

# BIA

## Bioelectrical Impedance Analysis



The BIA Machine analyzes various components that contribute to body weight and differentiates your body composition to the following factors:

- Actual Body Mass Index
- Estimated Body Fat
- Estimated Muscle and Bone Mass
- Estimated Total Body Water
- Estimated Basal Metabolic Rate
- Estimated Daily Energy Expenditure

### How does the BIA function?

The BIA measures your body composition by sending a safe, low electrical current through the body via four small adhesive pads. The current moves easily through the fluids and lean tissues in your body, but encounters resistance when moving through fat tissues.

### Will I feel anything, and will it take long?

The whole process only takes about 5 minutes and is pain free and almost always without any feeling at all! The current utilized by the BIA machine that it should not be detectable. Some patients say they feel a very slight tingle.

### Understand your body weight

Body weight is much more than fat alone. Did you know that 60% of the human body is composed of water? All cells need water to function. With this analysis, you will get a deeper understanding about your hydration status both intracellularly and extra cellularly. The BIA Test will provide you with clear results indicating different components of you body weight such as total fat mass and the other factors indicated above. The BIA is used in many research studies, universities, and armed forces for optimal health.

### Be empowered!

If you are someone who has struggled with weight loss, BIA will empower you by identifying the best approached to weight loss. BIA will also provide you with your basal metabolic rate as well as your daily energy expenditure so that you can adjust your dietary planning to your body's specific needs.

At The Healing Sanctuary, we use BIA to help you accomplish weight loss goals and detoxification programs. This service is insurance billable and will be analyzed by our PA Taylor Smith.

