

## CHAPTER 3

# CLINICAL APPLICATION TO A BUSY PRACTICE

You have read about the Five Fundamental Balances, but you cannot fully appreciate their significance until you begin to clinically apply NUTRI-SPEC procedures. Just how complicated and time consuming are the testing procedures? You may have apprehensions about a complex battery of tests, requiring a substantial capital investment in high-tech equipment, and months of study to learn test interpretation. Rest at ease; the NUTRI-SPEC system requires nothing of that nature. In fact, in making the practice of clinical nutrition scientific, NUTRI-SPEC has made it simpler.

You are about to learn the NUTRI-SPEC test procedures, which include many simple tests, yet can be performed by you (or, more appropriately, your staff) in about 10 minutes. Having completed your patient's Test Results Form, you will be able to do your analysis of the tests in just 3-4 minutes. A few inexpensive supplies are all you need. The complete testing and interpretation is done right in your office, so there is no delay in waiting for reports to come back from a far away lab. Your patient leaves the exam room with a comprehensive, individualized report of findings, eating plan and supplement regimen in hand.

When organized systematically, the information gained in ten minutes of testing gives you a wealth of knowledge about your patients; enough to evaluate their status with respect to the Five Fundamental Balances and more. Thus, with NUTRI-SPEC, you have the tools to apply scientific clinical nutrition to every patient you see.

In the next section you will find a description of how to perform and how to interpret each of the tests comprising the NUTRI-SPEC system.

There are other clinical tests described in Appendix A of An Analytical System of Clinical Nutrition that are supplemental to the ten-minute test routine. A few of these are not so much tests as they are points drawn from the patient's history. For example, does your patient suffer from constipation and/or diarrhea? Or, is there a problem with either polyuria or oliguria? Or, is there a problem with either insomnia or somnolence? If any of these conditions apply, they should be noted on the Test Results Form along with the results of the ten-minute test procedure. ----- But understand that you do not gather information to about these conditions to "treat" them. Rather, that clinical information is used to caution you, and to set limits on what supplements are appropriate for the individual patient.

The remaining tests in Appendix A that are not part of your regular routine, are used for additional confirmation, when needed, of the Metabolic Imbalances you find in a patient. For example, taking the patient's temperature is not a routine NUTRI-SPEC test, but very often it will give you valuable information with respect to several of the Imbalances. It will also give you some insight into your patients who are fighting an infection --- which might call into question the significance of your test result analysis. It is also a good idea to take the temperature in patients who complain of either being continuously cold or continuously too warm, to determine whether their subjective feelings parallel actual changes in body temperature, or are more related to Vaso-constriction and Vaso-dilation.

For the specifics of clinical application, go on to the instructions on how to implement your 3 Analyses in Chapters 4 through 10 ...

- Chapter 4: Nutri-Spec Metabolic Imbalance Analysis
- Chapter 5: Nutri-Spec Testing Instructions
- Chapter 6: Unified Tissue Acid/Alkaline Imbalance Analysis
- Chapter 7: Electrolyte/Water Imbalance Analysis
- Chapter 8: Sympathetic/Parasympathetic Imbalance Analysis
- Chapter 9: Putting it all together for your patient
- Chapter 10: Report of Findings

You will be given instructions on how to perform the tests, how to enter them on your Test Results Form, and how to select the specific supplements individualized for your patient that will restore Metabolic Balance and increase Vital Reserves.