

## What is RBTI?

RBTI is the abbreviated term for Reams Biological Theory of Ionization. RBTI is a working explanation about the fundamental ionic energy composition and function of biological life. This theory was discovered, developed and proven through the unique work of agronomist, biochemist and mathematician, Dr. Carey A. Reams, beginning in the 1930s.

## What is RBTI testing?

RBTI testing is a non-invasive seven-part test completed on fresh samples of urine and saliva. There are six tests done on the urine sample: total carbohydrate, pH, conductivity, cell debris, nitrate nitrogen & ammonia nitrogen. There is one test done on the saliva sample, which is the pH.

Gender, Age, Height, Weight					
1.5	6.40	6-7C	.04M	3	3
	6.40				

The test results, when representing perfect health, would look like the numbers in the figure to the left. Note: To be valid, the test results must be accompanied by gender, age height and weight of the individual.

## How long will it take to run the tests?

It will usually take between 10 to 15 minutes to run the seven tests. Running the tests is not what takes the time. What takes the time and expertise is interpreting the test data, followed with establishing individualized recommendations and providing a detailed explanation to the client. Be sure to ask questions for clarity!

## Why is the RBTI analysis so valuable?

It is a true real-time mathematical analysis of what is taking place within the electro-biochemical structure of the human body. It reveals the intricate cause and effect of the physiological dysfunctional patterns demonstrated through the urine and saliva analysis. The individual, being analyzed, may or may not be aware of the dysfunction. More importantly, the RBTI analysis will reveal a perfect life-style program each individual must follow to reverse the dysfunctional patterns that RBTI has disclosed.

For example, the analysis reveals:

- How much water to consume, when and why;
- What juices, teas and herbs to use and which to avoid, when and why;
- What foods to use along with how they are to be prepared, when and why;
- What foods to eliminate or avoid, when and why;
- What type of mineral supplements to use and which to avoid, when and why;

- What type of vitamins and enzymes to use and which to avoid; when and why;
- What type of ancillary therapy (colonics, exercise, rest, sunlight, chiropractics, etc.) to use and which to avoid, when and why.

## Is RBTI used to treat illness?

RBTI is not for diagnosing or treating medical illness - you may consult a licensed medical doctor for that. The purpose of RBTI is to analyze and identify previously unrecognized electro-biochemical dysfunctions taking place within the human body, thereby allowing the creation of a perfect set of personal life-style recommendations that will address and reverse those unrecognized dysfunctional patterns. RBTI, when correctly applied, offers the highest potential for perfect health.

## How often should one be tested?

This depends on the analysis of the test results. If the analysis reveals severe dysfunctional patterns you may have to return for more frequent reevaluations, even as often as once or twice per week. If the analysis reveals a need for a general tune-up, only, indicating minor changes, then one may not be scheduled to return for several weeks after implementing their personal program. The determination for how frequently one is analyzed depends totally on the information the test reveals—that being unique for each individual.

## Can a person do some of the tests at home?

It is certainly possible that your RBTI analyst may have you do tests at home in between the testing they do. For example, your RBTI analyst may have you keep a pH diary, at home, to help establish how much your pH is fluctuating during the day or night. Your analyst will supply you with the necessary pH test strips and instructions. It is also possible that your analyst may have you do urine carbohydrate testing, at home, using a refractometer. Although this is less common than the home pH testing, nevertheless, it is a test that can be done by you to help the analyst determine the best recommendations.

## Do RBTI analysts use other tests?

The RBTI test, as stated earlier, consists of seven noninvasive tests done on a fresh sample of urine and saliva. There are no other tests that are done on the urine and saliva samples. Blood testing is not a part of the RBTI tests. It is very common, however, to have all your vital signs, such as blood pressure, temperature, pulse and respiration, determined by the RBTI health professional.

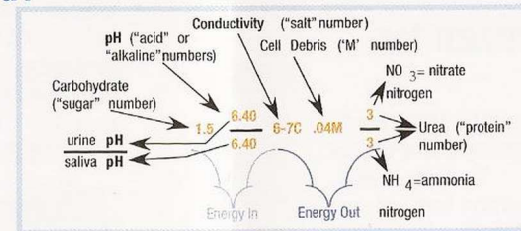
## Can one bring their urine and saliva sample from home?

Once a sample of urine is voided, there is only a small window of time during which the tests can be performed and still be accurate. Thus, it is not recommended that one bring their urine and saliva samples from home.

## What type of program will the RBTI analyst recommend?

All programs are unique and individualized because no two people will have the same test results. All programs do contain recommendations that may touch all aspects of each person's life-style. What is a life-style? A life-style involves every aspect of ones living habits, and can best be described as comprising:

all that you eat, breath, drink, think and do. Remember, wellness involves more than food and drink, since true wellness involves wholeness, even one's state of mind.



## Are there any special instructions one needs before they submit a urine and saliva sample for testing?

Yes, there are important instructions that need to be followed to assure the tests are accurate. Make sure that you have had nothing to eat 90 minutes before giving your urine and saliva samples. Avoid all gum, candy or breath mints in your mouth 90 minutes before obtaining your saliva sample. Avoid driving long distances to the destination where you are being tested. If you need to travel any extensive (more than nearby) distance before being tested, go the day before and stay in a motel so that you are rested. Holding urine in the bladder for too long can affect the tests accuracy, as well. Do not change your life-style routine before being tested. For example, if you take food supplements, continue to take them. If you take medications, continue to take them. In other words, adhere to your regular patterns of lifestyle, including all eating, drinking and exercising etc. before being tested. Do not fast before being tested. Eat your regular meals at the regular times, as you are accustomed. The purpose of these instructions is to make sure that your body is under its typical daily lifestyle load and routine, reflecting all causes and their effects, for better or worse, to be revealed in the test analysis.

## How long will one be on the RBTI program?

The RBTI program addresses a "whole" life-style. It is not just a quick fix. The cause of all the dysfunctional and degenerative patterns, that the RBTI analysis reveals, is a result of life-style habits causing the body to miss receiving vital food mineral energy and thus deplete its reserve-mineral energy too fast. In other words, the body is aging too rapidly. However, the body is able, with proper care and feeding, to reverse these health-destroying dysfunctions from taking place, through the proper application of RBTI principles and techniques. However, if one does not continue to follow their RBTI recommendations on an ongoing basis, the probability of the dysfunctional chemistry, continuing or reoccurring, is very real. It is up to the individual how important it is to live and be well.

## What if one does not return for follow-up tests?

It is vital that one follows their analyst's recommendations for retesting. The analysis reveals how closely the chemistry must be monitored for the best results. One set of recommendations from one test will not reverse a life time of dysfunction. Getting one analysis and program recommendation, without the proper follow-up, is absolutely not recommended. The only way RBTI will accomplish health and wellness is with commitment, cooperation and follow-through of the individual with the health professional.



## Who was Dr. Carey Reams?

Dr. Carey Reams was a scientist whose research spanned the fields of agriculture and human health. "Doc" Reams was born in Florida near the turn of the century and spent much of his life as a research scientist. One of his greatest achievements was the development of the "Reams Biological Theory of Ionization" (RBTI) which unified plant and animal biochemistry and biophysics. A beloved teacher and healer, "Doc" Reams was a mentor to many physicians, agronomists and allied health professionals who have utilized the principles he taught to enhance the lives of countless people throughout the world.

## About the Authors:



**Dr. Alexander (Sande) Beddoe** was trained as a dentist and practiced conventional dentistry until meeting Dr. Carey Reams in the mid 1970's. As Dr. Beddoe studied with Dr. Reams, he developed a much greater understanding of the biophysical relationships between nutrients and human physiology as well as the physiology of plants and animals. From that point on, until Dr. Reams death in 1985, Dr. Beddoe worked closely with Dr. Reams as a trusted colleague and educator, helping others to understand the principles of the Reams Biological Theory of Ionization (RBTI). Today, Dr. Beddoe continues to teach RBTI principles and practice, and provides support to others who carry on the work of Dr. Carey Reams through the Advanced Ideals Institute.



**James W. Daily, Jr.** was an electronics engineer for many years, but always had a deep interest in scientific farming and nutrition. His interests in electronics and nutrition found a commonality in the teaching of Dr. Reams, through whom he learned how nutrients are used to potentiate the energy of the body. Initially, Mr. Daily taught and practiced RBTI principles as a "Reams Tester", but realized the need for a higher quality, affordable, Min-Col (a key supplement in the RBTI program) and he developed a process for producing a very high quality Min-Col that was enthusiastically endorsed by Dr. Reams. Eventually, Daily Manufacturing was formed to produce all of the "Reams" supplements.

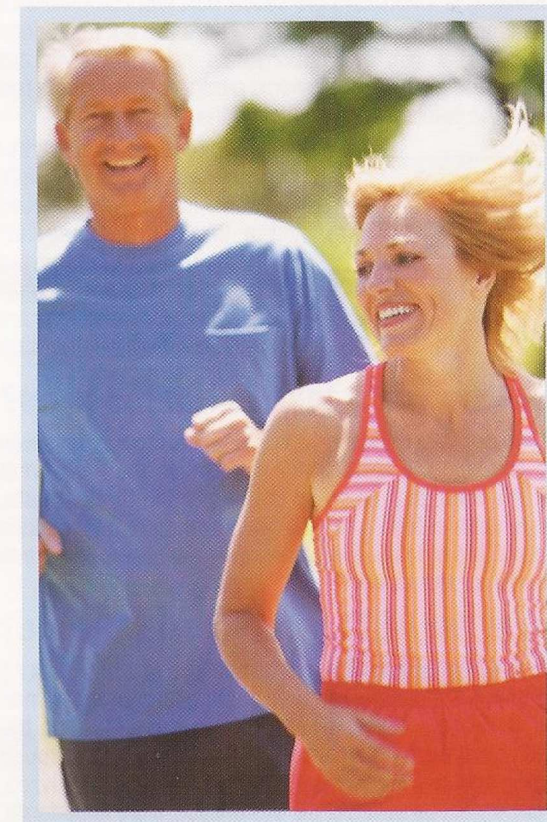


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## Ream's Biological Theory of Ionization



## Applied Science for Healthy Living

by  
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