

**NUTRI-SPEC**



*Live Stronger Longer*

## **BALANCING PROCEDURE:**

Your BALANCING PROCEDURE will immediately individualize your Nutri-Spec Metabolic Therapy. It assures that you take Oxy Tonic, Oxygenic D+ and Electro Tonic in the ideal proportion to meet your own Metabolic needs.

You can think of these 3 supplements as “metabolic sparks”. Working together, they give you ...

- Acid/Alkaline balance at the Tissue Level --- the interface between your cells and the fluid that surrounds them.
- fully functional cell membrane permeability --- by balancing the functional role of fatty acids vs. sterol fats in the cell membrane bilayer --- selectively allowing nutrients in and keeping unusables out, while pushing waste products & toxins out.
- restoration of your tissue membrane sulfation --- the ultimate means to balance immune defense against all forms of Immuno-Neuro-Endocrine Stress.
- oxidative and reductive balanced energy production.

Yes, the BALANCING PROCEDURE opens the door to your life-long individualized, comprehensive nutrition plan.

- We call these 3 supplements “metabolic sparks” because they activate so many functions --- by nourishing your immune system, your nervous system and your organ systems.
- One Metabolic Spark in particular is a special type of sulfur that feeds your most important antioxidant functions. Your BALANCING PROCEDURE will saturate all body tissues with this most important mineral nutrient.

IMPORTANT: The directions for the BALANCING PROCEDURE are different for patients who often experience diarrhea. If you are one of those people, then follow only the instructions beginning with STEP A , and skip to STEP A now.

STEP 1: Take only Oxy Tonic. For 3 days, take ¼ scoop of Oxy Tonic in water, first thing in the morning. On the 4<sup>th</sup> day, increase the Oxy Tonic from ¼ to ¾ scoop. On the 7<sup>th</sup> day, increase the Oxy Tonic to 1 scoop.

STEP 2: When you experience a stool that is a bit more loose than normal, or a stool that has a definite sulfur odor (or, when you have reached the 10<sup>th</sup> day with no bowel reaction), STOP. You can assume you have achieved saturation with negative valence sulfur --- the crucial ANTI-OXIDANT AND PRO-OXIDANT of your Oxy Tonic. (You may actually have an episode of mild diarrhea, and that is no problem at all. That is just one sure way to know that you have achieved systemic saturation with negative valence sulfur.)

The day saturation is reached, go to the Table. The Table tells you the amount of Oxy Tonic you will take early every morning, and the amount of Oxy D+ you will take daily before your evening meal or later at night, and the amount of Electro Tonic you will take.

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STEP A: [Ignore the Table below.] If you frequently experience diarrhea, for the first 3 days of your BALANCING PROCEDURE take 1/4 scoop of Oxy Tonic in water first thing in the morning, and 35 drops of Oxy D+ in water before your evening meal or later in the evening. On day 4, increase your Oxy D+ from 35 to 44 drops (1/4 tsp), and keep your morning Oxy Tonic at 1/4 scoop.

Beginning on day 7, every 3 days increase your Oxy D+ by 5 drops (and from here on, you can eliminate the Oxy Tonic). [To simplify your Oxy D+ measuring after the 4<sup>th</sup> day: There are 44 drops of Oxy D+ in 1/4 tsp.]

STEP B: Stop the BALANCING PROCEDURE when 3 days have gone by with no loose stool. The amounts of Oxy D+ and Oxy Tonic you have taken that 3-day span will now become a permanent part of your Diphasic Nutrition Plan. --- You will also need 1/2 tsp of Electro Tonic in water before breakfast and 1/2 tsp in the evening with your Oxy D+.

STEP C: If during this BALANCING PROCEDURE you do not go through 3 consecutive days without a loose stool after you have taken 88 drops (1/2 tsp) of Oxy D+ for 3 days, then stop. The amount of Oxy D+ that will be permanently part of your Diphasic Nutrition Plan is 1/4 tsp, to be taken before your evening meal. Your need for Oxy Tonic will be zero. You will take 1 tablespoon of Electro Tonic first thing every morning.

Point of Oxy Tonic saturation	Take Oxy Tonic early morning	Take Oxygenic D+ before evening meal or late evening	Take Electro Tonic early morning & evening
1/4 scoop	approx. 1/8 scoop	44 drops (1/4 tsp)	1/4 tsp & 2 tsp
3/4 scoop	approx. 1/4 scoop	22 drops (1/8 tsp)	1/4 tsp & 1 tsp
1 scoop	approx. 1/2 scoop	0	1/4 tsp & 1 tsp
None By Day 10	approx. 1 scoop	0	0/1 tsp & 2 tsp