

NUTRI-SPEC


THROUGH
SPECIFIC NUTRITION
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Doing FINE

Facilitating ImmunoNeuroEndocrine Balance

How to integrate Doing FINE with your NUTRI-SPEC Metabolic Balancing analysis:

Doing FINE is required for the approximately 1 in 5 patients who show a Sympathetic or Parasympathetic Imbalance upon initial testing, begin the appropriate NUTRI-SPEC regimen, then, on the first follow-up testing performed within a week, show the test pattern for the opposite Imbalance, while initial symptoms are not improved, or new symptoms occur. Doing FINE may also be administered to patients who switch Anaerobic to/from Dysaerobic, or Glucogenic to/from Ketogenic, but only if there is no Sympathetic or Parasympathetic test pattern showing on either of the first two NUTRI-SPEC test days.

Your Doing FINE procedure will be required for approximately 1 in 5 patients between the ages of 32 and 52, for 1 in 5 patients age 53+ who have an extensive history of taking medications, and for 1 out of 5 patients younger than age 32 who are heavily medicated, or who have a long history of illness. Doing FINE is less likely to be needed for patients age 53+ or 31- who are in reasonably good health.

- 1) Ignore all NUTRI-SPEC Imbalances revealed by today's follow-up analysis except an ANAEROBIC/DYSAEROBIC Imbalance.
 - a. If there is an ANAEROBIC/DYSAEROBIC Imbalance, give the patient the amount of OXY A+, OXY TONIC, or OXY D+ indicated by your QRG Analysis, but no other supplements for that Imbalance (not even OXY A or OXY D).
 - b. Add Complex S or Complex P, whichever was not taken after the initial testing. (If there was no Sympathetic or Parasympathetic Imbalance on the initial testing, and there is none today, then add both Complex S and Complex P.)
 - c. Give the patient Taurine and Glutamine to begin taking on Day 11.

- 2) For 10 consecutive days your patient 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.

- 3) For those 10 consecutive days your patient will take only the following supplements (to be written on the patient's Doing FINE instructions):
 - a. (Oxy A+, Oxy Tonic, or Oxy D+ only if indicated by your analysis for ANAEROBIC/DYSAEROBIC Imbalance.)
 - b. Activator (Oxy B) 3, 3X, A
 - c. Oxy Power 2, 3X, A
 - d. Complex S 3, A breakfast
 - e. Complex P 3, A evening meal
 - f. Immuno-Synbiotic 1, 2X, first a.m. and before evening meal
 - g. Electro Tonic 2 tablespoons in 2 cups of water --- 1 cup first a.m. & 1 cup before a later meal

- If there is an ELECTROLYTE INSUFFICIENCY Imbalance, or if blood pressure is low, add 1/8 tsp. salt to the Electro Tonic.

- 4) On Day 11 change supplementation instructions (written on the Doing FINE list) to:
 - a. (Oxy A+, Oxy Tonic, or Oxy D+ as for the first 10 days)
 - b. Activator (Oxy B) 2, 2X, A
 - c. Oxy Power 1, 2X, A
 - d. Complex S 2, A breakfast
 - e. Complex P 2, A evening meal
 - f. Immuno-Synbiotic 1, 2X, first a.m. and before evening meal
 - g. Electro Tonic & salt STOP
 - h. Taurine 2, 2X, first a.m. and before evening meal
 - i. Glutamine 2, 2X, first a.m. and before evening meal

- 5) By Day 15 at the latest, do NUTRI-SPEC testing.
 - a. Resume NUTRI-SPEC METABOLIC BALANCING per this third testing analysis, but have the patient finish the one bottle each of Taurine and Glutamine, regardless of findings. Resuming Electro Tonic is optional.