

CHAPTER 7

ELECTROLYTE/WATER ANALYSIS

Analysis Instructions and Supplement Selection

- This Electrolyte/Water Analysis is one of three Analyses that constitute your NUTRI-SPEC Metabolic Imbalance Analysis. [The other two Analyses are your Sympathetic/Parasympathetic Imbalance and your Unified Acid/Alkaline Analysis. The effective sequence for analyzing your patient's test results is to do the three Analyses in order --- Sympathetic/Parasympathetic Imbalance, followed by the Electrolyte/Water Analysis, and finishing with the Unified Acid/Alkaline Analysis.]
 - 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 of your other two Analyses.
- These are the only tests required to determine an Electrolyte Stress or Electrolyte Insufficiency Imbalance:
 - $(SBP2-SBP1) + (DBP2-DBP1)$
 - $(SBP2-SBP1) - (DBP2-DBP1)$
 - SBP1
- For your Electrolyte/Water Imbalance Analysis, focus on these 3 test results. Simply carry those 3 numbers from your Test Results Form to the first 3 lines of your Analysis Table. You are looking for a match to either of the first 2 tests and a match to the 3rd test, followed by a perfect match to any other tests listed in 1 or more of the 6 columns of your Analysis Table. If you find a match in none of the 6 columns, then you are finished --- there is no Electrolyte Stress or Electrolyte Insufficiency to consider.
- If you do have one or more columns that match one or both of the first two analytes, then continue down the columns, continuing to look for a perfect match. When you have considered every line on the Analysis Table, you may have eliminated all 6 possible Imbalances. If you do have a perfect match for 1 (or in rare cases more than 1) Imbalance, then go to the appropriate supplement selection page for that Imbalance.

- If you do find an Electrolyte Stress or Electrolyte Insufficiency Imbalance, and this is your patient's first Nutri-Spec testing, **you need not go on to the Unified Acid/Alkaline Analysis**. Simply integrate your findings on this Electrolyte/Water Imbalance with your findings from your Sympathetic/Parasympathetic Analysis.
- If this is not your patient's initial Metabolic Imbalance Testing, and the patient is already being treated for an Electrolyte Stress or Electrolyte Insufficiency Imbalance, and, if that Imbalance or a different Electrolyte/Water Imbalance is still present, then modify the patient's supplements as per today's analysis. You need not continue on to the Unified Acid/Alkaline Analysis.
- If this is not your patient's initial testing, and you are already treating the patient for Electrolyte/Water Imbalance that today's testing shows is resolved, you should continue on to the Unified Acid/Alkaline Analysis. ----- Another option is to begin transitioning your patient into a life-long Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP).
- If this is not your patient's initial testing, and the patient did not show an Electrolyte/Water Imbalance on previous testing, but does today, then you must give today's Electrolyte/Water Analysis finding high priority. Integrate the findings with today's Sympathetic/Parasympathetic Analysis, and with any supplements you recommended in the past for either Anaerobic/Dysaerobic or Glucogenic/Ketogenic or Acid/Alkaline Imbalances.
- 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.
- Remember, the Stage Of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP) is the foundation of your LIVE STRONGER LONGER Metabolic Therapy. Ultimately, you will have all your patients on their age- and health-appropriate plan.

	ES R+	ES R-	ES Z-	EI A-	EI R-	EI Z-
(SBP2-SPB1) + (DBP2- DBP1)	≥ 10	≥ 10	≥ 10	≥ 10	≥ 10	≥ 10
	<u>or</u>	<u>or</u>	<u>or</u>	<u>or</u>	<u>or</u>	<u>or</u>
(SBP2-SPB1) – (DBP2- DBP1)	≤ -5 or ≥ 2	≤ -5 or ≥ 2	≤ -5 or ≥ 2	≤ -5	≤ -5	≤ -5
SBP1	≥ 122 (or BP meds)	≥ 122 (or BP meds)	≥ 122 (or BP meds)	≤ 118 (X if BP meds)	≤ 118 (X if BP meds)	≤ 118 (X if BP meds)
A-SpGr	≥ 13	≤ 18	≥ 17 or ≤ 14	≥ 13	≤ 17	≥ 17 or ≤ 14
(High P – P1) + (SBP2 – SBP1)	≥ 2	≤ 2		≥ 2	≤ 2	
				<u>or</u>	<u>or</u>	
(High P – P1) – (SBP2 – SBP1)				≥ 12	≥ 12	≥ 12
P3 – P2		≥ 0	≥ 0		≥ 0	

Electrolyte/Water Imbalance

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

* Electrolyte Stress R+ Imbalance

Formula ES 3, 2x daily, after meals

(If patient also needs Complex S from S/P Analysis, then Formula ES 3 after breakfast and Complex S 3 after the evening meal)

(If patient also has a Glucogenic Imbalance, then Energetics G 3 after breakfast & Formula ES 3 after the evening meal)

Potassium Citrate 1 scoop in 10 oz water, first a.m.

If A-UpH = ≥ 6.2 = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop, first a.m.

If A-UpH = ≤ 5.5 = NaGP 1 scoop, first a.m., and in the evening

x MgCl₂

x Proton +

x Diuretics

Caffeine decrease

NSAIDs decrease

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals; Oxy D+ 20 drops in the evening

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2 first a.m., and Adapto-Max 1, 2x daily, after meals

* Electrolyte Stress R- Imbalance

Formula ES 3, 2x daily, after meals

(If patient also has an Anaerobic Imbalance, then Oxygenic A 3 after breakfast and Formula ES 3 after the evening meal)

(If patient also has a Ketogenic Imbalance, then Formula ES 2, twice daily after meals and Energetics K 1, 2x daily, after meals)

If A-UpH = ≤ 6.0 = Potassium Citrate 1 scoop in 10 oz water, first a.m.

If A-UpH = ≥ 6.2 = Phos Drops 5 drops in 10 oz water, first a.m., and 5 drops in the evening

If A-UpH = ≥ 6.2 = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop, first a.m.

If Dermographics = $R \geq 2$ = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop in the evening

If A-SpH = ≥ 7.2 = MgCl₂ 1 scoop, first a.m.

Salt = decrease intake

x NaGP

x Diuretics (If (temporarily) continuing diuretic = MgCl₂ 1 scoop, first a.m.)

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals; Electro Tonic ½ tsp, 2x, first a.m. and evening

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2, first a.m., and Adapto-Max 1, 2x daily, after meals

* Electrolyte Stress Z- Imbalance

Formula ES 3, 2x daily, after meals

If A-UpH = ≤ 6.0 = Potassium Citrate 1 scoop in 10 oz water, first a.m.

If A-UpH = ≥ 6.2 = Phos Drops 5 drops in 10 oz water, first a.m., and 5 drops in the evening

If A-UpH = ≥ 6.2 = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop, first a.m.

If Dermographics = $R \geq R2$ = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop in the evening

x Diuretics (If (temporarily) continuing diuretic = MgCl₂ 1 scoop, first a.m.)

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals; Electro Tonic ½ tsp, 2x, first a.m. and evening

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2, first a.m., and Adapto-Max 1, 2x daily, after meals

* Electrolyte Insufficiency A- Imbalance

x MgCl₂, and, x Potassium Citrate

If Complex P recommended by S/P Analysis, delete evening Complex P

NaGP 2 scoops first a.m., and 2 scoops in the evening

Electro Tonic 1 tsp first a.m., and 2 tsp in the evening

If Pa = ≥ 70 and A-SpH = ≤ 7.0 = Energetics G 2, 2x daily, after meals

If A-SG = ≥ 25 and A-UpH = ≤ 5.5 = Oxygenic D+ 10 drops in the evening and Oxygenic D 2 in the evening

If Pa-P1 = ≤ 1 = Complex S 2 in the evening

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2, first a.m., and Adapto-Max 1, 2x daily, after meals

If GERD or heartburn or bloating shortly after eating, and SpH 7.0+ = Proton Plus 2, 2x daily, after meals

* Electrolyte Insufficiency R- Imbalance

x Potassium Citrate

Salt = Increase intake

If Complex P recommended by S/P Analysis, add an additional Complex P after breakfast

If Pa-P1 = ≥ 0 = Complex P 3 after breakfast, and 1 after the evening meal

If Sympathetic, delete the Complex S after the first meal

If Anaerobic = add an additional Oxygenic A after breakfast

If A-UpH = ≥ 6.3 = Oxygenic A 2 after breakfast, and, Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop, first a.m.

If Dermographics = $R \geq R2$ = Oxy Tonic (in addition to BALANCING PROCEDURE recommendation) 1 scoop in the evening

Electro Tonic 1 tsp first a.m., and 2 tsp in the evening

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2, first a.m., and Adapto-Max 1, 2x daily, after meals

If GERD or heartburn or bloating shortly after eating, and SpH ≥ 7.0 = Proton Plus 2, 2x daily, after meals

If A-SpH = ≥ 7.2 and constipation = MgCl₂ 1 scoop first a.m.

* Electrolyte Insufficiency Z- Imbalance

x Potassium Citrate

NaGP 1 scoop first a.m., and 1 scoop in the evening

If no Complex P from S/P Analysis, and, A-SpH = ≥ 6.7 and Pa-P1 = 0+ = Complex P 3 after breakfast

If no Complex S from S/P Analysis, and, Pa-P1 = 1- and Pa = ≥ 69 = Complex S 3 in the evening

If A-UpH = ≥ 6.2 = Oxy Tonic (in addition to the BALANCING PROCEDURE recommendations) 1 scoop, first a.m., and, Oxygenic A 2 after breakfast

Electro Tonic ½ tsp first a.m., and 1 tsp in the evening

If Arrhythmia = Taurine 2, 2x daily, after meals

If Cholesterol+ = Adapto-Max 3 after breakfast; Taurine 1, 2x daily, after meals

If Statin = Oxy-Max 1, 2x daily, after meals

If Triglycerides+ = Rejuvenator 2, first a.m., and Adapto-Max 1, 2x daily, after meals

If GERD or heartburn or bloating shortly after eating, and SpH ≥ 7.0 = Proton Plus 2, 2x daily, after meals

If A-SpH = ≥ 7.2 and constipation = MgCl₂ 1 scoop first a.m.