

CHOOSE!

LIFE OR DEATH

Carey A Reams, Ph.D

RBTI

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Choose! Life or Death
Transcript of Lecture Given
By
Katja Gwynn

**(Transcript of Lecture Given to The Energy
Science and Technology Conference)**

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Thank you, Aaron — Good afternoon Border-landers & other assorted techno-Wizards I'm glad you could make it today.



I AM KATJA GWYNN, & my topic is *Reams Biological Theory of Ionisation*----. or RBTI. I need to make clear that I am **Not** a medical doctor. Nothing I say is intended to diagnose, treat, cure, prescribe or perform any other medical function attributable to AMA licensed doctors. And I don't give Covid vaccines. If you require medical advice, please consult your licensed medical professional.

Dr Carey A. Reams Because of the length and technical nature of my presentation, I'll be reading from my script quite regularly. My talk today will be in two parts. The first 40 minutes I am going to share my personal journey, my history and the history of RBTI and its creator Dr Carey A. Reams, along with some anecdotal tales of my adventure.

In the second part, after a short break, we move into the science of RBTI. You will learn what the RBTI equation is, and gain an understanding of the protocols. Then, we'll talk about some popular nutritional myths, and finally, close with practical tips and how to apply RBTI knowledge to your lifestyle to reap the benefits for your personal health and wellness.

Health and healing is heretofore an unfathomable subject of enquiry. The factors are beyond our scope of understanding and outside the parameters

of medical study and practice. Dr. Reams knew this. But, he focused on the discipline he understood best, the material and biologic causes of energy creation and energy loss. After all, Energy is Life. Lack of Energy is disease and death. The method Reams developed was focused on diet and lifestyle.

Doc Reams probably born in 1903, was a man ahead of his time. Trained in mathematics, biophysics and biochemistry, and earning as many as maybe six PhDs, he made many discoveries in the fields of human health, plant growth, energetics, animal health and soil restoration. These findings were later codified in an overall view of life and energy known as Reams Biological Theory of Ionisation (RBTI).

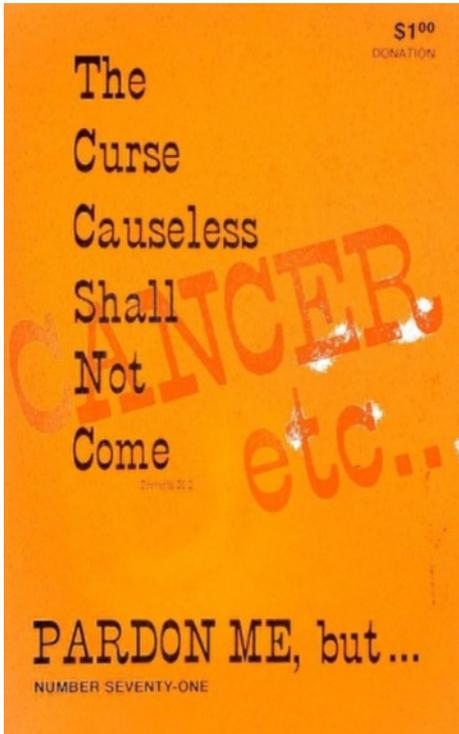
The analogy might be: if you wish to drive to Cincinnati you won't get there even IN your Lamborghini if it has no fluids, or a flat tyre, or missing a spark plug or no petrol in the tank. On the other hand, if your Lamborghini is in tiptop condition, and you let a 5 year old get behind the wheel and drive, there's no way you'll ever get to Cincinnati either. So, the physical, material side of the health formula is as essential as the mental, emotional, psychological and spiritual side. All these factors and more affect the health IN healing ways or harmful ways, as well as potentially fatal ways.

According to Reams, all diseases start with one or more of the vital organs. The brain, via the vagus nerve network controls all the organs in the body. The central nervous system via the spinal cord is connected to most of the cells in the body and plays a role in building and maintaining all the cells in the body. The numbers of the RBTI equation help us to zero in on the specific location of the loss of energy.

Reams taught that mineral deficiency is the cause of all diseases. The higher the specific gravity, the less energy you may get out of your food. The lower the specific gravity, below the optimal range of the RBTI test, the faster the food passes through the system and it does not have time to take the energy properly from the food. The numbers show what organs are losing the energy. Today at 70 years old---- I have been studying and living RBTI since the 1970's.

Chapter 2

Curse Causeless



BACK THEN, AS A YOUNG NEW WIFE, I was handed a booklet by Nord Davis entitled, *The Curse Causeless Shall Not Come*. It cost all of One Dollar then. Today it is available free of charge on the internet as a PDF and is well worth reading for anybody interested in a quick, in-depth introduction to RBTI and Doc Reams.

Having long been an herbalist and naturalist, Nord Davis's booklet struck a chord with me instantly. The fact that one could do a non-invasive urine and saliva test and discover a person's symptoms was intriguing. The test reveals about everything except stomach ulcers,

gall stones and pregnancy. The RBTI test does not pick up a broken blood vessel in which there is no loss of energy.

It is just that the blood vessel is leaking a little bit of blood and no energy is lost because the tear in the blood vessel may be in the dermis of the skin or elsewhere in the body. If a hernia is completely healed and there is no loss of energy it will not show. However, the hernia can still be there and cause trouble. If that hernia has inflammation, and there is a high amount of cell decay, the test will pick up this hernia. There must be a loss of energy in order for this equation to work.

Furthermore, the numbers predict future symptoms if the energy loss is present but not yet manifested in a detectable symptom. Now, as if that's

not enough, Doc Reams developed dietary guidelines and individualized supplement protocols that actually worked. While running his clinic in the woods of North Georgia over 10,000 people sought him out.

Most who consulted with him had already done surgery, chemo and radiation and were sent home to die. Of these 10,000, only six died. And he told them up front that they were beyond the PNR, the point of no return. Actually he taught us that the whites of a person's eyes betray them. If they have no visible blood vessels in the whites of the eyes, there is not much time left.

So, hoping to start a family someday, I knew I needed to learn all I could about RBTI. Through diligent research, I discovered that an RBTI practitioner was not too far away, in Mariposa, California. Dr. Alexander Beddoe, a dentist from Sacramento who left his dental practice to devote his life's energies to RBTI.

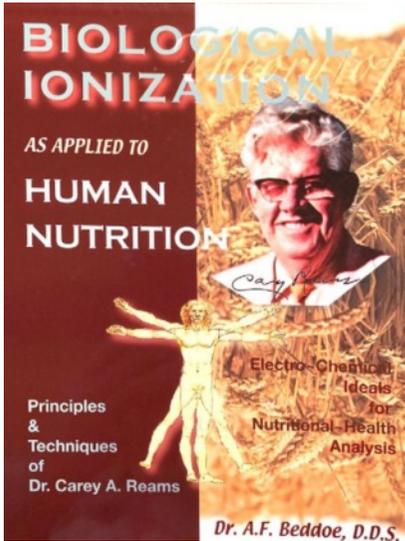
Later in life Reams would say, "Jesus had 12 disciples. I have but one, Sande Beddoe."

Chapter 3 Beddoe Book

BY THE EARLY 1980'S BEDDOE UNDERTOOK THE LONG-NEEDED PROJECT OF DESCRIBING RBTI IN A HANDBOOK. When he sent a copy to Doc, Doc replied in a letter calling it "a stroke of genius." And it was, and is today the definitive resource for RBTI students worldwide.

I digress. We visited Doc Beddoe and my journey began. I learned I was borderline diabetic, mineral deficient, had emphysema (from smoking cigarettes for 12 years, up to 5 packs a day), various tumours, psoriasis, chronic cystitis and probably more symptoms than I want to recall right now.

And I thought I was healthy. I was shocked and in denial. But, I went on the programme and recovered anyway. Sande Beddoe and I became and remained close friends our whole lives, being among the few who remain



Reams purists. So many others who studied RBTI with Doc moved on to try and make a name for themselves, and jumped on bandwagons of new and unproven trends.

That's the whole **Brilliance** of RBTI, one can easily and accurately measure in real time whether a supplement or diet is beneficial or not. The answer is **Always** in the numbers. Life is too precious to be guessing. We always go by the numbers. The numbers don't lie. So, then I moved out to North Carolina and built a house next door to Nord Davis, author of that

little booklet, *The Curse Causeless*.

Chapter 4

Anion & Cation RANGE CHART

I TOOK AS MANY SEMINARS AND VORACIOUSLY LEARNED AS MUCH AS POSSIBLE. The subject matter was as intense as it was profound.

It wasn't long before I put into practical application all that I was learning, and started to help others. I have been doing this for over 40 years now, and I have seen nothing short of miracles in people's lives.

I personally have never witnessed RBTI protocols fail for anybody who follows them. The most dangerous situation a practitioner faces is that many clients feel so much better so quickly that they think they no longer need to stay on the recommended diet.

After 3 years of detoxing and healing, I started my family at almost 30 years old, and over the next 12 years we had five children, all born at home, all healthy, and grew up on RBTI. None of them was immunized

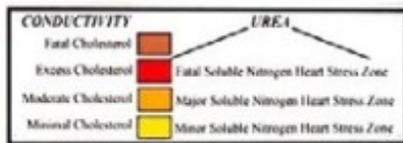
ANION / CATION RANGE AND ZONE EFFECTS ON BODY CHEMISTRY

C	13.0	Strong Rising Sugar = excess blood sugar = oxygen deficiency = excess alcohol	8.00	8.00	Blood Urea Urea Uprist = Protein Oxidation & Salting Out Salt storing in fat & muscle All previous listed conditions biodynamically worsened.	80	4M- 4M- 3M	Soluble Nitrogen Toxicity & Heart Stress Levels (see Legend) When conductivity > 35, on [2nd test, add 2 to Urea.	30
	12.0		7.90	7.90		70			28
B	11.0	Rising Sugar = excess blood sugar = oxygen deficiency = excess alcohol	7.80	7.80	Increasing Conductance & Electrical Pressure Decreasing Potassium Decreasing Phosphorus Osmotic Pressure Reversing Fluid Viscosities Increasing URC. A significant increase in Urea is a sign of Oxidizing metabolic & neurologic reactions	65	4M 4M 3M 2M 1M	Urea number reveals both Soluble & Insoluble Urea. It is the excess Soluble that is toxic and damaging to the heart. The greater the conductivity in the first test the greater the percentage of soluble urea in the first test than the greater the conductivity, the more the Soluble urea ratio is elevated.	26
	10.0		7.70	7.70		60			24
	9.5		7.60	7.60		55			22
	10.0		7.50	7.50		50			21
	9.0		7.40	7.40		45			20
	8.5		7.30	7.30		40			19
	8.49		7.20	7.20		34.9			18.9
	8.0		7.10	7.10		32			18
	7.5		7.00	7.00		30			17
	7.0		6.90	6.90		28			16
	6.5		6.80	6.80		26			15
	6.0		6.70	6.70		24			14
5.5	6.60	6.60	22	13					
5.49	6.50	6.50	20	12					
5.0	6.40	6.40	18	11					
4.5	6.30	6.30	16	10					
4.0	6.20	6.20	14	9					
3.5	6.10	6.10	12	8					
3.0	6.00	6.00	10	7					
2.0	6.50	6.50	8	7					
A	1.9	6.49	6.49	7C	0.04M	6.9	ENERGY IN = ENERGY OUT O. RESISTANCE LOSS	6.9	
	1.2	6.30	6.30	6C	0.03	6.0			
D	1.19	Very Low Sugar = low blood sugar = oxygen deficiency = deficient alcohol	6.20	6.20	Brain - Organ Communication Uprist Brain - Organ Communication Down Deficient Potassium Deficient Potassium / Oxidation Increasing Receptor Increasing Receptor Fluid Viscosities Increasing Deficient metabolic & neurologic reactions	5.9	-4M 0 4M---	Brain - Organ Communication Uprist Deficient Nitrogen Levels Potassium Deficiency BEST MAY BE NEEDED TO COMPENSATE POTASSIUM DEFICIENCY	5
	1.1		6.00	6.00		5			4
E	1.0	Severe Low Sugar = extreme oxygen deficiency = deficient alcohol	5.80	5.80	Brain - Organ Communication Uprist Brain - Organ Communication Down Deficient Potassium Deficient Potassium / Oxidation Increasing Receptor Increasing Receptor Fluid Viscosities Increasing Deficient metabolic & neurologic reactions	5	Cell Death, Not Healing, No Blood Out S. Cells Not Communicating Heart Cell Accumulation or rapid tissue breakdown	5	
	0.9		5.70	5.70		4			4
	0.8		5.60	5.60		3			3
	0.7		5.50	5.50		2			2
	0.6		5.40	5.40		1			1
	0.5		5.30	5.30		0			0
	0.5		5.20	5.20		0			0
	0.4		5.10	5.10		0			0
	0.3		5.00	5.00		0			0
	0.2		4.90	4.90		0			0
0.1	4.80	4.80	0	0					

At or below this number reveals that blood sugars are very unstable in the dropping direction. Above this number blood sugars are unstable in the rising direction.

CELLS / DROP / 1000
04M - 2 cells per drop
1M - 50 cells per drop
2M - 100 cells per drop
3M - 150 cells per drop
4M - 200 cells per drop

LEGEND
UREA NOTE: Any time urea drops below minimums while on program, this denotes a withdrawal or chemistry change pattern. This is brought about either by a proper healing response, or improper lack of rest. If lack of rest is the cause, person is burning up more energy than taking in during each 24 hrs, causing a potassium deficiency. Whether urea is below minimums for the right reason or the wrong reason, rest (the physical or mental) is absolutely needed to spare the brain potassium.



Proper working range for Insoluble Urea for healing.

When Insoluble Urea drops below "working range" while on program, may be experiencing "withdrawal."
*See Urea Note

If overweight, must maintain this minimum Insoluble Urea level for proper potassium uptake for healing.

If NOT overweight, must maintain this minimum Insoluble Urea level for proper potassium uptake for healing.

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Showing "Healing" or "Working Range & Zones"

or ever saw a doctor for illness. None of them ever had a shot or a pill--- or a childhood disease, for that matter chicken pox, measles, and mumps. My children grew up with normal weight, good eyes, good hearing, good teeth, and I attribute their superior health to RBTI.

Personally I can't remember the last time I consulted a medical doctor myself. I did go to the dentist two years ago and had a check-up because a childhood filling had fallen out. My dentist scolded me for not coming to see him for 20 years. He wondered if I had found another dentist? But, I hadn't---So, he took a complete global Xray of my mouth--- and there were no cavities or any problems to address.

He wanted to pull my tooth, but I talked him into just filling it again, which he was sure would blow up on me. It didn't. It was still a healthy, live tooth. He tried to talk me into a cleaning and a fluoride treatment. But, I refused both---. and I attribute MY continued good oral health, as well as general health, to RBTI... not to mention, I don't need reading glasses.

One of my very first clients, we'll call her Janice, was diagnosed with angiopathic neuropathy. A young wife and mother of two teenagers, she was the seventh of seven known cases at the time, and the only survivor. Her story had just been published in the New England Journal of Medicine.

In May she was told to go home and write her will, the doctors had no more treatment for her. The children were sent to live with the grandparents. The diagnostic procedure alone had left Janice unable to walk. She lived on the sofa and had no exercise, except to crawl to the toilet once a day. But, like most survivors with an indomitable spirit, Janice sought help and heard of Dr Beddoe.

However, she lived too far away from him, and her condition didn't permit her to travel. As fate would have it, she lived relatively close to me, so Dr. Beddoe referred her to me. It was July that year when I went to see her. She was in terrible shape and needed round-the-clock care. Truthfully, she belonged in a clinic. But, that wasn't an option. I did make specific demands of her and her husband before agreeing to help them. Under the wrong circumstances, no help is better than some help.

First I required them to purchase the testing equipment so her husband could test her twice a day. They said they couldn't afford it, as it cost three month's mortgage in those days for the laboratory equipment. I asked her husband if he had priced coffins lately. So, he talked to his banker and the bank agreed to a 3 month mortgage moratorium so they could purchase the materials, equipment and supplements necessary for the lifestyle change.

Janice called me every morning and evening to report her numbers to me--- and she started feeling better immediately. By August she was determined to walk again by Christmas. She was disciplined and followed RBTI protocols to the letter. Her life depended on it. Well, Christmas came and went, and she wasn't walking. But, her dreams weren't shattered. And she walked by the New Year.

Janice had a new lease on life. By February her children came back home and her mission in life became RBTI, and to help as many people as she could with her newfound knowledge. And health. She was a true warrior. And a crusader for natural healing.

Another client of mine, an old lady---- she was about my age, but 40 years ago I thought that was old--- Mrs. Johnson came to me. She was a Seventh Day Adventist like Doc Reams and had heard about RBTI through the church. She provided urine and saliva samples, I ran the numbers, and proceeded with a consultation about the results, and the dietary and lifestyle recommendations which would best support her recovery. I told her the numbers indicated osteoporosis. She was surprised and wondered how I knew.

I simply explained, "it's in the numbers." When I outlined the recommended supplements for someone with her equation, it turned out she needed 9 different calciums three times a day. That's 27 calcium capsules per day. She informed me straight away that she had just been to the doctor the day before and had a blood test. It showed the calcium levels to be so extraordinarily high that he directed Mrs Johnson to have no calcium whatsoever, no dairy, nothing with calcium, even though he had diagnosed her with osteoporosis.

So, you can imagine how she must have reacted when I told her 27 calcium pills per day.... 9 at each meal. She protested briefly, fearful that she was due to return to the doctor in a month to be retested. She wondered what she should tell him, knowing she would be busted for over dosing on calciums! I told her to come back in a month after seeing the doctor again.

She did. Mrs Johnson came and gave me urine and saliva samples, I tested them and asked her if she had stuck to the RBTI protocols? She said yes. Truthfully, I only asked to see what she would say. The numbers always tell me if a client has stuck to the diet. Because the numbers don't lie. She said she went to the doctor as planned.

She was terrified, but followed through anyway. They drew her blood and finally the doctor called her into his office. She said the doctor didn't even look up at her, but just studied her file and shook his head. Boy was she scared. Finally the doctor lowered his reading glasses, looked over them at her and declared, "Well, Mrs. Johnson, I don't know what to tell you." After a long uncomfortable pause ---he said, "The calcium count in your blood is normal, it appears to me like you've had a miracle recovery.... ."

Mrs Johnson sighed in relief and delight---even though she was bewildered how that could possibly be. I explained to her the RBTI perspective. When the body is calcium deficient, it is so clever at healing itself, that the body knows how to prioritise. Subsequently, the body sends calcium to the important organs, stealing it from stored calcium in the bones, hair, teeth and nails, low priority areas of the body.

The calcium being leached travels in the blood. Of course, osteoporosis is caused by a calcium deficiency, and because the brain, heart, liver, lungs, etc. need the calcium energy more than our bones, which usually is a plentiful storehouse of calcium. So, the bones sacrifice for the higher priority organs.

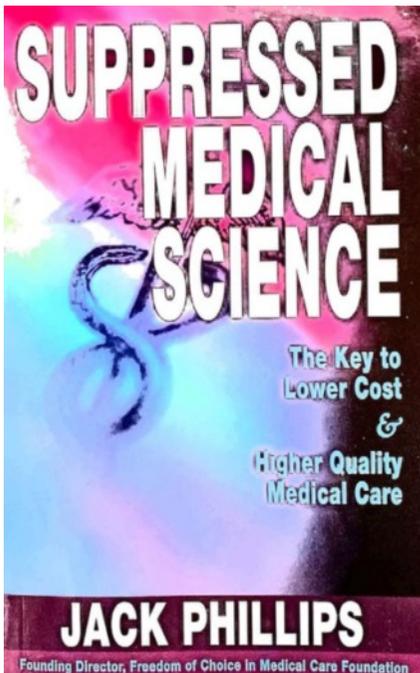
Once Mrs Johnson was getting enough of the right calciums for her specific body chemistry, the leaching stopped. And when the body is

getting the right calciums for that body chemistry, it is all being assimilated and not loitering in the blood where it does no **Body** any good. Mrs Johnson stuck to the protocols as long as I knew her.

One more quick story to illustrate that RBTI provides success through Doc Reams' scientific wisdom, when the White coats fail.

Chapter 5

Suppressed Medical Science



A close friend of ours, of my husband Stephen and mine.... was Jack Phillips. He was a brilliant scientist and graduate of MIT and Harvard, I believe. Stephen helped him compile his last book, *Suppressed Medical Science* ---in any case, at 97 years old, still sharp as ever mentally, he called on my husband to bring me to Florida to test him and help him out. Jack knew I was an RBTI girl, but we had a long-standing feud about vitamin C. Jack was a long-time advocate and supporter of Linus Pauling and the Linus Pauling Foundation.

I tried to explain that, according to Doc Reams, Pauling got it wrong. That's because Doc distinguished between anionic and cationic vitamin C. Different body chemistries require different kinds of Vitamin C to produce energy, or assimilate we might say. The wrong kind of C causes more harm than good.

We drove across country because I can't fly with sulphuric acid in my luggage, one of the chemicals required for the RBTI test. When we arrived Jack was stuck sitting at his computer all day, barely able to walk,

with his ankles swollen to the diameter of his thighs. His legs looked like stovepipes.

After testing, he started the RBTI protocols immediately, including especially, drinking distilled water in the proper quantities and timing for his weight and numbers. We were staying 2 blocks away in a second house Jack owned--- so we were nearby and I was able to test him twice a day in his feeble condition.

On the third day, about noon, we heard a knock at the door. It was Jack! And his walker! His oedema was gone and he had ambled two blocks over to see us. The same thing happened three days later. Only that time he came with a cane instead of his walker. Then **Four** days later, rap-tap-tap--Jack showed up at our door with no walker, no cane... and feeling like a young man again... at 97 years old.

Now, anybody suffering oedema today who goes to the doctor, receives the same treatment. They are usually given some type of diuretic and drugs to remove body fluid. This is the white coat strategy for reducing the swelling from excessive fluids, quite often in the ankles, of those with oedema.

In RBTI, we have a different understanding. Again, believing that the body knows best, fluid retention is actually caused by **Dehydration**. When the body is dehydrated, the body is so smart that it retains fluids. So, when a client starts drinking enough, enough pure water, enough distilled water, the body quickly hydrates and symptoms of oedema usually disappear within 24-48 hours.

Now, for the rest of the story. Jack came over one day with the latest newsletter from the Linus Pauling Institute at Oregon State University. In it he pointed out an article that explained that for all these decades they were wrong about Vitamin C, and that there were different kinds of C which had differing effects on different people. Jack grinned at me and said, "Katja, **You Were Right!**" I said, "No Jack. Reams was right." So you know, I am not a scientist. Reams was the scientist. Everything I say here is based on Reams' research and scientific application, and my own

accumulated experience applying Reams protocols. I have a gazillion anecdotal tales I could relate about my years in RBTI, but I want to talk about Doc. Reams summarised his beliefs by saying, “

**“God is the basis of life.
Life is the basis of energy,
Energy is the basis of matter.”**

According to Reams, “Ionisation is God’s laws putting things together and taking them apart ion by ion.” As you might suspect, Reams and his concepts are often misunderstood, because he disagreed with prevailing scientific postulates and hypotheses. His eccentric mathematical genius was directed into biochemistry and the way it was affected by the electromagnetic properties of elements as they combine to build life as we know it in plants, animals and humans. Reams’ basic language— not even a close second to English— his basic language was relative mathematics. His challenge was to translate his mathematical findings into a language that could be understood by the average professional.

That meant he had to either develop an entirely new language, or borrow and redefine common terms in common use that would come closest to describing how he saw nature and nature’s law working.

He chose the latter. This has caused no end of frustration to those within certain rigid scientific disciplines, whose security and peace of mind rest on what they know and use on a daily basis. As Orville Wright put it: “If we all worked on the assumption that what is accepted as true IS true, there would be little hope for advance.”



Chapter 6

Electro Magnetic Fields

A S I MOVE FORWARD HERE, you are asked to put aside your preconceived notions and beliefs, and think with me within a unique, unorthodox **Paradigm** of addressing human health. After all, the success that has been made in the conventional way of thinking in the matter of degenerative disease is embarrassingly slight.

Biological Ionisation is the study of how energy becomes matter and how matter becomes energy on a continuous basis. According to Reams, RBTI offers a way to measure the energy in elements, compounds and biological systems including humans. The loss of energy in humans is the beginning of disease. Doc never concerned himself with diagnosing or even naming a disease.

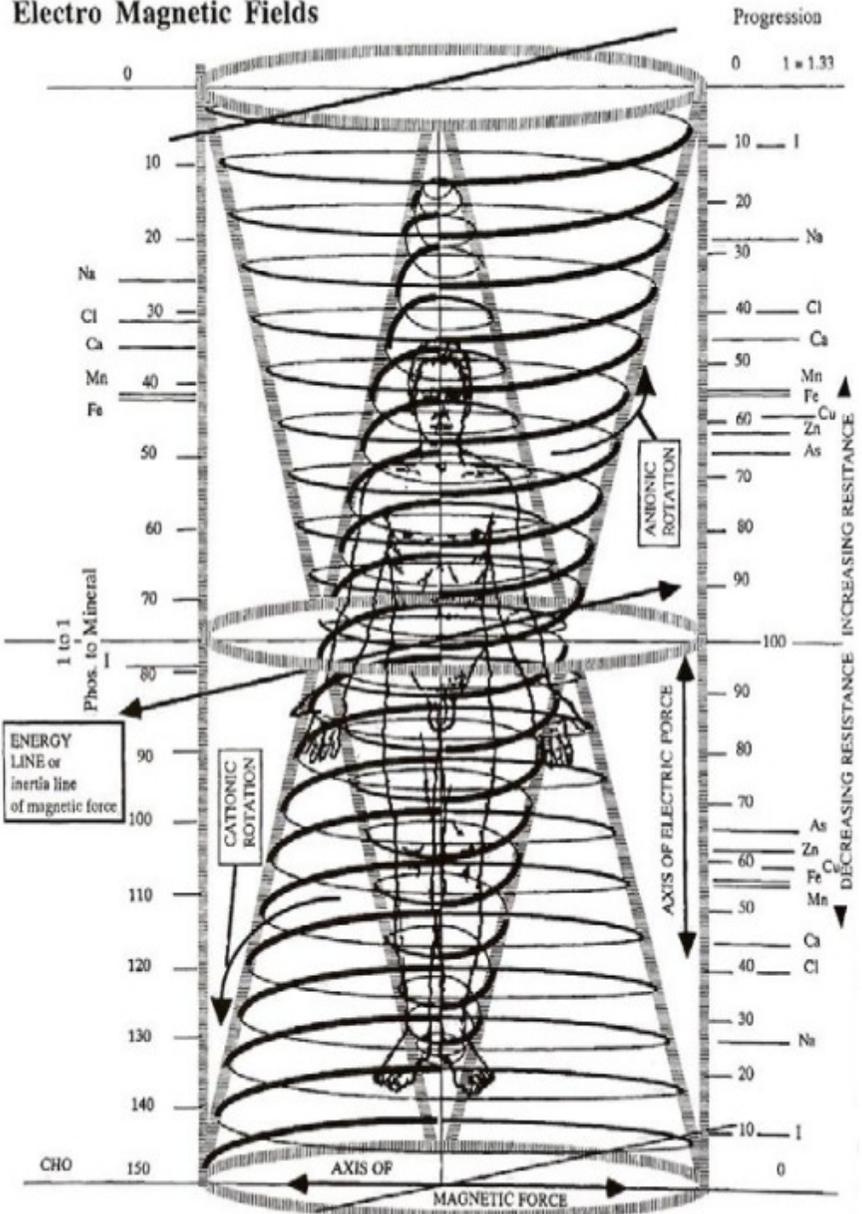
Because it didn't matter. What mattered were the numbers, because they indicate the cause and location of energy loss. Disease and aging are not to be differentiated. They are merely different ways of expressing energy loss. As you might suspect, the authorities created continual problems for Dr Reams with his unapproved methods and standards of care. He was arrested repeatedly and fought for the right to help people heal themselves.

Once when Doc was conducting an RBTI seminar the police came in and arrested him, and dragged him right off the stage. As he was leaving, he turned to the students in attendance and said, "Don't worry. I'll be back. Obviously someone in jail needs me right now."

Reams grew up in the orange groves of central Florida. His love of fruit and scientific interests led him to understand how to best restore soil for best results. When he was injured in the war and left blind, he used the same science and applied it to human health to heal himself when the doctors gave him no chance to survive.

Despite years of legal battles with health authorities, he kept himself alive until 1985. Farmers in the area would consult Reams to improve fertiliza-

Electro Magnetic Fields



tion for optimal harvest. Doc would tell the story of a watermelon farmer, who consulted him because watermelon is notorious for depleting lots of minerals from the soil, and every farmer wants maximum crop yield, which is highly dependent on the soil quality.

Well, halfway through the season the client called Doc in a panic, told him to come right away. It seems the farmer's neighbour, who also grew watermelon, had lush fields, with watermelon leaves the size of elephant ears, and he was making fun of Doc's client. Doc listened, then turned to the farmer saying, "And here I thought you wanted to grow watermelons, not watermelon leaves." Come harvest, Doc's client had twice the tonnage of marketable watermelons on his spindly vines than his neighbour.... whose plants were putting so much energy into growing the lush vines, that the watermelon production suffered.

Even the police would call on Doc. For example in arson investigations. They would give him ashes to analyse. By determining the atomic frequency of the ashes he could tell if there were animal or human remains in the fire... whether the human was male or female. The court appearances became just too tedious and not productive. He said this was one of the steps in which the RBTI was discovered. He sold the medical laboratory, and then spent his time in the Agricultural Engineering field. He knew he had something, but did not know where its strong and weak points were. Reams said, "When any chemist or physicist makes what he thinks is a discovery, the first things he wants to know are:

Is it real?

Is it true?

Does it work every time?

What are the exceptions?

He did then what IS the duty of every scientist and physicist: he set out to prove that this hypothesis was not true. The idea of the entire equation is:

=Whether the body has too much carbohydrate, or not enough.

=Whether the body chemistry is too acid, or too alkaline.

- =Whether the body is retaining too much salts or not enough
- =Whether the body is throwing out the worn-out cells, or not throwing out the worn-out cells.
- =Whether or not the proteins are digesting.
- =Whether there is too much manganese, or not enough.
- =Whether there is too much iron, or not enough.
- =Whether there is too much iodine, or not enough.
- =Whether there is too much arsenic, or not enough.
- =Whether or not there is enough potassium, phosphates, etc., enough of all the elements.

Chapter 7

Periodic Table

RBTI IS BASED ON FREQUENCY PRINCIPLES. Reams referred to frequency as the periodic motion of electrons about atoms of molecules. Specifically it refers to the time it takes for one revolution or period. It is the common denominator or energy exchange ratio necessary for a living system to continue to function properly.

The vibratory motion of all atomic structures is a product of the energy of sub-atomic particles known to most as “electrons” and “protons.” Each pure element has its own vibratory pattern called frequency; however, in RBTI-speak we refer to these electron particles as anions and the proton particles as cations. As these sub-atomic particles combine, new charge ratios develop, which result in new frequencies.

We refer to the Periodic Table to understand this concept. The number in the upper right hand corner represents the atomic weight of the element. In RBTI this number represents the ratio of anions to cations. That ratio is what forms the frequency.

RBTI principles recognize and deal with the electric and magnetic charge-force interrelationship. It is recognized that each element has a measurable resistance level and it is unique for that element only. That resistance level is directly related to the ratio of anions and cations within

Periodic Table of Elements

1 H HYDROGEN 1.00794	2 He HELIUM 4.002602																																
3 Li LITHIUM 6.941	4 Be BERYLLIUM 9.012182																																
5 B BORON 10.811	6 C CARBON 12.0107	7 N NITROGEN 14.0067	8 O OXYGEN 15.9994	9 F FLUORINE 18.9984032	10 Ne NEON 20.1797																												
11 Na SODIUM 22.98976928	12 Mg MAGNESIUM 24.304																																
13 Al ALUMINUM 26.9815386	14 Si SILICON 28.0855	15 P PHOSPHORUS 30.973762	16 S SULFUR 32.06	17 Cl CHLORINE 35.453	18 Ar ARGON 39.948																												
19 K POTASSIUM 39.0983	20 Ca CALCIUM 40.078	21 Sc SCANDIUM 44.955912	22 Ti TITANIUM 47.867	23 V VANADIUM 50.9415	24 Cr CHROMIUM 51.9961	25 Mn MANGANESE 54.938045	26 Fe IRON 55.845	27 Co COBALT 58.933195	28 Ni NICKEL 58.6934	29 Cu COPPER 63.546	30 Zn ZINC 65.38	31 Ga GALLIUM 69.723	32 Ge GERMANIUM 72.64	33 As ARSENIC 74.9216	34 Se SELENIUM 78.96	35 Br BROMINE 79.904	36 Kr KRYPTON 83.798																
37 Rb RUBIDIUM 85.468	38 Sr STRONTIUM 87.62	39 Y YTIPIUM 88.90585	40 Zr ZIRCONIUM 91.224	41 Nb NIOBIUM 92.90638	42 Mo MOLYBDENUM 95.94	43 Tc TECHNETIUM 97.9072	44 Ru RHODIUM 101.07	45 Rh RHODIUM 102.90550	46 Pd PALLADIUM 106.42	47 Ag SILVER 107.8682	48 Cd CADMIUM 112.411	49 In INDIUM 114.818	50 Sn TIN 118.710	51 Sb ANTIMONY 121.760	52 Te TELLURIUM 127.60	53 I IODINE 126.90447	54 Xe XENON 131.29																
55 Cs CAESIUM 132.905	56 Ba BARIUM 137.33	57 La LANTHANUM 138.90547	58 Ce CELESIUM 140.12	59 Pr PRASEODYMIUM 140.90765	60 Nd NEODYMIUM 144.242	61 Pm PROMETHIUM 144.9128	62 Sm SAMARIUM 150.36	63 Eu EUROPIUM 151.964	64 Gd GADOLINIUM 157.25	65 Tb TERBIUM 158.92535	66 Dy DYSIDIUM 162.50033	67 Ho HOLMIUM 164.93032	68 Er ERBIUM 167.259	69 Tm THULIUM 168.93032	70 Yb YTERBIUM 173.054	71 Lu LUTETIUM 174.967																	
87 Fr FRANCIUM 223.0197	88 Ra RADIUM 226.0254	89 Ac ACTINIUM 227.0287	90 Th THORIUM 232.0376	91 Pa PROTACTINIUM 231.0362	92 U URANIUM 238.02891	93 Np NEPTUNIUM 237.04817	94 Pu PLUTONIUM 244.04094	95 Am AMERICIUM 243.06138	96 Cm CURIUM 247.0703	97 Bk BERKELIUM 247.0703	98 Cf CALIFORNIUM 251.07875	99 Es EINSTEINIUM 252.0833	100 Fm FERMIUM 257.0951	101 Md MENDELIUM 258.1037	102 No NOBELIUM 259.1037	103 Lr LAWRENCIUM 262.1037																	
111 Ag SILVER 107.8682	112 Hg MERCURY 200.59	113 Nh NIHONIUM 286.101	114 Fl FLEROVIUM 289.101	115 Mc MOSCOWIUM 288.101	116 Lv LIVERMORIUM 293.101	117 Ts TENNESSIUM 289.101	118 Og OGANESSON 294.101																										

alkali metals
 other metals
 metalloids
 alkaline metals
 transition metals
 halogens
 noble gases
 lanthanoids
 actinoids
 nonmetals

Atomic Number → **7** → Chemical Symbol → **N** → Relative Atomic Mass → **14.007**
 Chemical Name → **NITROGEN**

Solid at room temperature
 ♁ Liquid at room temperature
 ♁ Gas at room temperature
 ♁ Artificially created
 ♁ Radioactive

the internal structure of the atom. The bottom line here is, that frequency tells the diet. This simply means, that because frequency tells the combination of elements and their arrangements in the line of least resistance, then the content of the diet and the way the foods should be provided for best nutrition can be known. In other words, if the frequency is known, then the ratio for the minimum amount of the various mineral elements that can make up that particular frequency is known.

In addition, frequency tells how those nutrients can best be incorporated into the system by the line of least resistance. The proper frequency is the proper line of resistance.

A primary foundational RBTI Rule is: “Man does not live off the food he eats, but off the energy produced from the food he eats.” According to Doc, man receives his energy from two sources: First, 20% of the mineral energy comes from the food digestive principle. Secondly, 80% of the mineral energy comes from the atmosphere in which we live and breathe. The more efficient the digestion, the more efficient the body can extract the mineral energy from the ether.

We don't just get Nitrogen and Oxygen from the air, but vast amounts of trace elements due to the cleansing action of the world's oceans. These are in parts per billion and smaller. Other life influencing energies come in the form of electromagnetic frequencies of the whole spectrum, from the Schumann Frequency to cosmic radiation.

>>>>>>7 min BREAK <<<<<<<



Chapter 8

The Numbers

LET'S TAKE A LOOK NOW AT RBTI SCIENCE. When the search began for a method of evaluating the basic energy exchange that takes place in body chemistry, every fluid or substance the body gives off or excretes was tested: sweat, tears, blood, faecal matter, urine, saliva, hair, fingernails and ear wax.

Reams Biological Theory of Ionization

$$CS + 1.5 \frac{6.40}{6.40} \quad 6-7C \quad .04M \quad \frac{3}{3} = PH$$

- * 1.5 Carbohydrates (sugars)
 Refractometer Brix

- * $\frac{6.40}{6.40}$ Urine pH
 Saliva pH

- * 6-7 C Conductivity (salts)

- * .04M Cell Debris

- * $\frac{3}{3}$ Ureas (nitrate nitrogen)
 (ammonium nitrogen)

All were analysed quantitatively in the light of relative mathematics. The goal was Reams Biological Theory of Ionisation to develop a workable way of evaluating, and to understand the cause-and-effect relationship of health to body chemistry.

After many years of study, experimentation and laboratory evaluations with oscilloscopic equipment to develop simplified non-invasive testing and easily-used equipment procedures, ultimately it was found that all of the tests gave redundant information except for two. These two are urine and saliva.

You've heard me mention "the numbers" several times. And what does that mean? Reams credited God Almighty with revealing to him what we call in RBTI the "equation" for perfect health. It looks like this:

$$\text{CS} + 1.5 \ 6.40/6.40 \ 6-7C \ .04M \ 3/3 = \text{PH}$$

CS means Common Sense
PH means Perfect Health

The numbers in between are "the numbers," what we call the "equation." Using very specific laboratory techniques, we run seven tests, one on a fresh saliva sample, and 6 on a fresh urine catch. But, truth be told it is not an equation at all—it is a ratio. Every value is dependent on and has an attenuating, amplifying, mitigating or moderating effect and relationship with the analysis of the others. And while we look at the numbers individually, we have to look at the whole simultaneously to understand them.

Imagine. These seven simple numbers tell us more about our state of disease than Ultrasound, MRI and blood tests combined. But, beyond that, we can see disease coming before doctors notice, or symptoms tell us it's even there. These numbers tell us what to do to change our line of resistance to assist the body in healing itself.

The truth is that allopathic medicine, surgery and drugs don't heal degenerative disease—they only modify or mask symptoms. The RBTI approach is that the body is its own electro-magnetic, biological, self-

healing device. Given the proper nutritional support, often combined with mental, psychological, spiritual and emotional support, the body will heal itself. The body's own healing methods often manifest as observable phenomena we call "symptoms." And then, we name the symptoms as a given disease, and call it a diagnosis. Now, let's look at the numbers. The first number is 1.5, the Carbohydrate Number.

This represents a Brix reading of the urine with a refractometer revealing the carbohydrate level. Reams found that blood sugar tests were too inaccurate to be useful. Not only do they test for only glucose intolerance and not the whole range of carbohydrate sugars, but, the sugar levels, or carb-insulin ratio in the blood are too volatile to be meaningful.

By using a refractometer to test the urine, the tests are more accurate than the blood test on low blood sugar because the urinary carbohydrate reading is an average of the blood chemistry readings over the previous 24-hour period. The importance of the carb reading is that "blood sugars" tell us how much oxygen is available to the cells. When the sugars are too high or too low there is an oxygen deficiency.

This dangerous situation is often observable in annoying symptoms such as: headaches, low energy, short-term memory loss, dizziness, nausea, fainting, even blackouts.... frequent urination, insomnia, hot or cold extremities. Inability to concentrate. Inattentiveness. Does your baby wake up from a nap crying? Ever wake up with cotton mouth or chapped lips? High and low blood sugars cause **Dehydration** no matter how much water you drink.

Wacky blood sugar levels affect the emotional state, cooperativeness or stubbornness and contrariness. Being quick to tear up or quick to anger is a sure sign of wacky sugars. And it's considered a primary cause of suicide.

Reams discovered that most children suffering from seizures and diagnosed with epilepsy were not in fact true epileptics, but rather were experiencing low blood sugar seizures. Even though the medical community does not admit this openly, they must suspect it. At summer camps for epileptics the children are required to carry around small packets of

honey in their pockets. If someone has a seizure, the protocol is to quickly empty a packet of honey into the child's mouth. This will raise the blood sugars almost instantaneously and bring the child out of his seizure.

Imagine all the symptoms which are not immediately identified when the cells and the organs are all oxygen deficient. Managing blood sugars is absolutely vital, and can usually be very successfully controlled through RBTI protocols.

Next we come to the pH numbers.

6.40 over 6.40. The top number is the urine pH, while the bottom is the saliva pH, and it is written in typical fraction form, though it is not a fraction. They denote the lack of calciums, or the resistance between the anions and cations, the anions and anions, the cations and cations. This is a key factor in measuring the total amount of energy in our bodies, and is the key factor in the reserve energy, however, it is not the whole key. The pH reading is not a measure of the amount of acids or alkalines, it's a measure of resistance between acids and alkalines.

By the resistance we can tell whether we have too much or too little calciums, or which calciums are enough and of which ones the body has too much. It is not a quantitative measure, it's a measure of resistance. By a differential calculus by deduction we can tell what is happening in the human body.

So, remembering Mrs Johnson with osteoporosis... The pHs indicate whether the body contains too much or not enough. There is no such thing as "pure Calcium" Calciums can be divided into seven different classifications, or isotopes. And over 2,000 configurations of calciums. There is only one of the classification of calciums that is fatal to biological life, which is pure calcium hydroxide, commonly known as **Slaked Lime**.

The other Six of these Seven isotopes of **Calcium** are essential to biological life: calcium oxide, calcium lactate, phosphated calcium, dolomite calcium, calcium carbonate and tri-calcium phosphate. If there is too much of one kind of calcium and not enough of five other kinds of

calciums, it creates a digestion problem— because the liver has to have some of all six of the calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.

The pHs are an accurate indicator of metabolic speed. When the pHs are above 6.4, digestion is too slow, when below 6.4, digestion is too fast. Dr Reams was once criminally charged for claiming that a person's metabolism could be changed through diet.

A skilled tester can spot an acid or alkaline person by several obvious indicators. If someone is wearing a necklace with a clasp, the clasp will migrate around the neck according to the atomic spin, whether anionic or cationic. The orbiting shell of an anion molecule rotates in a clock-wise direction. A cation molecule has an anion as its nucleus and has cations, or cationic electrons if you will, in its outer orbit. This orbit is counter-clockwise. The way we cross our legs, cross our arms or fold our hands is another indicator.

When a baby is born, we can see the direction of the cowlick on the top of the head, in which hemisphere it is located and whether it is clockwise or counter-clockwise. And like on planet Earth where we see large bodies of water spin in opposite directions in the northern hemisphere than in the southern hemisphere, where the weather systems and hurricanes spin in opposite directions in the northern hemisphere than the southern, so are our bodies. When we walk, the right arm goes forward as we step forward with the left foot, and vice versa. If we cross our arms one way, we cross our legs the opposite way.

Our bodies are like the Earth, with our equator at our naval. We have an East and a West, or a left and a right hemisphere, as well as a north and south hemisphere. This becomes important when pinpointing the location of energy loss, whether in the whole body or in a specific organ.

An **Anionic** condition creates energy loss in the lower part of the organ, congestion in the upper part. While a cationic condition indicates energy loss, or degeneration, in the upper part of the organ, and congestive condition in the lower part. Depending on the numbers, the energy loss is

from one quadrant of the body or even from one quadrant of a specific organ, and the congestion will occur in the diagonally opposite quadrant. It's interesting to note that people with indigestion who are too anionic, or alkaline, tend to belch and be constipated. While those who are cationic will pass gas and tend toward diarrhoea. Anionic is northern hemisphere, cationic is southern hemisphere. Indigestion that causes both is a more complicated conflicted chemistry.

The fourth number we call the C number. It is the Conductivity number. 6-7 C We also refer to it as the Salts number. We use a conductivity meter to determine the C value, which denotes the total salt measurement in micro numbers. There are many different kinds of salts. Chloride salts, and salts without chloride. Even insulin is a salt. This reading indicates whether the body retains too much salt or not enough. This is done through the process of elimination, which is a mathematical calculus equation.

The C number is also important for readjusting and correcting the carbohydrate number for a true Brix reading, because the refractometer reads electrolytic as well as carbohydrate concentrations. The salts number is highly significant because it is the cause of angina, —and heart attacks can be accurately predicted by a skilled RBTI practitioner.

Salts above 25C will result in agglutination, thickening and clumping of the blood. The dehydration of the arteries caused by high salts causes the body to protect the arteries from becoming brittle and breaking by manufacturing cholesterol and coating the arteries with this life-saving lubricant. Of course, cholesterol is a stop-gap measure and should not persist for years, or a stroke or heart attack will be unavoidable.

Many people can tell when their salts levels are particularly high because when their head is on the pillow at night they hear their heart beating in their ear. Or they feel like their fingers are stuck in an electrical socket buzzing them.

So, what is the solution to high conductivity? If you're thinking **Hydration**, you are absolutely right. Drink more water. Reams' formula for

determining the proper amount of water a body needs is simple: Take your body weight, divide in half, and call it ounces. Divide this number by 10 and drink it every hour half of it on the hour and the other half of it on the half hour. For example— a person weighing 160 pounds needs 80 ounces per day. Divided by 10, we are talking 8 ounces every hour.... 4 ounces on the hour and 4 ounces on the half hour for ten hours.

Now, it's important to be extremely careful with this knowledge, because sudden proper hydration can cause serious low blood sugar issues. So, one needs to know to manage this and avoid these sugar crashes. Often people need to sweeten their daily water ever so slightly with natural sugars, honey, sorghum, maple syrup, molasses and the like. We're talking usually about 1-2 tablespoons per 40 ounces of water for effective and healthy carbohydrate regulation.

Moving on to the fifth number, the M number, it is the cell debris count in the urine. A reading of .04M is shorthand for 40,000 cell debris particles per litre of urine.

4M means 4 million. Even at 200 particles per drop, a 4M appears as clear as water. The M number indicates the basic change of worn-out cells. Dead and dying cells, and their parts are removed from the system in two major forms — soluble and insoluble. Because the soluble form is carried inside the water molecule that makes up the majority, it cannot be physically seen in the urine at all, other than having some influence on the colour of the urine.

On the other hand, urine also contains insoluble substances from those same dead and dying cells the body is removing — for this we use the term Cell Debris, this fifth number in the equation. Remember, according to Reams, cells do not repair themselves, they replace themselves.

In fact, the kidneys get rid of more solid waste, both soluble and insoluble, than any other organ of the body. Dr Reams believed that a person in perfect health urinates out enough soluble and insoluble debris in 6 months to equal his body weight, and all from dead and dying cells being removed properly from the human body.

The cell debris count tells what is happening with the rate of energy exchange at all levels within the functioning cell. Remember, energy in and out of a cell and its parts has to be at a certain ratio, called frequency. When it is not, the frequency will change. A change in the ratio of mineral energy, or frequency, means a malfunction with cell deterioration resulting. We call it disease.

Dr Reams discovered that there is a correlation between the higher-the-M number, and the lower the frequency. The lower the frequency, the shorter length of time the cells live and the faster their turnover rate. After all, according to Reams we have 240 cell changes in our lifetime. A healthy person's cell will live 6 months before being worn out and replaced. That means, hypothetically we should be able to live 120 healthy years before we begin to degenerate.

So, we can deduce several things from the cell debris number. First, the higher the number, the faster the body is breaking down, or the faster the body is aging.

Second, on a first test, with all the numbers outside the optimal range, we see that nature is at least cooperating, attempting to keep up with the removal of cells that are no longer functioning within the proper frequency ratio of energy exchange in the body.

Third, if on the first test the M number is low, it is an indication that the body is not able to get rid of dead cells. This implies there could be a build-up of dead cells, cells not on the frequency ratio, somewhere within the system. And lastly, while on an RBTI individualized programme, with energy in part of the test moving toward the optimal range and the cell debris number dropping under 4M would suggest the body is not completely cooperating.

The Cell Debris number is a good indicator of cellular life expectancy and the body's ability to effectively remove worn out cells. Lastly, we look at the sixth and seventh numbers, we call the urea's, 3 over 3, and they indicate many things. Again, like the pHs, it looks like a fraction, but is not a fraction. And here again we come across numbers that are a part of

an anionic-cationic relationship or ratio. They will influence the electromagnetic picture that develops from the ratioing of differentials.

These numbers represent energy being lost from the system. This is a factor in the line of least resistance, and the resulting symptomatic effects produced by such.

The top number measures the nitrate nitrogen and is anionic in configuration. The bottom number is the ammonium nitrogen and is cationic. As a side note, Ammonia, or NH_3 , is actually a very strong anion, while Ammonium, or NH_4 , is the cationic nitrogen for which we are testing in RBTI.

Nitrate nitrogen comes from excess proteins... properly and improperly digested proteins in the daily diet. Ammonium nitrogen comes from the detoxification of proteins staying in the body too long, and other breakdown products of cell metabolism, as well as the breakdown of the tissues themselves due to the aging process.

Suffice it to say, the top number represents the protein IN from diet, and the bottom number is protein **Out**. This is why the top number, nitrate nitrogen, drops to zero when fasting—there is no protein input from food. If these numbers are running too high it indicates that the proteins are turning to urea because of the high salt, and causes the heart to beat too hard, and the person is a predictable candidate for a pectoris heart attack. Also, the person is too tired, or tensions are building up. If the worn-out cells are flushed out of the system in three days it does not turn to urea.

Urea is undigested protein. The iron, iodine, manganese and arsenic are measured by the process of elimination. When food enters digestion, a resistance is encountered. This is a chemical reaction that takes place between the digestive enzymes and the food. In other words, a chemical pressure (“electron press”) is applied to the food to take it apart into simpler forms: matter, heat and electricity. When water, oxygen and calcium are being properly supplied to the body, the digestion will apply the correct amount of resistance pressure to the food, resulting in the

beginning of the proper frequency or line of resistance from the energy particles being released.

This properly adjusted energy can then be picked up by the part of the liver that can use it to build all the basic building blocks for optimally healthy cells. If the resistance pressure on the ingested food is not correct, because of lack of water, oxygen and calcium in the food and body, the matter, heat and electricity released will be on the wrong frequency, an incorrect line of resistance, and therefore not usable by the body. Being unusable, this energy is treated as though it were toxic by the part of the liver that is responsible for detoxifying, and neutralizing in preparation of removal, any chemical waste, whether it comes from the body's regular healthy metabolism, environmental poisons, or food that has been rendered toxic because of improper resistance pressure in the digestion.

The result of improper digestion is the release of amino acids that are not on the frequency of the body. The liver cannot use them for making energy building blocks for the body, so the liver treats them as a toxin and converts them into non-toxic insoluble urea. Urea, however, is only non-toxic for up to 72 hours. After that, urea breaks down into soluble urea salts of nitrate and ammonium nitrogen. Ultimately they will take part in aggravating the conductance of the body fluids through these soluble nitrogen salts beyond what the body can handle.

We refer here to our discussion on the C number. Nitrogen plays a unique role as a major electrolyte in nucleotide and amino acid formation. Yet excess amounts of soluble nitrogen are toxic. If the urea number is too low, and protein deficiency continues long enough, a potassium deficiency will develop. By weight and volume, Calcium, Phosphates and Potassium in that order are the most important minerals for human health.

Potassium is necessary for proper function in all human life. Generally there is enough potassium in the food we eat, but the pick up of potassium by the intestines is dependent on the proper levels in the body of nitrogen obtained from protein. Potassium is necessary for the thyroid gland to make an emulsifying agent that is used in the bile for fat metabolism.

While potassium is seldom lacking in the diet, it can be lacking in sufficient levels in the tissues.

One more final note on potassium. A lack of potassium to the brain increases the danger of brain tumours. The reason for this is related to the Redox Potential change, due to the line of resistance being altered by a change in potassium and calcium levels, which are inversely proportional to each other. This change will alter the micronage of the brain tissue over a period of time.

Please take particular note. When the potassium uptake situation is poor, an individual may complain of some of these symptoms: Headache up the back of the neck, or migraine headache, sudden drops in mental activity, depression of various forms, mood swings, seizures and onset of senility.

In addition, problems may result in thyroid function that affect weight gain problems. This is where we see a pattern resulting in anorexia and also dementia. Don't be discouraged. RBTI test numbers are not easily interpreted. If you were told everything that could happen about numbers and the 2,600 differentials, if you read extremely rapidly, it would take you approximately 2,000 years to read if you read 12 hours every day.

Doc himself would say, "some of the testers are so steeped in fads until it takes two or three years to de-fad them, but don't hold that against them," he said, "I would rather trust my life to the poorest tester in the field than to trust my life to the use of chemotherapy cobalt or radiation.

Now, let's take a quick review of some of the dietary protocols of RBTI. And remember, every RBTI program is individualized for a person's specific chemistry, following the information provided by the numbers of the equation. That said, there are a few "universal" recommendations.

One of the primary RBTI recommendations for health is to drink distilled water. The highest energy water comes from the steam distillation process. No other type of water is able to carry minerals, organic minerals or colloidal minerals, into the system as easily as steam distilled water. Hard water is low energy water. Minerals, inorganic minerals, in hard water

have taken the energy away from the water molecule in order for it to be carried in the water.

Most people think of distilled water as being the most pure, which is true, but that reason is only secondary. The primary reason for consumption is the energy that is added to water when it is steam distilled. It is very similar to charging water with radiation during atomic power generation. The water that results has the nickname of “heavy water.” It is also high energy water, but not by the steam distillation process.

This ability to carry minerals into the system easily is why the effect of rain water (which is nature’s distilled water) rain water on plants or in the garden is often seen to be much greater than that of other water. Likewise, in the human body, distilled water enhances the movement of minerals into the liver. Because the liver has to put water, as well as all types of food energy, on the body’s own frequency, it is much easier to convert high energy water than low energy water.

In the majority of cases it is interesting to note that animals, when given a choice will choose distilled water over any other type of water. The only time to not use distilled water is when cooking, and the water is going to be thrown out, such as boiling pasta. In that case, the distilled water will ionise with the minerals in the pasta and the mineral nutrition will be poured down the drain.

Now it should be clear to everybody why there is no substitute for steam Distilled water. Not filtered water. Not reverse osmosis water. Not boiled water. Not bottled water. Not mineral water. Not alkaline water. Not spring water. Not deep well water. Only Pure steam distilled water, all other water is contaminated as well as being heavy water and not beneficial for our health and well-being.

Personally, I have drunk pure steam distilled water exclusively since 1978. And I don’t regret it. It has paid off. Another mostly universal protocol of an RBTI program is fresh lemon. Many have heard of the lemon water diet, which comes originally from Reams and his programme.

We mix freshly squeezed lemon juice and mix it with distilled water, and sometimes sweeten it, depending on a person's Brix number. The ratio is 9 to 1, water to lemon juice. 36 ounces of distilled water and 4 ounces of fresh lemon juice makes 40 ounces and lasts 10 hours, drinking 4 ounces every hour on the hour. It is considered the best tonic for revitalizing the liver for optimal health and healing.

When considering the electro-magnetic concepts of food, keep in mind that all foods are considered cationic, with the exception of **Fresh Lemon Juice**. This is due to the configuration of the lemon juice as compared to the bile and the hydrochloric acid that the liver formulates. No other foods have been found to be comparable. It appears that the electromagnetic spin of the digestive enzymes are anionic while all the foods (except fresh lemon juice) are cationic in configuration.

Another tip for you, a really good addition to any diet is blackstrap molasses, it is an invaluable source of a wide variety of minerals. A few drops a day added to any food or drink will be a valuable addition to any diet.

In summary, besides all one learns from RBTI, the most difficult part for many is the **Un-Learning**. Much of what we have come to believe about diet are trends created by certain marketing interests, or just plain ignorance and even lies perpetrated innocently or otherwise. I call these beliefs "Health food store aisle wisdom," widely accepted myths that have no confirmation in honest scientific enquiry or clinical results.

Generally, Reams recommended the widest variety of foods possible, as a safeguard to ensure a wide variety of minerals in the diet. He warned that we suffer more from what we **Don't** eat than from what we **Do** eat.



Chapter 9 RBTI Myth Busters Reams Biological Theory of Ionisation

Myth Busters

- 1) Alkaline or Mineral Water
- 2) Raw Foods
- 3) Sea Salt
- 4) Alkalise or Die
- 5) Vitamin C
- 6) Acid Indigestion
- 7) Pork
- 8) Magnesium

SO, I WANT TO SHARE A FEW OF THE MYTH BUSTING CONCEPTS that Doc Reams taught. Be prepared to have your sacred cow slain. First, Water. Alkaline water or mineral water. They are both detrimental to one's health. And that's a tough pill to swallow for many alternate water advocates, I know. I've already told you about distilled water. So, hopefully the biologic ionisation principles will convince you of its benefit to your health

Two, Raw foods. Raw foods are not necessarily better. Especially for folks with poor health already, raw foods are difficult to digest and extract the needed mineral energy. RBTI recommends juices and soups as valuable and effective food sources. Don't worry. Cooking does not destroy minerals!

And I'll throw in caution about **ORGANIC** foods at this point, too. Reams was not opposed to some inorganic fertilizers, because plants are perfectly capable of using beneficial chemicals. But, remember, too, just because fruits or vegetables are grown "organically" does not guarantee they are mineral rich. Mineral poor fruits and vegetables are not particularly valuable just because they are organic. One can test these foods with the refractometer. The higher the Brix number, the higher the sugar content, the higher the mineral content. If the fruit or vegetable dehy-

drates with age, it has high mineral content. If it rots, you know there is a dearth of minerals, and probably not worth eating when it was fresh.

Three, Sea Salt. Since most of us test with excess mineral salts in our system, limiting salt intake is often recommended. But, particularly, Reams said to avoid Sea Salt especially. This is because sea salt is a more complex mineral compound that is far more difficult to flush out of our body than plain table salt. It is erroneous to believe that there is value to consuming sea salt because of the micro-minerals. The trace minerals in sea salt are inorganic, and the quantities are too minuscule in any case. Supplementing with kelp will do the job exponentially better.

Four, Alkalize or Die! By now, I'm pretty sure everyone groks this concept. Human blood is alkaline, yes. But each organ has its own unique pH value, which reveals to us its favourite and necessary mineral.

Understanding that, there is every reason to maintain urine and saliva pHs as close to 6.4 as possible. When people get really weak, ill or old, we often see their pHs fall way low into the fives. And to regain health and increase energy, we need to push pHs up and move their line of resistance using alkalising supplements. This may be the reason for the wrong-headed belief that one must alkalise or die. It is **Not** true that cancer will not thrive in an alkalisied body. Disease, cancer and death come just as easily to alkaline chemistries as they do to acid chemistries.

Five, Vitamin C is good for everybody. Well, there is some truth to that. Vitamin C is the cellular glue that holds our cells together. A lack of vitamin C and we have scurvy, collagen disease and many other identifiable symptoms. However, not all C is created equal. Let me explain. Cationic C, or ascorbic acid, is appropriate for anionic chemistries, as long as it does not "push" the pHs below 6.4. The anionic body assimilates, ionises with cationic ascorbic acid.

If the pH is below 6.4 ascorbic acid does more harm than good. The body needs an ANIONIC vitamin C for it to ionise, or create a resistance to benefit the body, and increase energy, we would say. For acid body chemistries below 6.4 pH, vitamin C **Ascorbate** is anionic C and will be

your better choice. Reams' choice for best delivery of anionic vitamin C was homemade onion soup. Made with distilled water. Eaten daily. You can't go wrong with onion soup as a great source of natural Vitamin C for a person in any pH range.

Six, Acid indigestion. This is a fun one. Whenever someone complains of acid indigestion, I ask them how they know it's acid indigestion. Well, their doctor told them. And the liver-killing medication the doctor gave them didn't seem to cure them. That's when I ask, what is your pH? They never have an answer. My question is, if they don't know their pH, how do they know it's acid indigestion? That's when I pull out my ever-handly roll of pH paper. Why guess? Let's go by the numbers.

The pH of the saliva will tell us what the pH of the bile is. Almost invariably the saliva pH will test **Alkaline**, or anionic for many who suffer so-called acid indigestion. That's when I offer a glass of Cationic Vitamin C Ascorbic Acid crystals in distilled water. Often they are afraid to drink it, still believing they suffer from acid indigestion with a saliva pH of 7.8. But, then they drink it and VOILA. It's like magic. Within seconds their alkaline stomach is neutralized with ascorbic acid and the symptoms and discomfort vanish instantaneously. It's not unlike throwing baking soda water on a leaky battery. It fizzes and ionically neutralizes. That's when I ask them if they've ever heard of a doctor testing for Alkaline Indigestion? Have you?

Contrarily, if the saliva happens to be acid, we use Tums, because it's a good source of alkaline calcium carbonate to neutralize the acid indigestion. Can you see how detrimental Tums might be on an alkaline stomach?

Seven. Pork. Most of us know intuitively that pork is not good for us without really knowing why. Carey Reams' research revealed that pork is toxic for us because it robs us of more energy than it gives us. That is what we call aging, or disease. It turns out that the food laws in the Old Testament of the Bible are scientifically sound. The so-called unclean meats identified in Leviticus 11 burn "too hot" for human digestion. Doc would illustrate by saying, your lawn mower will run on jet engine

fuel----- but, it will burn out quickly. Therefore, pork and shellfish, scavenger birds of prey, and other such unclean meats are strictly avoided in all RBTI recommended menus.

Lastly, eight, Magnesium. I saved it for last. It is probably the most controversial, as well as the most dangerous. And possibly the most bitter pill to swallow for most people. Yes, Magnesium is important and currently very trendy. And many will protest, “But it makes me **Feel** so much better!”

So does Tequila. Hello. Calcium and Magnesium are the two most dominant “bivalent” ions in the cell, and only calcium “is capable of being transported at any significant rate into the mitochondria, the energy-making part of the cell. According to F. L. Bygrave in his book *Introduction To Bio-Inorganic Chemistry*, Bygrave points out, that calcium is more mobile than magnesium—that the concentration of only one of the two ions needs to be changed in order to vary the magnesium-calcium ratio.

The conclusion from Bygrave’s research says that calcium is mobile and energy is required to control it properly. Magnesium will take care of itself. This is why in RBTI we place such a high priority on calcium and a very low emphasis on magnesium. It is very seldom necessary to supplement magnesium. I’ve only had 2 clients in 4 decades that were Magnesium deficient. In RBTI magnesium is primarily used to counteract the effects of extremely high ureas, otherwise known as nitrogen toxicity. We do this to prevent imminent heart failure in acute situations. Dolomite calcium is the specific cal-mag we use.

RBTI acknowledges this very important magnesium-calcium ratio. However, the ratio can be manipulated by simply adjusting the calcium. So, put another way, if excess magnesium lowers the ureas, and the potential symptoms of low ureas are brain tumours and dementia, who wants to supplement magnesium without knowing if there is a deficiency?

So, for now, having shared this powerful **Hidden & Forbidden** health technology with you, With a heart full of gratitude I leave you, my fervent

hope is that this time-tested knowledge brings immeasurable value to your own health and wellness journey.

**Carey Reams would have wanted no less.
Katja Gwynn**



Useful Links



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