

CHAPTER 6

SYMPATHETIC/PARASYMPATHETIC ANALYSIS

Analysis Instructions and Supplement Selection

- This Sympathetic/Parasympathetic Imbalance Analysis is one of three Analyses that constitute your NUTRI-SPEC Metabolic Imbalance Analysis. ----- The other two Analyses are your Electrolyte/Water Imbalance Analysis and your Unified Acid/Alkaline Imbalance Analysis. The effective sequence for analyzing your patient's test results is to do the three Analyses in order: Sympathetic/Parasympathetic Analysis, followed by Electrolyte/Water Analysis, then Unified Acid/Alkaline Analysis.
- You may perform this Analysis as a stand-alone procedure --- or --- integrate the findings as part of your Electrolyte/Water Analysis &/or your Unified Tissue Acid/Alkaline Analysis --- or --- do it as part of your comprehensive Metabolic Imbalance Testing.
- This S/P analysis determines exactly which type of Sympathetic or Parasympathetic Imbalance your patient has, and what supplements in addition to Complex S or Complex P might be necessary to support restoration of balance. (Either your Unified Acid/Alkaline Imbalance analysis or your Electrolyte/Water analysis may show the need for Complex P or Complex S even when this analysis does not identify a specific mechanism of S/P Imbalance.)
- The only 3 tests required for the Sympathetic/Parasympathetic Imbalance Analysis Table are noted by a "sp" on the Test Results Form ...
 - Pa – P1 sp
 - P2 – P1 sp
 - SBP2 – SBP1 sp
- **SELECTING SUPPLEMENTS:** The Table below identifies the 6 types of S/P Imbalance. To complete your analysis, simply go to the Table with 3 analytes in mind: Pa – P1, P2 – P1, and SBP2 – SBP1. Carry those numbers through each of the 6 columns in turn, from left to right. **YOU MUST HAVE A PERFECT MATCH WITH ALL 3 NUMBERS, AND WITH ALL OTHER**

ANALYTES IN THE COLUMN TO DEFINE THAT PARTICULAR IMBALANCE. If you do not have a perfect match, quickly go to the next column.

You may find no match to any of the 6 columns. Nevertheless, you may ultimately recommend Complex S or Complex P as determined by either of your other two analyses.

You may find a match to more than one column. If so, consider the supplementation recommendations for *both* columns.

- 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 that patient's Metabolic Therapy.
- Remember, the Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan is the foundation of your LIVE STRONGER LONGER Metabolic Therapy. Ultimately, you will have all your patients on their age- and health-appropriate SOLID DNP.
- How much of the selected supplements do you recommend? Begin with the amounts indicated by the supplement recommendations listed for the type of S/P Imbalance you find. For some patients you will need to adjust the quantity upward on follow-up tests, and for some you may be able to decrease supplementation after just a few weeks or a few months.

If Rejuvenator, Adapto-Max, or Oxy-Max are among the supplements indicated, start with the amount indicated as a minimum. Judging by your evaluation of this patient's health status, you may want to recommend more than the minimum right from the beginning.

Any recommendations for Oxy Tonic or Electro Tonic or Oxy D-Plus are to be in addition to whatever is determined by that patient's BALANCING PROCEDURE.

	Parasymp Stress	Sympathetic Noradrenergic Insufficiency	Parasymp Insufficiency	Sympathetic Adrenergic Stress	Sympathetic Nor-Adrenergic Stress	Sympathetic Nor-Adrenergic Stress Failure
Pa – P1 =	≥ 3	≥ 1	≤ 2	≤ 2	≤ 2	≤ 1
P2 – P1 =	≤ 8	≥ 7	≥ 7	≥ 6	≥ 4	≥ 8
SBP2 – SBP1 =	≤ 10	≤ 4	≥ 3	≥ 10	≥ 6	≤ 4
DBP2 – DBP1 =	≤ 8	≥ -2	≥ 2	≥ 5	≥ 4	≤ -2
Pa =		≤ 66				≥ 68
Breath Rate				≥ 16		
Adj-Saliva pH	≥ 6.9					

SYMPATHETIC/PARASYMPATHETIC IMBALANCE

(--- As per a perfect match to any of the 6 columns of Test Results Analysis)

* Parasympathetic Stress:

Complex P 3 after breakfast & 1 evening

If Saliva pH = ≥ 7.1 Magnesium Chloride 1 scoop 1st a.m.

If Urine pH = ≤ 5.5 Sodium Glycerophosphate 1 scoop 1st a.m.
and Electro Tonic ½ tsp evening

If Urine pH = ≥ 6.5 and USG = ≤ 12 Oxy Tonic 1 scoop 1st a.m.

If Urine pH = ≥ 7.0 and USG = ≥ 20 Phos Drops 10 1st a.m.

If Saliva pH = ≥ 7.1 and Dermographics = R2+ Proton Plus 2 evening

* Sympathetic Noradrenergic Insufficiency:

Complex P 3 after breakfast

Adapto-Max 1+ after breakfast

Oxy-Max 1+ evening

If Urine pH = ≤ 5.5 Sodium Glycerophosphate 1 scoop 1st a.m.
and Electro Tonic ½ tsp evening

If Urine pH = ≥ 6.5 Oxy Tonic 1 scoop 1st a.m.

* Parasympathetic Insufficiency:

Complex S 1 after breakfast & 2 evening

Rejuvenator 2 first a.m.

Adapto-Max 1+ after breakfast

Oxy-Max 1+ evening

If Saliva pH = ≥ 7.1 Magnesium Chloride 1 scoop 1st a.m.

If Urine pH = ≥ 6.5 add Oxy Tonic 1 scoop first a.m.

If Urine pH = ≤ 5.6 Potassium Citrate 1 scoop first a.m. + 10 oz H₂O

* Sympathetic Adrenergic Stress:

Complex S 2 after breakfast & 2 evening

Adapto-Max 1+ after breakfast

Oxy-Max 1+ evening

If UpH = ≤ 5.6 or USG = ≥ 20 K Cit 1/8 tsp first a.m. 10 oz H₂O

If UpH = ≥ 6.5 add Oxy Tonic 1 scoop first a.m.

* Sympathetic Noradrenergic Stress:

Complex S 1 after breakfast & 2 evening

Adapto-Max 1+ after breakfast

Oxy-Max 1+ evening

If UpH = ≤ 5.6 or USG = ≥ 20 K Cit 1/8 tsp first a.m. 10 oz H₂O
= Oxygenic D 2 evening

If UpH = ≥ 6.5 add Oxy Tonic 1 scoop first a.m.

* Sympathetic Noradrenergic Stress Failure:

Complex S 1 after breakfast & 2 evening

Rejuvenator 2 1st a.m.

Adapto-Max 1+ after breakfast

Oxy-Max 1+ evening

If UpH = ≤ 5.6 or USG = ≥ 20 K Cit 1/8 tsp first a.m. 10 oz H₂O

If UpH = $\geq 6.5+$ add Oxy Tonic 1 scoop first a.m.