

CHOOSE!
LIFE OR DEATH

Carey A. Reams with Cliff Dudley

The
Reams
Biological
Theory
of
Ionization

$$CS + 1.5 \frac{6.40}{6.40} 6.5C 0.04M \frac{3}{3} = PH$$

**Choose!
Life or Death**

Reams Biological Theory of Ionization

RBTI

By Carey A. Reams
New Leaf Press, Inc.
Harrison, Arkansas

International Standard Book Number: 0-89221-046-x

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Content

PUBLISHER'S NOTE	4
ACKNOWLEDGMENTS	6
PREFACE	7
CHAPTER 1 - EQUATION NUMBERS	11
CHAPTER 2 - DISCOVERY	20
CHAPTER 3 - CREATION	31
CHAPTER 4 - HOMO SAPIENS	36
CHAPTER 5 - SOME OF THE CHEMISTRY OF FOODS	45
CHAPTER 6 - APPLICATION, WHY AND WHEREFORE	49
CHAPTER 7 - CAUSE OF DISEASES	59
CHAPTER 8 - CAUSE AND EFFECT	67
CHAPTER 9 - REAMS BIOLOGICAL THEORY OF IONIZATION	77
CHAPTER 10 - RANGE A – E	83
CHAPTER 11 - HOW A NEW CELL IS DEVELOPED	86
CHAPTER 12 - TESTING PROCEDURES	90
CHAPTER 13 - LOW BLOOD SUGAR	95
CHAPTER 14 - OBESITY	102
CHAPTER 15 - FADS OR FACTS	109
CHAPTER 16 - MIN-COL	118
CHAPTER 17 - CASE HISTORIES	122
CHAPTER 18 - RBTI AND PASTORAL COUNSELING	130
CHAPTER 19 - OXYGEN	136
CHAPTER 20 - DIGESTING FOOD	143
CHAPTER 21 - THE GREATEST LOVE OF MY LIFE	151
CHAPTER 22 - THE MAN CAREY A. REAMS	157

PUBLISHER'S NOTE

Freedom is a word that has been sounded, spoken, sung from one end of America to the other for many years.

Freedom of religion.

Freedom of choice.

Freedom of the press.

Freedom to speak, or freedom to be silent.

Freedom to promote the progress of science.

America was founded on the principles that all men are created equal, and that we could each worship, serve and obey God as our will dictated.

Strange how this word called FREEDOM can become so confused with law, rules and regulations. Such is the case of Carey A. Reams.

I have spent hours, days, and even weeks discussing with Mr. Reams the health message of the Bible. I have watched him smile and weep as he described how God gave him the formula for perfect health. How God revealed to him in his laboratory the importance of obeying the Scriptures, even when it comes to the way we eat. He has suggested to people the world over the benefits of obeying the holy Scriptures. And for this he has been accused, persecuted, harassed, and yes-imprisoned. Not once, but many times.

Recently I found myself in Riverside, California. To my amazement this knowledgeable, sweet, gentle, spiritual, God-fearing old man had been placed in the Riverside County jail. The charge? Practicing medicine without a license.

No shots had been given, no drugs administered, no surgery performed, no cobalt, no chemotherapy, no radiation-just minerals, good food, pure water and vitamins.

America, when I realize that God is just, I tremble.

As I visited with him at the jail and went into the little cage and awaited Carey Reams' appearance on the other side I couldn't help asking myself: *Why, God? Why? Why would a man in his Seventies,*

who loves You, loves people, and it is his desire that they be helped, suffer like this?

I could hear the door creaking on the other side of the cage, and I looked through the streaked, tear-stained glass and there was "Doc." Our hands lifted to the glass, and our desire was to hold hands but it was impossible.

We looked at each other and our hearts joined by the Spirit of God.

Doc became very emotional as he saw me, and he kept saying, "Cliff... Cliff..." and held up two fingers. He did this several times without being able to continue his sentence. Finally, through his anguish and sobs he completed the sentence: "Two of my fellow inmates have found Jesus, and I'm working on two others." He told me not to worry, "it is all right, the Holy Spirit is in the cell with me."

Our time was soon up and we departed. His last words were: "Don't worry. No one can lock out from my cell the Spirit of the living Christ."

That was several weeks ago.

I have just received word while Carey Reams has been awaiting trial in the prison he became ill and has now been transferred to the Riverside General Hospital.

America, when I realize that God is just, I tremble.

-Cliff Dudley

ACKNOWLEDGMENTS

I wish to express appreciation to all those who have worked with me and stood by me in making this book a reality.

- to my children, Laverne Reams, Eugene Reams, and Betty Brown, who worked diligently with me in my research laboratory from the time they were old enough to help until this day. Some have gone to prison with me and are also still willing to go to prison, if necessary.
- to my wife for putting up with me all these years. It has been her prayers that have kept me on the battlefield for God. After one of our battles for the Lord she said, "Thank God He only made one like you!"
- to Cliff Dudley, his wife and family.
- to New Leaf Press, Inc., office staff.

* * * * *

This book is only a book of information for laymen, not intended for a text book for college graduate biologists, so therefore most college biologists and biophysicists are going to raise many questions that will not be answered in this book. Seminars are being taught to doctors, chiropractors, and people with degrees, those qualified with common sense to help this nation to be the healthiest on earth.

PREFACE

The purpose of this book is to tell how God has revealed to MODERN MAN His secret of how to live a long, healthy and useful life.

God desires all of His treasures to be in GOOD HEALTH.

God never repairs a damaged cello He throws it away and replaces it with a NEW CELL. God is not in the secondhand parts business, and what is more, His charges are very reasonable and not grievous or painful to bear. In fact, His fees can be paid with absolute obedience to the laws He has made and written so plainly in the BIBLE.

This book will permit you to peek through the keyhole about the secrets of perfect health and how the fullness and joy may be attained. There are many now in the United States, Canada, Mexico and the world that are sharing this knowledge about the TRUE, God-given BIOLOGICAL THEORY OF IONIZATION (RBTI). It will be necessary to go to someone taught in the RBTI in order to know how to attain *perfect health* in what I term the eight-lane highway of physical, mental, moral and spiritual obedience to perfect health. These tests can be made in minutes.

You may choose what direction you will travel-life or death.

The laboratory tests are made with standard, orthodox laboratory equipment. The tests will reveal secrets about your body chemistry that can be compared to the perfect God-given mathematical equation which will accurately denote the mineral imbalance of anyone's body. You will be instructed what to do about your diet problems indicated in the laboratory tests. Follow the rules; they are God's way of a long, healthy, useful life. The more obedient you are to these health laws the greater your reward.

Would you like to go on a vacation while you are ill? Really, anyone living a godly, useful, healthy life is just taking a vacation away from Heaven. Enjoy this vacation span between two ETERNITIES.

Plan on *leaving* for Heaven and taking your vacation away from EARTH in perfect health. God never intended for anyone to become

so EARTHLY ILL until they were dying to go to HEAVEN, or wherever they planned to go when they leave here.

Do not expect this book to tell you what is good for you and what is bad for you. This book will tell you how to find out and know the four-lane expressway to PERFECT HEALTH.

HAPPY IS HE WHO KNOWS WHAT TO DO AND DOES IT. You will know how to choose LIFE or DEATH.

The RBTI test is the measure of excessive loss of ENERGY.

As various organs contain more or less of the elements, it is possible by analyzing the urine and saliva to determine which organ or organs are losing too much energy.

The excessive loss of energy of any organ will cause the analytical readings of the specimens to arrange the numbers into a range pattern which will denote the exact area where the loss of energy occurs. A loss of ENERGY is the result of a mineral deficiency.

The excessive elementary energy, or the lack of it, is manifest in the laboratory readings while it pinpoints the extent of the energy. This type of a test takes the guessing out of the practice of health, and also the guessing for those who practice medicine.

The loss of energy from one organ affects other organs. All of our organs are more or less dependent upon another.

Too often a diagnosis, which according to Black's *Legal Dictionary*,

is only a GUESS limited by experience, only deals with one organ and that one wherever the pain is greatest. Pain is often the result of a loss of energy in another area of the body and is settling in the weakest spot, which causes the pain. Doctoring the pain without removing the cause is of no avail.

The RBTI tests analysis often disagrees with diagnosis because the RBTI test is not a guess, it is an accurate chemical analysis.

Regardless of how many laboratory technicians performed the RBTI Test, all counselors would come up with the same answer.

It is difficult to find two doctors that will make a diagnosis exactly alike on the same problem even when made on the same day.

WHY GUESS WHEN YOU CAN BE SURE?

LIFE IS TOO PRECIOUS to be guessing.

Please keep in mind as you read this book that God is the author of mathematics and chemistry. He made the laws of life, solids, liquids, gases, minerals, and vegetables. Chemistry could not exist without mathematics. There would be no need of mathematics were it not for chemistry.

The joining together of chemistry and mathematics is called PHYSICS. God is a God of PHYSICS. All things that are made by the laws of physics is (and there is nothing made that is made without) adherence to the laws.

IONIZATION is God's laws putting things together and taking them apart ion by ion. An ion in its singular anionic form is the smallest amount of ENERGY in existence, in fact the smallest thing that God ever created. All things that are made are formed from IONS.

Man has learned to measure the taking apart or the loss of ENERGY. which is any substance going back to its IONIC state.

Horsepower is the measure of harnessed lost energy from a compound or element.

Man has just begun to peep through the keyhole of knowledge, which God knew from the beginning (how things are put together, how a tree grows, how a seed sprouts, how a black cow can eat green grass and give white milk and yellow butter).

When man thoroughly understands how all things are put together by following the line of *least* resistance 'tis then he will truly know what LOVE is. To me love is following the line of least resistance. It is easier to love than to hate. Hate and revenge burns up much energy unnecessarily because it is following the line of FORCE, which is the line of *greatest* resistance.

Hate is like pushing a car up a steep hill. Love is like riding it while it is coasting gently downhill. Pushing up hill causes a great loss of energy. Riding quietly downhill observing the beauty of God's creation brings about an increase of energy.

This entire book is about God's plan of the use of energy for more perfect health as recorded in the Bible.

God manages the universe and controls all His creatures with LOVE. Satan rules with force and hate. Force and hate always causes a tremendously unnecessary loss of energy, and is the fruit that will cause anyone to experience a premature death and to be promoted to the PLACE OF HIS CHOICE.

After all is said and done, Heaven will consume all the ENERGY of Hell, and God in His greatness will use it to make something beautiful from it. It may be a pansy or a violet. Only God knows. He can do no wrong because He is LOVE.

- C. R.

CHAPTER 1

EQUATION NUMBERS

One of the first things most people demand to know of a Reams tester is, "What is wrong with me?" This is a point that makes it possible for any of the Reams testers to be falsely accused of practicing medicine without a license.

There are biological laws in the Bible pertaining to health which teach us what is right and what is wrong. Unless the Reams Biological Theory of Ionization tests indicated what was wrong, we would not know what was right. It is absolutely impossible to separate religion and good health; or religion and poor health because we are all created by God.

Man's mind is in two divisions, one is the spiritual mind, or the subconscious mind, and the other is the conscious mind.

With the conscious mind we think, we learn, we are taught principles of life, we are taught professional and non-professional duties. But back in the brain there is a subconscious mind, which is the spirit mind. This mind controls and maintains life. This is the involuntary part of the brain that keeps our organs functioning without any thought on our part of how and whether or not they function.

The Bible tells us that upon death the spirit shall return to God which made it and that the soul shall go down to the grave and return to dust from which it came. In this soul are contained the frequencies, the micronage, the milli- micronage and the millimilli-micronage, and these contain our numbers. Here is one of the very important factors taught by science: pictures of the spirit leaving the body have been taken of people as they passed into eternity and it is recognizable. A camera can pick up the spirit as it leaves the body, ascending like a vapor or like a cloud upward into eternity, but the soul then goes back to dust, waiting the judgment day.

An undertaker who took the RBTI course said to me one day, after I had told him, "It's my duty to keep people out of your office and place of business as long as I can":

"That's why I'm here because I want them to stay out and live to a ripe old age." Then he added, "I was looking at bodies of adults in the morgue one day and this thought came to me:

They are here because they wanted to be ... a freedom of choice."

"What do you mean?" I asked.

"They broke every rule of health. They abused their bodies. They went to physicians instead of going to God for healing. They took drugs instead of minerals to get well. They did not seek to clean the temple of God. What other conclusion could I draw other than they were here because they wanted to be, he answered.

I'm not saying that I agree or disagree with his statement. I'm only saying that it lies within us to live to a ripe old age and to be healthy, or to be sick and die young.

I was in the South Pacific during the war and one of the things I learned about the natives there was that they never grow old. They all die young because their living standards are so low, their food is so poor and the quality of their life is thinking there is nothing really to live for. When you see one of these natives 30 years old, they look like 70 or 80. The conditions under which they live burns out their system too quickly.

This is what happens when the wrong foods are used. It releases too many calories of heat energy, or electrical energy at the wrong time and the body cannot assimilate it. The very fact that it does this, will show in the numbers, and disease will strike in the weakest place. Naturally the excessive heat energy will burn out the weakest place first, so the numbers in the test then come forth and we can zero in on the organ, or organs, that are affected.

All diseases start with one or more of the vital organs which are controlled by the central nervous system, chiefly the liver, but then spreads to other organs because the liver is the one organ that manufactures the skeleton of the amino acid for all the other organs, and the amino acid is the building block that we live on. The numbers help us to zero in on the location of the loss of energy.

A mineral deficiency is the cause of all diseases. The higher the specific gravity the less energy you may get out of your food. The

lower the specific gravity, below the range A of the Reams Biological Theory of Ionization test (RBTI), the faster the food passes through the system and it does not have time to take the energy properly from the food. The numbers show what organs are losing the energy.

Collagen disease is nothing more than old-fashioned scurvy, caused by a lack of vitamin C, and affects the entire body chemistry from the top of the head to the bottom of the feet. The cells are coming apart, and the energy is being lost throughout the system. The beginning of this disease is the lack of calciums, which in turn causes a decrease in vitamin C, which in turn permits a weakening of the tissues, and a weakening of the gastric juices, which again affects the numbers.

The numbers indicate the state of health and how much *reserve energy* you have. The higher the reserve energy the greater liberty you have in breaking the rules. The lower your reserve energy, the less liberty you have in breaking the rules. You would not think of feeding an infant meat or nuts. Many people who are very ill, with a reserve energy rating below 15, their gastric juices are as diluted as an infant, and, therefore, they should live on baby food until their energy is restored, or increases.

There are two reasons why body chemistry will not respond to diet. One is a brain tumor in the left quadrant of the brain, and the other is unreparable damage to the main vagus nerve (the vital nerve which carries the message from the brain) to the vital organs which supply the **total daily nutrient (TDN)** needed to maintain the maximum amount of reserve energy.

Suppose you were male, age 25, six feet tall, weight 180, and your numbers would read:

$$7.0 \quad \frac{7.70}{7.80} \quad 45C \quad 4M \quad \frac{14}{15}$$

The person with these numbers would be in a critical condition, and the body chemistry in range C. All of the above facts are necessary in order to interpret this equation because a baby six months old

could also have these numbers, and therefore the diet would be different, or if a female had these numbers the diet would be entirely different.

The numbers indicate there are problems in certain areas of the body regardless of the age of an adult, but in a child under 12 years of age or under age of puberty, it would have an entirely different meaning because there is a change in body chemistry after a boy comes into young manhood, or a girl young womanhood, because of the different ratio of the calciums used by the female. Also, it's important to know if this is a Caucasian, because the darker the color the more vitamin D the skin picks up from the sunlight and rays. The lighter the skin the less vitamin D the body picks up from the sun's rays.

The numbers indicate this male is a borderline diabetic. A man at 25 being a borderline diabetic means that the energy rating is going to drop down because if his pancreas manufactured too much insulin, or not enough insulin, then the body will not assimilate vitamin C. In taking insulin, the artificial insulin taken by tablets, or shots, will not make vitamin C available to the body, but the insulin that's manufactured by the pancreas will make vitamin C available. This condition might have just started a month or two before, or it might have started a few years before, but we have reason to believe by the process of deduction, that because of this carbohydrate condition the pancreas is not manufacturing enough insulin, and is of a rather short duration. The reason we know that is his weight is still 180 pounds. If he stays in this low insulin condition very long his weight will begin to decrease. Why would it decrease? The more sugar you have in the blood and in the system, the more nature will demand it and will begin to draw sugar from the body fats and carbohydrates from the muscles. It will leave a person hungry all the time. Their food is not satisfying them.

The second number 7.7 / 7.8 (the urine reading is at the top, the saliva reading at the bottom) is the pH reading, which is a measure of resistance indicating that the food is digesting too slowly and that it lies in the stomach. Since the food digests too slowly, it is gradually creating pockets in the colon because the elimination is too slow. This

number also indicates that the body contains too much calcium oxide and not enough calcium lactate and phosphated calcium, and also dolomite calcium, calcium carbonate or tri-calcium phosphate. There is too much of one kind of calcium and not enough of five other kinds of calciums, which is creating a digestion problem because the liver has to have some of all six of the calciums every day in order to manufacture 5 to 6 billion enzymes necessary to keep the body in perfect health.

7.7 / 7.8 indicates that the liver is not manufacturing enough bile to properly digest the food, and practically no gelatin at all, which could prevent an easy elimination.

The pH reading is not a measure of the amount of acids or alkalines it's a measure of resistance between acids and alkalines. By the resistance we can tell whether we have too much or too little calciums, or which calciums are enough and of which ones the man has too much. It is not a quantitative measure, it's a measure of resistance. By a differential calculus by deduction we can tell what is happening in the man's system.

The next number 45C shows the body is retaining too much salt and that the person is in the zone for a major angina heart attack, however, with his age it is probably 10 years away If this pattern continues.

Since the body is retaining too much salt It shows us how this reading is helping to exaggerate the conditions that we found in the pH 7.7 / 7.8 reading because the food is too long in the colon, and now the salt is very high and is causing the intestines to lose their elasticity and stretch bigger and bigger, and as they do this forms pockets. If the ability to expand and contract continues in the colon it will get very much out of shape. The transverse colon will begin to sag, giving the man a "beer-bottle stomach" appearance, whether he drinks beer or not. (Drinking beer will only aggravate the condition.)

This high salt content indicates that cholesterols beginning to form in the veins and arteries. If this person were to go to a doctor and have a blood test it may show that his cholesterol is normal because the blood changes every few minutes, and at the particular time that he

was tested the cholesterol could have been low or it could have been medium or high. The RBTI test gives an overall picture of what is happening in the walls of the blood vessels, and in this person's case they are losing their ability to expand and contract.

The veins work differently from the arteries (I'll not go into that because it is rather technical), and unless nature puts oil in the veins and arteries to take the blood from the veins, from the capillaries back to the heart, the person will die much quicker because the vein would be so dilated until the blood cannot be pushed back to the heart. It is perfectly possible that his cholesterol, within a ten-year-period, would accumulate in such an amount that a piece of it could turn loose in the veins, go to the heart and block the heart and cause a very serious heart attack, or even death. However, this cholesterol would have to get above a saline reading of 47 total before it would be a fatal heart attack. Below 47 it would not be a fatal cholesterol heart attack. (i.e. there is no such thing as a minor angina heart attack. It is either Wham! you are dead, or you got lucky and lived.)

Now let's consider the last two numbers: 14 / 15. Add these two numbers and you have the total amount of undigested proteins, which we call urea.

With the high urinary sugar, a high pH, and high salt, it indicates that this man is in a fatal heart attack zone and could have a fatal heart attack at any time. Anyone with this set of numbers should be very careful not to over exercise, to get too tired, too excited, lose his/her temper and "blow his/her top," or even get in a hurry because any of these things could bring about instant death.

Now let's look at the overall picture.

The numbers indicate that nature is trying to throw out the delta cells, but the man's diet is so narrow he is not getting the mineral content to maintain good health. He is not drinking enough distilled water. (He should divide his weight by two, which would be 90, and call it ounces-drink 84-90 ounces of water a day.) He should drink 4 ounces of distilled water every half hour for approximately 10½ or 11 hours a day, and then this will be the first step in bringing his numbers back to perfect. However, he could become discouraged. Anyone with

this set of numbers trying to do this at home could cause the body to go into a withdrawal and cause a heart attack. Bringing these numbers from range C to range A in the RBTI test should be done under supervision where every number could be watched very closely. If the urinary sugar, the first number, drops below 5.5 the first day or the first hour, then the man could go into a violent withdrawal and go into a heart attack.

In the retreat we do not put the person on lemon juice and water immediately, but on water alone. until the urea (that's the last numbers) is within a safe zone. After those numbers come down to a safe zone, and probably the urea down below 20 total, and the salt below 35, then it would be safe to put the man on lemonade (lemon with sweetener) and water to bring him quickly to between 2 and 5.5 on the urinary sugar.

In the meantime the salt would continue to drop and many times when the body chemistry starts to react it over-reacts and the sugar level would have dropped too low, too quickly and cause a seizure, or it could cause the person to go into a temporary coma, which is very easy to correct. The sugar level has dropped too low and there is not enough oxygen going to the brain. By putting a little sugar, or a little honey, on the tongue, in one minute he would come back to reality again, with no serious damage done. This is an ordinary occurrence in every retreat.

This man would only need to be in the retreat two weeks, but he still has serious problems. Whenever there's not enough insulin being manufactured to control the carbohydrates, there's not enough vitamin C for cuts, bruises or bums to heal. It's the beginning of serious problems ahead. Yet, if the average medical doctor examined this man with all the modern tests we have today, he would probably not find a thing in the world wrong with him, simply because the medical profession do not have tests that would indicate this problem. I'm not casting reflection upon anyone, I'm only stating a fact.

For example: Diabetes by the medical profession is determined strictly by the glucose in the blood. If there is more than 120 milligrams of glucose per gram of blood, the person is said to be a diabetic,

and is generally put on orinase or diabinese until these numbers reach 145. After there is 145 milligrams of glucose per gram in the blood the person is generally put on insulin.

The medical colleges do not teach to compare a ratio between the glucose and the total carbohydrates, which is very, very important. It is the missing link in the treatment of the malfunctioning pancreas. Many people become diabetic whenever the sugar level is only 80 milligrams of glucose per gram of blood.

Others don't become diabetics until it becomes 150 or 160 milligrams of glucose per gram of blood. These facts are not considered by the drug establishment (manufacturers) as being important. What a shame!

One could have the sugar of 1.5 total carbohydrate in the urine and have a 300 milligram of glucose blood reading, or even 200 milligrams of glucose per gram of blood, and be perfectly safe and not be a diabetic. However, you would be a borderline diabetic, but it would not indicate that you needed insulin. Any doctor that found this would put the patient on insulin immediately.

This is the rule they have to go by.

If you have a urinary sugar reading as this young man, of 7.0 and had a 'glucose reading of 80 milligrams or 100 milligrams of glucose per gram of blood, you would also be a borderline diabetic. But if you had the 7.0 and 140 milligrams of glucose per gram of blood, you would definitely be a diabetic. The point here is, rather than immediately putting someone on insulin, the first thing that should be done in order to try to prevent the use of drugs is to have this person drink 4 ounces of distilled water every ½ hour (until they drink ½ their weight converted to ounces in water) and then make another test and see whether or not the body responded. In this way most people can be kept off of insulin.

Insulin is a salt which causes the intestines to have diverticulitis areas (pockets), causes cholesterol to form in the blood, a breakdown of blood vessels, and causes hardening of the arteries of the brain. Insulin should never be given to children because the blood vessels are so delicate they will harden quickly, and most children that start on in-

sulin die or become ill before they are 20 years old. There are some exceptions to this. Any of the RBTI testers can prevent your child from ever getting on insulin.

It is unnecessary.

If your child should have cancer of the pancreas, insulin will not do any good, neither will diet. But cancer of the pancreas is so very rare. You might find one case in a million. If there is damage to the vagus nerve from the main branch that goes to the pancreas nothing can be done, and the body will not respond to diet, but if there is no damage to the vagus nerve, between the liver and the pancreas, the pancreas could quite likely get well even though it has been determined by medical doctors as being cancerous.

If you were told everything that could happen about numbers and the 2,600 differentials, if you read extremely rapidly, it would take you approximately 2,000 years to read if you read 12 hours every day. These are things we teach the testers if they take all nine seminars.

The above numbers indicate how marvelous a body God has given us. If all the water in all the oceans were converted to drops there would be only 1/3 enough drops to indicate what could happen to our body to keep it from being perfect.

Illness does not pounce upon us like an animal preying another animal, but illness is a result of deficiency of minerals in our body.