

NUTRI-SPEC


THROUGH
SPECIFIC NUTRITION
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Diphasic Nutrition Plan

Balancing Procedure:

Your BALANCING PROCEDURE will assure that you take Oxygenic D+ and Oxy Tonic in proper proportion. Oxy Tonic is a potent protector against pathological hyperplasia, and it is a powerful metabolic spark. Oxygenic D+ is a strong protector against pathological dis-integration, as well as a powerful anti-oxidant. Some people have a metabolism that requires a high amount of one and very little of the other. Your Balancing Procedure will determine the ideal quantities of each supplement for your individual needs. Your Balancing Procedure also determines your need for Electro Tonic to help maintain electrolyte balance.

IMPORTANT: The directions for the Balancing Procedure are different for patients who often experience diarrhea. If you are one of those people, then follow only the instructions for Steps 1, 2, and 3, on the next page, and skip to STEP 1 on the next page now.

STEP 1: Take no Oxy D+. For 3 days, take $\frac{1}{4}$ scoop of Oxy Tonic in water first thing in the morning. On the 4th day, increase the Oxy Tonic supplementation from $\frac{1}{4}$ to $\frac{1}{2}$ scoop. On the 7th day, increase the Oxy Tonic to $\frac{3}{4}$ scoop. On the 10th day, increase the Oxy Tonic to 1 scoop.

STEP 2: When you experience a stool that is a bit more loose than normal, or a stool that has a definite sulfur odor (or, when you have reached the 12th day with no bowel reaction), then you can assume that you have achieved saturation with negative valence sulfur --- the crucial anti-oxidant of your Oxy Tonic. (You may actually have an episode of diarrhea, and that is no problem at all. That is just one sure way to know that you have achieved systemic saturation with negative valence sulfur.)

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When saturation is reached, go to the Table below. The Table tells you the amount of Oxy Tonic you will take before breakfast every morning (no longer necessarily first thing in the morning), and the amount of Oxy D+ you will take daily before your evening meal, and the amount of Electro Tonic you will take to maintain electrolyte balance.

Point of Oxy Tonic saturation	Take Oxy Tonic before breakfast	Take Oxygenic D+ before evening meal	Take Electro Tonic before breakfast/eve meal
1/4 scoop	approx. 1/8 scoop	44 drops (1/4 tsp)	1/4 tsp/2 tsp
1/2 scoop	approx. 1/8 scoop	22 drops (1/8 tsp)	1/4 tsp/1 tsp
3/4 scoop	approx. 1/4 scoop	0	0/ 1/2 tsp
1 scoop	approx. 1/4 scoop	0	0 / 1/4 tsp

STEP 1: [Ignore the Table above.] If you are a person who frequently experiences diarrhea, then for the first 3 days of your Balancing Procedure take approximately 1/4 scoop of Oxy Tonic first thing in the morning, and 35 drops of Oxy D+ before your evening meal. On the 4th day, increase your Oxy D+ from 35 to 40 drops, and keep your Oxy Tonic at 1/4 scoop. Every 3 days increase your Oxy D+ by 5 drops, and from here on you can eliminate the Oxy Tonic. [To simplify your Oxy D+ measuring after the 4th day: There are 45 drops of Oxy D+ in 1/4 tsp.]

STEP 2: Stop the clinical trial when 3 days have gone by with no loose stool. The amounts of Oxy D+ and Oxy Tonic you have taken that 3-day span will now become a permanent part of your Diphasic Nutrition Plan --- taking the Oxy Tonic before breakfast, and the Oxy D+ before your evening meal. To maintain electrolyte balance, you will need 1/4 tsp of Electro Tonic before breakfast and 1/4 tsp before your evening meal.

STEP 3: If during this Balancing Procedure you do not go through 3 consecutive days without a loose stool after you have taken 90 drops (1/2 tsp) of Oxy D+ for 3 days, then stop. The amount of Oxy D+ that will be permanently part of your Diphasic Nutrition Plan is 1/4 tsp, to be taken before your evening meal. Your need for Oxy Tonic will be zero. You will take 1 tablespoon of Electro Tonic first thing every morning.