

Biological Terrain Assessment, Part 3: What's A BTA And Why Get Tested?



By Jo Ann VanDerWerken

Urine and saliva reveal extensive information about your health, biochemistry – detecting pH imbalances earlier than blood, which is the last body fluid to reflect a pH biochemistry imbalance

How does your body compensate for imbalances?

BTA means a Biological Terrain Assessment. Remember from [part one](#) of this article, that “terrain” refers to our internal biochemical environment. Basically, a BTA lets you know if your biochemistry is in healthy range by evaluating a sample of your urine and saliva. By comparing your sample's range with the desired optimum ranges, we can get an objective idea of what needs to be addressed to improve your health. It's also a great way to know if the choices you are currently making are negatively or positively impacting your biochemistry.

Since the care and maintenance of our internal terrain is so dependent on the circulatory and lymphatic systems, we're able to accurately use urine and saliva samples (which are associated fluids) to monitor, and then more accurately and beneficially influence, our biochemistry.

Because you are probably familiar with routine blood tests you know that components of your blood hold important information about the state of your health. The same idea is behind a biological terrain assessment; the difference being that a BTA does not require a blood draw. It's interesting to note that hospital emergency departments routinely measure four areas of critical importance: oxygenation, hydration, electrolyte status, and acid-alkaline balance. This is because these values link directly to the “Milieu Interior”, a term now known as biological terrain.

There are three values used in a BTA. They are called pH, redox & resistivity. These three measurements provide a unique picture unlike any other type of testing, with the added benefit of the practitioner being able to assess the relationship between values. These relationships are critical because they apply to patterns of compensation - how the body is compensating for imbalances - which is an extremely important, and often overlooked, dimension of the healing process. It's important because when the body can no longer compensate (in an ongoing attempt to balance biochemistry), that serious problems are most likely to occur. For instance, side effects from prescription drugs are a common form of compensation. Many times, one after the other.

While every type of test may have merit, I think the BTA can be more useful than most for identifying root causes and compensation patterns earlier, because, for example, body fluids such as saliva and urine can detect pH imbalances much earlier than blood. Because balanced blood pH is such a priority, the blood is the last body fluid to reflect an imbalance in pH biochemistry. In other words, by the time we know the blood has a pH imbalance, there's been a whole lot of prior compensation going on! It's a common scenario that a blood test will negate a problem just because the markers haven't shown up in the blood as yet. However, the patient knows something's not right because they “just don't feel well”.

In general, the usual forms of testing (MRI, EKG, Ultrasound, scopes, and blood tests) all detect conditions further down the road, or you might say, further up the trunk (ref: the dis-ease tree graphic). Can you see how monitoring biochemical values of pH, redox and resistivity can be a much more meaningful form of early detection – sometimes long before an individual exhibits diagnosable symptoms? By making appropriate changes in diet, lifestyle and environment (ref: the four tree roots), we have a greater chance of preventing, interrupting and possibly even reversing negative processes. Because it is not a test, but rather an assessment, it won't diagnose an illness or disease, rather it paints a picture of precise biochemical factors that are affecting the body, either positively or negatively.

Frequent or periodic biological terrain assessments can compliment any therapeutic endeavor an individual chooses. In fact, it's a great way to check how well you're really doing with the choices you're making. Therapeutic approaches can vary greatly between individuals with the same kind of health challenges. Now, for the first time, we can objectively and scientifically assess how your specific health practices are affecting your biochemistry!

Based on the legacy of the European pioneers, Dr Robert Greenberg D.C. of Payson, Arizona developed the sophisticated instrument known as the “quantum fluid analyzer” which is the biological terrain assessment device we use at Natural Nutrition Services.

As we learn to understand the messages held within this ocean of fluid, it is with respect and awe that we can use this wisdom to maintain and preserve our precious health. See the brochure at Natural Nutrition Service's website for further information.

Next month - pH balance....understanding the first pattern of terrain distortion and how the body compensates!



Jo Ann Van Der Werken, CNHP IIPA is the owner of Natural Nutrition and a Certified Natural Health Professional. Jo Ann has had an active private practice in Rochester for over 12 years. She recently expanded her business to Monroe Avenue in order to be more accessible to the increased demand for alternative health services, and to make available to the Rochester community the most advanced wellness services and products available in the world today.