

--- Doctor's Instructions for DNP patients approximately age 33-52.

Morning Supplements

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| ELECTRO TONIC | before breakfast = amount determined by <u>Balancing Procedure</u> . |
| OXY TONIC | before breakfast = amount determined by <u>Balancing Procedure</u> , or, as needed as maintenance after NUTRI-SPEC Metabolic Balancing |
| IMMUNO-SYMBIOTIC* | 2 (ideally, 20 min) before breakfast |
| DIPHASIC A.M. | 1-5 after breakfast |
| OXYGENIC A | 1-3 after breakfast |
| ACTIVATOR | 2 after breakfast |

Evening Supplements

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| OXYGENIC D-PLUS | before evening meal = amount determined by <u>Balancing Procedure</u> , or, as needed as maintenance after NUTRI-SPEC Balancing |
| IMMUNO-SYMBIOTIC* | 2 (ideally, 20 min) before evening meal |
| DIPHASIC P.M. | 1-5 after evening meal |
| OXYGENIC D | 1-3 after evening meal |
| ACTIVATOR | 2 after evening meal |

*IMMUNO-SYMBIOTIC = Choose your patient's ideal I-S from the selection criteria.

Supplement Additions, Substitutions, and Deletions

- Insulin-Dependent Diabetes: Add 4 COMPLEX S, 2 in a.m. & 2 in p.m. Increase OXYGENIC A to 4 after breakfast. I-S X-FLAM.
- Asthma: Add 3 COMPLEX P after breakfast. I-S IMMUNE POWER.
- Hypertension or Cardiovascular Disease: Add 6 FORMULA ES, 3 after breakfast and evening meal, and, 4 TAURINE, 2 before breakfast and evening meal.
- Mucous Colitis/Chronic Diarrhea: Add 4 GLUTAMINE, 2 before breakfast and evening meal, and, 3 COMPLEX P after breakfast. IMMUNO-SYMBIOTIC = 6 daily.
- Crohn's Disease: Add 4 GLUTAMINE, 2 before breakfast and evening meal. Increase OXY D-PLUS to ¼ tsp., and OXY A to 4 after breakfast. I-S X-FLAM = 2 to 6 daily to bowel tolerance.
- Ulcerative Colitis: Add 6 GLUTAMINE, 3 before breakfast and evening meal, and, COMPLEX P, 3 in a.m. Increase OXYGENIC A to 4 in a.m. Take OXYGENIC D-PLUS, at least 1/8 tsp. before the evening meal. I-S X-FLAM = 2 to 6 daily to bowel tolerance.
- Rheumatoid Arthritis: Increase DIPHASIC A.M. to 5 after breakfast, and DIPHASIC P.M. to 5 after the evening meal. Take OXYGENIC D-PLUS at least 1/8 tsp. before the evening meal. Increase OXYGENIC A to 4 after breakfast. I-S X-FLAM.
- Lupus: Increase DIPHASIC A.M. to 5 after breakfast, and DIPHASIC P.M. to 5 after the evening meal. Add COMPLEX S, 3 after the evening meal. Take OXY D-PLUS, at least 1/8 tsp. before the evening meal. I-S X-FLAM or I-S IMMUNE POWER.
- Seizures: Take OXY TONIC, at least ¼ scoop before breakfast. Delete ELECTRO TONIC.
- Eosinophilic Fungal Rhinosinusitis and other Yeast/Fungal Conditions: Add BOOGIEY BUSTER, 4 or more times daily, &/or A GOOD THYME as a nasal irrigation, &/or orally, &/or topically. I-S IMMUNE POWER.