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Undressing The Food We Eat

What is Bioelectrical Impedance Analysis (BIA)

Overview:

Bioelectrical Impedance Analysis (BIA) is a method of assessing your body composition (the measurement of body fat in relation to lean body mass). Some of the important information that this test provides is:

- Body fat in pounds and percentage
- Fat-free mass (everything that isn't fat) in pounds and percentage
- Phase angle - an indicator of cellular health
- Basal Metabolic Rate (BMR) - amount of calories your body uses in a day, not including exercise
- Body Mass Index (BMI) - ratio of weight to height used to help measure health status
- Total body water and current hydration status
- Intracellular and Extracellular water - provides insight into health status, toxicity, inflammation, immune activation, electrolyte status, cell membrane health, etc.
- Percentage of ideal body weight - used to determine how close you are to your ideal weight

Why is it important:

Maintaining a healthy body composition is directly associated with good health and longevity. In contrast, having an altered body composition can increase the risk of health conditions such as high cholesterol, high blood pressure, metabolic syndrome, type 2 diabetes and cardiovascular disease. Improving and maintaining healthy BIA measurements is an important aspect of prevention and reversal of disease.

How it works:

To calculate your body composition, the practitioner will record your current weight, height, gender, and date of birth. You will then be asked to remove your right shoe and sock, and lie down. Four electrode pads will be attached (2 on the feet and 2 on the hand). The BIA machine will be attached to these pads and the test will be run. This is painless and fast.

How to prepare for the BIA:

In order to obtain the most accurate results, it is recommended that you follow these guidelines:

- Do not eat for 4 hours prior to testing
- Do not exercise for 12 hours prior to testing
- Do not consume alcohol for 24 hours prior to testing
- Drink at least 1 liter of water one hour before your test (you may void as needed)
- Do not drink caffeine the day of your test
- Do not wear pantyhose

