

NUTRI-SPEC


THROUGH
SPECIFIC NUTRITION
89 Swamp Road
Mifflintown, PA 17059
www.nutri-spec.net

Diphasic Nutrition Plan

Balancing Procedure:

Your BALANCING PROCEDURE will assure that you take Oxygenic D+ and Oxygenic A+ (or Oxy Tonic) in proper proportion. Oxygenic A+ is a potent protector against pathological hyperplasia, and it (as well as Oxy Tonic) is a powerful metabolic spark. Oxygenic D+ is a strong protector against pathological dis-integration, as well as a powerful anti-oxidant. Some people have a metabolism that requires a high amount of one and very little of the other. Your Balancing Procedure will determine the ideal quantities of each supplement for your individual needs. Your Balancing Procedure also determines your need for Electro Tonic to help maintain electrolyte balance.

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 for Steps 1, 2, and 3, on the next page, and skip to STEP 1 on the next page now.

STEP 1: Take no Oxy D+. For 3 days, take $\frac{1}{2}$ tsp of Oxy A+ in water first thing in the morning. On the 4th day, increase the Oxy A+ supplementation from $\frac{1}{2}$ to $\frac{5}{8}$ tsp. On the 7th day, increase the Oxy A+ to $\frac{3}{4}$ tsp. Increase the amount of Oxy A+ by $\frac{1}{8}$ tsp every 3 days. [There are 12 drops of Oxy A+ in $\frac{1}{8}$ tsp.]

STEP 2: When you experience a stool that is a bit more loose than normal, or a stool that has a definite sulfur odor, then you can assume that you have achieved saturation with negative valence sulfur --- the crucial anti-oxidant of your Oxygenic A+. (You may actually have an episode of 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.)

When saturation is reached, or, when you have reached a level of 1¼ tsp of Oxy A+ supplementation for 3 days with no bowel reaction, go to the Table below. The Table tells you the amount of Oxy A+ you will take first thing every morning, and the amount of Oxy D+ you will take daily before your evening meal, and the amount of Electro Tonic you will take with your morning Oxy A+. (Your doctor may substitute Oxy Tonic for Oxy A+ if you tend to have very low blood pressure.)

Point of Oxy A+ saturation	Take Oxygenic A+ first thing every a.m.	Take Oxygenic D+ before every eve meal	Take Electro Tonic 1 st a.m.
1/2 tsp	1/8 tsp (12 drops)	22 drops (1/8 tsp)	0
5/8 tsp	1/8 tsp + 3 drops (15 drops)	16 drops	0
3/4 tsp	1/8 tsp + 6 drops (18 drops)	11 drops	0
7/8 tsp	1/8 tsp + 9 drops (21 drops)	5 drops	0
1 tsp	1/4 tsp	0	1 T
1 1/8 tsp	1/4 tsp + 3 drops (27 drops)	0	1 T
1¼ tsp for 3 days w/no bowel reaction	1/4 tsp (24 drops)	0	1 T

STEP 1: [Ignore the Table above.] If you are a person who frequently experiences diarrhea, for the first 3 days of your Balancing Procedure take 15 drops of Oxy A+ first thing in the morning, and 35 drops of Oxy D+ before your evening meal. On the 4th day, increase your Oxy D+ from 35 to 40 drops, and decrease your Oxy A+ from 15 drops to 10 drops. Every 3 days increase your Oxy D+ by 5 drops and decrease your Oxy A+ by 5 drops. [To simplify your Oxy D+ measuring after the 4th day: There are 45 drops of Oxy D+ in ¼ tsp.]

STEP 2: Stop the clinical trial when 3 days have gone by with no loose stool. The amounts of Oxy D+ and Oxy A+ you have taken that 3-day span will now become a permanent part of your Diphasic Nutrition Plan --- taking the Oxy A+ first thing in the morning, and the Oxy D+ before your evening meal.

STEP 3: If during this Balancing Procedure you do not go through 3 consecutive days without a loose stool after you have taken 100 drops (½ tsp + 10 drops) of Oxy D+ for 3 days, then stop. The amount of Oxy D+ that will be permanently part of your Diphasic Nutrition Plan is ¼ tsp, to be taken before your evening meal. Your need for Oxy A+ will be zero. You will take 1 tablespoon of Electro Tonic first thing every morning.