

NUTRI-SPEC DIPHASIC NUTRITION PLAN

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).

Morning Supplements

OXYGENIC A-PLUS*	1/8 - 5/8 tsp first a.m. [* Switch to OXY TONIC after 1 bottle if systolic + diastolic BP = 180-]
IMMUNO-SYMBIOTIC	1-3 first a.m.
DIPHASIC A.M	1-5 after breakfast
COMPLEX P (age 53+)*	2 after breakfast
ACTIVATOR (Oxy B)	2 after breakfast

Evening Supplements

OXYGENIC D-PLUS	1/8 - 1/2 tsp or more before evening meal
IMMUNO-SYMBIOTIC	1-3 before evening meal
DIPHASIC P.M.	1-5 after evening meal
COMPLEX S (age 53+)*	2 after evening meal
ACTIVATOR (Oxy B)	2 after evening meal

♦ or, per Doing FINE Day 29 Instruction, 5)g.

Supplement Additions, Substitutions, and Deletions

- Insulin-Dependent Diabetics: Add 2 COMPLEX S, one in a.m. & one in p.m. (and delete COMPLEX P). IMMUNO-SYMBIOTIC = 1 bottle @ 6 daily, then 4 daily.
- Type II Diabetics: Add 2 OXYGENIC K in the a.m.
- Asthmatics: Add 2 COMPLEX P in a.m. (and delete COMPLEX S). IMMUNO-SYMBIOTIC, maintain @ 6 daily.
- Hypertension or Cardiovascular Disease: Add 6 FORMULA ES, 3 after breakfast and evening meal, & 4 TAURINE, 2 first a.m. and before evening meal.
- Mucous Colitis/Chronic Diarrhea: Add 4 GLUTAMINE, 2 first a.m. and before the evening meal, and, add 2 COMPLEX P in a.m. (and delete COMPLEX S).
- Ulcerative Colitis: Add 4 GLUTAMINE, 2 first a.m. and before the evening meal, and, double the OXYGENIC D-PLUS (and delete OXYGENIC A-PLUS and COMPLEX S). IMMUNO-SYMBIOTIC = maximum 2 daily.
- Rheumatoid Arthritis, Lupus: Add 4 HISTIDINE, 2 first a.m. and before the evening meal, and double the OXYGENIC D-PLUS. IMMUNO-SYMBIOTIC, maintain @ 6 daily.
- Seizures: Double the OXYGENIC A-PLUS or OXY TONIC (and delete OXYGENIC D-PLUS).
- Eosinophilic Fungal Rhinosinusitis and other Yeast/Fungal Conditions: Add BOOGEY BUSTER 4 or more times daily &/or A GOOD THYME as a nasal irrigation &/or orally &/or topically.

Balancing Procedure to determine your patient's need for Oxy A+ and Oxy D+:

It is critical that each patient be given Oxygenic A-Plus and Oxygenic D-Plus 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.