

# TABLE OF CONTENTS

## **Chapter 1 KEY CONCEPTS**

Introduction	1-1
Biological Individuality	1-1
Scientific Analysis vs. Empiricism	1-2
Patient-Specific vs. Disease-Specific	1-3
Comprehensive & Objective Testing	1-4
Patterns	1-5
An Analytical System of Clinical Nutrition	1-5
An Additional Clinical Consideration	1-6
Critical Note	1-7

## **Chapter 2 THE FIVE FUNDAMENTAL BALANCES**

Introduction	2-1
A Dualistic, Diphasic Model of Physiological Processes	2-1

## **Chapter 3 CLINICAL APPLICATION**

## **Chapter 4 NUTRI-SPEC METABOLIC IMBALANCE ANALYSIS**

## **Chapter 5 TESTING INSTRUCTIONS**

## **Chapter 6 SYMPATHETIC/PARASYMPATHETIC ANALYSIS**

## **Chapter 7 ELECTROLYTE/WATER ANALYSIS**

## **Chapter 8 UNIFIED TISSUE ACID/ALKALINE ANALYSIS**

## **Chapter 9 PUTTING IT ALL TOGETHER FOR YOUR PATIENT**

## **Chapter 10 EAT WELL BE WELL**

## **Chapter 11 SYMPATHETIC/PARASYMPATHETIC BALANCE EXPLAINED**

Introduction	11-1
Sympathetic/Parasympathetic Nervous System Activity	11-2

Sympathetic Stress & Parasympathetic Stress	11-3
Clinical Findings	11-4
Objective Testing vs. Clinical Symptoms	11-5
Sympathetic/Parasympathetic Stress vs. Insufficiency	11-6
The 6 Types of Sympathetic/Parasympathetic Imbalance	11-8
The Rationale Behind Your Sympathetic/Parasympathetic Testing	11-13
The Scope & Ramifications of Your Symp/Parasymp Analysis	11-17
Dietary Recommendations	11-23
Recommended Supplementation	11-23
References	11-27

## **Chapter 12 ELECTROLYTE/WATER BALANCE EXPLAINED**

Introduction	12-1
Water/Electrolyte Dynamics	12-5
Electrolyte Load & Blood Flocculation	12-9
Electrolyte Load on the Kidneys	12-10
Electrolyte Type	12-11
Other Factors Influencing Electrolyte Stress	12-12
Protective Factors	12-13
Electrolyte Stress & the Heart	12-13
Clinical Findings in Electrolyte Stress	12-15
Electrolyte Stress Treatment Protocol	12-15
Electrolyte Insufficiency	12-20
Clinical Significance of Electrolyte Insufficiency	12-26
Sodium Supplementation & Fluid Retention	12-28
Other Considerations Regarding Drinking Water	12-29
References	12-32

## **Chapter 13 ANAEROBIC/DYSAEROBIC BALANCE EXPLAINED**

Introduction	13-1
Summary of Anaerobic/Dysaerobic Imbalance	13-3
Lipids & Biological Membranes	13-5
Fatty Acids & Oxygen Metabolism	13-4
Sterols & Oxygen Metabolism	13-8
Four Mechanisms of Lipid Physiological Activity	13-9
Physiological Activity of Specific Lipids	13-10
Physiological Activity of the Elements	13-12

Analysis of Insufficiency/Excess of an Element	13-13
Physiological Activity of Common Therapeutic Agents	13-15
Endocrine Relationships	13-17
Clinical Manifestations of Anaerobic/Dysaerobic Imbalance	13-17
Anaerobic/Dysaerobic Analysis	13-25
Dietary Recommendations	13-26
Recommended Supplementation	13-28

## **Chapter 14 GLUCOGENIC/KETOGENIC BALANCE EXPLAINED**

Introduction	14-1
Glucogenic & Ketogenic Energy Production	14-2
The Randle Cycle	14-3
Ketogenic Imbalance	14-6
Glucogenic Imbalance	14-10
The Clinical Picture in Glucogenic/Ketogenic Imbalances	14-15
Weight Gain	14-19
The Magnitude of the Problem	14-20
Exercise & Glucogenic/Ketogenic Imbalances	14-21
Dietary Recommendations	14-23
Summary of Glucogenic/Ketogenic Imbalances	14-30
References	14-31

## **Chapter 15 ACID/ALKALINE BALANCE EXPLAINED**

Introduction	15-1
Overview of Acid/Alkaline Imbalance	15-2
Acid/Alkaline Imbalance Assoc. w/ Electrolyte/Water Imbalance	15-4
Acid/Alkaline Imbalance Assoc. w/ Anaerobic/Dysaerobic Imbalance	15-4
Acid/Alkaline Imbalance Assoc. w/ Glucogenic/Ketogenic Balance	15-5
Acid/Alkaline Imbalance Assoc. w/ Symp/Parasymp Imbalance	15-5
Acid/Alkaline Imbalance Assoc. w/ Endocrine Dysfunction	15-5
Acid/Alkaline Imbalance Assoc. w/ Dietary Imbalance	15-5
Acid/Alkaline Imbalance & Respiratory Dysfunction	15-6
Types of Acid/Alkaline Imbalance	15-6
Acid/Alkaline Imbalance & Respiratory Control of Carbon Dioxide & Bicarbonate	15-8
Metabolic Alkalosis	15-15
Potassium Depletion Alkalosis	15-17
Metabolic Acidosis	15-19

Renal/Potassium Excess Acidosis	15-20
Respiratory Alkalosis	15-21
Respiratory Acidosis	15-22
Buffering Systems	15-23
Point of Emphasis	15-25