



RBTI Desk Reference: A Critique & Comparison of RBTI Literature

Rex Harrill

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There is another way to think of wellness. We live in a world of limitless chatter about "this food, medicine, or whatever will solve our problem." However, we are all unique. While this or that food or medicine might be the answer for one person, it may be, as the old proverb claims, another person's poison. How can one tell? Many navigate the sea of perplexity by shifting focus from what goes in a person's mouth to scientifically analyzing what their body does with the food or substance given. If we were conducting a health search with expensive aquariums instead of our own systems, we might do as the experts do by performing complex scientific analysis of the water. For instance, we might test the salt content, pH, dissolved nutrients, ammonia wastes, or nitrate content. We would soon know where we are deficient and where we are suffering an overload. It is a short step from initial analysis to making the small changes that can lift our ordinary aquarium or reef tank to a healthy, glowing source of pride. A long time ago Dr. Carey Reams used simplistic soil testing to guide him in bringing ordinary farms to the very pinnacle of maximum production of high quality products. He was able to overlay the technique onto the results of analyzing human saliva and urine. Over and over, he proved that when we adjust our intake so that our outflow most closely matches the markers for top health, our body quickly moves in that direction. He called it simply, "The healing range." This book is a critique, a study, of what Dr. Reams and his students said about a most compelling view. It may hold the answers you seek.

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