J. Follow the three-day fast with a three-day light diet as laid out for you In Plan II. It is important that you continue to rest during this three-day period. Continue either to test or have tested your sugar level at least two times a day. Depending on your numbers you may have to be retested one or more times during this period.

K. Minerals and vitamins suggested for you would be started on the seventh day.

Plan V - three-day fast - three-day light diet followed by a second three-day fast and three-day light diet. If you should decide to go on Plan V then you would do the following:

A. Follow exactly the steps laid out for the three day fast In Plan IV.

B. Follow the fast with a three-day light diet as laid out in Plan II.

C. Repeat the fast a second time. It is vitally essential that you rest totally during this second three day fast. The purpose of this plan is to allow more extensive detoxification. Lack of rest can make withdrawal a very trying experience.

D. Repeat a three-day light diet a second time. You will have to be monitored carefully throughout this twelve-day period and be rechecked when recommended.

E. Recommended minerals and vitamins will start on the thirteenth day.

F. This program is for people whose numbers are diverse enough to warrant a longer period of detoxification. It's very important that you follow suggestions closely because you want your body chemistry to respond correctly and in the proper direction.

G. An enema should be administered each morning of both fast periods unless a series of colonics are recommended instead.

Plan VI - Three-day fast - six-day light diet followed by a second three-day fast and six-day light diet. If you should decide to go on Plan VI then you would do the following:

A. Follow exactly the steps laid out for a three day fast in Plan IV.

B. Follow this with a six-day light diet exactly as laid out in Plan XII.

C. Follow the six-day light diet with a second three-day fast.

D. The second fast is followed by a second six-day light diet.
E. Recommended minerals and vitamins would start on the nineteenth day.

F. Carefully follow all directions. This plan is recommended for cases in which detoxification is best carried out over an extended time. Because of this you must be monitored carefully. I have used this plan with people who had extensive drug residues in their system due to extended illnesses. I have also used this plan in cases where carcinoma was strongly suspected. As long as you rest, get checked regularly and keep the faith, your withdrawal symptoms should be minimal.

Plan VII - Six day fast - six day light diet. If you should decide to go on Plan VII then you would do the following:

A. Follow exactly the steps pertaining to the three day fast as laid out in Plan IV, except that you intend to extend the fast to six days. Complete and total rest both mental and physical is extremely important. Do not attempt to fast this long alone. Have a friend or loved one with you to watch you and offer help and encouragement if necessary. You must be monitored very closely during this period especially sugars, ureas and salts. After the second day you will experience little if any hunger pangs and, as long as you rest, withdrawal symptoms should not be too extreme.

B. Follow the six-day fast with a six-day light diet as laid out in Plan III. Continue to rest. Continue to be monitored closely.

C. During the six day fast an enema should be administered each morning unless a series of colonics is recommended instead.

D. This plan is frequently used when it is desired to break extremely high sugar ranges among others. Therefore, withdrawal symptoms may be more severe. Stick with it and keep the faith. You'11 only have to go through this once if you follow directions.

E. Recommended minerals and vitamins would start on the thirteenth day.

Review these points:

1. Recommended lemon juice and water and distilled water must be taken on a tight schedule and in the proper amounts.

2. Always break a fast with at least the same number of days you were on the fast.

3. Complete rest and minimal activity during any fast or light diet period.

4. Do not skip your monitoring retests.

5. Maintain your commitment - be involved.

6. Do not alter your program out of its ranges.

7. Be sure to include any additional juices or other things into your diets that is recommended.

8. Minerals and vitamins start on the day after the last day of the light diet.

9. Waste material should not be allowed to accumulate in the bowel.

10. Follow directions closely.

* *

NO-NO'S

These are foodstuffs that should be removed from your diet not only during a light diet period but forever, if possible. This list is in its strict form but it is better to be aware of everything than to be having questions concerning a particular food later.

- Alcohol
- Cocoa/chocolate
- Coffee
- Whole milk (In most cases)
- Processed oriental teas
- All carbonated drinks
- White flour products
- Soy bread
- Any cereals containing refined and bleached flour
- Any cheese that is pasteurized, aged less than six months or artificially colored
- Ice cream unless homemade
- All pastries, puddings, custards, junket, sauces, etc.
- Roasted and salted nuts and peanuts
- Un-roasted nuts that are rancid
- Limit Irish potato intake. No potato chips, french fries, hush puppies, tater tots, etc.
- White rice or white rice products
- Spices not on food list, black and white pepper, paprika. Limit sodium salt.
- Canned, frozen, creamed soups, fat stock consommé
- All candies using white or brown sugar, shortening, margarine, saturated oils and fat or lard products
- All canned juices and juices with artificial color and sweetening
- All skin fish, shellfish, shrimp, lobster, turtle, frogs, eel, snake, lizard, etc.
- Pork in any form including ham, sausage, bacon, chops, jowls, etc.
- Processed lunchmeats, hot dogs, dried or smoked snack meats, etc.
- Brown sugar
- Sugar syrups
- Pasteurized honey
- All canned vegetables should be avoided
- Meat tenderizers
- Waxed fruit or vegetables unless they are peeled first.
- Dried fruits with sulfur dioxide added
- Duck, goose, coon, possum, muskrat, bear, rabbit, squirrel, etc.

If you are a heavy coffee drinker then do not stop drinking it abruptly. Taper off slowly over several days while switching to teas, juices, etc.

In cases where fresh vegetables are not available, Dr. Ream's suggests using Del Monte canned foods. He says that it is better to eat a good canned vegetable than a sorry fresh one.

Low Stress Foods

Low stress foods are so named for three reasons:

1) They digest easily and quickly.
2) They leave little residue for the liver to detoxify.
3) They do not cause toxic build-up in the bowel and vascular system.

Since low stress foods are more easily digested, they not only offer their energy to the body more readily but also conserve energy otherwise used in attempting to digest high stress foods. This energy can therefore be used to rebuild, increase energy reserves, increase resistance and increase endurance.

The foods listed below are all considered to be low stress in nature:

- Beet tops
- Beets
- Celery
- Turnip tops
- Turnips
- Sweet peppers
- Squash of all types
- Sweet potatoes & yams
- Kale
- Endive
- String beans and beans
- Peas
- Corn
- Rutabaga
- Broccoli
- Swiss Chard
- Jerusalem artichokes
- Romaine Lettuce
- Onions & garlic
- Mushrooms
- Okra
- Sauerkraut
- Radishes
- Pumpkin
- Asparagus
- Olives
- Cucumbers
- Cabbage
- Kohlrabi
- Brussel Sprouts
- Cauliflower
- Bell peppers

The following are good sources of low stress protein:

- Potato juice from red potatoes
- Chicken cooked with skin removed
- Fish - with scales
- Egg yoke
- Cottage cheese and whey
- Buttermilk (churned and not artificially cultured)
- Sprouted seeds
- Cantaloupe, watermelon or squash seeds chopped in a blender and strained
- Germinated seeds
- All vegetables and vegetable juices
- Sprouted dry beans

Low stress seeds to sprout:

- Alfalfa
- Lentils
- Clover
- Rye
- Mung beans
- Garlic
- Onion
- Lettuce
- Whole green peas

Low stress seeds to germinate:

- Rye
- Buckwheat
- Wheat
- Flax
- Sesame*
- Chia
- Sunflower
- Pumpkin
- Oats

*Sesame seeds must be checked for rancidity. Place a spoonful at a time in a glass of water and stir. Those that come to the top are considered rancid.

Germinated seed milk is a nutritious low stress inclusion in your diet. It's made by taking one cup of germinated seeds and blending well with three cups of distilled water. Strain and cool. It should be used the same day it is made.

Sprouting and Germinating

Place one heaping tablespoon of seeds in a quart fruit jar and add one cup of distilled water. Do not use municipal water as it may be so contaminated that the seeds will not germinate and sprout well. Cover the mouth of the jar with cheesecloth and allow to sit for about 12 hours. Do not set the jar near a radiator or in direct sunlight.

After soaking, pour off the excess water and lay the jar on its side for better air circulation. Without proper circulation the seeds will sour. Rinse the seeds from three to five times a day allowing the water to remain on them for approximately five minutes. After rinsing replace the bottle on its side.

Seeds are usually germinated by the second day and sprout in three to five days. Sprouts are best when used early before they become too big.

Low Stress Steamed Vegetables:

Over-cooking of vegetables will destroy the enzymes, convert the starch to digestible carbohydrates destroy the water-soluble vitamins, and, to a great degree oxidize the fat-soluble vitamins. Therefore, do not over-cook vegetables or you put them into the high stress category.

To remain low stress, vegetables should be heated completely through but remain crisp and chewy. Steaming in a Dutch oven or steaming in a crock-pot is the best and easiest method. Waterless cookware can be good also if used properly. Crock-pot temperatures should not exceed 140°F.

Steamed vegetables are usually eaten at the evening meal. They are easier to digest for most people. This allows the stomach to empty before bedtime. The stomach, liver, pancreas and bowels need rest too.

Steamed vegetables do not detoxify as rapidly as raw vegetables. For that reason, they are added into the program to act as a buffer against too rapid, waste product discharge from the body. You should not detoxify faster than the body can handle it.

The following vegetables are delicious steamed and hold up well under the process:

- Turnips
- Red Beets
- Okra
- Rutabaga
- Squash
- Green Beans
- Carrots
- Parsnips
- Sweet Potatoes
- Pumpkin
- Peas

Low Stress Fruits

After your light diet period fresh fruits in season can be eaten liberally. During the light diet they are eaten sparingly due to their high carbohydrate content and thus their calorie elevating properties.

The following low-stress fruits may be used liberally if your pH is below 6.40:

- Apples
- Grapes
- Cherries (in season)
- Currants (in season)
- Coconut milk#
- Elderberries (in season)
- Coconut water
- Figs (in season)
- Bananas
- Peaches
- Watermelon**
- Cantaloupe**
- Mushrooms
- Raspberries (in season)
- Strawberries (in season)
- Blueberries (in season)
- Huckleberries (in season)
- Blackberries (in season)

Coconut milk is made from coconut water plus a small amount of coconut meat and then blended.

** The seeds of these fruits are also very good. Blend with water and strain. Do not run seeds through a juicer unless you use an old blade. It's very hard on your good blades. Do not eat seed berries if you have an inflamed bowel or diverticulitis. They may irritate the condition.

The following fruits may be used liberally if your pH is above 6.40.

- Oranges
- Tangerines
- Ugli Fruit
- Grapefruit
- Tangelos
- Limes

Be sure to eat the white layer of the peel next to the fruit meat. It contains a perfect balance of Vitamin C and the citrus bioflavonoids. Watch citrus fruit skins that have been artificially dyed. *Eat the above citrus fruits sparingly. They are all high stress* but added in here to clarify juices relative to pHs.

The following dried fruits are low stress:

- Currents
- Dates
- Figs
- Apricots
- Raisins
- Prunes
- Pears
- Apples

Use these sparingly. It is especially good to eat one or two pieces of dried fruit when you feel your sugar is low (tired, draggy feeling). Eat them slowly and rest for five minutes.
If you are going to use dried fruit on cereals, in salads or as part of a fruit lunch soak them in distilled water or lemon water for at least 12 hours under refrigeration before using.

NOTE: A frequent question is "Can I have whole apple cider vinegar in my diet?" You can have two to four tablespoons of cider vinegar in your diet each day if your pH is 6.80 or above. Do not use cider vinegar if your pH is 6.40 or below. Go by the numbers.

Before leaving the section on low stress foods let me mention the method used to determine whether you're reacting to certain foods as low stress or high stress. This is important because a percentage of people will react just the opposite to some foods. To them a low stress food may react as a high stress food. This is usually due to a toxic liver and poor liver and pancreatic enzyme production or improperly combining foods. This method was developed by Dr. Arthur F. Coca, M.D. and is covered in detail in his book, "The Pulse Test".

Take your pulse 30 minutes before eating. Then retake your pulse 30 minutes, 60 minutes and 90 minutes after eating. If the after meal pulse rate has increased no more than 10 beats per minute then the food is considered non-toxic to you or low stress. If the pulse rate increases to 16 or more than the food is either high stress or you're allergic to it or it's a poison in your system.

Food Combinations

After your controlled light diet your diet will be expanded to add various other foodstuffs for variation and variety. It is important to bring up a point about food combinations. Vegetables act as a buffer and can therefore be eaten with protein, fruits, or starches.

Protein, fruits and starches should not be mixed with each other. Let me clarify this. When protein and carbohydrates are mixed in a meal the body finds it easier to manufacture amylase enzymes than protease enzymes. Therefore it will digest the carbohydrates readily but allow a goodly portion of the protein to go undigested. This protein passes into the lower bowel and colon only partially digested and there it putrefies. Toxins from this purification are absorbed and up go your ammonical nitrogen numbers. The same general mechanism works between protein and starches.

In general, try to plan your meals so that you have vegetables and starches at breakfast, vegetables and protein at lunch and vegetables and fruits at supper. On meatless days, a lunch made up entirely of fruits is very healthful and a dinner composed of fresh and steamed vegetables is very satisfying.

Lowering pH

Very often people want to know what things may be employed to lower high body pHs. Most people have found out the hard way that so called acid foods may not necessarily have an acid reaction in the body.

The following list is some things that will help lower body pH:

- Vinegar
- Sprouted or germinated seeds
- Mormon or Squaw tea
- Orthophosphoric Acid
- Whirlpool baths
- Exercise (usually)
- Lecithin
- Vitamin B2
- Betaine hydrochloric acid
- Hot mineral baths
- Sauna or Steam baths
- Selected calciums

NOTE: Do not employ any of these into your program unless your examiner recommends them to you.

Raising pH

Along the same lines as lowering pH, people are curious as to what are alkalizing substances. Those listed below will drive the body pH upward:

- Rhubarb
- Sour Cherries
- Mangoes
- Selected calciums
- Quince
- Plums
- Gooseberries

NOTE: Do not employ any of these into your program unless your examiner recommends them to you.

High Stress Foods

None or little of these foods should be in your light diet program and they should be eaten sparingly after the end of your light diet until such time as your numbers come into line indicating your body chemistry has restructured toward the norm:

- Beef and Veal
- Lamb
- Fish
- Liver Products
- Alfalfa Leaf
- Katte'
- Comfrey leaf
- Spices
- Excessive use of honey
- Excessive use of eggs
- Black pepper
- White Potatoes
- Catsup
- Mustard
- Horse Radish
- Sugar syrups
- Corn Starch
- Macaroni**
- Soy Bean Products
- Gravies
- Organ Meats
- Oriental Teas
- Coffee
- All nuts*
- Pasteurized milk
- Pasteurized honey
- Oranges
- Grapefruit
- Limes
- Tomatoes (red)
- Brewers Yeast
- Crackers
- Cheese
- Chicken
- Turkey
- Hardened shortenings
- Margarine
- Mayonnaise
- Cotton seed oil
- Sweetened fruits or juices

*Except almonds, boiled peanuts and some sprouted nuts.
** Unless whole wheat.

This does not mean that you are never again to eat high stress foods. Just don't make them a major inclusion or part of your daily food intake. Too much of them at one time can rob your body of energy and the further your body chemistry is from normal the more energy is lost. If your numbers are very far out of line, they may actually cause the body to expend more energy in attempting to digest them than the body will receive from them in return.

Do not use white flour products and white sugar products like cakes, candies, pies, jellies, jams, cookies, sugar syrups, ice cream, etc.

SAMPLE DIETS TO BE USED WITH PROGRAMS

The light diets used by Dr. Reams fall into three basic calorie ranges. On the first day, after a fast especially, he recommends 500 to 800 calories. 500 calories are recommended for a weight of up to approximately 180 pounds and 800 for the heavier individuals. Each light diet should be composed of low stress foods.

It is advisable to purchase one of the calorie guides at your local health food shop. With its help you can learn to set portion size to balance that days caloric intake.

Sample Light Diet: 500 - 800 Calories

Upon arising, check your personal check off sheet to see if you are to drink prune juice first thing in the morning.

Breakfast

- 1 oz. of bran with skim milk or one egg, poached.
- 1 slice of whole-wheat toast, dry.
- 1 6oz. glass of skim milk.
- 1 cup of herb tea, if you desire, at the end of the meal.

Midmorning

- Check your personal check off sheet to see if you are to have any special juices or drinks at this time.

Lunch

- 1 cup steamed vegetable broth.
- A few rye or corn crisps.
- A small dish of fresh raw vegetables such as celery & carrot sticks.
- 4 oz. of carrot or fruit juice (watch your urine pH number and refer to the section on low stress fruits).
- 1 cup of herb tea, if you desire, at the end of the meal.

Midafternoon

- Check your personal check off sheet to see if you are to have any special juices or drinks at this time.

Supper

- 1 cup light soup such as onion, split pea, etc.
- 1 slice whole wheat toast.
- Small serving of yogurt.
- 4 oz. glass of fruit juice.
- 1 cup of herb tea if you desire, at the end of the meal.

Sample Light Diet: 800 - 1000 Calories

This sample diet is used on the second day of a light diet or the second day following a fast. Use your caloric counter to determine the exact size of portions.

Upon arising check your personal check off sheet to see if you are to drink prune juice first thing in the morning.

Breakfast

- 1 oz. of bran with skim milk or small dish of oatmeal, or one egg, poached.
- 1 slice of whole-wheat toast, dry.
- 1 cup of vegetable broth.
- 1 piece of fresh fruit.
- 1 cup of herb tea, sipped after the meal.

Midmorning

- Check your personal check off sheet to see if you are to have any special juices or drinks at this time.

Lunch

- 1 cup vegetable broth.
- 1 medium salad with 1 T of olive oil mixed into the dressing or a medium raw vegetable dish.
- 1 medium square of corn bread or a few rye crisps or melba toast.
- 4 oz. of fruit or vegetable juice.
- 1 cup of herb tea, if you desire, sipped after the meal.

Midafternoon

- Check your personal check off sheet to see if you are to have any special juices or drinks at this time.

Supper

- 1 medium salad composed of at least four fresh vegetables with 1 T of olive oil mixed into the dressing.
- 1 bowl of light soup or a small bowl of steamed vegetables (at least four).
- 1 small portion of cottage cheese.
- 4 ozs fruit or vegetable juice.
- 1 cup herb tea, if you desire, sipped after the meal.

Sample Light Diet: 1000 - 1200 Calories

This diet may be used from the third day on any of the light diet programs.

You may vary your diet by studying the enclosed diet sheets but try to stay away from the high stress foods during this time. Watch the calories.

Upon arising, check your personal check off sheet to see if you are to drink prune juice first thing in the morning.

Breakfast

- 1 oz. of bran with skim milk or old-fashioned rolled oats oatmeal or other cereals listed in cereal section, or 2 eggs, poached.
- 1 C. of vegetable broth from steamed vegetables.
- 1 slice whole-wheat toast, dry.
- 4 oz. of vegetable juice.
- 1 cup of herb tea (if you're allowed sweetener in our lemon water you may have limited sweetener in your tea. Sip after the meal.

  NOTE: If you are a heavy coffee drinker, do not give up coffee abruptly but rather taper off slowly and switch to herb teas. Do not use processed or dyed commercial teas or high caffeine teas like peppermint, etc. (see tea chart). Preferably use teas locally grown in your region.

Midmorning

- Vegetable juice. Drink 4 oz. if you weigh 100 pounds or less, 6 ozs. up to 160 pounds and 8 ozs. from 160 pounds up. Vegetable Juice should be fresh. You may use any juice you prefer unless your check off sheet specifies certain juices.

Lunch

- A large salad (i.e. dinner salad) composed of several vegetables. Example, lettuce, carrot slices, green pepper, tomato, onion or radishes. Add one tablespoon of olive oil to the dressing of your choice. If your sugar is high use a low cal dressing. Pure red cayenne pepper is a good seasoning for your salads.
- A large bowl of fresh vegetable broth from steamed vegetables
- A few rye crisps or Melba toast.
- 4 oz. fresh vegetable juice.
- 1 cup of herb tea sipped after the meal.

Midafternoon

- Cup of herb tea or vegetable juice (ozs. based on your weight). Check your check off sheet. You may be asked to drink a specific juice at this time.

Supper

- Large salad like at lunch.
- A bowl of steamed vegetables. Use low heat in cooking and include at least 4 low stress vegetables.
- 1 slice of whole-wheat toast or small slice of corn bread.
- 4 oz. of fruit juice or nectar other than citrus juice.
- 1 cup of herb tea - sipped after the meal.

On Any of the Light Diets:

You may have a cup of herb tea or a 4 oz, glass of fresh lettuce juice at bedtime to help you relax before sleep.

Do not use black or white pepper. Use pure red cayenne pepper instead. Do not use salt if your salt numbers are high. You will get natural salts from the vegetables. Herb seasoning like ground kelp will give a salt taste. Natural herbs may be used to enhance the flavor of your foods unless restricted in the diet sheet.

The following beverages do not have caffeine in them, nor any other harmful ingredients. They may be used with the light diet programs. If your sugar number is low you may add a little natural sweetener to them:

- Kero (coffee substitute)
- Postum (coffee substitute)
- Pioneer (coffee substitute)
- Carob (chocolate substitute)
- Cara-coa (chocolate substitute)
- All meadow teas
- Mint teas
- Alfalfa tea
- Red clover tea
- White clover tea
- Camonile tea
- Chaparral
- Loma Linda Breakfast Cup
- Papaya tea
- Blue Violet

Do not include Sanka Coffee. All other herb teas may be used unless restricted in the diet information. Sassafras and many other delicious beverages may be found at your local health food store,

Nuts

All nuts are said to be high stress with the possible exceptions of almonds and boiled peanuts. No nuts or nut butters are to be included in any of the light diets or fast, light diet combinations. After the initial phase of the program, you may add some nuts into your diet program if nuts are checked on your personal check-off sheet. If nuts are not checked you may still have 8-10 almonds per day either ground or chewed very well. A few boiled peanuts each day will be all right as well if you care for them. Do not eat any nuts if you are suspect of colitis, inflamed small bowel or diverticulitis. The same holds true for seed berries.

Cereals

Bran is especially good for cleaning the bowel lining, detoxifying the bowel and maintaining proper peristalsis. After you complete your light diet program it would be advisable to eat 1 T of bran per meal each day and gradually work up to 3 T per meal. If the bowel is inflamed or highly toxic, bran may cause diarrhea in some people. If so, ease up on the amount you're taking for a few days and then build up your intake again. Bran is considered to be a good hedge against colitis, ionization of the bowel wall, and unwanted cellular retrogression of the bowel lining.

Dry cereals should be soaked in skim milk before eating. Otherwise they contribute to constipation.

The following cereals are acceptable:

- 3 Minute Quaker Oats
- Roman Meal Cereal
- Nabisco Shredded Wheat
- Nabisco 100% Bran
- Nabisco Cream of Wheat
- Farina
- Loma Linda Wheat Germ
- Coarse Ground Grits
- Kelly's 14 Grain
- Buckwheat
- Cracked wheat
- Millet
- Yellow Cornmeal
- Brown Rice
- Kretschner Wheat Germ

After the initial program, fresh fruits may be added to breakfast cereals. If you use dried fruits, soak them overnight in distilled water before use.

Carefully read labels on Granolas before purchasing. Most are high starch, high in carbohydrates and highly unbalanced when it comes to nutrition. An independent consumer group tested the popular children's cereals against a number of Granolas and found Cheerios to be better nutritionally balanced than the majority of the Granolas. I don't approve of everything found in Cheerios by no means but I also don't like to be lied to in Granola advertisements. Just because it's found in a health food store, does not make it a health food.

Fish

After you have completed the initial phase of your program you may have the following fish in reasonable portions. It is best not to have your high stress meat proteins at your evening meal. Lunch is a better time for them. If after the initial phase of your program you're told that your urea levels are still high, limit your meat to three times a week until they come down into acceptable ranges. You may, however, use vegetable meat substitutes instead of meat dishes on the other days.

Fish may be broiled, baked, or boiled in stews. Do not cook fish with fats or oils.

- Salmon
- Pike
- Fresh water carp
- Buffalo Fish
- Anchovies
- Shad
- Sardines (with oil removed)
- Bass
- Red Snapper
- Mullet
- Fish roe
- Cod
- Trout
- Perch
- Bream
- Flounder
- Haddock

Any other scaled fresh water fish or scaled cold ocean fish is also acceptable.

Chicken or Turkey

Chicken and turkey are the next easiest meats to assimilate in most digestive systems (fish is the easiest). It's best to try to buy locally and dress them yourself but this is just not possible for most people. In frozen turkeys, pick a name brand that has crossed state lines thereby it's under government quality regulations. In dressed supermarket chickens, inspect the skin on the breast. Do not buy a chicken with the breast skin missing or loose. Do not buy precut chickens. Do not buy chicken parts or packages with extra legs, etc

Like fish, chicken and turkey are best broiled, baked, stewed, etc., and not fried in fats. Skin your turkey or chicken before you cook it. Do not eat chicken or turkey skin.

Beef (Veal), Lamb & Organ Meats

Of these, beef and lamb are the hardest for your body to assimulate. If your ureas remain high after the initial program and you must limit your meat to three times a week, it would be better still to limit your meat to fish or chicken and turkey for the next thirty days at least. After your ureas reach acceptable levels, you may add beef and lamb back into your diet in reasonable portions if you so desire.

Before cooking beef or lamb, soak it in salt water overnight in the refrigerator. Then drain and rinse. Make sure the blood has been drawn from the meat by the brine. Drain well and cut off all fat before cooking.

Beef and lamb should be baked, broiled or stewed. It should not be cooked in fats. Make sure the meat is completely cooked to destroy unwanted steroids and/or parasites.

You may have KOSHER MEATS SUCH AS:

- Kosher cold cuts (with the Star of David)
- all-beef franks & weiners
- corned beef (take off all fat)
- canned corned beef (remove fat by washing in hot water)

Any organ meat you eat should be known by you to be fresh. If you enjoy hunting or eating wild game you nay have:

- Goat
- Moose
- Caribou
- Pheasant
- Grouse
- Venison
- Buffalo
- Quail
- Squab (soaked in salt water overnight and rinsed in plain water until clear).

Meat Substitutes

While these are nutritious and readily digestible many people need to retrain their tastebuds to really enjoy them. In a short while, however, you will find most of them to be very delicious and may even develop a dislike for the taste of beef, etc. Some acceptable ones include (there are many others):

- Loma Linda Dinnercuts
- Loma Linda Vegecuts
- Loma Linda Nuteena
- Loma Linda Nut Meats
- Loma Linda Smoky Bits
- Loma Linda Franks
- Loma Linda Linkettes
- Battle Creek Vegesteaks
- Battle Creek Vegetable Scallops
- Battle Creek Nut Meats
- Sunnydale Chicketts
- Chili-Man's Friday Vegetarian Chili
- Worthington Choplets
- Worthington Vegelinks
- Worthington Franks
- Worthington Sandwich Spread
- Worthington Steakettes
- Worthington Linkettes
- Mae's Nut Meats
- Battle Creek Vegeburgers
- Battle Creek Protose
- Battle Creek Vegetarian Steak
- Sunnydale Burgers
- Campbell's Chunky Vegetable Soup

Frozen Vegetable Meat Entrees

You may eat any food shown below that you can digest. The same is true about your teaching the tongue to like it, as with the items listed previously. The foods listed below are made by Worthington Foods, Inc. However, there may be others that you would like. (LOMA LINDA and LANGE brands are very good and highly recommended).

- Chicken Style, Sliced
- Chicken Style, Roll
- Chicken Style, Diced
- Beef Style, Sliced
- Beef Style, Sliced
- Corned Beef Style, Loaf
- Corned Beef Style, Sliced
- Salisbury Steak Style
- Smoked Beef Style, Sliced
- Smoked Turkey Style, Sliced
- Smoked Turkey Style, Loaf
- Smoked Beef Style, Loaf
- Ham Style, Loaf
- Ham Style, Sliced
- Presage (Pork Sausage Flavor)*
- Stripples (Bacon Flavor)*

*Cook as you would sausage or bacon.

Additional Points

Breads - Rye bread, rye crackers, whole wheat, bran muffins, yellow corn meal, and all other natural grain breads leavened or unleavened are acceptable.

Cheeses - Goat cheeses and any other natural cheeses that have been aged for six months or longer are acceptable.

Eggs - Should be limited to 3 to 5 per week. Preferably just eat the yokes.

Fats - Cold pressed oils such as olive oil or sesame oils are good. Flax seed oil is good also. Use butter sparingly and do not subject it to the high heats of cooking.

Milk - Skim or 2% is fine, whipping cream and nut milks are acceptable, and so is buttermilk on occasion. Yogurt may be used in limited quantities but the body does not digest it as a milk product… Yogurt and cheese are digested similar to meats.

Seasoning - Chives, garlic, onion, parsley, herbs, laurel, marjoram, sage, thyme, savory, cumin, oregano, kelp, pure cayenne pepper (red), all are good.

Sweets - Unpasteurized dark honey from area hives, carob, date sugar, black strap molasses, brown sorghum, light or dark natural corn syrup, maple sugar, and dextrose extract are all acceptable.

Substitutes - If traveling and unable to get proper fresh foods (a good diet should be 70% raw), Dr. Reams recommends Bird's Eye Frozen Foods and Del Monte canned foods. It there's a health food store near you, you should be able to find many acceptable canned or frozen foods there.

SECTION III

Preparing Your Personal Plan

Sit yourself down. Have a pen, pad of paper, your personal check-off sheet and this portion of your booklet. It's assumed that you've read the first two parts of your booklet carefully and that you understand the basic principals of Dr. Ream's plan. Without a good, workable, understanding of Sections I and II you will find organizing your plan difficult. Please don't try to take shortcuts. This is your health you're dealing with.

The Cleansing Cycle

Step 1: Look at your check-off sheet. Are you supposed to drink fresh lemon juice in distilled water? If so, write down how much lemon juice is supposed to be mixed with how much water. Plan on mixing this fresh every morning and drinking 4 oz. of it every hour on the hour until the amount recommended for you is consumed. Note this well. Your lemon juice and water is to be drank every day, on and on until you are told to change or to stop.

Step 2: Look at your check-off sheet. Are you supposed to add sweetener to your lemon/water solution? If so, then plan to all approximately two tablespoons of sweetener per quart of lemon/water solution when you mix it each morning. Use only natural sweeteners such as honey, molasses, white corn syrup, or pure dextrose extract. Use a different sweetener every day. When you use honey, use only honey that is produced in your region and try to get honey that has not been cooked.

Step 3: Look at your check-off sheet. Are you supposed to drink 4 oz. of steam-distilled water every hour on the half hour as well as 4 oz. of lemon/water solution every hour on the hour? If so, write down how many hours are recommended for your personal needs. This means that you'll be drinking a combined total of eight ounces of fluid every hour until all of the recommended lemon/water solution has been consumed. Note this well. *This must be done on a regular schedule, not just whenever you think of it. Regular intake of fluids along with a regular concentration of lemon/water solution in your blood stream is vital to sustained flushing of wastes from the body.*

Foods and Drinks

Step 4: Look at your check-off sheet. Which of the diet plans is recommended for your personal needs? Look it up in Section II of this booklet. Copy it down on your pad. Note this well. Any of the diet programs that call for fasting and/or the use of light diet must also include complete rest during this time. Your body will not detoxify and begin to replenish its energy reserve unless you rest and allow it to do so.

Please be aware that many people have headaches during the second or third days of being on the program. These headaches are due to toxins and ketone bodies building up in your system. Rest for a while. Allow the body to flush these toxins out. The headaches should go away.

A few people have a feeling of faintness during a fast. If you do, put a little honey on the tip of one finger and place it in your mouth. Keep it in the mouth

as long as possible and then swallow slowly. Rest a few minutes and the faint feeling should leave.

Some are troubled the second or third night with numbness and tingling of the hands, arms and feet. This is an indication that your sugar level is dropping. Do not be alarmed. This feeling will pass.

Cheer up, for if you stick to your diet, you will never have to go through this again.

Step 5: Does your plan call for a light diet either after a fast or in place of a fast? Write down how many days you're supposed to stay on it. Don't forget, during any of the plans it's understood that you are to drink the recommended amounts of fluid each hour.

Now, carefully plan each day's meals. Try to include as many low-stress foods as possible (see list) from the foods allowed you. If you can go all low-stress, so much the better. Remember, low stress foods digest easily, release energy quickly and do not leave large food residues within the small bowel or colon. Also they will not irritate the colon or rectum.

Remember, you will be allowed no meat during the light diet period.

As soon as you've carefully planned your light diet days make plans to stock up on all that you need in the way of foodstuffs. You're not resting if you're constantly running to the store for things you need. Don't forget to stock up on distilled water.

Step 6: Does your check-off sheet call for any **special inclusions** in your diet? If there are, then write them down on your pad and make sure they're properly placed in your diet scheme. Let's look at the more commonly suggested. If any of these pertain to you, follow the directions concerning each.

Prune juice - Frequently suggested for people who have sluggish bowels but whose bowels are not so congested as to need colonics or a series of enemas. Up to 180 pounds, drink four ounces every morning immediately upon arising. Above 180 pounds, drink six ounces. If your sugar is high, drink unsweetened prune juice.

Green drink - Frequently suggested as a means to rapidly flush the liver of toxins and to assist in activating the pancreas. It is soothing to the bowel and the chlorophyll is a natural painkiller.

Please note: Do not drink green drink unless it's recommended in your personal plan. It can be too much for the system of some people. You must go by the numbers. Don't add anything not recommended for you.

I have personally found green drink is best taken around midmorning. Look at your plan. How many times each week are you supposed to drink green drink? Mark this on your pad. Are you supposed to drink anything else on the days you are not having green drink? If so, mark this on your pad. The amount of green drink you take is based on your weight:

If you weigh 50 - 125 pounds, drink 4 ounces
126 - 165 pounds, drink 6 ounces
166 - up pounds, drink 8 ounces

If you are to have some other juice on the days you are not having green drink, then drink the same amount of that juice as you would green drink.

The best method of preparing green drink is with a juicer. If you do not have a juicer you can use a blender. Place the greens you are going to use in the blender and add a small amount of distilled water. Run the blender at puree speed until you have pulped the vegetables. Place a clean linen cloth over a bowl and pour the pulp into the linen. Draw the linen up to make a bag and then twist the bag until you've forced as much juice as possible into the bowl. Measure out the needed amount. Add flavoring if you desire and drink immediately. Green drink does not store well. It rapidly undergoes lacto fermentation and loses its effectiveness. Therefore it must be made up fresh each day.

THE GREEN DRINK MAY BE MADE FROM THE FOLLOWING:

- Any Edible Green Leaf
- Beets
- Escarole
- Lettuce
- Mint
- Romaine
- Spinach
- Nasturtium Seeds (green)
- Endive
- Carrots
- Beet Tops
- Celery
- Aloes
- Green Beans
- Garden Pea Leaves
- Cabbage*
- Collards*
- Fresh Green Okra
- Bell Peppers*
- Radishes*
- Cauliflower*
- Cucumber*
- Leeks & Onions*
- Onion Tops*
- Broccoli*
- Garlic*

*These vegetables may cause excessive gas in some people.

YOU MAY ADD THE FOLLOWING TO THE GREEN DRINK FOR FLAVOR:

- Yogurt
- Mayonnaise (Kraft)
- Accent
- A little Salt
- Apple Juice
- Pineapple Juice
- Lemon Water
- Grape Juice (unsweetened)
- Honey
- Thousand Island Dressing
- Fresh Apples
- Tomato Juice
- V-8 Juice

In the absence of either a juicer or a blender you can purchase chlorophyll extract from a health food store. It is not as energizing as chlorophyll extracted from fresh greens but it will still help. Mix one tablespoon to three ounces of water. It tastes a little bit grassy so you might wish to mix it in some other vegetable juice to disguise the taste if it's unpleasant to you.

Carrot Juice - Frequently suggested as a midmorning drink. It may be recommended by itself or as a mixture of carrot and spinach juice. Often it's suggested for days you are not having green drink. It is not initially recommended for high sugar cases so don't drink it unless it's part of your plan.

Carrot juice is believed to be the most perfectly balanced vegetable juice that's available today. It not only readily gives up its energy to the body but, through its vitamin and mineral content, it helps the body to release energy from the fat stores.

Like green drink, however, it does not store well and should be made up fresh and drank immediately if possible.

Carrot and spinach juice give not only the benefits of the carrot juice but the chlorophyll and vitamins and minerals of the spinach plant. This makes a very effective combination.

Flax seed drink - This is made by steeping ½ tablespoon of flax seed in ½ pint of hot water. Allow to cool and drink. If it is recommended for you, it is usually taken 1 or 2 times a week. Morning is a good time.

Look at your saliva pH in your set of numbers. Is it above 6.60? If so, drink the flax seed drink twice a week. If your pH is between 6.60 and 6.40 drink it once a week. It is a strong natural laxative and is used to help clear the bowel of encrusted waste material ionically bound to the bowel wall. Never take flax seed drink in cases of acute or chronic diarrhea.

Cranberry juice - Frequently recommended for people whose body is not utilizing Vitamin C properly. The best time to drink it is in the early afternoon. If you have a high sugar level, drink it unsweetened. If you have a tendency toward low sugar, then you may drink the sweetened variety. Make sure you drink cranberry juice and not cranapple or other mixes.

The amount of cranberry juice you drink each day if it is recommended for you is based on your weight:

50 - 125 pounds:	4 ounces
126 - 165 pounds:	6 ounces
166 - up pounds:	8 ounces

Asparagus - Frequently recommended by Dr. Reams as a natural source of minerals for assisting the body to repair an overstressed or damaged heart muscle.

Pickle Vinegar - Frequently recommended by Dr. Reams to help bring down high pH's. One tablespoon three times a day. You can eat the pickles also.

Minerals and Herbs

Step 7. Look at your check-off sheet. What minerals and herbs are recommended for you? All minerals and herbs are to be taken with meals starting the next day after you finish your light diet. Write on your pad which ones apply to you and how many of each you should take with each meal. You may be taking quite a few capsules initially. It may take lot to get the desired results from the body. If you are diligent in your program you will usually be able to cut down substantially on your minerals by the end of the first month. Some conditions respond
very slowly to remineralization.

It may have taken years, even decades, to get the body in the shape it is in. It cannot be expected that the body will respond completely in just a matter of days. Some people do respond that fast, however. It never ceases to amaze me. In my personal relationship with Dr. Reams, he told me that a particular problem would probably take at least a year to respond noticeably and three months later the person is totally free of his symptoms and his numbers are clear. Remember the pyramid of health further back? It takes many factors to produce the desired result. The more you put your entire being into developing good body chemistry the more rapidly the rate of recovery.

Min Col and **Algavim** are long-term minerals. They are used initially in assisting to restructure the body chemistry and are continued to help maintain this balance and keep the body from slipping back into its old patterns. Do not be surprised if you're told to take Algavin for at least a year or to take Min Col for the next 43 years, etc. It's his way of telling you that you are always going to need mineralization. The vast majority of these should come from your diet. Each year however, tests show foods slipping in nutritional value. A study in Iowa showed corn protein down 15% in ten years. To hedge against this food value loss, Dr. Reams will have you continue some minerals indefinitely. Health is a worthwhile investment.

Vitamins

Step 8. Look at your check-off sheet. What vitamins are recommended for you? ALL VITAMINS SHOULD BE TAKEN BETWEEN MEALS, or at least at the very end of the meal. Write on your pad which ones apply to you and how many of each you should take each day.

Go to your local health food store and purchase any quality brand recommended to you or that you have faith in. Stay away from exotic mixtures with strange sounding names. Purchase good quality chelated vitamins and then take regularly. A lot of these supposedly wonder vitamin combinations that have appeared on the shelf these last few years have fallen flat on their faces so far as giving results are concerned. Be conservative and stick to a well-established distributor.

Some vitamins, due to government regulations, cannot be purchased as a separate consideration. Instead it will contain co-factors or other vitamins that are needed for physiological balance. If a certain vitamin is recommended in a certain number of units and the only way to get it is combined, then go ahead and use it.

Some people regularly take Vitamin C or the B complex. They ask if they can continue taking them. In most instances the answer is "yes". They are water

soluble and the body will use what it wants and flush the rest out. However, check with your examiner before continuing high doses of the fat soluble vitamins. Some of these can and do reach toxic levels. This seldom happens but it doesn't hurt to check.

Step 9. Look at your check-off sheet. Are there any additional minerals recommended? Usually there won't be, but in some instances the body may be severely deficient and need additional supplementation. Buy any good quality brand of mineral.

Cleansing the Bowels

Step 10. Look at your check-off sheet. Are there colonics or enemas recommended? If colonics are recommended, you can probably find someone trained to give them by inquiring at your local health food store. If they don't happen to know, check with any physical therapy center in your community.

Colonics are the best because they do not overly distress the bowel lining or overly interfere with the intestinal flora. If they are not available in your area then you must use an enema series. One method that is highly recommended by some clinics dealing with nutritional deficiences is to administer an enema, retain it for as close to 15 minutes as your can, discharge it and then repeat the process two additonal times. By the third time the water should be reasonably clear when discharged. Use distilled water only. You may add the juice of one lemon if you desire. Do not use soap. Do not use coffee unless recommended to you by your examiner.

Step 11. Check to see if there are any other recommendations relative to your personal needs. Write these down in their proper place on your pad. Make sure your schedule contains time for your retests if and when they are needed.

Step 12. Prepare yourself mentally and emotionally. Make a comittment to yourself and your God to do everything in your power to reestablish good body chemistry so that the body can heal itself, God willing.

Now, put your new knowledge and understanding to work. Make the first day on your program the first step on the road to health. It may not be an easy road but be persistant and you will begin to make progress.

Some Last Thoughts on Retesting

I know that some people have portrayed the Reams Plan as a one stop, one test, one diet, everyone fasts, everyone drinks lemon water, everyone everything type of thing. I heard the same thing myself before I looked into it. All I can say is there are misinformed people everywhere on just about everything. The Ream's Program is no exception. By now this booklet and common sense will have told you that the human body is not that simple. It is very important that you be monitored during the initial phases of your personal plan. You may see this initially as only added expense or you may think that it's just a ruse to get more money from you. Considering the trend in today's society you have every

reason to believe that. Every time you turn around someone is trying to get something from you.

This is not true with Dr. Reams' test. In fact, I've personally found retesting to be more work than it's worth if I were looking at it only from a monetary standpoint. However, this is not the way I, or any of the testers, look at it. When I do the initial test for you at your suggestion, I am entering into a contract with you. You have come seeking health and I have made a commitment of assisting you to the fullest of my capabilities.

As your body attempts to correct its chemistry with my help it is in a constant state of flux. Sugars may be too high initially and then drop rapidly and go too low or they may fluxuate up and down or they may have been too low to start with and need to be maintained at a better physiological level. Ureas may go up, down, or reverse (a sign you're coming out of withdrawal). Salts may go down or be driven up, pHs may swing from above normal to below normal as the body attempts to stabilize (this would mean a change in supplements) and your M numbers may change and not necessarily for the better initially.

I can't look at you and tell where your numbers are going. I don't want to guess what you need. I need your numbers to tell me what's occurring to your body chemistry and the only way to get them is to retest you when needed, and that may be often. I have worked with many overweight, high sugar, high salt, high urea, high pH individuals that the standard medical diagnosis would say were diabetics. Many of these had to be tested twice a day for the first ten to fourteen days until I achieved proper stabilization, could see that the liver toxicity was diminishing, the pancreas was picking up on its enzyme production, the bowel was Clearing, and the body was throwing off dead cells and protein waste. And even after that they had to be monitored. The cost to them was not cheap but it was not high either based on other methods of treatment. I have yet to have a single person regret what he or she spent on achieving health. It's the best investment in the world. Make a commitment to yourself to give the program an honest chance to improve your health and energy levels and I will make a commitment to you not to add a single thing to your program that is not justified.

Epilogue

The end of the booklet has come at last. By now it is hoped that you've not only read it carefully, but that you've sat down and mapped out the portions that apply to your personal program. It was a chore wasn't it?

Well, it was meant to be. I could have lead you around like a child and told you only what was absolutely necessary for the initial portion of your program, but what happens after that?

I want you to have health for the rest of your life on earth. I'm not interested in just giving you a few suggestions to make you feel better for a few days and then have you slip back into your old routine. If you're going to continue to maintain your health, you need information to work with. You need to read, become involved, and to be re-educated toward proper diet and health.

That's the purpose of this booklet. It is meant to be a re-education tool to be used by you, not only initially, but to help you on and on and on. Health is a never-ending endeavor. Each day must be dedicated toward achieving and maintaining it. It's a tough job but from each days work comes a marvelous joy and awareness.

It was a big job for me to assemble this booklet for you but I loved every minute of it. It will be a big job for you to utilize it and develop your program for life from it, but it'll be worth every minute of it. Plus, it gives you the great joy of being involved in your health. Nothing is more precious to you than something you had to work hard to achieve.

Negativity wears many cloaks - anxiety, greed, hate, anger, despair and many others. Positivity needs only one cloak - the cloak of love. Truly love your quest for health and you will surely achieve it.

Reams' Analysis
Biological Theory of Ionization
And Testing Procedures



Reams' Biological Theory of Ionization Newsletter

Written May, 1988
By
Dr. Carey Reams, PhD
(Doctorate Degrees in Biochemistry, Osteopathics,
Naturopathy, Zone Therapy, & Philosophy)

In order to understand the REAMS' BIOLOGICAL THEORY OF IONIZATION, the terms "theory" and "ion" need to be defined. Webster's dictionary defines theory as "supposition put forward to explain something; speculation". In chemistry and science, a theory precedes a law. As an analogy, there had to be a theory or supposition, of gravity before there was a law of gravity. When we suppose that something is true, we have a theory, which is also known as a hypothesis. Webster's dictionary defines an ion as an "Electrically charged atom or radical which has gained, or lost one or more electrons and which facilitates the transport of electricity through an electrolyte..." THE RBTI STATES THAT PROPER IONIZATION MUST OCCUR IN ALL LIVING MATTER TO MAINTAIN OPTIMUM ENERGY UTILIZATION. Therefore, the study of RBTI is the study of proper ionization.

An atom is the smallest unit or particle of matter. In chemistry, an atom, which is matter, or material, is made up of three electrical components: protons, neutrons, and electrons. The proton is a positive charge and is represented by a plus (+) sign. The electron is a negative charge and is represented by a minus (-) sign. The neutron has neither a positive nor a negative charge.

The proton and neutron are in the core or center of the atom. The electron travels around the outside of the core. A radical or ion is an atom or group of atoms with an unbalanced charge. An unbalanced charge is when there are more electrons than protons or when there are more protons than electrons. An atom, in and of itself, not combined with another atom, is neutral. It is neutral because it has the same number of protons and electrons. It does not become electrically charged until it combines with another element. After one element has chemically combined with another element, neither have the same number of electrons and protons as they did before they combined.

In chemistry, an element is "a material or substance which cannot be broken down or separated into two or more substances or materials by ordinary chemical means." The number of electrons and protons in an element determine what that particular element is. No two elements have the same number of protons and electrons. Each element has its own number of electrons and protons, and therefore, its own set of characteristics.

When two or more elements combine, they lose their individuality and take on a new set of characteristics. Hydrogen, an element with the atomic symbol H, and oxygen, an element with the atomic symbol of O, are both gases at room temperature and normal pressure. These are individual characteristics of each. But when chemically combined, the product is a liquid at room temperature. This is a chemical change. If you take this new product, water, and freeze it, you have a physical change. Water freezing, ice melting, or water turning to steam are physical changes.

THE BODY DOES NOT LIVE OFF THE FOOD THAT YOU EAT BUT THE ENERGY WITHIN THAT FOOD. A plant will take simple compounds, and with the addition of energy, make a more complex compound. In turn, the body will take in these complex compounds and break them down into simple compounds, which releases the energy. This energy is released in the ion form. If the body fails to break down the complex compounds

into simple compounds, ionization does not take place and the body does not get the energy out of the food.

If you have more hydrogen ions (represented by H+) than hydroxyl ions (represented by OH-), then that particular area is said to be more acid. On the other hand, if any particular area of the body has more hydroxyl ions (OH-) than hydrogen ions (H+), then that area is said to be more alkaline. The concentration of H+ and OH- in any particular area of the body determines the acidity or alkalinity of that particular area. When H+ and OH- meet, they tend to neutralize each other. Once they neutralize each other, they are no longer ions; they are no longer electrically charged. This neutralized product is water, H_2O.

In some areas of the body you want ions and some areas of the body you want neutral products. An area of the body may be over ionized, ionized just right, or under ionized. When there is too much salt in certain areas of the body, there is too much ionization. Drinking distilled water, which is neutral as far as ionization is concerned, picks up some of the excess salt, and thus removes some of the excess ionization. When there is a coating on the tongue, there are too many positive ions on the wall of the intestines and large colon. Psyllium, a vegetable fiber, carries a negative ionization, or charge. Psyllium's negative charge attracts the positive charge in the colon. When a positive and a negative charge meet, the product is neutral. As a result of the positive charge in the bowel being neutralized, the tongue loses its coating.

Once these excess positive ions are neutralized, they have a tendency to stay where they are. They do not want to move. Some form of material that creates peristaltic action in the colon must be used with the psyllium to keep it moving. Peristaltic action is the ripple movement of the involuntary muscles of the colon to move material through it. Prunes, prune juice, or herbs are material that aid peristaltic action. The final choice is what makes the body stronger.

ENERGY

Energy is the ability to do work. Energy can never be created nor destroyed. It can only be transformed from one form to another. Energy in the body is either working for you or against you. There is no such thing as just being there. If you take something into the body that is going to work against you, you will neutralize the effects of something that is working for you. For example, if you wanted to go North, but instead went South, for every foot you went South, you will have to expend energy to go North just to get back where you originally started. The advantage of understanding ionization is to know what is working for you and what is working against you.

ANALYSIS

In the RBTI (Reams' Biological Theory of Ionization), each number in the analysis is a measure of ionization, whether it is too much, just right, or not enough. Not only do the individual numbers tell you the degree of ionization, but the relationship between each number also tells the degree of ionization.

The first number in the RBTI analysis represents sugar. This sugar number refers to total sugars, not just glucose. (Glucose in the urine does show a severe ionization and mineral deficiency problem.) The total body sugars are those sugars being thrown off by the body. These are the sugars the body has not used.

The sugar reading is determined by an instrument called a refractometer. (There are many different types of refractometers used for many different purposes.) The higher the sugar levels indicated on the refractometer, the greater the amount of sugar not being used by the body.

The next readings are the pH of the urine and the pH of the saliva. These pH readings are determined by the use of either pH solutions or a pH meter. Both methods determine the amount of H+ (hydrogen ion) concentration.

The H+ concentration is a measure of the H+ in the urine and the saliva only, not the pH of the entire body. There are many areas of the body that have different concentrations of H+. For example; the H+ concentration of the stomach, which is acid, is greater than the H concentration of the small intestine, which is alkaline.

Another example is found in the pH of the blood. Arterial blood (blood coming from the heart) has a pH of 7.45 while veinous blood (blood returning to the heart) has a pH of 7.35. The veinous blood of 7.35 is more acid than the arterial blood of 7.45. Veinous blood of 7.35 is made more alkaline by the addition of oxygen, which is picked up in the lungs from breathing. THIS IS AN IONIZATION PROCESS.

The red blood corpuscle is the portion of blood that is responsible for ionization (utilization) of oxygen. If the blood is over-ionized with too much salt, then the oxygen ionization cannot properly take place. THIS IS AN EXAMPLE OF INCORRECT IONIZATION.

All numbers in the analysis indicate the degree of breakdown of ionization, or lack of ionization, in the body. An analysis of an individual with a low sugar and a low urine pH indicates less ionization or utilization of sugar and oxygen than an analysis of a high sugar and a low urine pH. (The normal tendency of the inter-relation between the sugar pH the urine pH is the sugars decrease and the pH of the urine increases and vice-versa.) In the example of high sugar and low urine pH, the sugars have room to decrease and the urine pH has room to rise. In the situation of a low sugar and a low urine pH, sugars have no room to fall. When you try to raise the pH, the sugar is already too low. A good analogy is the seesaw. As one end rises, the other end drops. This represents the high sugars dropping as the low urine pH rises. On the other hand, if the board that makes up the seesaw is on the ground, there is nowhere for one end to go when you lift up the other end.

OXYGEN

OXYGEN IONIZAT1ON IS THE BEGINNING OF ALL IONAZATION PROCESS IN THE BODY. An over ionization of salt and an under ionization of oxygen has an affect on all other ionization processes within the body. As stated before, too high a level of salt in the blood stream will keep out vitally needed oxygen. Salt displaces oxygen. It may then be deduced that lack of oxygenation ionization is the beginning of the body's inability to heal itself. In order to get the body to heal itself, the obstacles, which prevent healing, must be removed. Removal of high salt is the first step in getting the oxygen ionization process back on the right track.

The second step is to correct the over production of high salts. If there is an intake of too much salt, then curbing the intake is the second step. The use of correct nutrients and herbs to supply the needed minerals is also necessary.

On the other hand, many individuals with high salt do not add salt to their food. Their salt is too high because their bodies produce too much salt and they do not use the proper fluids to reduce the high salt concentrations in the body. The proper fluids are determined by the ability of the body to handle any particular fluid. Knowing which fluids to choose from is the third step. Checking which one will work for or against the individual is the ultimate factor in determining whether what is used will work for or against the body. The good intention to help the body by choosing a particular fluid may do more harm than good if you do not know how to check the frequency of the body and the frequency of the fluid chosen. If a particular fluid makes the body stronger, the fluid is used. If it makes the body weaker, it is not used. The material to be used has to be compatible with the body in order to help the body.

ACID-BASE

In chemistry, an acid (H+) plus a base (alkaline, OH-) yields a salt plus water. There are minerals that act as a buffer in the body. Calcium is one such mineral. In chemistry, a buffer is a material, which tends to keep hydrogen ion concentration of a solution the same by preventing the neutralization of the hydrogen ions. Buffers produce fewer salts. The lack of buffers produces higher salts.

Calcium is an element but is always mixed with one or more elements. The element or elements with which calcium is mixed determines its ionization. Many individuals who take calcium have no idea of the ionization effect it is having on their system.

An overly acid system has a severe calcium imbalance. Some calciums, depending on that with which they are mixed, may make the system more acid rather than have any value. The more calcium deficient the system is, the more it has to be monitored and the more the calciums have to be changed to correct the body.

Alcohol destroys or neutralizes calcium. This neutralized calcium will now work against the body rather than for the body. Calcium, like all minerals, has to be kept ionized to benefit the body. The same calcium that is a building block for the body when it is ionized becomes a stumbling block when it looses its ionization.

SALT

The next step in determining the ionization in the body is the salt number. Salt is an electrolyte. An electrolyte is a solution that conducts electricity. Without some salt in the body, messages can't be transferred from one place to another. The higher the salt, the greater the electrical impulse. When the heart receives too strong of an electrical impulse because the salt level is too high, it becomes overworked and does not get to rest in between each beat. (This is not the only thing that will cause the heart to beat too hard, which is another way of saying it is overworked.) The flushing out of high salts and the use of materials which allow more oxygen into the system have many times relieved chest and left arm discomfort. When the high levels of inorganic salts are flushed out, organic salts are needed to replace the inorganic salts. Organic means the substance contains carbon. Inorganic substances do not contain carbon. Salts that contain carbon come from celery and whey. Whey is the clear liquid left as residue of milk after separation of fat and casein (curd). Individuals

with high salts need to flush out the high salt and use organic salts to help the system to heal. The intake of organic salts help eliminate the craving of inorganic salts over a period of time. Many times you will find an individual with a low salt reading and yet the salt level in the system is still very high. This is due to the inability of the kidney to flush out the high salt. The relationship between the sugar and salt reading will help in evaluating whether the individual in question has this problem. Divide the sugar into the salt. The ratio should be between 5.0 and 7.0. If you had a salt of 20.0 C and a sugar of 4.0, the ratio would be 5.0. When the ratio drops below 5.0 or rises above 7.0, this indicates a problem.

The salt level in the blood should be .85 (eighty-five hundredths) of one percent. If it increases just .15 (fifteen hundreds) of one percent to a one percent salt solution, the number of degenerative diseases that may occur is countless. These diseases are a result of an oxygen ionization imbalance. Oxygen ionization imbalance is the first step in any disease because oxygen is needed to utilize minerals. All diseases are a result of mineral deficiencies. Minerals, which are supplied to the body and are not ionized by the body work against the body rather than for the body. If you cleanse the body, but do not give it the tools to work with, namely minerals to begin repair after the cleansing is started, you gain nothing. On the other hand, if you try to mineralize the body while it has not been cleansed, the ionization cannot take place, and the minerals given to the body to help the body will work against the body.

Whenever the sugar-salt ratio is less than 5.0, a number of problems are manifested. There may be too much sugar being excreted in ratio to the amount of salt being excreted indicating a vitamin A deficiency. Any time there is a sugar problem, there is always a vitamin A problem. Also, any time there is a sugar problem, there is a parasite problem. I have never found a sugar problem in which there was not a parasite problem. Many people with a vitamin A deficiency cannot utilize vitamin A unless it is mixed with some other substance. The other needed substance can be determined by finding out what makes the body stronger.

The sugar-salt ratio may be less than 5.0 because the body is holding too much salt. If this is the case, the lack of oxygen ionization has already taken its devastating toll on the body. As a result, the red blood corpuscles clump together in the blood stream because they become "sticky" and form clusters. When you find swelling in the body that is not due to an injury, you are finding a body surrounding damaged tissue with fluid in an effort to protect it from further degeneration. For example when you get a blister, the "heat" that caused the damage is so great that the body surrounds that area with fluid to protect it from further damage and to allow it time to heal. The individual with the low sugar-salt ratio does not have the energy or the stamina to turn his or her system around without constant daily supervision. The intentions may be good but there is not enough energy to get the job done. This person must be monitored daily to find out what makes the body strong and what makes the body weak. What made the body strong in the morning may in turn make the body weak in the afternoon.

After one's body chemistry is turned around and headed in the path of regeneration, the work is just begun. The individual may have the notion that because he feels better, he is "well". He stops the rebuilding process and returns to the "old way" that got him into trouble in the first place. There has to be an education of how to live correctly so as not to bring back the degeneration process. Foods that bring on the degeneration process are white

flour, cane sugar, coffee, commercial teas such as Lipton and Tetley, chocolate, and alcohol, just to name a few.

When the sugar-salt ratio is above 7.0, the problems may be just as serious as the individual who has the swelling. The disguise may be so great (meaning the numbers don't look that bad) that were it not for the sugar-salt ratio indicating that there is a problem, one might think everything is fine. To give an example, in Joanne Fontenot's book "No Time To Die" there is an infant who died a crib death. The mother's sugar level was 1.0, and her salt level was 20.0C. Normally you wouldn't think that a sugar of 1.0 was that severe of a problem and a salt of 20.0C was that severe of a problem. I have seen salts of 60.0C, which dwarf a salt of 20.0C. But when you calculate the sugar-salt ratio you find that instead of being between 5.0 and 7.0, that ratio is 20. Super high ratios usually show up only when the sugar numbers are low. The highest ratio I have ever seen was in a child with a degenerative disease. She had a ratio of 87.5. Her sugar was 0.2 and her salt was 17.5 C. (The only way you can monitor a salt reading and get an accurate sugar-salt ratio is to have a solubridge (salt testing machine) that has the ability to test distilled water. Solubridges that do not have the ability to test 500 micro-mohs (which is less than 1 C unit) cannot accurately measure the salt level.)

The next number is the albumin reading. This is the amount of cellular debris in the urine. Any time there is a reading of 4M+ or 4M++, the bowels, or colon, has material in it that should be coming out. The material stays in the colon too long and begins to dry out. The moisture from the colon is absorbed by the blood stream and is very toxic. The spleen, liver and kidneys then filter it. The kidneys are the only filters that are able to release toxins directly into the urine. This is the reason for the high debris in the urine. Cleaning the colon is one of the first steps in preparing the body for proper oxygen ionization.

Compounds which contain carbon (an element with the atomic symbol of C) and hydrogen (atomic symbol H) are called hydrocarbons. In the body HC are oils. When you take HC and add oxygen to the molecule, you have CHO which are carbohydrates. Carbohydrates are commonly known as sugars and starches. When you take CHO and add nitrogen, you have proteins. When you take CHON and add magnesium, you have chlorophyll. Chlorophyll is the green pigment in plants, which acts as a catalyst in photosynthesis. This is the process by which a plant, under the influence of sunlight, can build up, in its own chlorophyll-containing cells, carbohydrates from carbon dioxide (CO-) taken in from the atmosphere, and from hydrogen taken in from the water in the soil.

The ureas are concerned with the protein molecule, CHON. The top urea measures the NO_3 (nitrate) ions, and the bottom urea measures the NH_4 (ammonium) ions. Both are components of the protein molecule, CHON. Whenever we add the NO_3 ions to the NH_4 ions, we get the total ureas, or total undigested protein. Whenever both urea numbers are the same, the ionization of proteins is better than when one urea number is larger than the other.

A high NO_3 reading over a low NH_4 reading is an indication of a vitamin A deficiency. The greater the spread, the more severe the deficiency. The closer together, the less severe vitamin A deficiency. Just because you supply the body with vitamin A does not mean the body can utilize it. Once you have determined that the body is able to use a particular kind of Vitamin A, you have to determine how much the body needs.

When you have a lower NO_3 reading over a higher NH_4 reading, you have a potassium deficiency. A vitamin A deficiency and a potassium deficiency may occur at the same time. A high salt will also indicate a potassium deficiency because the high salt displaces potassium and oxygen. If you have a low salt reading due to the kidneys not filtering the salt, there may also be a potassium deficiency.

After all of the RBTI analysis information is gathered, a diet is written. Information other than the analysis is beneficial and sometimes necessary to properly write a correct diet. Some of this information is gathered from the eye, the tongue, and the fingernails. Information on the eye may be found in the sclera, iris, and the pupil. For example, pupils being larger than normal when light is adequate are indicative that some material that is being ingested orally is toxic. Another part of the body that is used is the tongue. This consists of the amount and location of coating, polka dots, color, and crevices. Information is gathered from the fingernails, which consists of number and degree of intensity of white spots, ridges, curvature, and fragility. With the fingernails, dryness, hangnails, and rough cuticles indicate a Vitamin A deficiency. Further information on the number of bowel movements, the ease or difficulty in which they occur, and whether the person feels that elimination is complete is also needed.

Material in the body is either working for the body or against the body. Proper nutrient works for the body, toxins work against the body. There is no such thing as neutrality. Many would be nutrients actually work against the body rather than for the body and become toxins. The proper diet must be a diet that will cleanse the body of toxins and supply it with nutrients. To cleanse the body is to remove the toxins that are obstacles in the body's path of healing. To give nutrients is to supply only that which can be utilized.

Tips for Typical Lemon/Water Cleansing

1. Mix fresh daily 4 oz.* freshly squeezed lemon juice with 36 oz.* of steam distilled water, making a 40 oz.* supply for the day.
2. Ingest 4 oz. of this lemon solution every hour, to the minute.
3. Drink 4 oz. of steam-distilled water every hour, to the minute, while taking lemon solution. This means that you are drinking 4 oz. of something every ½ hour.
4. This process shocks the liver into a cleansing cycle, which takes 2 to 4 months to complete.
5. A less shocking cleansing of the liver can be accomplished by mixing the juice from 1 lemon daily with 2 quarts of water and sipping hourly until solution is gone. If there are low blood sugar tendencies, add a small amount of sweetener.
6. Even when not on the cleansing cycle, lemon should be a part of your diet every day or so.

**If you weigh less than 150#, use 3 oz. lemon in 29 oz. water to make a 32 oz. daily supply.*

Moving pH to Norm

1. Get a pH test kit from a health food store.
2. Test both a drop of saliva and a drop of urine daily.
3. Several Minerals are effective in moving pH in the body.
4. Work on moving Urine pH first, it will change quickly.
5. Saliva pH will change in approximately 3 days.
6. The following vitamins & minerals should be effective as follows:
    - If your pH is 6.0 and below (very acidic), take
        - Cal II
        - Vitamin A
        - Vitamin D
        - Lime Water
        - Dolomite*
        - MinCol**
    - If your pH is 6.2 - 6.4 (acidic), take
        - Cal Gluconate
        - Dolomite*
        - MinCol**
    - If your pH is 6.4-6.6 (alkaline), take
        - 2 Vitamin C
        - Cal Lactate
        - Dolomite*
        - MinCol**
    - If your pH is 6.8 and above (very alkaline), take
        - 4 Vitamin C
        - Cal Lactate
        - Dolomite*
        - MinCol**

* No Dolomite if Ureas are under 15, More if Ureas are over 20
** MinCol is neutral, but should always be taken, for it helps the body absorb the other calciums.

To maintain health drink a minimum of 3 quarts of distilled water a day Or at least 1 oz for every 2# of body weight for the rest of your life

Dr. Reams always said, "Why guess when you can be sure?

Always go by the numbers - Never try to vary or guess otherwise".

WHAT THE NUMBERS INDICATE

Equipment Needed for Testing Saliva & Urine

Can be purchased at:

Pike Lab Supplies
Tory Hill, Strong, ME 04983
Phone toll free: (866)745-3247
www.pikeagri.com

	Approx. Cost (07/03)
1. Testing pH:	
• Bromthyl Blue (60ml)	$ 7.50
• Color Chart	$ 1.50
2. Testing Sugar:	
• Refractometer (auto temperature)	$165.00
3. Testing Ureas:	
• Ammonium Nitrogen Test Solution (30ml)	$ 12.00
• Nitrate Test Solution (30ml)	$ 12.00
• Universal Extractor Solution (500ml)	$ 12.00
• Color Card	$ 24.00
4. Testing Salts:	
• Cardy Twin EC model#b173 Conductivity meter see brochure	$275.00
5. Miscellaneous:	
• Droppers (12)	$ 4.00
• 12-section drop plate	$ 12.00

THE UREA NUMBERS:

Under 14	There are too many variations to list. (For example: 13-15 could be a person in withdrawal or with a potassium deficiency)
16-19	Normal digestion while on program
20-23	Zone for Minor Heart Attack
24-26	Zone for Major Heart Attack
27-30	Zone for Fatal Heart Attack • No food • No exercise • Rest only with 4 oz. distilled water every ½ hour until ureas return to below 20 total.

Heartbeat should be soft and no pain in the chest and arms.

REFRACTOR READINGS CHART:

Danger Zone:	0.0 - 1.0	(Dizzy, Lightheaded)	LOW BLOOD SUGAR
Normal Range:	**1.0 - 2.0**	**(1.5 is perfect)**	
Zone of Misery:	2.0 - 6.0		
Fatigue Zone:	6.0 - 7.0	(Tired all the time) Border-line diabetic	
	7.0 - 8.0		
Headache Zone:	8.0 - 9.5	Usually has constant headache.	
Coma Zone:	9.5 - 12.0		DIABETIC
Fatal Zone:	11.0 - 13.0		

pH Scale:

Danger	4.8 - 5.3		ACIDIC
Diarrhea	5.4 - 5.7	stool has very bad odor	
Soft Stool	5.8 - 6.1	stool has bad odor	
Normal	**6.2 - 6.6**	**6.4 IS PERFECT** The body retains most food energy Food digests in 18-22 hours.	
Slow Digestion	6.5 - 6.8	22 - 32 hours for digestion	
Poor Digestion	6.9 - 7.4	Digestion takes 40 hrs or more	
Serious Constipation	7.6 - 8.2	Toxins build in bowel	
Danger	8.4 - 8.6		ALKALINE
Failing Liver	8.8 - 9.0	Too much calcium of wrong type	

pH Readings:

There are four very important general categories that the pH's can be classified:

	IDEAL	GOOD	NOT SO GOOD	BAD	VERY BAD
URINE	6.4	alkaline	acid	alkaline	acid
SALIVA	6.4	alkaline	alkaline	acid	acid

Anytime there is double acid, there is extreme mineral deficiency especially of the calcium. The liver is not getting the minerals it needs to manufacture a sufficient amount of amino acids to maintain the reserve energy and thus you have a great loss of reserve energy. This person is getter sicker as you sit there and look at them.

As the pH's move up, there is a tendency towards constipation.

Conversely, as the pH's move down, there is a tendency towards diarrhea. There is less resistance in the system and things tend to move through very quickly.

Always remember that the mineral needed by weight and volume is calcium. As the numbers start to move away from perfect, the first thing to go is the calciums, followed by Vitamin C, Vitamin A and so on. Calcium is the key here.

There are seven groups of calciums, one of which is toxic to all biological life. It is hydroxide. The way to remember the calciums is the words, **DOG PATCH.** They are:

- **Dolomite**
- **Oxide**
- **Gypsum**
- **Phosphate** (MinCol)
- **No A**
- **Tricalcium**
- **Carbonate** (cal lactate)
- **Hydroxide**

The body needs some from the non-toxic six groups to be kept in perfect health.
Usually the body as it moves from perfect will drift to the alkaline side first. The cause is a **lactate calcium** deficiency. Using the lactate calcium should make the pH drift back toward perfect.

When a person is acid long enough, there is a Phosphate, Oxide, Carbonate, Tricalcium, and possibly a Dolomite calcium deficiency.

When a person is alkaline long enough, there is a gypsum, phosphate, and possible a dolomite calcium deficiency.

A deficiency in the calcium is going to lead to a deficiency in Vitamin C. Vitamin C is the chelation factor, which holds all cells together. This is the beginning of a loss of energy and is the beginning of illness. Te gastric juices will become increasingly more ineffective as the pH starts to drift. The saliva pH usually resembles the pH of the liver bile.

Salt:

6.5	Perfect	
12 - 18	Acceptable	(mildly high)
19 - 30	Begin Danger	(cholesterol begins)
31 - 45	Danger	(use caution correcting)
45 & above	Extreme Danger	

Getting the Numbers

1. **Combined Sugars:**
    a. Place 1 drop of urine (Not from the first void of the day) on the main prism of the Refractometer.
    b. Close the daylight plate so that the urine sample spreads evenly across the entire surface of the prism.
    c. Wait approximately 30 seconds to allow for temperature adjustment.
    d. Looking thru the eyepiece, note where the white and blue areas meet on the scale.
    e. Record the reading in position 1 of Reams' formula.

2. **Urine pH:**
    a. Place 1 drop of urine onto a spot plate.
    b. Add 1 drop of Bromthymol Blue Indicator.
    c. Mix and compare color of solution with pH color card.
    d. Record pH reading in position 2 of Reams' formula.

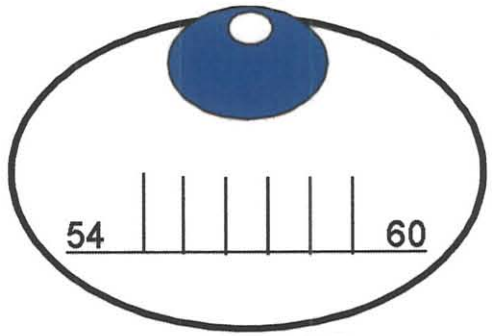
3. **Saliva pH:**
    a. Place 1 drop of saliva onto a spot plate.
    b. Add 1 drop of Bromthymol Blue Indicator.
    c. Mix and compare color of solution with pH color card.
    d. Record pH reading in position 3 of Reams' formula.

4. **Combined Salts:**
    a. After turning conductivity meter on, immerse sensor end into a urine specimen and wait for reading to stabilize.
    b. Record reading (in 100s) in position 4 of Reams' formula.

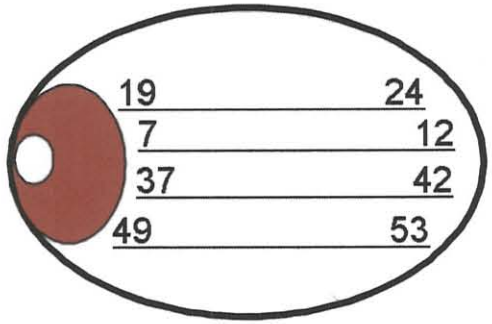
5. **Albumin:**
    a. Closely do a visual examination of a urine sample (in glass tube of dropper) checking for blood, parasites, and cellular tissue.
    b. There should be no blood & no parasites, but there should be an even distribution, but not an overabundance, of debris suspended in the sample.
    c. We don't have the equipment to measure an accurate amount of particles per liter, however:
        Some debris is a 4M - Lots of debris is a 4M+. This number goes in position 5.

6. **Nitrate Nitrogen:**
    a. Place 6 drops of Universal Extract Solution onto a spot plate.
    b. Add 1 drop of urine to be tested and mix well.
    c. Place 1 drop of this Extract/Urine solution onto another position on the spot plate.
    d. Add 4 drops of Nitrate Test Solution to this drop and allow it to stand for about four (4) minutes.
    e. Match this mixture with the corresponding color indicated on the Urea Color Cards.
    f. Record this reading in position 6 of Reams' formula.

7. **Ammonial Nitrogen:**
    a. Place 6 drops of Universal Extract Solution onto a spot plate.
    b. Add 1 drop of urine to be tested and mix well.
    c. Place 1 drop of this Extract/Urine solution onto another position on the spot plate.
    d. Add 4 drops of Ammonia Nitrogen Test Solution to this drop and allow it to stand for about one (1) minute.
    e. Match this mixture with the corresponding color indicated on the Urea Color Cards.
    f. Record this reading in position 7 of Reams' formula.

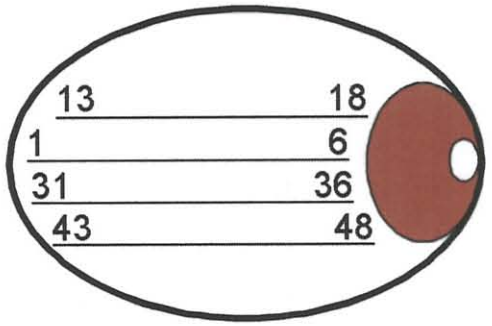


Looking UP



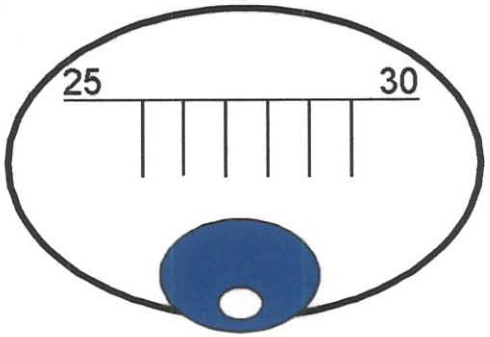
Looking RIGHT

When You Read the Eye

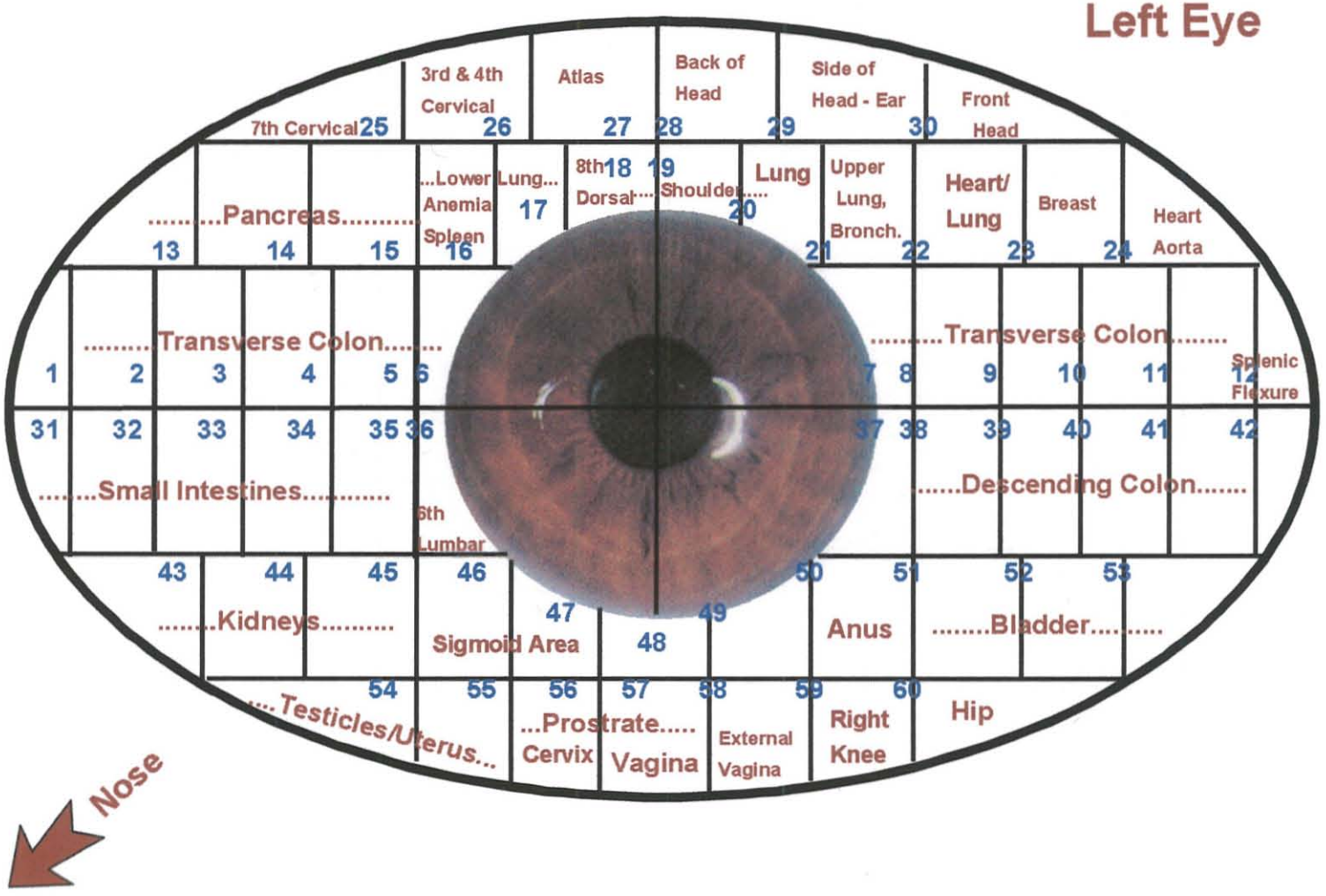


Looking LEFT

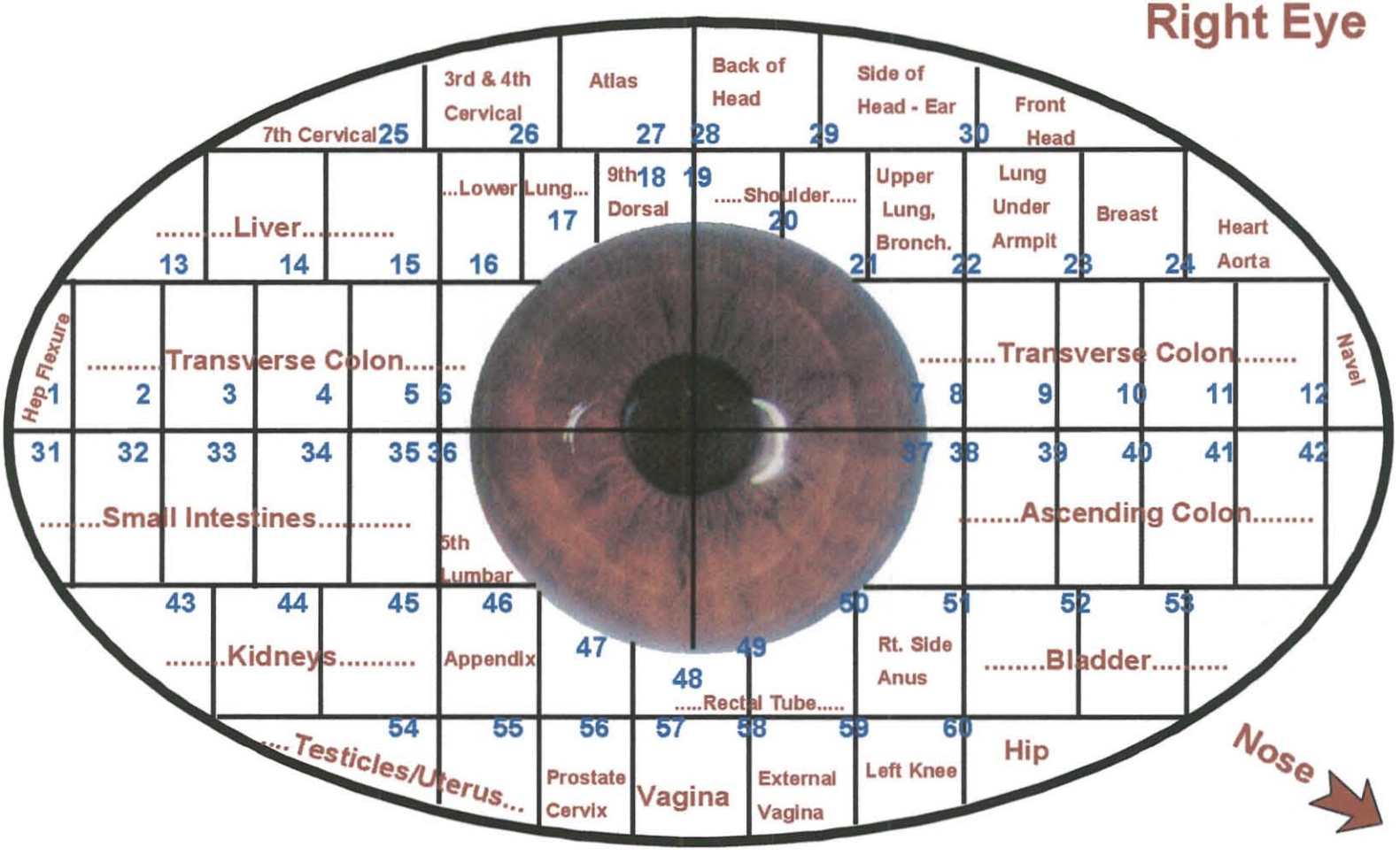
Looking DOWN



Left Eye


7th Cervical 25
3rd & 4th Cervical 26
Atlas 27
Back of Head 28
Side of Head - Ear 29
Front Head 30
Pancreas 13 14 15
Lower Anemia Spleen 16
Lung 17
8th Dorsal 18
Shoulder 19 20
Lung 21
Upper Lung, Bronch. 22
Heart/ Lung 23
Breast 24
Heart Aorta
Transverse Colon 1 2 3 4 5
Transverse Colon 7 8 9 10 11 12
Splenic Flexure
Small Intestines 31 32 33 34 35
6th Lumbar 36
Descending Colon 37 38 39 40 41 42
Kidneys 43 44 45
46
47 Sigmoid Area
48
49
Anus 50 51
Bladder 52 53
Testicles/Uterus 54 55
Prostrate 56 Cervix
57 Vagina
58 External Vagina
59 Right Knee
60 Hip
Nose

Right Eye


7th Cervical 25
3rd & 4th Cervical 26
Atlas 27
Back of Head 28
Side of Head - Ear 29
Front Head 30
.....Liver.....
13 14 15
...Lower Lung...
16 17
9th Dorsal 18
19 .....Shoulder..... 20
Upper Lung, Bronch. 21
Lung Under Armpit 22
Breast 23
Heart Aorta 24
Hep Flexure
.....Transverse Colon.....
1 2 3 4 5 6
.....Transverse Colon.....
7 8 9 10 11 12
Navel
31 32 33 34 35 36
.....Small Intestines.....
5th Lumbar
37 38 39 40 41 42
.....Ascending Colon.....
43 44 45
.....Kidneys.....
46 Appendix
47
48
49 .....Rectal Tube.....
50 51
Rt. Side Anus
52 53
.....Bladder.....
54 ....Testicles/Uterus...
55 56 Prostate Cervix
57 Vagina
58 External Vagina
59 60 Left Knee
Hip
Nose

Notes from Paul Braddock on the Reams Analysis Waynesburg 7-24-03

Refractometer Readings:

2.0 - 6.0 tendency to low blood sugar, eat raisins, etc often as sweetener

Note: An erroneous low sugar reading can occur if the body temperature is hot.... Therefore you should touch the skin of the subject before taking urine sample.

Alcohol manufactured by the body regulates body temperature.

A refractometer measures the **total** sugars in the body. The Glucose Tolerance Test does not.

"Cells replace every 6 months. If cells cannot change, they rot and the contamination spreads. The cells usually become a tumor."

"Any day that your sugar is between 1 & 2, you are gaining energy."

If a person has a low blood sugar (below 1) with both salts and ureas also low, he/she is usually in withdrawal or they have a brain problem.

Five things to do before testing:

1. **Look**
   - Transparency thru teeth → phosphate deficiency
   - Deep forehead or neck lines → high ureas, stress
     or creases in ear lobes
   - Broken blood vessels on face → too much salt.... Stroke/heart attack candidate
   - Chest expansion on deep breath → shallow expansion indicates pressure on liver & pancreas
   - Cracks, rips, spots on tongue → Vitamin B deficiency
   - Skull check: fingers under cheeks, at temples, under chin → cranial adjustment needed if not level
     A problem in the skull will usually affect the neck
     "Senility is nothing more than a circulatory problem to the brain"
   - If hair is dull → worms or parasites, can be treated by use of K-Min
     "Everyone should do a parasite cleanse twice a year"
     "Take 2 K-Min 3 x a day for 12 days, then 1 K-Min 3 x a day for 6 days"
   - Bulging eyes → straight forward usually indicates brain problem (tumor?)
     Sagging downward..... diabetic..... Vitamin A deficient
2. **Listen**
   Ask about constipation/diarrhea:
   Ideal digestion occurs in 18-22 hours. A faster digestion doesn't give the body time to pull the nutrients from the food. A slower digestion results in a build up of toxins in the colon.
3. **Smell**
   A healthy person will smell good (won't stink)
4. **Touch**
   Feel for excessive body heat
5. **Ask what foods they like (taste)**
   Chewing on ice → iron deficiency
   Usually the body will crave what it needs for proper health, if it isn't an addiction

While Moving PHs:

An acid system (< 6.4) requires a move upward using:
Vitamin A
Vitamin D
Oxide Calcium (Cal II)

An alkaline system (>6.4) requires a downward move using:
Vitamin C
Lactate Calcium

Neutral calciums will have no effect on moving the pH:
Phosphates
Gluconates
Dolomites

Using Oxide Calcium when alkaline or Lactate Calcium when acidic will result in kidney/gall stones

The upper number is the Urine (body) pH
The lower number is the Saliva (liver) pH

Move the body pH first and keep moving it until the liver pH moves to norm.
The liver pH usually will follow 3-5 days later

Monitor pHs every 3 days, about the same time each day.

When looking at the liver pH, a reading of 5.6 or below usually indicates energy loss in lung area, and a reading of 7.6 or above usually indicates energy loss in the abdominal area.

A liver pH of less than 6.2 usually indicates a toxic liver & high stress

A liver pH of 6.8 - 7.8 usually indicates emphysema

Normal Minerals to take daily For The Rest Of Your Life:

MinCol
Algazim
Body Balance
Cal Gluconate (female esp.)

Cleansing:

Barley and Alfalfa contains chlorophyll great
Cayenne pepper
California grown carrots
Body Balance

Pike Labs sells a good conductivity meter (salt tester). Model number B173.

What to do first with the numbers:

Look at the 5 sections of the Reams Formula: They are:

1. Combined Sugars
2. PHs
3. Combined Salts
4. Albumin
5. Ureas

If any section reads in the danger level, work only improving that first under supervision. The most common way to improve the numbers is to get bed rest and flush with distilled water.

Ex: Sugar above 7
Salt above 30
Ureas total above 23

If none are in the danger zone, work backwards starting with the Ureas and ending with the sugars.

If Ureas add up to above 20,	add 2
If there is not much Albumen in urine sample,	add 1
If Salt is above 20,	add 1
If pHs is either below 6 or above 7,	add 1
If Sugar is above 4,	add 1

If the total of these results is 4 or above, supervision is necessary with any cleansing or flushing of the body.

We like to see the numbers in the following ranges:

Sugar: 1 to 2
pH: 6.2 to 6.6
Salt: under 18
Ureas: under 20

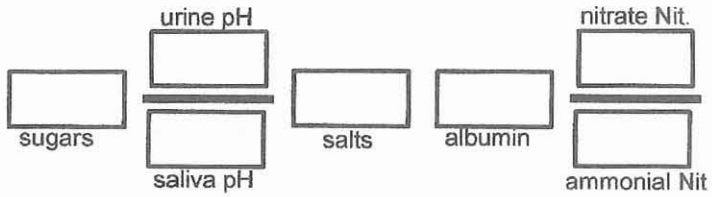
Ureas under 15 indicate a potassium deficiency. Take potassium citrate or potassium aspartate

People that can help you:

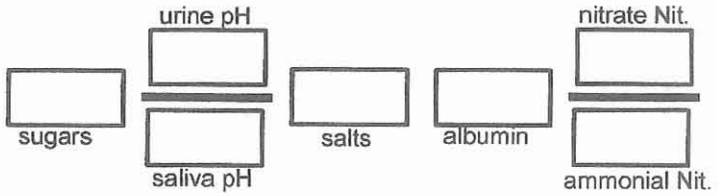
Paul Braddock	724-627-3777	Waynesburg, PA	Reams Analysis
Ray Massner	928-445-4390	Prescott, AZ	Cranial Adjustment
Dr. Dragan	724-684-8810	Monessen, PA	Chiropractor

Ream's Analysis Test Numbers for: _____

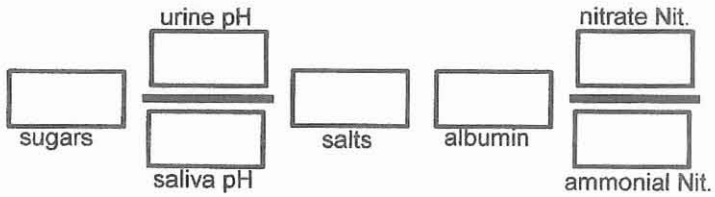
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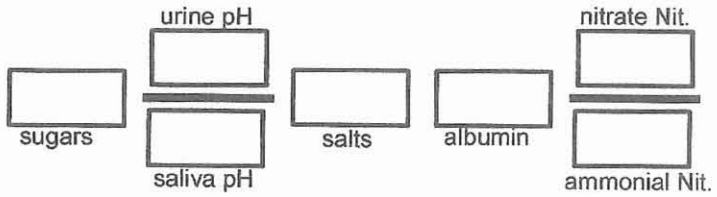
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Test Date: _____



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Test Date: _____

