

# NUTRI-SPEC



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

## Doing FINE

Facilitating ImmunoNeuroEndocrine Balance

(As an adjunct to your Metabolic Balancing plan)

You are one of the special cases who must spend 2 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 5 days are easier. As of the 15<sup>th</sup> day, you will be prepared to begin your individualized Metabolic Balancing 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. Oxy Power 2, 3X, after meals
- c. Complex S 3, after breakfast
- d. Complex P 3, after evening meal
- e. Immuno-Synbiotic 1, 2X, first a.m. and 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
- h. Oxy A+ \_\_\_\_\_ tsp. first a.m. and before evening meal
- i. Oxy D+ \_\_\_\_\_ tsp. first a.m. and before evening meal
- j. Oxy Tonic \_\_\_\_\_ tsp. first a.m. and before evening meal

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

- a. Activator 2, 2X, after breakfast and evening meal
- b. Oxy Power 1, 2X, after breakfast and evening meal
- c. Complex S 2 after breakfast
- d. Complex P 2 after evening meal
- e. Immuno-Synbiotic 1, 2X, first a.m. and before evening meal
- f. Electro Tonic STOP
- g. Salt STOP
- h. Oxy A+ } Continue as for the first 10 days.
- i. Oxy D+ }
- j. Oxy Tonic }
- k. Taurine 2, 2X, first a.m. and before evening meal
- l. Glutamine 2, 2X, first a.m. and before evening meal

4) You will need to see your NUTRI-SPEC practitioner by Day 15. At that time, your ongoing individualized recommendations will be provided.

*See practitioner by Day 15 for NUTRI-SPEC Metabolic Balance analysis.*