

CHAPTER 6

UNIFIED ACID/ALKALINE ANALYSIS

to determine ...

- ANAEROBIC/DYSAEROBIC IMBALANCE
- GLUCOGENIC/KETOGENIC IMBALANCE
- ACID/ALKALINE IMBALANCE

Analysis Instructions and Supplement Selection

- This Unified Acid/Alkaline Analysis is one of three Analyses that constitute your NUTRI-SPEC Metabolic Imbalance Analysis. [The other two Analyses are your Sympathetic/Parasympathetic Imbalance Analysis and your Electrolyte/Water Analysis. The effective sequence for analyzing your patient's test results is to do the three Analyses in order --- Unified Acid/Alkaline Analysis, followed by Electrolyte/Water Analysis, and then Sympathetic/ Parasympathetic Imbalance Analysis.]
- You may perform this Analysis as a stand-alone procedure --- or --- integrate the findings as part of your Electrolyte/Water Analysis &/or your Sympathetic/Parasympathetic Analysis --- or --- do it as part of your comprehensive Metabolic Imbalance Testing.
- The only tests required for the Unified Acid/Alkaline Analysis Table are noted by a ● on the Test Results Form ...
 - Adjusted Urine pH ●
 - Adjusted Urine Specific Gravity
 - Adjusted Saliva pH ● & 3-min SpH Change
 - Turgor
 - Pa
 - Respiratory Rate
 - (Pa - P1)
 - Breath Hold Time

[Refer to Chapter 5 for instructions for performing the tests.]

- **SELECTING SUPPLEMENTS:** Every supplement your patient needs to address any of these three Imbalances is found in one block of the supplement selection table. Match the row of your patient's Adjusted Urine pH to the column of the Adjusted Saliva pH and there you are --- with a half dozen or so possible choices. Select all choices that apply (and in some cases, none will apply).
- 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 plan.
- That is all you need to do! ----- However, to make your Metabolic Therapy even more comprehensive you will integrate this analysis of Anaerobic/Dysaerobic, Glucogenic/Ketogenic, and Acid/Alkaline Imbalances with your Sympathetic/Parasympathetic Imbalance Support System Analysis.
- How much of each supplement selected by your Unified Acid/Alkaline Analysis do you recommend? On your initial Testing, start small --- then consider increasing if the same supplements need shows up on a follow up testing. (The supplement recommendations indicated by this Analysis for Oxy Tonic, Electro Tonic & Oxy D+ override the amounts for these 3 supplements indicated by the BALANCING PROCEDURE.)

- Oxy A 2 after breakfast
- Oxy Tonic 1 scoop first thing in the morning
- Oxy D 2 after the evening meal
- Oxy D+ 15 drops before the evening meal or late evening
- Energetics G 2 after any meal*
- Energetics K 2 after any meal*
- Complex P 3 after breakfast
- Complex S 3 after the evening meal
- Formula ES 2, 2X after meals
- Proton Plus 2 after the evening meal
- Phos Drops 10 drops in 10 ounces of water before any meal or late evening
- NaBC ¼ tsp. before breakfast in 10 ounces of water
- KCit ½ scoop in 10 ounces of water first thing in the morning & again in the evening
- NaGP 1 scoop before breakfast in 10 ounces of water
- MgCl₂ 1 scoop in 10 ounces of water before any meal
- Electro-Tonic 1 tsp in water before any 2 meals.

* If your Analysis reveals a need for both Energetics G and Energetics K, your patient should take Energetics K after breakfast and Energetics G after the evening meal.

Whenever your Analysis shows your patient needs Energetics K, your instructions for that supplement should be accompanied by a dietary recommendation to increase the Carbs/Protein ratio.

Similarly, whenever your Analysis shows your patient needs Energetics G, your instructions for that supplement should be accompanied by a dietary recommendation to be extraordinarily strict on decreasing the intake of sugar, and at the same time supplement the diet with Coconut Oil.

----- The Electrolyte/Water Analysis, unlike the Unified Acid/Alkaline Analysis and the Sympathetic/Parasympathetic Analysis, is never used as a stand alone procedure. Your findings are to be integrated with your findings of either or both your other two Analyses.

UNIFIED ACID/ALKALINE

ADJ SPH→ ADJ UPH ↓	6.1 -	6.2 – 6.6	6.7 – 6.9	7.0 – 7.4	7.5 +
5.3 -	-SG = 15+ = + water -BH = 40- = NaBC -RR = 18+ or Turg = 2+ = K Cit + water -RR = 14- & Pa = 78+ = Form ES -RR = 18+ & P2 = 78+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 15+ = + water -SG = 25+ = K Cit -BH = 35- = NaGP, & Ener G -RR = 18+ = NaBC, & Ener G -3min SpH Δ= 7+ = Ener G -3min SpH Δ= 4- = NaBC -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 15+ = Oxy D & D+ -SG = 20+ = K Cit -3min SpH Δ= 7+ = Ener G -3min SpH Δ= 4- = Ener K -BH = 35- = NaBC -RR = 18+ = NaBC -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-Oxy D & D+ -BH = 35- = K Cit -RR = 18+ = NaBC -3min SpH Δ= 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-Oxy D & D+ -BH = 35- = K Cit -RR = 18+ = NaGP -3min SpH Δ= 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S
5.4 -5.9	-SG = 20+ = + water -SG = 25+ = K Cit + water -BH = 40- = NaBC -RR = 18+ = NaGP -RR = 18+ & P2 = 78+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20+ = + water -SG = 25+ = K Cit -BH = 40- & RR = 18+ = NaBC -RR = 18+ & Pa = 78+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 25+ = Oxy D & D+ -BH = 35- & RR = 18+ = NaBC -BH = 40- & Pa = 78+ = Na/K Cit * -BH = 40- & Pa = 72- = NaGP -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20+ = Oxy D & D+ -SG = 25+ = Phos -BH = 35+ & RR = 16- = MgCl2 -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20+ = Oxy D & D+ -BH = 40+ & RR = 14- = Proton Plus -RR = 18+ or Pa = 78+ = MgCl2 -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S
6.0 – 6.4	-SG = 20+ = + water -SG = 10- = Oxy Tonic -SG = 25+ = K Cit + water -BH = 60+ = Phos -BH = 35- & RR = 20+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 25+ = + water -SG = 12- = Oxy T -BH = 60+ = Phos -BH = 30- = K Cit -3min SpH Δ = 7+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 25+ = + water -3min SpH Δ = 4- = Ener K -3min SpH Δ = 7+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 12- & BH = 60+ = Proton + -SG = 15+ & BH = 60+ = Phos -BH = 35+ & RR = 16- = Ener K & MgCl2 -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20- = Phos -SG = 21+ & BH = 40+ = Proton + -BH = 35+ & RR = 16- = Ener K & Proton Plus -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S
6.5 -6.9	-SG = 15- = Oxy A & Oxy T -SG = 10- = & BH = 60+ = Phos -SG = 25+ = K Cit + water -RR = 12- = Phos -BH = 35- & RR = 20+ = Ener G -3min SpH Δ = 7+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20- = Oxy A & Oxy T -BH = 50+ & RR = 14- = Phos -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 15- = Oxy T -BH = 50+ or RR = 14- = Phos -3min SpH Δ = 4- = Ener K -3min SpH Δ = 7+ = Ener G -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 12- = Oxy T -SG = 12- & BH = 50+ = Proton + -SG = 15+ & BH = 60+ = Phos -BH = 35+ & RR = 16- = Ener K & MgCl2 -RR = 20+ = Proton + -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG=12- = Oxy T & Ener K -SG = 21+ & BH = 40+ = Proton + -SG = 20- & BH = 40+ = Phos -BH = 35+ & RR = 16- = Ener K & Proton Plus -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S
7.0 +	-SG = 20- = Oxy A & Oxy T -BH = 60+ = Phos -RR = 14- = Phos -3min SpH Δ = 7+ = Ener G -Pa = 64- = Phos -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20- = Oxy A & Oxy T -SG = 15- & BH = 55+ = Phos -BH = 50+ = Phos -RR = 12- = Phos -SPB1 = 140+ = Form ES -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 20- = Oxy T -BH = 55+ = Phos -RR = 12- = Phos & Ener K -RR = 20+ & BH = 35- = Ener G -(P3-P2) = 0+ = Form ES -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG = 12- = Oxy T & Ener K -SG = 15- & BH = 40+ = Proton + -SG = 15- & BH = 30- = MgCl2 -RR = 12- = Proton + -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S	-SG=12- = Oxy T & Ener K -SG = 15- & BH = 40+ = Proton + -SG = 15- & BH = 39- = MgCl2 -BH = 60+ OR RR = 12- = Proton + -3min SpH Δ = 4- = Ener K -(Pa-P1) = 6+ = Comp P -(Pa-P1) = (-1)- = Comp S