

# NUTRI-SPEC



Patient Name: \_\_\_\_\_

## Doing FINE

Facilitating ImmunoNeuroEndocrine Balance

(As a 29-day preliminary to your Diphasic Nutrition Plan)

You are one of the special cases who must spend 4 weeks Doing FINE before you can progress with your life-long nutrition plan. The 2-fold purpose of Doing FINE is to replenish and to balance the functions of the immune system, the nervous system, and the hormonal system, in individuals who show severe ImmunoNeuroEndocrine stress.

The first 10 days of Doing FINE will require your intense focus. The remaining 19 days are easier. As of the 29<sup>th</sup> day, you will be prepared to begin your individualized nutrition plan.

To be Doing FINE:

- 1) For 10 consecutive days you must:
  - a. Eat 3 meals daily, and eat absolutely nothing between meals, not even chewing gum or a breath mint. (Gum or a mint may be used immediately following a meal.)
  - b. Drink no juice, soft drinks, or other sweetened beverages, and use no artificial sweeteners.
  - c. Eat no fried foods, salad dressings, margarine, mayonnaise, or nuts or nut butters.

2) For those 10 consecutive days you will take only the following supplements:

- a. Activator 3, 3X, after meals
- b. Go Power 2, 3X, after meals
- c. Complex S 3, after breakfast
- d. Complex P 3, after evening meal
- e. Immuno-Synbiotic 2, before evening meal
- f. Electro Tonic 2 tablespoons in 2 cups of water --- 1 cup first a.m. & 1 cup before a later meal
- g. Salt \_\_\_\_\_ tsp. added to Electro Tonic

3) On Day 11 change your diet to the recommendations on Eat Well – Be Well, and change your supplementation to:

- a. Diphasic A.M. 3 after breakfast
- b. Diphasic P.M. 3 after evening meal
- c. Activator 2, 2X, after breakfast and evening meal
- d. Complex S 1, after breakfast
- e. Complex P 1, after evening meal
- f. Immuno-Synbiotic 2, before evening meal
- g. Electro Tonic STOP
- h. Salt STOP
- i. Taurine 2, 2X, first a.m. and before evening meal
- j. Glutamine 2, 2X, first a.m. and before evening meal
- k. Formula ES \_\_\_\_\_, 2X, after breakfast and evening meal
- l. Oxy A+ }
- m. Oxy D+ } Begin the Balancing Procedure as instructed.

4) You will need to see your NUTRI-SPEC practitioner on Day 29. At that time, your individualized DIPHASIC NUTRITION PLAN recommendations will be provided.