

Doctor's Instructions for NUTRI-SPEC DIPHASIC NUTRITION PLAN

Your Diphasic Nutrition Plan (DNP) will be administered to patients with recommendations that vary a little depending upon the patient's age. One variation is for patients age 22-32, one for those age 33-52, and one for those age 53+. These 3 age groups are approximations:

- You have patients younger than age 33 who are extremely sick/weak and will need to be considered as age 33-52.
- You have patients not yet age 53 who are sick/weak enough that you will need to add some of the Complex P and Complex S recommendations from the 53+ age group recommendations to their DNP.
- Finally, you have high-vitality patients age 53+ who do not yet need the diphasic boost from Complex P and Complex S, so can be treated as if age 33-52.

In addition to varying your DNP recommendations per the age of your patient, you will also individualize these recommendations for patients who have severe pathological conditions. These pathologies requiring individualized attention include:

- Cardiovascular Disease
- Asthma
- Mucous Colitis/Chronic Diarrhea
- Seizures
- Eosinophilic Fungal Rhinosinusitis
- Other yeast/fungal-related conditions
- Autoimmune Diseases such as Insulin-Dependent Diabetes, Lupus, Rheumatoid Arthritis, Crohn's, Ulcerative Colitis, etc.

You will also individualize your DNP recommendations based upon your patients' level of Vital Reserves. For Diphasic A.M. & P.M. you have a range of from 1 to 5 daily to play with. The standard recommendation is 3 of each daily. But many of your patients will need 5 (or more) daily (especially of Diphasic A.M.). On the other hand, you have patients with youthful Vital Reserves who can maintain health by starting with 3 daily but gradually reducing to only 1 daily.

Using the same criterion of Vital Reserve level, you can also individualize your recommendations for Oxygenic A & D (from 1 to 3 each daily) for your 23-33 and 33-52 age groups, and also for Immuno-Synbiotic for all your DNP patients. (See also the specific Immuno-Synbiotic information and instruction sheet.)

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All your DNP patients will follow the NUTRI-SPEC Fundamental Diet as described on Eat Well – Be Well, including particularly:

- 3 meals daily, each of which includes a serving of meat, fish, poultry, eggs or cheese.
- very limited intake of sugar, including fruit; strictly avoiding juice and other sweet drinks.
- avoiding polyunsaturated oils (salad dressings, mayonnaise, margarine, foods containing vegetable oils or cooked in vegetable oils other than olive oil).

All your DNP patients age 33-52 and 53+ will perform the Balancing Procedure to determine their need for Oxy Tonic, and Oxy D+, and Electro Tonic. It is critical that each patient be given these 3 supplements in proper proportion. To achieve the ideal balance, initiate the Diphasic Nutrition Plan with the Balancing Procedure as described on the instruction sheet you give your patients. (For patients who have one or more of the severe pathological conditions for which supplement recommendations specify a minimum amount of Oxy Tonic or Oxy D+ (Crohn's disease, ulcerative colitis, rheumatoid arthritis, lupus, or seizures), your recommendation for the opposing supplement (after completing the Balancing Procedure, and regardless of the outcome of the Balancing Procedure) will be zero.)

You must give special attention to your patients showing extreme Immuno-NeuroEndocrine stress. These are your patients with:

- Autoimmune Disease
- Chronic Fatigue Syndrome
- Fibromyalgia
- Major Depression
- Bipolar Disorder
- Multiple Chemical Sensitivities
- Post Traumatic Stress Disorder
- Mixed Mold Mycotoxicosis
- Vacillator/Oscillator response to NUTRI-SPEC Metabolic Balancing

For these victims of severe INE stress you must precede the DNP with 29 days of Doing FINE.