

## Doing FINE

Facilitating ImmunoNeuroEndocrine Balance

### **How to integrate Doing FINE with your patient's Diphasic Nutrition Plan (DNP):**

Doing FINE may be essential for your patients who are on, or about to begin, your Diphasic Nutrition Plan, and, who have fibromyalgia, chronic fatigue syndrome, major depression, multiple chemical sensitivities, or post traumatic stress disorder. It is also generally applicable to patients with autoimmune diseases such as rheumatoid arthritis, lupus, insulin-dependent diabetes of adult onset, Crohn's disease, ulcerative colitis, Sjogren's, Reflex Sympathetic Dystrophy, alopecia, Hashimoto's, and Grave's.

- 1) If this is a new patient, you are administering Doing FINE as a 29-day preliminary to what will ultimately be the patient's individualized DNP. Give your patient:
  - the DNP brochure
  - the 2-page Doing FINE instructions, with supplement recommendations filled in for salt (days 1-10), and for Formula ES (days 11-29)
  - the instructions for the Balancing Procedure for Oxy Tonic and Oxy D+
  - the Eat Well – Be Well eating plan to follow beginning Day 11
  - all the Doing FINE supplements the patient will need for days 1-10 and 11-29:
    - a. Activator
    - b. Immuno-Synbiotic (choose I-S per selection criteria)
    - c. Oxy Tonic
    - d. Oxy D+ (Patient may return this bottle if not needed per Balancing Procedure)
    - e. Diphasic A.M. (2 bottles)
    - f. Diphasic P.M.
    - g. Complex S
    - h. Complex P
    - i. Taurine
    - j. Glutamine
    - k. Electro Tonic
    - l. If indicated: Formula ES if Hypertension or Cardiovascular Disease

- 2) For 10 consecutive days your patients must:
- 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.)
  - Drink no juice, soft drinks, or other sweetened beverages, and use no artificial sweeteners.
  - 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 (write on the patient's supplement list):
- Activator 3, 3X, A
  - Diphasic A.M. 2, 3X, A
  - Complex S 3, A breakfast
  - Complex P 3, A evening meal
  - Immuno-Synbiotic 2, before evening meal
  - Electro Tonic 1 teaspoon in a cup of water, before breakfast and before the evening meal
  - If blood pressure is low, add 1/8 tsp. salt to the Electro Tonic.
- 4) On Day 11 your patient will begin transition into the DNP (with the supplement instructions found on the Doing FINE list):
- Balancing Procedure (--- explain written instructions given to patient) to determine the amount of Oxy Tonic &/or Oxy D+ and Electro Tonic needed.
  - Diphasic A.M. 3, A breakfast
  - Diphasic P.M. 3, A evening meal
  - Activator 2, 2X, A
  - Complex S 1, after breakfast
  - Complex P 1, after evening meal
  - Immuno-Synbiotic 2, before evening meal
  - (Electro Tonic & salt STOP)
  - Taurine 2, 2X, B (1 bottle)
  - Glutamine 2, 2X, B (1 bottle)
  - If Hypertension or Cardiovascular Disease --- Formula ES 3, 2X, A

5) Office visit by Day 29 (Day 27-29, per convenience):

- a. Give the patient a DNP instruction sheet, filling in the supplementation based upon the patient's age. (If the patient is younger than 33, treat as if age 33-52 since the need for Doing FINE indicates significant INE stress.)
- b. Individualize the DIPHASIC NUTRITION PLAN with the appropriate revisions regarding Diabetes, Asthma, Hypertension, CVD, Mucous Colitis/Chronic Diarrhea, Crohn's Disease, Ulcerative Colitis, Rheumatoid Arthritis, Lupus, Seizures, or Eosinophilic Fungal Rhino-sinusitis/Candidiasis.
- c. Be certain the patient is taking the appropriate Oxy Tonic &/or Oxy D+ and ELECTRO TONIC per the Balancing Procedure (--- the Balancing Procedure may or may not be completed by this date).
- d. Be certain the patient understands the dietary recommendations on Eat Well – Be Well.
- e. Consider adjusting the recommendations for Diphasic A.M. and Diphasic P.M. from 3 daily to as little as 1 or as many as 5 daily. The amounts needed depend upon the patient's health relative to age, and upon the severity of INE stress.
- f. Increase the recommendation for Immuno-Synbiotic from 2 daily to 2, 2X, daily. (If your patient is taking any form of THYROID, it must be taken immediately upon arising, and Immuno-Synbiotic must not be taken for 30 minutes (shortly before breakfast.)
- g. Finish the 1 bottle each of Taurine and Glutamine.
- h. If age 52-: Finish the 1 bottle of Complex P and Complex S.
- i. For those age 53+: Be certain your patient is aware of the switch in timing of Complex P and S --- Complex P after breakfast and Complex S after the evening meal.