

Kinergetics Phase Angle Research And Information



What is Phase Angle? Phase angle is based on total body resistance and reactance and is independent of height, weight and body fat. Lower phase angles appear to be consistent with either cell death or a breakdown of the cell membrane. Higher phase angles appear to be consistent with large quantities of intact cell membranes and body cell mass.

Why is Phase Angle Important? Phase Angle is a predictor of outcome and indicates the course of disease, it increases as the result of optimal health based on good nutrition and consistent exercise.

As we get older our phase angle will decrease and will be approximately 4 or less when we die. Fit adolescents may have a phase angle greater than 10. This effect is a result of cell integrity due to age.

Low phase angles are consistent with: *Malnutrition *HIV/AIDS infection *Cancer (most types) *Abusive life style *Chronic Alcoholism *Old Age (80 - 100)

Good fitness and life style is the key to maintaining a healthy phase angle.

Phase Angle Conclusion: Phase angle is a good indicator of disease progression although it is not used to diagnose a specific disease. It may be thought of as a thermometer with a broad range of normal. It may also be used to monitor the practice of good health which would include healthy diets, the use of nutritional supplements, and exercise.

References: M. Ott, H. Fisher, H. Polat, E. B. Helm, M. Frenz, W. F. Caspary B. Lembcke "Bioelectrical Impedance Analysis as a Predictor of Survival in Patient with HIV Infection" J. of Acquired Immune Deficiency Syndromes and Human Retrovirology 9:20-25 1995

R. Liedtke "Principles of Bioelectrical Impedance" <http://rjlsystems.com>

"An electrical charge across the single cell membrane is a very powerful measure of your capacity to intracellularly hydrate, to get water inside of your cells ... I've never seen somebody coming in with a health complaint with a phase angle better than 7." *Zac Bush MD.*

What is your Phase Angle?
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For more information on the research of the RJL machine see www.rjlsystems.com

Dr Mercola Interviews Zach Bush MD

How to Measure Your Hydration Level

For the phase angle, leads are placed on your wrist, finger, ankle and toe. Lying flat, the resistance and reactions across your entire body are measured. This measurement gives you a good idea of your cells' ability to hold an electrical charge and there's a direct correlation between the phase angle and an individual's hydration level.

As explained by Bush, "An electrical charge across the single cell membrane is a very powerful measure of your capacity to intracellularly hydrate, to get water inside of your cells ... I've never seen somebody coming in with a health complaint with a phase angle better than 7." In the general public, the phase angle bell curve is between 3.5 and 10. Death tends to happen around 3.5.

"Interestingly, all of our cancer patients tend to come in around 4.5 or below, which is interesting because it suggests, from a hydration standpoint ... cancer doesn't happen until you're so dry that you're nearly dead. In this way, cancer is not a disease that pops out of nowhere.

It's simply a lack of water within the cells. You get an accumulation of oxidative damage, which will then do the DNA injury and all of these other things that we think of as being the cancer process ... Ideal health is up around 10. Death is around 3.5. Most of us in the U.S. are living between 6 and 8, and those are people in good health." As explained by Bush, "An electrical charge across the single cell membrane is a very powerful measure of your capacity to intracellularly hydrate, to get water inside of your cells ... I've never seen somebody coming in with a health complaint with a phase angle better than 7." In the general public, the angle phase bell curve is between 3.5 and 10. Death tends to happen around 3.5.

Improving Hydration Does Not Require Drinking More Water

It's important to note that I was able to improve my phase angle without increasing the amount of water I drink. Again, when we're talking about hydration, it's not a matter of just drinking water, because you're likely to just pee the extra water out if you don't have a sufficiently high electrical charge. To actually improve the electrical charge across your membranes, Bush recommends:

A number of environmental stressors can damage your gap junction system, including pesticides and other chemicals, EMF, alcohol and drugs such as nonsteroidal anti-inflammatories. "These compounds are very noxious to the tight junction systems," Bush warns. And, when the gap junctions are disconnected, you end up with a decrease in electrical energy coherence, and a reduction in the frequency resonance between your cells.

In a dehydrated state, you end up accumulating toxins due to a lack of electrical energy flow. When you add in exposure to cellphones, Wi-Fi routers and other wireless technologies that output high amounts of electrical resonance, your already disconnected cells become prone to resonating to the wrong frequency.

"This is one of the critical realities. We cannot talk about tight junction damage or dehydration without mentioning this third toxicity that we're exposed to, which is environmental frequency resonance that's nonhuman," Bush says.

Your Phase Angle Provides a Sense of Your Biological Age

About a year and a half ago I visited Bush's clinic and had a phase angle test done. To locate a practitioner that can provide this service, see [RJL Systems' Locate a Practitioner page](#). At the time, my phase angle was about 5.6. I was quite annoyed because I thought my healthy lifestyle would result in a better reading.

But it motivated me to make some changes and in about nine months I got it up to about 6.4 and more recently it has climbed to 7.0. It's a rather slow process, as it's not influenced by temporary situations but a rather long-term reflection of your biology. According to Bush:

"The phase angle ... is the best technique for really developing a sense of biologic age. You went from a 5.6 to a 6.4 over about a nine-month period ... So, in just nine months on some very simple interventions, you reversed your age by 10 to 15 years biologically by getting that phase angle up. The chance of you developing a chronic disease, something like cancer, just went dramatically down because you're getting water inside the cell — you're scrubbing the whole system out ...

We're all very aware that we have toxin accumulation in our body ... But all of our detox efforts are ineffective if we're not getting water inside the cell. With your phase angle going up, now all of your detox efforts are going to be far more potent and effective.

Why is it so slow? It's slow because it's literally showing you the mitochondrial potential in the reservoir of your ability to repair in 70 trillion cells ... It's mind-boggling huge numbers. It's one thing to say, 'I improved kidney health today by hydrating,' or, 'I stopped drinking alcohol, so now my liver is healthier.'

We're not talking about a single organ with the phase angle. We're talking about the total global population in your body of 70 trillion cells. How do we affect that and what is it doing? That's where the phase angle is a powerful tool."

Source: Mercola.com

<https://articles.mercola.com/sites/articles/archive/2018/05/06/how-to-hydrate-at-the-cellular-level.aspx>

YouTube: Dr. Mercola Interviews Zach Bush about Hydration

PHASE ANGLE CHART

Phase Angle Females		Phase Angle Males
Above 9.5	Extremely Healthy	Above 10.4
7.8-9.4	Optimal Health	8.5-10.3
6.7-7.8	Average	7.2-8.4
5.6-6.6	Below Average	5.9-7.1
4.6-5.5	Low Energy	4.7-5.8
Below 4.5	Warning	Below 4.6

KINERGETICS HYDRATION TESTIMONIALS

Lady presented with extremely swollen legs. I corrected Hydration and TMJ. Her daughter informed me that over the next two months she dismissed 28 pounds (12.7 kg) of weight, probably mostly water, and feels great. **PR 2002.**

I had THE COOLEST experience the other day. I was receiving a balance by two other kinesiologists. It was a pretty big issue and I could feel that energetically I was out in the energy fields - I absolutely did not want to leave and come into the womb. I felt safe being detached and the more they tried to get me "present", the more I knew I wasn't going to cooperate. They tried many tools to help me out.

Finally, I thought to do a hydration balance on myself. Now I have felt the effects of this great work on other people, and I have felt better after I received the work, but I have NEVER felt what I felt with this. It was a total body, mind, spirit experience because the MINUTE I was hydrated, my energy and I were totally connected. I can't put into words how present I instantly became, how good I felt, and the shift I had.

I just sat there for another 5 minutes saying WOW!!! It was beyond awesome to feel clear down to my toes how my body was protecting itself until it became hydrated. I own hydration on a whole new level. I am not adequately expressing this - it was incredible. This is truly one of the great gifts you bring to this whole field and I really don't believe many of the others really get it yet. It just must be incorporated with all other kinesiologies. I check it with every other technique I use. **THANK YOU!! Tawni Lawrence 2001.**

As a massage therapist I must express my awe at the power of a Kinergetics hydration balance. When I started balancing a few massage clients for hydration it was obvious to me that the body was easier to work on but even more exciting for my clients is that "hydration" eliminated the "spacey" feeling at the end of the massage which is caused by elimination of toxins from the body. I now check and balance all my massage clients for hydration at the beginning of every massage. **Sharen Berry LMT.**

Upon rising in the morning I drink two glasses of water with a squeeze of citrus juice, followed by breakfast half an hour later with a cup of herbal tea. When going to school I have to drive one and a half hours to Carlton. By the time I arrive there my bladder is full to bursting and I have to run straight to the toilet in excruciating pain. In the end I found it easier to catch the train so I could go to the toilet at the station before walking up to college. After doing Kinergetics 8 in January and having the Advanced Hydration Formats corrected, I found I was able to get all the way to college on the train without having to go to the toilet at the train station, and without needing to go when I got there. Some days I wasn't even wanting to go to the toilet until 10 am. What a difference! **Karen Winter 1999.**

I think the hydration formats are brilliant and using them has completely eliminated problems of overload and switching when I work with clients. **Mary Choo - Kinesiologist - One Brain Facilitator Feb. 94.**

Lady client had extreme heat in bed at night for nearly 40 years. I corrected Hydration and TMJ. The next night it was improved, the second night was improved more and the third night was totally normal. She still wasn't sleeping well. After the second session she was sleeping normally. **PR 2002.**

Kinergetics is a fast system with simple corrections that work at a deep level with incredible results. I have incorporated the hydration and jammed muscle corrections into all my balances. The TMJ correction is simple, fast and effective. Kinergetics is a special tool with unlimited potential. **Maria Arias M.D. - Practicing Kinesiologist (P.K.P. 4) Sept. 1995.**

At Easter, I decided to head to Byron Bay for the Blues festival and a well earned rest. While queuing for drinks tickets, I noticed that a man had collapsed onto the ground and was deathly white. His wife and a security guard were in a panic thinking he had had a heart attack. My intuition told me that this man was severely dehydrated and that an Electrolyte balance out of Kinergetics 2 could possibly be the answer. Hesitantly I approached, introduced myself, and said, "If you would like my help, grab my knee" which he did immediately. I executed the balance using self testing and watched in awe along with the rest of the crowd as the colour returned to the man's face, and the far away look in his eyes disappeared. I gave him a glass of water and made sure he was fine before helping him up.

The power of this particular correction continually amazes me as I have seen it pull people out of anxiety attacks, dizzy spells, energy slumps, blurred vision, headaches, lower back pain, and suicidal situations. It is a tool I use frequently in my practice to counteract the dehydrating effects of looking at the underlying emotional causes of a physically manifest condition. I use it both on my clients and on myself, to ensure the continual protection by the body's energy field. **Maryanne Butler 2001.**

Before Kinergetics, I was always getting dehydrated in my shoulders, neck aches, and headaches and fatigue. I have been doing emotional coaching for years and yet I couldn't get to the full recovery. Kinergetics, within a short term, took care of all of these problems but also took care of major blockages due to mercury toxicity and other heavy metals. The level of corrections now for me and my clients are at least 10-fold deeper and faster. **RBW Mar. 2000.**

I was experiencing dizzy spells for approximately two months and had undergone a series of neurological tests including CAT scans and hearing and balance tests at the Alfred Hospital. The doctors could find no explanation for my dizzy spells and prescribed drugs. The drugs made me drowsy and had no effect on my dizzy spells. A one hour session completely eliminated my dizziness and I have been okay for the last month. **E Hasegawa.**

A common problem with clients and people I deal with is a lack of body hydration. Often clients will tell me that they "just don't feel thirsty". After only one hydration balance session, one particular client reported to me that she now was able to drink a litre of water a day and was no longer troubled by urinary tract infections. **DM Aug 03.**

It has been my experience in assisting people who have been long term drug users and are wanting to "kick the habit" that they need hydration! Yes, they need to sort out the emotional issues which led to the drug use, but in order to have the strength to give up they need to be fully hydrated. **Gwyneth White.**

Results From Kinergetics 14 Day Intensive Perth WA 2003

Using an RJL systems Quantum II Body Composition Analyzer

	Phase Angle Before Workshop	Phase Angle After Workshop	Increase	Intracellular Water Before Workshop	Intracellular Water After Workshop	Increase
1	6.1	6.7	.6	54.7	56.3	1.6
2	6.3	6.6	.3	55.9	56.8	.9
3	6	6.2	.2	58	58.9	.9
4	6.7	6.9	.2	57.8	58.9	1.1
5	6.4	6.6	.2	57	58	1
6	5	5.4	.4	50.9	52.3	1.3
7	6.1	6.8	.7	54	55.8	1.8
8	5.7	6.2	.5	53.7	55.4	.7
9	5.8	6.4	.6	53	54.5	1.5
10	5.1	6.1	1	54.2	57.8	3.6
11	6.2	6.5	.3	59	60	1
12	5.5	5.9	.4	50.1	50.7	.6
13	5.9	6.5	.6	54.6	56.5	1.9
14	6.2	6.6	.4	56.6	57.9	1.1
15	5.7	6	.3	55.2	56.4	1.2
16	6.3	6.6	.3	54.7	55.5	.8
17	5.1	5.5	.4	54.5	56.2	1.7
18	6	6.5	.5	55.8	57.9	2.1
19	7.1	7.6	.5	61.6	62.8	1.2

- The average increase was .44, which would usually take 5 months of good nutrition.
- Several clients have improved their phase angle by .3 or more in one hour, using advanced Kinergetics.
- Kinergetics has many different hydration corrections. If the body is in fight/flight the jaw muscles tighten and the kidneys and adrenals become stressed leading to dehydration. The body uses magnesium to create adrenal hormones.
- There are at least six different Kinergetics corrections that improve hydration. As hydration improves, phase angle improves.
- For many people, eliminating gluten should improve health.
- EMF can be a cause of fibromyalgia and Chronic fatigue. You must switch off Wi-Fi at night. Many people are sensitive to the new electricity smart meters. In Australia you can phone your electricity supplier to opt out. If they do need to fit a smart meter (if the old one breaks down), you may request they take out the sim card and do a manual reading. Never hold a mobile phone next to the head. Always use an Air Tube Headset.

Testimonial - Days Away from Kidney Dialysis: Several years ago I became severely ill while living in Japan. When I returned to America no one was able to diagnose the problem. Allopathic medicine only treated the symptoms that I had: Fibromyalgia, Chronic Fatigue, Epstein Bar, etc.

After much frustration I turned to Alternative Medicine for help. I was quickly diagnosed as having Mercury Poisoning. Alternative Medicine helped decrease the levels of Mercury in my body but did not completely release it. All of the remedies that were tried, tried flushing out the Mercury renally taking an enormous toll on my kidneys. My kidneys were going into failure, I was days away from dialysis. This is when I was introduced to Phillip and his hydration work.

Phillip, via hydration and heavy metal balancing, was able to detox me of the Mercury. From that moment the pain was gone. I had instant relief. Shortly thereafter I was tested with Biomeridian Testing to see what the Mercury levels were within my body. Test results showed zero levels of Mercury.

I was able to recover, regain my health, save my kidneys and have two healthy children. I will always be grateful for this work. For what it has done for me and continues to do for me and my family. *Heather, Salt Lake City, July, 2012.*

Phone 03 6362 2657 or 0414 758 674 for an appointment with Philip or Germaine

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