

# Orr Chiropractic Center, LLC

## Bio Impedance Analysis

Bio Impedance Analysis is a scientifically validated in-office test which we use to assess:

1. *Body composition relating to body fat, lean body mass, and Extra cellular mass.*
2. *Total body hydration status and the percentage of fluid both inside and outside of your cells.*
3. *And cellular capacitance or your cells ability to hold an electrical charge.*



This device is much more accurate than the scales that you simply stand on. With this information we can get a good overall indicator of your health on a cellular level. The test is non invasive and takes only a few minutes to run. The patient feels nothing during the test.

- **Fluid Assessment:** this section of the results tells you about fluid in your body. While these values can not pinpoint what may be causing an imbalance, it is a very good general indicator of cellular function and health. Your total body water is measured in liters (L) and is made up of Intracellular Water (ICW) and extra cellular Water (ECW). Total Body Water (TBW) is an indicator of your overall hydration status. The ICW is fluid inside all of your body cells and is an indicator of your cells ability to take in nutrients, generate energy and remove waste. **There are a number of variables which can affect the intracellular / extra cellular fluid levels including nutritional status, infections, metabolism, toxicities and more.** Optimal intracellular water values (ICW) for men are between 63 and 65%: for women between 58 and 60%.
- **Capacitance:** Every cell in the body is surrounded by a layer of fat. This fat helps each cell in the body acts as a capacitor, capacitance measures the cells ability to hold an electrical charge. This is an important way in which all the cells of the body communicate with each other. The type of fat making up the membrane, overall structural integrity, body size and other factors influence capacitance. Optimal ranges start around 700.
- **Phase Angle:** is a measurement of your body's overall cellular health. Usually, a phase angle of 7 or greater is desired for men and 6.8 or greater is desired for women. If your phase angle is lower than normal, you should discuss this with your practitioner to find out why.
- **Body Cell Mass (BCM):** this number is the amount of your body weight in pounds that is made up of active tissue like your muscles and organs. The body cell mass is the part of your body that works hard in keeping you healthy. When the body cell mass goes up, you are usually putting on muscle weight. But, when it goes down, you are losing muscle mass.
- **Fat:** this number is the amount of your body weight in pounds that is fat. Normal values are based on age and gender. Just as you don't want too much fat, you also want to avoid too little. For both men and women, having too little fat can cause hormonal imbalances.
- **ECM:** stands for extra cellular mass. This number is the amount of your body weight in pounds that is made up of your skeleton and other support structures, as well as ECW and other non metabolically active materials. When this number changes, it is showing that there was a change in the ECW. This number does not show changes in bone density.

**Get your evaluation today! Call 740-927-7026 to schedule today!**

These statements are not intended to diagnose, treat or cure any medical condition and have not been approved by the FDA