CHAPTER 4

NUTRI-SPEC METABOLIC IMBALANCE ANALYSIS

Analysis Instructions and Supplement Selection

- Three Analyses --- Sympathetic/Parasympathetic Analysis, Electrolyte/ Water Analysis, and Unified Acid/Alkaline Analysis --- combine for your complete NUTRI-SPEC Metabolic Imbalance Analysis.

- Chapter 5 will give you instructions on how to perform the tests. Chapter 6, 7, and 8 explain how to use your test findings in the three Analyses to determine where your patients stand as regards Sympathetic/ Parasympathetic Imbalance, Electrolyte/Water Imbalance, Anerobic/ Dysaerobic Imbalance, Glucogenic/Ketogenic Imbalance, and Acid/Alkaline Imbalance. Chapter 9 explains how to put it all together, integrating your findings into one set of recommendations.

- [If on initial Metabolic Testing you find no Electrolyte/Water Imbalance, then, on follow-up testing you may do the Unified Acid/Alkaline Analysis and/or the Sympathetic/Parasympathetic Analysis as stand-alone procedures.]

- The Electrolyte/Water Analysis, unlike the Unified Acid/Alkaline Analysis and the Sympathetic/Parasympathetic Analysis, is never used as a stand alone procedure. Your findings must be integrated with your findings of either or both your other two analyses.

  [Read on while referring to your Test Results Form.]

- The order in which you perform all the tests for NUTRI-SPEC Metabolic Imbalance Analysis is …

  - Urine pH and Multi-Stix, including particularly Specific Gravity
  - Saliva pH
  - (Adjust the UpH, SpH, and SG as necessary for medications.)
  - Dermographics Testing
  - Pa
  - Breath Rate
  - P1
  - SBP1 and DBP1
  - P2
  - SBP2 and DBP2
  - P3
  - Exhalation Breath Hold Time

TEST RESULTS FORM

Name: _____ Age: _____ Gender: _____

Major Complaints and Drugs: _____

_____

If on any of these drugs, Adjust:

SG = SG -6
UpH = UpH+.6
SpH = SpH -.3

If on 2 or more:

SG = SG -10
UpH = +1.0
SpH = -.5

- **Statins**
- **Tylenol/ Acetaminophen**
- **Advil/ Ibuprofen**
- **Aleve/ Naproxen**
- **Beta Blocker**
- **Ca Channel Blocker**
- **ACE Inhibitor**
- **Angiotensin Blocker**
- **Antibiotics**

DATE												
Color												
Glucose (30 sec)												
Bilirubin (30 sec)												
Ketones (40 sec)												
SG (45 sec) (UAA)	**drug Adj SG (UAA)**											
Blood (60 sec)												
Protein (albumin) (60 sec)												
Urobilinogen (60 sec)												
Nitrite/Leukocytes (120 sec)												
UpH (UAA)	**drug Adj UpH (UAA)**											
SpH (UAA)	**drug Adj SpH (UAA)**											
(BHT-10) - BR (UAA)	**(BHT - 10) + BR**											
Pa	**BR**	**Ex BHT**										
SBP1 (EW)	**SBP2**	**SBP 2-1 (SP)**										
DBP1	**DBP2**	**DBP 2-1 (SP)**										
P1	**P2**	**P3**										
Pa-P1 (SP)	**P2-P1 (SP)**	**P3-P2**										
Highest P-P1	**Dermo**											
Hi P-P1 + SBP2-1	**Hi P-P1 - SBP2-1**											
SBP2-1 + DBP2-1 (EW)	**SBP2-1 - DBP2-1 (EW)**											
Other? (GI Function, Medication, Day of Menstrual Cycle, etc) Body Temp												
Supplements to Consider:												
Metabolic Imbalances												
Diet:												

[See Chapter 5, "NUTRI-SPEC Testing Instructions" for how to do the tests.]

- Record your test findings on your Test Results Form as you perform the tests --- then, complete your Test Results Form by subtracting (Pa – P1), (P2 – P1), (P3 – P2), (Highest P-P1), (SBP2 – SBP1), (DBP2 – DBP1), (Hi P-P1+ SBP2-1), (Hi P -P1 - SBP2-1), (SBP2-1 + DBP2-1), (SBP2-1 – DBP2-1), as well as calculating the HYDRATION = (AUpH + ASpH – ASG).

- Go to each of your Analysis Tables in turn (--- Sympathetic/ Parasympathetic, Electrolyte/Water, then Unified Acid/Alkaline) to find the Supplements you will consider recommending.

- Of course, all your patients are also on Activator and the most appropriate Immuno-Synbiotic, along with their individualized need for Oxy Tonic, Electro Tonic, and/or Oxy D+ as determined by your BALANCING PROCEDURE.

- IRON CLAD RULE THAT MUST NEVER BE IGNORED: If the supplement selections do not include either Oxy Tonic or Oxy D+, then your patient must immediately begin the BALANCING PROCEDURE to determine the ideal proportions of your Metabolic Sparks --- Oxy Tonic, Electro Tonic, and/or Oxy D+. The BALANCING PROCEDURE is the only way to completely individualize every patient's Metabolic Therapy.

- Remember, the Stage of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP) is the foundation of your LIVE STRONGER LONGER Metabolic Therapy. Ultimately, you will give all your patients their age- and health-appropriate SOLID DNP. Here are the four approaches from which you can choose as you plan your patient's life-long, individualized Nutri-Spec regimen …

    - Use your SOLID DNP (including the BALANCING PROCEDURE) as your initial NUTRI-SPEC Metabolic Therapy. The SOLID DNP will have a powerful effect at achieving a high degree of Metabolic Balance, while at the same time improving the patient's Vital Reserves. During this initial phase of Metabolic Therapy, you can be working the patient off counter-productive medications, while at the same time getting the patient started on Eat Well – Be Well. ----- Or …

- Implement the SOLID DNP after you have gone through a period of 3-10 weeks of Metabolic Balancing. As you make the transition from the Metabolic Imbalance supplement regimen into the "Live Stronger Longer" SOLID DNP you must do (or re-do) the BALANCING PROCEDURE (even if you did it weeks earlier as part of instituting your Metabolic Balancing). ----- A third option …

- Use the SOLID DNP as a stand-alone procedure --- and never need any Metabolic Testing at all. ----- You may also choose to piece together a SOLID DNP blended with aspects of Metabolic Imbalance Testing …

- Use the SOLID DNP either before or after using the Sympathetic/ Parasympathetic Support System Analysis as a stand-alone procedure --- or --- after using the Unified Acid/Alkaline Analysis as a stand-alone procedure --- or --- before or after integrating Unified Tissue Acid/Alkaline and Sympathetic/Parasympathetic Analyses.