

## CHAPTER 9

# PUTTING IT ALL TOGETHER FOR YOUR PATIENT

- As you progress through each of your 3 Analyses, jot down on your TRF all supplements indicated.

Consider the list you have compiled and ask yourself 2 questions ...

First, are there supplements that show up on more than one Analysis? If so, these are certain choices for your final recommendations. Circle each one. Another consideration here is that if you have two supplements opposite in metabolic effect --- such as Oxy A & Oxy D+, or Energetics G & K, or an acidifier & alkalizer such as Phos Drops & Potassium Citrate. You may give both, but if you do, you will give them at different times.

Circle as definite recommendations all supplements you deem to be critically important at this time (which may be every item on your list). If this is a follow-up testing, compare the list generated by today's Analysis to what was indicated by prior testings. Adjust the patient's supplementation regimen accordingly.

- 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.
- Note on your TRF any Metabolic Imbalance revealed by your Analyses. To illustrate: If Energetic K is selected write "K" on your TRF; if any supplements derived from your Electrolyte/Water Analysis, enter "E/W" on your TRF. Then, place a "✓" on your patients Report of Findings for each Metabolic Imbalance.
- Finally, fill in your supplement recommendations, along with the quantity to be taken and the time of the day they must be taken on the patient's Individualized Eating Plan & Supplement Recommendations.

- At the bottom of the Eating Plan & Supplement Recommendation write any specific Eating Plan priorities from within, or in addition to, the points of Eat Well – Be Well.
- You also give your patient the Eat Well – Be Well eating plan to take home, along with the Report of Findings and the Individualized Eating Plan & Supplement Recommendations.
- 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 (such as migraines), extreme menstrual or PMS symptoms, sinusitis or bronchitis, allergies or other 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.

[HOHUM PUFAs = Heated, Oxidized, Hydrogenated, Unmetabolizable Poly-Unsaturated Fatty Acids]

- If this is a new patient, you will also give the Activator brochure and Immuno-Synbiotic brochure, along with instructions to self-administer the BALANCING PROCEDURE if neither Oxy Tonic nor Oxy D+ are indicated by your 3 Analyses.
- 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 (INE) 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!**

## **FOLLOW-UP TESTING:**

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**



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**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/Water 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 our recommendations for \_\_\_\_\_ weeks.

Your health goals cannot be achieved as long as your Metabolic Imbalances go uncorrected. Your NUTRI-SPEC Individualized Eating Plan & Supplement Recommendations will have a balancing effect on your metabolism. The resulting increase in your Adaptative 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 individualized needs.

**LIVE STRONGER LONGER!**

# NUTRI-SPEC



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## 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:

### First thing in the morning:

- Immuno-Synbiotic \_\_\_\_\_ upon arising
- Oxy Tonic \_\_\_\_\_ upon arising = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Electro Tonic \_\_\_\_\_ upon arising = amount determined by Balancing Procedure, or, as advised by your NUTRI-SPEC practitioner
- Potassium Citrate \_\_\_\_\_ scoop in 10oz. water
- Phos Drops \_\_\_\_\_ drops in 10oz. water
- Rejuvenator \_\_\_\_\_ upon arising
- Other \_\_\_\_\_

### After the first meal:

- |            |       |              |       |
|------------|-------|--------------|-------|
| Activator  | _____ | Energetics G | _____ |
| Adapto-Max | _____ | Energetics K | _____ |
| Oxygenic A | _____ | Proton Plus  | _____ |
| Taurine    | _____ | Formula ES   | _____ |
| Complex P  | _____ | Complex S    | _____ |
| Other      | _____ |              |       |

### Evening supplements:

- |               |       |                   |       |
|---------------|-------|-------------------|-------|
| Activator     | _____ | Complex S         | _____ |
| Rejuvenator   | _____ | Energetics G      | _____ |
| Oxy Max       | _____ | Energetics K      | _____ |
| Oxygenic D    | _____ | Proton Plus       | _____ |
| Oxygenic D+   | _____ | Formula ES        | _____ |
| Electro Tonic | _____ | Potassium Citrate | _____ |
| Phos Drops    | _____ | Taurine           | _____ |
| Other         | _____ |                   |       |

EAT WELL – BE WELL \_\_\_\_\_