

BioImpedance Analysis

Our **BioImpedance Analysis (BIA)** is a non-invasive, diagnostic test that gives you a personal assessment of your body's current health status. This is a valuable tool for monitoring your progress as you participate in our Health Coaching program.

It's A Snapshot of Your Overall Health. It measures more than just body composition.

A normal distribution of tissue and fluid in the body is associated with immunity, high function and longevity. Body composition as its name implies, is your physiological makeup in terms of body fat, lean body tissue (fat-free) and body water. Higher levels of body fat are known to raise the risk of cardiovascular disease, diabetes, cancer and other disease states. Conversely, optimal levels of fat are associated with good health, fitness and vitality.

To provide your assessment, we use a state-of-the-art high tech **BioImpedance Analyzer**. This computer based clinical device is widely used in leading hospitals and universities. This test takes only a few minutes to do. Through adhesive electrodes placed on your hand and foot, a signal is passed through the body and the analyzer measures the body's resistance and reactance.

Our specialized computer software will then calculate your body composition - based on the measured value for resistance along with your age, sex, height and weight. You will receive a detailed report which will aid us by establishing realistic and obtainable personal goals.

Did You Know ? . . .

• A three year study at Tufts University revealed that body composition, especially in the amount of muscle you have, is the most important factor in determining how healthy you will be as you age.

- Your lean body mass is linked to the health of your immune system.
- According to several studies, most weight loss programs and diets result in losing lean muscle mass, not fat! Fat is burned inside muscle... you need to keep your muscle to burn fat.
- This device was developed for monitoring the health of cancer patients.

Specific areas where body composition information is valuable:

- Nutritional Assessment
- Anti-aging Therapy
- Physical Performance Assessment
- Weight Management
- Obesity
- Eating Disorders
- Inflammatory, Immune and Auto-Immune Disorders
- Diabetes Fluid Analysis
- Critical Care Monitoring
- Geriatrics
- Lifestyles Assessment
- Clinical Trials
- Research Initiatives

Visit our [Healthy Handouts](#) section and learn more about this valuable test. For detailed information, see our handouts, the [BioImpedance Analysis Explanation](#) and [BioImpedance Analysis Definitions](#). Listen for our BIA specials by listening to our HealthQuest Radio show, "[Out and About](#) Part I".