

--- **Doctor's Instructions for DNP patients approximately age 53+.**

Morning Supplements

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
COMPLEX P	2 after breakfast
ACTIVATOR	2 after breakfast

Evening Supplements

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
COMPLEX S	2 after evening meal
ACTIVATOR	2 after evening meal

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

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Supplement Additions, Substitutions, and Deletions

- Insulin-Dependent Diabetes: Increase COMPLEX S to 4 in p.m. Add OXYGENIC A, 4 after breakfast. I-S X-FLAM.
- Asthma: Increase COMPLEX P to 4 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. Increase COMPLEX P to 4 after breakfast. IMMUNO-SYMBIOTIC = 6 daily.
- Crohn's Disease: Add 4 GLUTAMINE, 2 before breakfast and evening meal. Increase OXYGENIC D-PLUS to ¼ tsp. before the evening meal. Add OXYGENIC A, 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. Take OXYGENIC D-PLUS, at least 1/8 tsp. before the evening meal. Increase COMPLEX P to 4 in a.m. Add 3 OXYGENIC A in a.m. 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. Add OXYGENIC A, 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. Increase COMPLEX S to 3 after 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 BOOGEY BUSTER, 4 or more times daily, &/or A GOOD THYME as a nasal irrigation, &/or orally, &/or topically. I-S IMMUNE POWER.