

CHAPTER 8

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 --- Unified Acid/Alkaline Analysis, followed by Electrolyte/Water Analysis, and then Sympathetic/Parasympathetic 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.
- Interestingly, this S/P Analysis may yield more critical information on patients' metabolic needs if they do not test as treating a S/P Imbalance.
- The only tests required for the Sympathetic/Parasympathetic Imbalance Analysis Table are noted by a ▲ on the Test Results Form ...
 - Pa – P1
 - Respiratory Rate
 - Dermographics
 - Turgor
- **SELECTING SUPPLEMENTS:** There is only one analyte that specifically defines Sympathetic or Parasympathetic Imbalances, and that is (Pa – P1), the sitting heart rate minus the recumbent heart rate. Consider (PA – P1) at the top of your supplement selection criteria lists. Proceed one-by-one through the selection criteria.

In addition to (PA – P1), you will need to evaluate patients' needs based on Respiratory Rate, Dermographics, Breath Hold, Saliva pH, 3 min SpH Δ, Urine pH, Urine SpGr, and Turgor.

- 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 each supplement selected by your Sympathetic/Parasympathetic Imbalance 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.)
- If Complex P or Complex S does appear among the selected supplements from your other Analyses, then that recommendation will be over-ridden by what you are finding with this Sympathetic/Parasympathetic Analysis.

SYMPATHETIC/PARASYMPATHETIC ANALYSIS
SUPPLEMENT SELECTIONS

TEST RESULT

RECOMMENDATION

(Pa - P1) = 6+

Complex P, 2 after breakfast. Add Electro Tonic, 1 tsp in the evening.

(Pa - P1) = (-1)-

Complex S, 2 in the evening. (Do not recommend Complex P, even if it is suggested by one of your other Analyses) Taurine, 1, 2x, after meals.

Respiratory Rate =
12-

If Parasympathetic = add 1 Complex P
If Sympathetic = subtract 1 Complex S

If not P or S:

- Breath Hold = 60+ = add Phos Drops, 5, 1x, in 10oz. water
- Saliva pH = 7.1+, & 3 min SpH Δ = 8 + add Proton Plus, 2, 1x
- Turgor = +3 = add Phos Drops, 5, 1x, in 10oz. water

Respiratory Rate =
20+

If Sympathetic = add 1 Complex S

If not P or S:

- Breath Hold = 35- & 3 min SpH Δ = 8+ = add Energetic G, 2 after breakfast
- Breath Hold = 35- & 3 min SpH Δ = 4- = add NaBC, ½ tsp on empty stomach, & add Taurine, 1, 2x after meals
- Urine pH = 5.5- = NaBC ½ tsp on empty stomach, & add Elec Tonic, ½ tsp
- Turgor = +3 = add KCit, 1 scoop first AM in 10oz. water, & add Taurine, 1, 2x, after meals

Dermographics =
R3+

If Parasympathetic = add 1 Complex P

If not P or S:

- Respiratory Rate = 14- & SpH = 7.1 = add Proton Plus, 2, 1x
- Respiratory rate = 14- & 3 min SpH Δ = 4-, add Energetic K, 2, 1x

- Urine pH = 6.5+ = add Oxy Tonic, 1 scoop, 1x, & add Taurine, 1, 2x after meals
- Turgor = +3 & Respiratory Rate = 18+ = add Energetic G, 2, 1x
- Turgor = +3 & 3 min SpH Δ = 4-, add Phos Drops, 5, 1x in 10oz. water, & add Taurine, 1, 2x, after meals

Dermographics =
W2+

If Parasympathetic = subtract 1 Complex P & add Elec Tonic, ½ tsp, 1x

If Sympathetic = add 1 Complex S & add Elec Tonic ½ tsp, 1x

If not P or S:

- Respiratory Rate = 18+ & Turgor = +3 = add KCit, 1 scoop, first AM in 10oz. water
- Urine SpGr = 25+ = add Oxy D+, 10, 1x, & Elec Tonic, ½ tsp, 1x
- Obesity = add Immuno-Synbiotic, 2 evening & add Taurine, 1, 2x after meals, & Adapto-Max, 1 after breakfast, add Oxy-Max, 1 evening
- Turgor = +3 & 3 min SpH Δ = 8+ = add Energetic G, 2, 1x
- Turgor = +3 & Urine SpGr = 25+ = add KCit, 1 scoop, first AM in 10oz. water