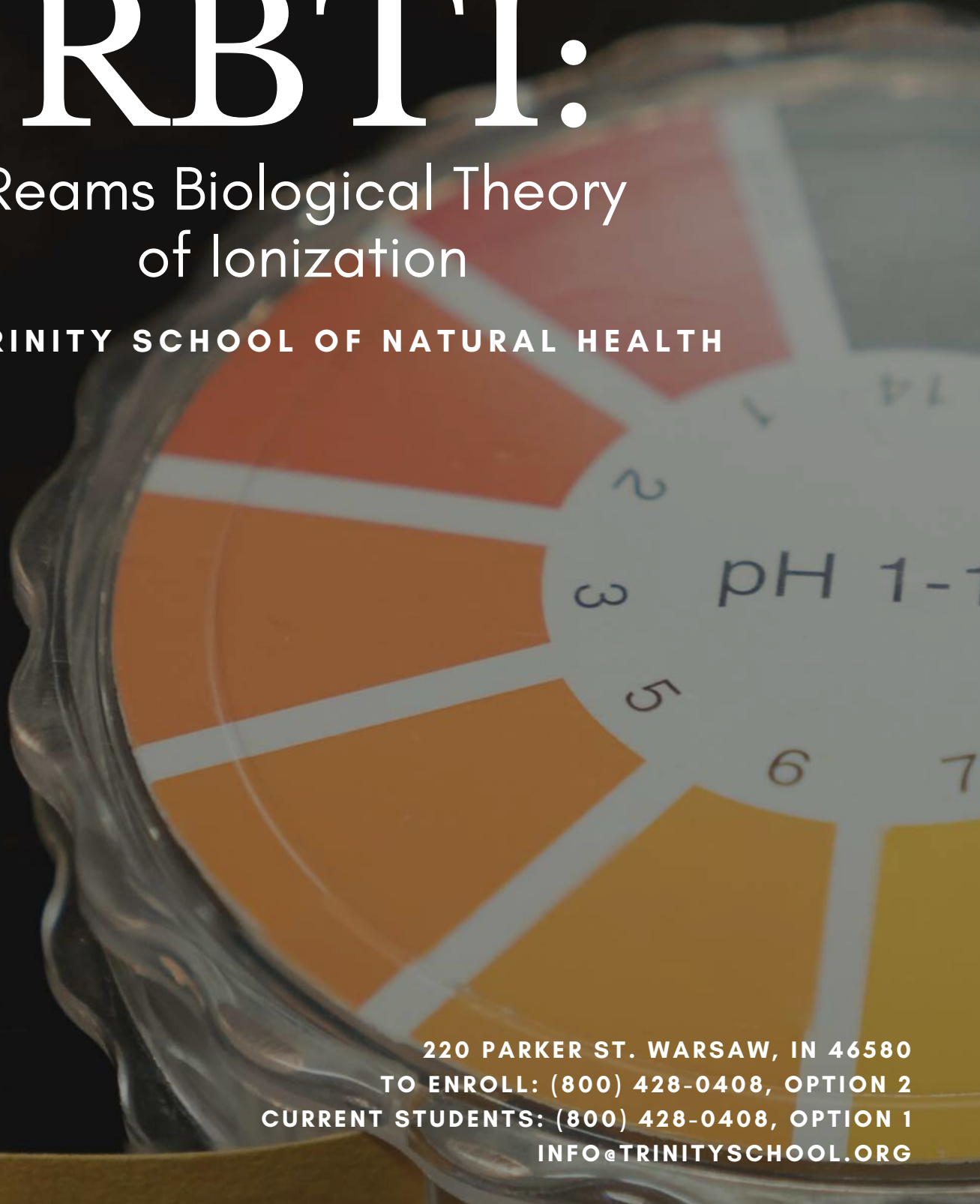


RBTI:

Reams Biological Theory
of Ionization

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RBTI: Reams Biological Theory of Ionization

What is RBTI?

RBTI stands for Reams Biological Theory of Ionization. Its namesake comes from scientist and mathematician Carey A. Reams, who created this method. Reams was formally trained in mathematics, biochemistry, and biophysics. During his career, he made discoveries in human and animal health, energetics, plant growth, and soil restoration. According to an interview with Reams' daughter, Betty, "RBTI is a working explanation about the basic ionic energy composition and function of biological life."

The motivation behind RBTI is to keep the body in perfect health by analyzing seven measurements of urine and saliva samples. With the data, a practitioner can determine what foods, drinks, and lifestyle choices should be considered to support the body in maintaining or achieving ideal health. Similar to the principles of gardening and balancing the soil, RBTI helps practitioners know what to suggest to add, limit, or avoid in a client's environment, diet, or lifestyle. It also can aid the practitioner in determining what body systems to address and the related products, foods, or liquids to consider as support. Carey A. Reams is known for many quotes, one of which is, "Why guess when you can be sure?" This philosophy illustrates the value of RBTI and how it can expedite the process of discovering what a client may need on their journey to better health and wellness.



How does it work?

The body will always attempt to repair and heal itself. This natural inclination drives the methodology and practical applications of RBTI. When using RBTI, practitioners seek to support their clients in returning to homeostasis or remaining in this state of excellent health. When the body struggles to reach this state, it pulls energy, vitamins, and minerals from stored reserves to maintain balance. When our reserves are reduced, the body begins to break down its own tissues to obtain the nutrients it requires. These reserves come from healthy lifestyle choices such as resting, breathing clean air, eating nutritious food, and drinking pure water.

A practitioner assesses the client by gathering information such as height, weight, gender, age, lifestyle choices, and RBTI results. Carey Reams differentiated between “perfect numbers” and the “healing range,” where more resources are available to help overcome a health challenge. He found the perfect numbers are 1.5 total sugars, 6.4 urine and saliva pH, 6-7C total salts, .04M albumin (cell debris), and 3 nitrate nitrogen and ammonia nitrogen ureas. The practitioner uses different instruments to determine these numbers. Total sugars are gathered using a refractometer. Digital meters, litmus paper, or reagents are used to determine pH. A digital conductivity meter finds total salts, and albumin is determined by observing the color and clarity of the urine sample. Lastly, ureas are gathered through two reactions: one completed using sulfuric acid and another utilizing the reagent potassium hydrate. The practitioner will then plot all these numbers on a chart to determine the client’s range, patterns, and supplemental or lifestyle choices to recommend.

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What do out-of-balance numbers mean?

If numbers from these tests do not fall in the perfect range, it indicates that more support or changes may be needed. Five ranges, lettered A through E, help practitioners determine what lifestyle choices may support the client. For example, if someone's numbers are within Range A, they're close to ideal and can have a less restrictive diet than others. They may benefit from decreasing their wheat and cheese intake and may consider supplementing with vitamins D and C and calcium gluconate to maintain their health reserves. On the other hand, if a client presents in Range E, which can indicate weak digestion and that food is moving too quickly through their system, a practitioner may suggest eating light and easily digestible foods, like an abundance of fruits and vegetables, along with a little meat. It is also possible that only one number out of the seven would be in a lower range. However, this outlier determines the range despite the other six results. Dr. Reams believed that "a chain is only as

strong as its weakest link." Therefore, this outlier is considered the "weak link." Once this is supported via the suggestions made by the practitioner, a follow-up should be conducted two weeks later if within the D or E range and then monthly until the B range is reached. Once B is obtained, it is advised to recheck in two months. When Range A is reached, scheduling RBTI sessions once per season for the first year and then every six to twelve months later is recommended.



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RBTI Recommendations and Considerations

According to Reams, pH balancing should always be addressed and corrected "above all else." Five patterns can emerge from pH readings, each with different approaches for correction. Regardless of the pattern, the

practitioner's goal should always be to balance the pH by suggesting lifestyle changes and the fewest supplements possible. Each pH pattern has unique symptoms. For example, constipation, skin problems, heartburn, tooth decay, and gallbladder issues could accompany high pH levels. Colon cleansing, flaxseed, manganese, distilled water, exercise, and vitamin C may be suggested to counteract high pH. In contrast, symptoms of low pH could include diarrhea, weight gain, low energy, bladder and kidney issues, cold sores, and feelings associated with mental health conditions, such as anxiety, depression, and mood swings. To support this state, a practitioner may suggest calcium gluconate, manganese-rich foods, digestive enzymes, cod liver oil, vitamin D, and reducing or eliminating meat from your diet.

To reach ideal health within this system, a practitioner must begin by supporting the liver, which converts and disperses the required nutrients throughout the body from the food we eat. For top physiology, the liver depends on foundational lifestyle choices and occasional supplementation, including optimal hydration, proper breathing, iron, calcium, and supportive herbs like dandelion or milk thistle. Ureas, salt, total sugar, and albumin are analyzed similarly to pH with "low," "high," and "perfect" ratings depending on where they reside in the patterns. However, each person is unique, so all recommendations will be tailored to their individual personality, lifestyle, and needs to support them in improving their health and wellness.

Conclusion

RBTI is a complex system. However, this tool can be mastered with study and practice. If you are a client, rest assured that RBTI can help you and your practitioner find balance much quicker than traditional trial-and-error methods. If you've studied RBTI and want hands-on practice, we invite you to join us at Trinity Live to sharpen your skills with instructor Dr. Jason Ameling. If you're new to RBTI or are interested in learning more and becoming proficient, consider enrolling in our Certified Natural Health Professional and Certified Holistic Health Practitioner programs. Call 800-428-0408, option 2, or visit our website at trinityschool.org to learn more about our programs and events.





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