

NUTRI-SPEC



Live Stronger Longer

Stage Of Life Inflamm-aging Defense **(SOLID)**

Instructions for the Nutri-Spec SOLID Diphasic Nutrition Plan

The SOLID Diphasic Nutrition Plan (DNP) individualizes supplementation recommendations in recognizing an obvious truth --- that a 15-year-old, a 25-year-old, and a 55-year-old all have their own specific nutrition needs. Your DNP recommendations will vary with your age. This is the only way to maximize every individual's **INFLAM-AGING** Defense.

There are 5 age groups --- 12-22, 23-32, 33-42, 43-52, & 53+. These 5 ages are approximations:

- You may be among those younger than age 33 who are in extremely poor health and will need to be considered as age 33-42.
- You may be not yet age 53, yet are in poor enough health that you will need to add some of the recommendations from the 53+ age group.
- Or, you may be a high-vitality individual age 53+ who does not yet need the diphasic boost others your age do, and so can consider yourself as if age 43-52.

In addition to varying your DNP recommendations per your age, you will also individualize with your BALANCING PROCEDURE. This will determine your need for Oxy Tonic, and Oxy D+, and Electro Tonic. It is critical that you take these 3 "metabolic sparks" in proper proportion. ----- You have the instructions to self-administer your BALANCING PROCEDURE at home.

What is the meaning of "Diphasic" in your Diphasic Nutrition Plan? A healthy metabolism goes through two distinct phases in every 24 hours. There is an energetic, catabolic burst of metabolic activity beginning at about 6 a.m. It persists through a day of productive work and play. That energetic phase creates a catabolic state such that at 8 p.m. the second phase of metabolism activates --- an anabolic phase of rebuilding and rejuvenating that lasts until the next morning.

Much of the "spark of life" that is lost over years of INFLAM-AGING is due to fading Vital Reserves --- causing a weakened activation of each phase. Your

SOLID DNP infuses the diphasic cycle with vitality. The 3 metabolic sparks do double duty --- achieving Metabolic Balance between the catabolic & anabolic phases of metabolism --- while also pumping up Vital Reserves.

Your other “Big Guns” in defense against INFLAM-AGING are ACTIVATOR, REJUVENATOR, ADAPTO-MAX, and OXY-MAX. This array of **ADAPTOGENS** is unmatched in its power help you LIVE STRONGER LONGER.

You will also individualize your DNP recommendations based on your level of Vital Reserves. For many supplements you have a range to play with. You might need the maximum (especially of ADAPTO-MAX). On the other hand, you may have youthful Vital Reserves, and so can maintain health with the minimum recommendation. For ACTIVATOR, we suggest your first bottle at the max = 2, twice daily --- then decrease if you can.

You must take the maximum recommendation if you have extreme Immuno-Neuro-Endocrine Stress (INE Stress). That includes medically diagnosed pathologies --- usually for which drugs (--- often too many drugs!) are prescribed.

With your SOLID DNP you are not treating those diseases. But you do appreciate that those conditions create an extraordinary INE Stress --- demanding extraordinary supplementation, along with extraordinary attention to Eat Well – Be Well.

Also --- if you are a victim of severe INE Stress you must pay particular attention to achieving Metabolic Balance through the BALANCING PROCEDURE, and you may occasionally need to repeat it to maintain Metabolic Balance + the highest level of Vital Reserves. ----- Your Nutri-Spec Practitioner can PHONE US for advice if you are a challenging patient.

In summary, is it any surprise that the Immune System, the Nervous System & Endocrine System of a 15-year-old are maximally supported by different supplements than needed by a 45-year-old? To maintain Metabolic Balance and high Vital Reserves --- are the supplement needs of a 55-year-old different than they were at age 35? ----- The essentiality of age-appropriate supplementation is obvious.

Is the battle against INFLAM-AGING won by supplementation not begun until age 55? Yes, a SOLID DNP empowers you at any age --- and amazingly so. But is it far better to initiate Stage Of Life INFLAM-AGING Defense at age 25? Or in adolescence? ----- The sooner the better --- with a sense of urgency (in our mega-stress world!). ----- You and all your family need a lifetime plan to ...

LIVE STRONGER LONGER.