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Dear Prospective Patient,

A BIA (Biological Impedance Analysis) is an FDA approved, non-invasive test used to assess fatigue and premature aging. It evaluates body composition including hydration, body fat, lean muscle mass, toxicity status, daily caloric needs, and overall health, yet takes only ten to fifteen minutes to complete.

A BIA test is typically performed at the beginning of your appointment. You will be asked to lie back and relax while leads are attached to your right hand and foot with adhesive contacts. An undetectable current passes briefly through your body (similar to that used by home scales that also measure body fat) producing results that combined with your age, height, weight, and gender produce the useful information listed above.

This testing is used in clinics and hospitals around the world because it not only offers an excellent snapshot of a person's current state of health, but also allows patient and practitioner to track the effectiveness of a treatment plan.

While you will learn an immense amount about your body on your first visit, the information becomes most useful when the test is performed on a regular basis to track your progress. Most patients have this test performed at the beginning of each office visit.