

Bacquès test

Source: Doctor Paul Bacquès, gastroenterologist

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1 - Eat and drink normally in the evening then do not eat or drink during the night
2 - As soon as you get up, urinate and throw out the urine during the night
3 - Drink 1/2 liter of water in 5 minutes maximum
4 - Urinate every half hour in a measuring glass * graduated in cm³ (or milliliters which is the same) and this 4 times. Empty his bladder well each time and note the volume of urine. Remain at rest between urination and on an empty stomach for the duration of the test.

(* an old bottle is perfect)

Result:

The result to remember is the highest result of these 4 measurements which is generally located at the 2nd or 3rd urination:

After the 1 st half an hour =	cm ³
After the 2 nd half an hour =	cm ³
After the 3 rd half an hour =	cm ³
After the 4 th half an hour =	cm ³

Insufficiency threshold:

Up to 50 years there is insufficient if the maximum is less than 300 cm³
From 50 to 60 years if the maximum is less than 250 cm³
From 60 to 70 years if the maximum is less than 180 cm³
From 70 to 80 years if the maximum is less than 150 cm³
Over 80 years if the maximum is less than 120 cm³.

Carry out this test approximately once a year to follow the evolution of the result.

This is not a medical diagnosis and only gives a general indication of your state of health (good functioning of the water cycle) to encourage you to improve your lifestyle (diet, sleep, etc.) and to encourage you to consult and carry out a complete medical assessment in the event of insufficiency

Consult your doctor if necessary and do not interrupt your medical treatments without medical advice.

The water cycle

The human body is made up mainly of water, about 40 kg of water for a 70 kg adult.

The water cycle (assimilation and elimination of water) is a fundamental cycle for the proper functioning of the body. This is the reason why the proper functioning of this cycle is important for health and contributes to our life expectancy.

The proportion of water in the human body decreases with age:

- 97 % in the fetus,
- 80 % in newborns,
- 75 % in infants,
- 70 % in children
- 61 % in adult males (obese: 50%, average weight: 60%, lean: 70%)
- 51 % in adult female (obese: 40%, average weight: 50%, lean: 60%),
- 45 % for the elderly.

(Source Wikipedia)

Water assimilation

It takes place in the small intestine, as does the assimilation of food.

Good absorption of water by your body and good assimilation of food go hand in hand. Assimilation takes place in the same organ, the small intestine, and is followed by filtration by the liver.

With age (natural aging) and especially due to poor eating habits, increasingly thick mucous plaques can form inside the small intestine, hampering the proper absorption of water (water cycle) and food (digestion).

Water elimination

It takes place in the kidneys (purification of the blood), after having been filtered by the liver, thus following the same route as food during their digestion.

The water cycle: at the heart of our health

Natural aging, but also and especially bad eating habits or insufficient hydration, as well as other factors, can thus hamper the water cycle and gradually degrade the digestive capacity and the proper functioning of the water cycle.

The functioning of the water cycle is an essential indicator of our general state of health which informs us about the good functioning or not of our digestive organs (intestines, liver and kidneys).

Determination of biological age

Name-first name: _____ Date of birth N: _____

-> The first column of the tables below is completed as an example.

Date of test D	19 8 12									
<i>Volume of urine in cm³</i>										
After the 1 st half an hour	170									
After the 2 th half an hour	210									
After the 3 th half an hour	130									
After the 4 th half an hour	110									

Result R (max)	210									
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Your R result on the Bacquès test allows you to determine your age biological point of view
the functioning of the digestive sphere (intestinal / hepatic / renal = liver, intestines and kidneys) with regard to the
fundamental cycle of water assimilation and elimination. For it,
then refer to the following scale:

Result R (in cm ³)	300 and +	240	180	150	120
Biological age (years)	<50	50	60	70	80 and +

This helps determine your biological age:

Date of test D	19 8 12									
Age A = DN (years)	58									
Biological age B	55									

This biological age varies depending on the state of your organs (small intestine, liver, kidneys) during the test.

Health index:

It is defined as the difference in years between your actual age and your biological age.

Index I = AB	+ 3									
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The health index I can be positive or negative. It is expressed in years of life. A positive index corresponds to years of rejuvenation (years of life gained). A negative index corresponds to years of premature aging (years of life lost).

The more positive this I index, the greater your biological life expectancy and the better your health (biological age lower than the real age: overall your water cycle is functioning properly and from this point of view you have organs in good condition for your age).

Conversely, the more this index I is negative, the less your biological life expectancy is great and the worse your health is (biological age higher than the real age: you have one or more organs in degraded functioning state for your age).

This index gives a rough indication (many other factors involved too) of your current biological life expectancy compared to the average life expectancy, if you do not change anything in your lifestyle.