

## CHAPTER 9

# PUTTING IT ALL TOGETHER FOR YOUR PATIENT

- As you progress through each of your 3 Analyses, jot down any supplements from each Analysis menu that likely apply to your patient. So, after doing the Unified Tissue Acid/Alkaline Analysis, you will write down on the Test Results Form any supplements that apply.

You then go on to your Electrolyte/Water Analysis, and select supplements from the menu offered. At that point pause to consider the supplements you have noted so far and ask yourself 2 questions ...

First, are there supplements that show up on both Analyses? If so, these are likely choices for your final recommendations. The second thing to consider is whether or not there are any supplements that “cancel each other out” --- for example, Oxygenic G and Oxygenic K, which, if they both show up as possibilities, will be crossed off your list. Another consideration here is that if you have two supplements, one of which is a strong alkalizer and one a strong acidifier, you may give both, but if you do, you will give them at two separate meals.

Go on now to your Sympathetic/Parasympathetic Analysis. Add to the list of potential supplement recommendations on your TRF any supplements to be considered. Now, once again take a few moments to go through the same procedure you did when you looked at integrating Unified Tissue Acid/Alkaline Analysis with Electrolyte/Water Analysis.

Circle as definite recommendations anything that appears multiple times in your 3 Analyses. Strike from your list all in your supplements that contradict each other. Finally, consider any pairs of supplements that will be offered at different meals, or as part of as a Diphasic approach (such as, for instance, Complex P in the morning and Complex S in the evening).

- 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 that patient’s Metabolic Therapy.

- Every patient will be taking either Activator or Mighty Mins, along with Immuno-Synbiotic.
- You should now have a list of supplements, some of which are circled. These, along with the quantity to be taken and the time of the day they must be taken, will be written for your patient on the supplements recommendations sheet on the last page of this chapter.
- You also give your patient Eat Well – Be Well.
- This is also the time to consider Prostaglandin Imbalance. If your patient's symptoms include any persistent inflammatory signs such as chronic or recurring inflammatory pain or aches, musculo-skeletal inflammation, vascular inflammation, or histamine reactions --- it is essential that you emphasize the Prostaglandin dietary recommendations --- strict avoidance of all HOHUM PUFA's (omega 6 fatty acids) from vegetable oils.
- You will give the patient an Imbalance description for each of the Imbalances that you found. So to illustrate: if your Analyses determine the patient needs Oxygenic K plus a Diphasic approach with Complex P and Complex S --- you will give the patient the Ketogenic Imbalance description along with the Diphasic Nutrition Plan brochure.
- If this is a new patient, you will also give the Activator brochure and Immuno-Synbiotic brochure.
- Schedule the patient for the first follow-up testing. If the patient has acute symptoms, the first follow-up must be within a week. Otherwise, the first follow-up can be in 4 weeks.
- This is the appropriate time to reinforce for the patient the unique value of your NUTRI-SPEC Metabolic Therapy. You are not offering remedies for symptoms. Rather, you are getting to the underlying cause of those symptoms by restoring Metabolic Balance to the Five Fundamental Balance Systems, while at the same time you increase Vital Reserves.

You are addressing Immuno-Neuro-Endocrine Stress as per the individualized needs of your patient. The inflammation that results from INE Stress --- the inflammation that underlies INFLAM-AGING, and which is at the root of virtually all your patient's health needs --- is addressed with a specific combination of ADAPTOGENS to restore Metabolic Balance and increase Vital Reserves. **LIVE STRONGER LONGER!**

**NUTRI-SPEC**



*Live Stronger Longer*

**NUTRI-SPEC  
METABOLIC BALANCE TESTING**

**Report of Findings** for \_\_\_\_\_ Date \_\_\_\_\_

Your NUTRI-SPEC TESTING shows that you have the following Imbalances in your metabolism that are preventing you from being as healthy and strong as you could be:

\_\_\_\_\_ Electrolyte Insufficiency Imbalance

\_\_\_\_\_ Electrolyte Stress Imbalance

\_\_\_\_\_ Anaerobic Imbalance

\_\_\_\_\_ Dysaerobic Imbalance

\_\_\_\_\_ Glucogenic Imbalance

\_\_\_\_\_ Ketogenic Imbalance

\_\_\_\_\_ Sympathetic Imbalance

\_\_\_\_\_ Parasympathetic Imbalance

\_\_\_\_\_ Acid Imbalance

\_\_\_\_\_ Alkaline Imbalance

\_\_\_\_\_ Prostaglandin Imbalance

\_\_\_\_\_ Your Imbalances are not clearly evident in your test results. However, our analysis indicates the need for you to be retested after following the recommendations below for \_\_\_\_\_ weeks.

Your health goals cannot be achieved as long as your Metabolic Imbalances go uncorrected. The NUTRI-SPEC plan offered below will have a balancing effect on your metabolism. The resulting increase in your Adaptive Capacity will make you stronger and healthier, helping you to rise above the physical and mental challenges you must face each day.

Knowing the Imbalances in your body's metabolism will allow you to follow an eating plan and a nutrition supplement plan specifically designed for your particular needs.

## **FOLLOW-UP TESTING**

You will need your first follow-up testing within a week. This is to assure:

1. ...that you are responding favorably to your eating plan and supplement plan. Within less than a week's time your Metabolic Imbalances should begin to show some improvement. If they do not, the quantity of supplements may need to be temporarily increased.
2. ...that you have not over-corrected. It often happens that a person's Metabolic Imbalances respond very quickly to the high biological activity of NUTRI-SPEC supplements. In that case, it will already be time to decrease the quantity of supplements you are taking.
3. ...that you have no additional Metabolic Imbalances that were not apparent on your first testing.

Thereafter, you will need follow-up testing at whatever frequency your Doctor determines by your response to your eating plan and supplement plan. As you progress with NUTRI-SPEC, the Metabolic Imbalances found on your first testing may respond very well. They may even be totally corrected. As these disappear, however, other Imbalances may become apparent, necessitating some change in your eating plan and your supplement plan.

Your nutrition needs are certain to change over time. NUTRI-SPEC testing will be there to serve you in times of increased stress. You will always have objective, scientific tests to guide you and your Doctor in the very best eating plan and the very best supplements for your particular body chemistry.

**NUTRI-SPEC**



*Live Stronger Longer*

## **Metabolic Balancing &/Or** **Diphasic Nutrition Plan**

Eating Plan & Supplement Recommendations  
individualized for:

\_\_\_\_\_ Date: \_\_\_\_\_

For your eating plan, simply follow the recommendations made on the card, **Eat Well – Be Well**. The closer you follow the eating rules that comply with natural law, the more likely you will live stronger longer. If you deviate significantly from the recommendations on Eat Well – Be Well, all the supplements in the world will not keep you physically, mentally, and emotionally at your best. ----- Here are the supplements you need:

### Morning supplements

- Oxy Tonic \_\_\_\_\_ before breakfast = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Electro Tonic \_\_\_\_\_ before breakfast = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Immuno-Synbiotic \_\_\_\_\_ before breakfast
- Diphasic A.M. \_\_\_\_\_ after breakfast
- Activator \_\_\_\_\_ after breakfast
- Oxygenic A \_\_\_\_\_ after breakfast
- Complex P \_\_\_\_\_ after breakfast
- Formula ES \_\_\_\_\_ after breakfast
- Taurine \_\_\_\_\_ after breakfast
- Glutamine \_\_\_\_\_ before breakfast
- Oxygenic K \_\_\_\_\_ after breakfast
- Oxygenic G \_\_\_\_\_ after breakfast
- Complex S \_\_\_\_\_ after breakfast
- Other \_\_\_\_\_

### Evening supplements

- Oxygenic D+ \_\_\_\_\_ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Electro Tonic \_\_\_\_\_ before evening meal = amount per Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Immuno-Synbiotic \_\_\_\_\_ before evening meal
- Diphasic P.M. \_\_\_\_\_ after evening meal
- Activator \_\_\_\_\_ after evening meal
- Oxygenic D \_\_\_\_\_ after evening meal
- Complex S \_\_\_\_\_ after evening meal
- Formula ES \_\_\_\_\_ after evening meal
- Taurine \_\_\_\_\_ after evening meal
- Glutamine \_\_\_\_\_ before evening meal
- Oxygenic K \_\_\_\_\_ after evening meal
- Complex P \_\_\_\_\_ after evening meal
- Other \_\_\_\_\_