

# PRECISION NUTRITION PROGRAMMING



## **Contents**

Starting steps - p.2

Accessing the Coalition for Health Education - p.3

Ordering your supplements - p.3

Recommended water system - p.3

Your Self Tests Instructions - p.4

Self Test Data Tracking Sheet - p.5

Ideal Ranges for Body Chemistry - p.6

Imbalance Range Sheet - p.7

Week 1 Digestion Kick Starter - p.8

HCL Protocol - P.9

Imbalances Explained - P.10-20



## Your Precision Nutrition Program Starting Steps

### Welcome Aboard!

So there's a lot to learn with all these new terms and aspects of health that you may not have been aware of before. Its true, there is a lot you can learn from this experience, but don't worry or get overwhelmed. You don't have to know everything about everything before you start. I encourage you to take time to read through all the findings of the tests and details about your program at a pace that is comfortable for you. If you just want to know what to do to get started however, this is the most efficient path of action yielding the most reward for your actions.

### Step 1: Supplies

- A. I strongly recommend you consider ordering the following digestive support supplements to use at least at the beginning stages of the program: Betaine HCL, Beet Flow & Omnizyme. They are available at [www.naturalreference.com](http://www.naturalreference.com). However, you may not need Betaine HCL if you do not have any of the following symptoms: low blood pressure, acid reflux/heartburn, burping, bloating in your upper abdomen or constipation (constipation is present if you only have a bowel movement 1 time or less per day.)
- B. Order or go shop for the materials needed for the Self Tests you have been assigned. All of the Self Tests items can be ordered from Natural Reference, while some of the other items (e.g. a blood pressure monitor or urine reagent test strips) can be found from any local pharmacy like Rite-Aid or CVS. The items needed are pH Test Paper, a blood pressure monitor/cuff and Rapid Response 11-Parameter Urinalysis Dip sticks - all available at [www.naturalreference.com](http://www.naturalreference.com)

### Step 2: Food & Recipes

- C. Download your weekly grocery shopping lists and weekly menus and batch cook all the recipes on a day you designate for meal prep. This is critical to your success!

### Step 3: Progress Tracking & Education

- D. I highly encourage you to read through this document in full, as well as my ebook: My Body of Knowledge, available for free download at: <http://bit.ly/mybodyofknowledgeebook>
- E. I also highly encourage you to work your way through the free digestive issues course my partner Tony and I have created available at [www.kickitinthenu.com/courses](http://www.kickitinthenu.com/courses)
- F. and if you like podcasts my partner Tony and I have one covering lots of important holistic health topics. It's available free on itunes and is called: Kick it Naturally - <https://itunes.apple.com/us/podcast/kick-it-naturally/id784834163?mt=2>

## How to Order Your Recommended Supplements & Self Test Supplies

### Online:

To order the supplements that your health coach recommended to you online:

1. go to [www.naturalreference.com](http://www.naturalreference.com)
2. click on shop
3. scroll down to the supplement you are looking for
4. click on the red text that reads "health coach required"
5. enter code **7771**
6. then add your desired/recommended items to your cart.

There is a video walking you through this process at:

<http://vimeo.com/willwolfgang/ordering-your-recommended-supplements>

without the code you will not have access to your terrain specific supplements (this is to protect clients from ordering supplements that are not appropriate for their personal biochemistry)

### By Phone:

Natural Reference: **888-239-2450**

Use health coach code 7771 to gain access to your terrain specific supplements

## Recommended Water System for Home Use

Bio-electronic Vincent (B.E.V.) Water Systems produce the ideal water for human consumption. B.E.V. water is as pure as it gets, low in total dissolved solids and of ideal pH, ORP and rH2 rating. It is not alkaline, nor do we recommend drinking alkaline water. More details and online purchase of B.E.V. water systems are available at [www.mybodyofknowledge.com/perfect-water](http://www.mybodyofknowledge.com/perfect-water).

Significant discounts on B.E.V. water systems are available to Biofit Pro bioterrain clients. So, if interested in purchasing one, don't buy it from my site online because I can get any of the systems at \$100-\$200 discount (discount amount varies pending on the model you choose) for my personal clients.

## SELF TESTS

Video Demonstrations available at [www.mybodyofknowledge.net/self-tests](http://www.mybodyofknowledge.net/self-tests)

Self Test Supplies at [www.naturalreference.com](http://www.naturalreference.com)

### **Blood Glucose Test**

Wash your hands prior to testing so residue from lotions, etc. don't affect the test results. Insert a new lancet into the lancing device (Never re-use lancets), prick your finger and allow the blood to make a small bubble. (You can squeeze your finger if needed.) Depending on your glucometer, either drip the blood on top of the test strip or place the test strip up against the drop of blood and it will sip the blood up into the strip like a straw. To get your fasting glucose, test before breakfast and before you drink anything other than water or before you brush your teeth (if possible). When you want to check your fasting glucose, it's best to leave the glucometer out where you will see it first thing in the morning so you won't forget.

- test kits available at Natural Reference.com - item name: Ascensia Breeze 2 Test Discs

### **Blood Pressure Test**

To test your resting blood pressure, lie down and test on your left arm according to the directions for your blood pressure cuff. To test your standing blood pressure, lie down, push the button to start the inflation, then immediately stand up and hold your arm still as not to disturb the machine from taking its reading.

-automatic blood pressure test machine available at [www.naturalreference.com](http://www.naturalreference.com): item name: **Omron BP742 5 Series Upper Arm Blood Pressure Monitor.**

### **Breath Hold Time Test**

Sit comfortably. Take 3 full, deep breaths in and out. On the 4th inhale, start your stopwatch or timer at the end of the inhale and hold your breath as long as you can. Don't pass out or anything or make this like it's a contest you have to win. But do hold your breath as long as you comfortably can. It's best not to look at the stop watch while you're holding your breath. If you do, you may be inclined to turn it into a competition and hold your breath longer than you normally would.

### **Saliva & Urine pHs**

The first morning urine test, while being a valid test, takes greater discretion to sort out the results because you are unloading the previous days "metabolic debt", or those acids you accumulated through the previous day. By testing your urine and saliva pH either just before lunch or just before dinner, ideally it will have been at least 2 hours since you have eaten any food. This will be an easier test to discern what the numbers are showing. Urine: Simply hold the test strip in your urine stream for a second and read against the color chart. If the chart goes from 6 to 6.5 and it's somewhere in between, make a guess and say 6.3 or wherever you think it lands. Saliva: Try not to drink or have anything in your mouth for 20 minutes before testing, and wait at least 2 hours after eating. Just bring up a little saliva between your lips and run the test strip through the saliva. Read against the chart right away. With urine, it is not as important to read against the chart right away. But with saliva, the Co2 in your saliva will out-gas and that reading will often rise the longer you wait to read it. - **pH paper strips available at [www.naturalreference.com](http://www.naturalreference.com)**

### **Urine Reagent Dip Stick Test**

The Urispec 11-way reagent test is used to detect the presence of various particulates in the urine as well as to assess particular qualities of the urine itself. If you have been assigned this self test it is recommended that you perform this test 2-3 times a week. To perform this test collect a urine sample in a disposable plastic cup and dip the test strip into the urine sample. Quickly remove the test strip from the sample and hold the strip horizontally with its side edge facing directly towards the floor such that urine does not run from one reagent square to the next. It is a very good idea to blot the side edge of the strip to a paper towel to absorb the extra urine from the strip so that the reagents do not mix together.

After 30-60 seconds hold the strip up to the color code on the bottle the strips came in and record the findings of the strip into your food/daily journal here on the Coalition. You can purchase Urispec 11-Way test strips online at [www.naturalreference.com](http://www.naturalreference.com): item name: **RAPID RESPONSE ULTRA 11 PARAMETERS URINALYSIS REAGENT TEST STRIPS**

### **Breath Rate**

This is hard to test on yourself when you're conscious of what you're doing because you might adjust your breathing. Anytime you can, get someone else to test this for you so you can let your mind wonder to other things and just breathe normally. It will probably be a more accurate reading. Lie down and relax. Try to think of other things so that you breath normally. Start your timer and count the number of times you inhale for 30 seconds. Double that number for the amount of breaths per minute. I like to continue for the entire minute to see if I get the same number the second 30 seconds as I did the first. If not, I may average the two.

Log self test data into the progress charts on your Coalition Account: [www.ourcoalition.org](http://www.ourcoalition.org)

**REMEMBER:** always be consistent with the time of day you do your self tests and try to time it to be 2-3 hours after a meal, except the fasting glucose test - that one you do before eating or drinking anything in the morning only.

Name \_\_\_\_\_

<b>Date</b>						
Time/Feel _____						
Urine pH _____						
Saliva pH _____						
B/P _____ / _____						
Pulse _____						
Breath Rate _____						
<b>Oz. Water</b> _____						
<b>Date</b>						
Time/Feel _____						
Urine pH _____						
Saliva pH _____						
B/P _____ / _____						
Pulse _____						
Breath Rate _____						
<b>Oz. Water</b> _____						
<b>Date</b>						
Time/Feel _____						
Urine pH _____						
Saliva pH _____						
B/P _____ / _____						
Pulse _____						
Breath Rate _____						
<b>Oz. Water</b> _____						

**Best time to take the reading each day:**

... 2 to 4 hours after your first meal

... ½ hour before the noon meal

... ½ hour before the evening meal

**Ideal Zones for Self Test Chemistry**

Urine pH - 5.5-6.0 if breath rate is under 14, 6.0-6.5 if breath rate is over 14

Saliva pH - generally 6.5-7.0

Blood Pressure - 120 systolic / 80 diastolic

Pulse - 75 to 85 beats per minute

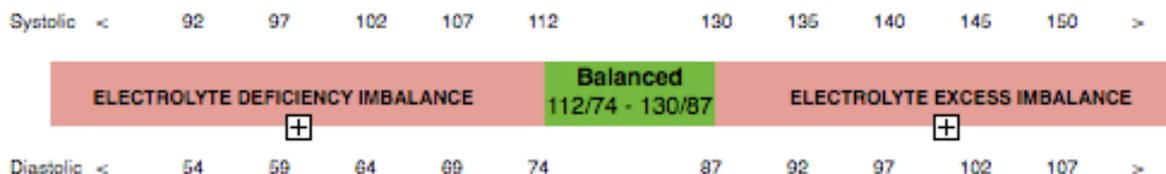
The difference between your resting and standing pulse should ideally be less than 12

Breath Rate - 15-16 breaths per minute

Fasting Blood Glucose - 75-100

Urine Specific Gravity - around 1.015 on the Uri-Spec test strip

## Imbalance Range Sheet



### Circle Your Breath Rate



slow oxidizer /  
fat burner

fast oxidizer /  
carb burner

### Catabolic / Anabolic Validators

Catabolic

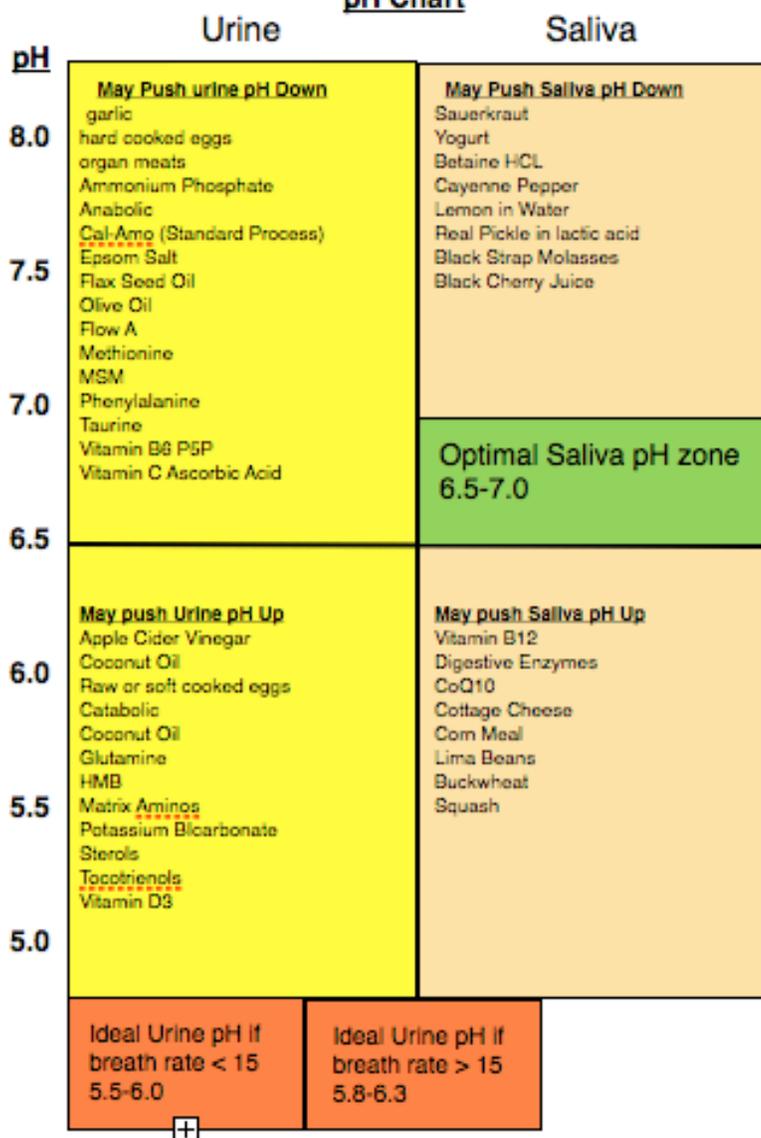
Anabolic



- Urine pH < 6.1
- Saliva pH > 6.9
- Urinates Infrequently / Less
- Soft / Loose Stool
- Wakes Easily
- High Debris In Urine
- Migraines

- Urine pH > 6.3
- Saliva pH < 6.6
- Urinates frequently / More
- Hard Stool / Constipated
- Difficult to Rise
- Low Debris In Urine
- Anxiety

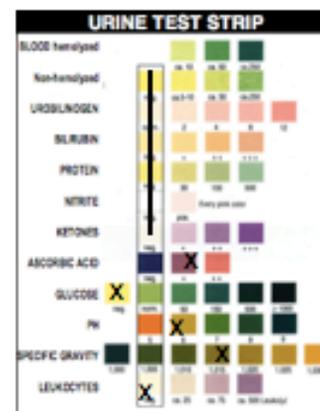
### pH Chart



### Digestive Issue Validators

- Systolic Blood Pressure < 112
- Diastolic Blood Pressure < 74
- Burping and/or Bloating
- Passing Gas
- Reflux / Heartburn
- Light Colored Stool
- Constipation
- Diarrhea
- Nausea

### Ideal Results



Electrolyte Ex / Electrolyte Def  
 Catabolic / Anabolic  
 Beta Slow Ox / Tricarb Fast Ox  
 Sympathetic / Parasympathetic  
 Alkaline / Acid

## Week 1 Digestion Kick Starter & Beet Flow Flush

### **Day 1:**

take 4 beet flow with each meal. Optional & highly encouraged: perform a coffee enema

### **Day 2:**

Beet flow flush

### **Day 3:**

Begin taking 3 beet flow with each meal and 1 betaine HCl with each meal

Continue taking 3 beet flow with each meal &...

### **Day 4:**

build up to 2 HCl per meal

### **Day 5:**

build up to 3 HCL per meal

### **Day 6:**

build up to 4 HCL per meal

### **Day 7:**

build up to 4-5\* HCl per meal (5 if a larger portion of protein is served) -

### **\* EXCEPTION:**

Do not build up to more HCL than your health coach recommended on your protocol.

### Here are instructions for the Beet Flow Flush:

**Day 1:** take 4 beet flow with each meal for day 1, then on

**Day 2:**, perform the Flush.

### **Here's how I do the cleanse...**

About an hour or so after breakfast I take 4 Beet flow with some water

30 minutes later I take 4 more

30 minutes later I take 4 more

30 minutes later I take 4 more

To recap, I take 4 beet flow capsules every 30 minutes for 4 doses. Drink 1-2 liters of filtered water during this time. And that's it. You're done. Then we can watch your saliva pH the next day and if it doesn't come up, you can do the cleanse again if you don't get all the response you want to see.

Very easy cleanse. It's all about the power of beets moving your bile and getting your liver to function better. It's about getting that lymph flowing better so you can remove some garbage. It really works unbelievably for some people. Most people don't really feel any different right away but when their numbers start to improve you can really see it worked. This is just like eating a bucket of organic beets without having to actually do that. Just an easy cleanse that can help your bile flow better, improve how your lymph is flowing. The Beet Flow thins the bile and the biliary pathway is the main route for liver detoxification. If your saliva pH begins to rise in the next day or so following this cleanse or your stool begins to get darker, we know it worked well.

### **HCL Protocol**

### \*\*\* HCL Warning \*\*\*

If you're going to use HCL, be sure to also use Beet Flow (explained below in You Need Good Bile Flow) or a similar product. I never allow any of my clients to use HCL unless they are also using Beet Flow. If you don't have your bile flowing correctly and you add more acid into the stomach, you could create a duodenal ulcer or diarrhea issues. I cover all of this in more detail in chapter four. I just want to make sure you understand not to use HCL without also using Beet Flow. It is also imperative to read **How to Use HCL Supplements** below before you begin supplementing with HCL.

### How to Use HCL Supplements

Hydrochloric Acid (HCL), also labeled as Betaine HCL, is the most widely needed digestive supplement in my opinion. It's also the one that comes with the most important instructions. This is NOT a supplement you want to take willy-nilly. (Isn't it amazing that such a ridiculous phrase like "willy-nilly" could become so widely accepted? That bugs me.) Here is a list of important guidelines to follow while using HCL supplements:

- HCL capsules should always be taken in the middle of the meal and chased by at least one bite of food. If the capsules were to get stuck in your esophagus and dissolve there, it could feel like heartburn.
- Start by taking one capsule with a meal containing no starches. This means avoid foods like potatoes, bread, pasta, cereal, rice, etc. If you don't feel a warming sensation in your stomach, or any other new digestive discomfort, about twenty minutes after the meal, you know it's okay to move up to two capsules at your next meal. You can continue in this manner until you reach a maximum of five capsules per meal.
- Most people will hold at five capsules per meal for months. However, if you begin to feel a warming sensation after your meal, you know you have taken too many capsules. At your next meal, you can reduce by one capsule and hold at that dose until you feel a warming sensation again. This is telling you that your body is starting to make more of its own HCL and you can begin to reduce the amount you are adding in.
- Be sure to adjust your dose according to the amount of protein in each meal. If you have a meal with very little protein, you may need to reduce the number of capsules you use with that meal.
- If you experience any diarrhea or loose stool issues after you begin to use HCL, reduce what you are taking until you can improve your bile flow using the suggestions found below in Improving Your Bile Flow. If you have more acid than your bile flow can handle, that can create a loose stool issue. This may not mean that you don't need the acid, you may just need to improve your bile flow before you can handle more acid. If you experience this issue, read more about loose stool issues in chapter four.
- Some people will never feel a warming sensation and that is okay. If you no longer feel bloated after meals and you are no longer having little burps, any reflux issues, or any digestive discomfort, you can try to reduce your dose at that time and see how you do. You may be able to eventually reduce to zero capsules and your body will continue making enough HCL on its own.

## Possible Test Findings

### Inefficient Digestion

#### Poor Protein Metabolism Causing Low Potassium

Some of your test results indicate that you may have a low potassium issue. This could easily contribute to absent mindedness, forgetfulness, feelings of being uncoordinated or clumsy, and even headaches. The potassium is what allows the cells to communicate back to the brain. It's what closes the control loop. The brain says, "Okay, let's do this" and then everybody down there communicates back to the brain – "Okay, this is what happened". Without enough potassium, the "This is what happened" doesn't make it back to the brain. Beyond the lack of coordination with your muscle/brain communication, low potassium issues can also cause a lack of coordination in the endocrine system.

I'm not saying that you need to supplement potassium. By correcting your digestion, you'll be able to get enough potassium from your food and it will go back into the system. Good sources of extra potassium, for immediate improvement, include molasses, small green bananas or figs. Just keep in mind that these are high carb foods. The real solution to correcting this potassium deficiency however, is correcting your body's ability to digest food properly, especially proteins.

It is very common for an individual to have poorly functioning digestion. Here's how it works:

HCL (stomach acid) has a pH of 0.8. When the acid is mixed with the food in your stomach, pH should be between 2 and 3. The acidic product produced by mixing stomach acid with the food you eat then goes into the duodenum (First 10 inches of the small intestine); your liver produces bile – the gallbladder concentrates the bile up to 18X. Bile is alkaline (Which is the opposite of acidic) – The bile drops into the duodenum onto the acid product that came from the stomach. That means a pH of 8.5 is dumping onto a pH of 3. (That's a difference of over 100,000 times) This causes a sizzle (Similar to what you would see by mixing vinegar with baking soda). This is what makes everything that was in that food break apart and become available for your body to use. Without this sizzle, all the food can't be broken down enough to properly assimilate it and pull the minerals and nutrients out so the body can use them.

Therefore, in order for digestion to work properly, every step of that process has to be active. If there isn't enough stomach acid, there won't be that sizzle. If there isn't enough bile to drop down onto the food that was mixed with the stomach acid, there won't be that sizzle. So, instead of a sizzle, you get more of a fizzle and you may just break down a very small portion of your food, or your food will partially break down by process of rotting and fermenting.

#### About Hydrochloric Acid (HCL):

Bacteria in your stomach create the gas that makes you burp or bloat(carbonation can also cause an individual to burp). If bacteria are alive in your stomach that means that the pH of your stomach is not acidic enough. (Below a pH of 4.5, most bacteria stop replicating.) The real trouble with this is that you don't really break down amino acids and truly assimilate the food you're eating until your stomach acid is below 3. If you can't break down amino acids and pull the minerals out of your food, you will have a low mineral identity - often low blood pressure and this can affect your energy and even cause depression and other symptoms. Beyond that, much of the food (or junk) that we put in our mouth that doesn't get properly digested becomes a problem that your body now has to deal with. When it has too much to deal with, it will store junk in fat cells until it can get back to clear it out.

So, to help correct this issue, we're including an HCL supplement in your program, as well as a supplement and dietary changes to assist with bile flow. Judicious use of hydrochloric acid (HCL) supplementation starts breaking down your food to release and ionize the minerals from the food. Your body starts to assimilate those minerals, adding to your mineral reserves, and the HCL production starts to naturally increase again. While you do this, the minerals you are now getting from the food will also help to balance your body. In the middle of a meal with protein, take one HCL capsule. (It is important to chase HCL with at least one bite of food. If the capsule were to get stuck in your esophagus and dissolve there, it would feel a like heartburn.) The amount of HCL used is also measured against the amount of protein in the meal - more protein, more HCL; less protein less HCL.) If you do not feel a warming sensation in your tummy, take two at the next meal. If you do not then feel a warming sensation your tummy, take three at the next meal. This process continues until you feel a warming sensation in your stomach, up to a maximum of five 500 mg capsules. Hold at this dosage until you feel a warming sensation in your tummy. Once this happens, at the next meal, back off one capsule and stay at that dosage for all successive meals until you begin to feel a warming sensation again, then back off another capsule and stay at that dosage level for successive meals. When you begin to feel a warming sensation again, back off another capsule. Continue to do this until you are down to one HCL capsule with each meal. When you feel a warming sensation after taking the single capsule, stop taking HCL supplements as your body now appears to be producing enough HCL on its own.

(Keep in mind, whatever your normal dosage is (Say you are currently at 5 HCL), if you eat a meal with far less protein than you normally consume, you may only need 2 or 3 HCL with that meal, since it contains less protein.)

## Electrolyte Excess

The electrolyte state is defined by blood pressure. (Though other portions of the test determine the electrolyte state as well, like conductivity/MS measurements for urine and saliva) . When blood pressure is high, it's an indication of high amounts of minerals in the system. (Sugars and proteins are also in the mix.) High blood pressure is usually caused by high electrolytes (mineral/salts), sugars, or protein or any combination of those three.

Basically, high blood pressure can be an expression of insufficient, or lousy, kidney function, meaning that when excessive electrolytes become concentrated in the body fluids, it's usually a result of a lack of hydration (not drinking enough pure water), or impaired excretion of mineral salts. High blood pressure can also result from a constricted vascular system. Most commonly, drinking more pure water is a priority for someone with high blood pressure, but if a catabolic imbalance also showed up on your test, you may need to work to improve that imbalance as well so the body will send more water through the kidneys.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- high blood pressure
- hardening of the arteries
- heart attack
- stroke
- poor circulation
- inability to properly transport oxygen, nutrients, waste products, antibodies and more, throughout your system.

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Not using an unrefined sea salt with your food.
- Not properly digesting your food. Many adults do not have their digestion functioning optimally and they have no idea that there is even a problem. I will lay out some simple steps you can take to improve your digestion so you can pull more minerals out of your food.
- Drinking too little water
- Drinking tap water that is loaded with chlorine and/or fluoride
- Eating too many sugars or starchy carbohydrates
- Taking antacids
- Not eating enough green vegetables
- Eating polyunsaturated oils ( such as mayonnaise, salad dressings, margarine and foods fried or cooked with vegetable oils -- olive oil is okay)

**Step 2:** Most individuals that show an Electrolyte Excess Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

If you can adapt a new base understanding that there is no diet that is right for every person and there is no supplement that is right for every person, by using the foods and supplements that can bring your specific body chemistry into a healthy state of balance, you will have the tools to greatly improve your health and well-being. You can even learn how to monitor your own chemistry with simple tests you can do at home. By monitoring your changes, we can make adjustments to these protocols as needed. I have explained some of these tests under your "My Self Tests" section on this site.

## Electrolyte Deficiency

This means you appear to have a deficiency of certain mineral salts in your body fluids. Your low level of electrolytes may be due to either an inadequate intake of needed minerals, an inability to properly digest your food and assimilate the minerals found in your food, or some individuals may have a hormonal issue in which they don't make enough anti-diuretic hormone from the post-pituitary gland and they will pee out most of their salts. In any case, you may be losing minerals faster than you are taking them in.

The minerals, or salts, in the system represent the conductivity, or ability for electricity to flow through the system. When the mineral content is low, there's no spark and energy can be low. Without this energy, the brain can't function at it's full potential due to the lack of minerals required for signals to travel through.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- chronic fatigue
- low blood pressure
- menstrual cramps
- poor circulation
- decreased libido
- depression or anxiety
- vertigo or dizziness when standing
- cravings
- insomnia

To improve this imbalance there are 2 steps that often prove to be beneficial:

Step 1: Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Not using an unrefined sea salt with your food.
- Not properly digesting your food. Many adults do not have their digestion functioning optimally and they have no idea that there is even a problem. I will lay out some simple steps you can take to improve your digestion so you can pull more minerals out of your food.
- Drinking too much water.
- Drinking distilled water that can strip your body of minerals or tap water that is loaded with chlorine and/or fluoride.
- Eating too many sugars or starchy carbohydrates.

Step 2: Most individuals that show an Electrolyte Deficiency Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

If you can adapt a new base understanding that there is no diet that is right for every person and there is no supplement that is right for every person, by using the foods and supplements that can bring your specific body chemistry into a healthy state of balance, you will have the tools to greatly improve your health and well-being. You can even learn how to monitor your own chemistry with simple tests you can do at home. By monitoring your changes, we can make adjustments to these protocols as needed. I have explained some of these tests under your "My Self Tests" section on this site.

## Catabolic Imbalance

A Catabolic imbalance is a cellular permeability imbalance. During the day, our cell walls are intended to open up (much like a flower) so nutrients can get in and out more easily. At night, our cell walls are intended to become more closed (again like a flower) so nutrients cannot get in and out as easily. This "more open" state is called a catabolic state. Though it is very appropriate for the cells to be in a catabolic state during the day, some individuals will stay in a more catabolic state most of the time. These individuals are said to be experiencing a catabolic imbalance.

Our cells are made up of different types of fats. (Fatty acids and sterols.) With too many fatty acids, in the cell membrane, and not enough sterols, we could be predisposed to get stuck in a catabolic state (As described above). If there are too many sterols and not enough fatty acids, our body can be predisposed to become stuck in an anabolic state (The opposite of a catabolic state). To make the body operate correctly we need to oscillate back and forth from the anabolic state at night, while we sleep, and a catabolic state during the day, while we're active. Without this natural oscillation, problems like insomnia or bacterial problems are more likely.

Since an overly catabolic state can be described as a lack of sterols at the cellular level, increasing your intake of sterols, such as butter or coconut oil, can be one method to help improve this imbalance. However, we find that most individuals with this imbalance really need to use more nutrients like specific vitamins, minerals and amino acids as well in order to see lasting improvement, but increasing your sterol intake can be a great place to start.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point.

- Insomnia
- Migraines
- Chronic Diarrhea or Loose Stool
- Hair Falling Out
- Muscle Loss
- Chronic Pain
- Loss of Connective Tissue or difficulty in healing
- Aging Quickly
- Joint and muscle pain; arthritis (especially rheumatoid)
- Bacterial Problems
- Oliguria (Insufficient Urination, perhaps often but in small amounts)
- Low Body Temperature

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Eating fried food
- Margarine or other imitation butters (Real butter and coconut oil, on the other hand, may be very beneficial for you)
- Eating too many sugars or starchy carbohydrates.
- Consuming too many fatty acids, like fish oils or flax seed oil

**Step 2:** Most individuals that show a catabolic imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

### Foods to Avoid

Flax Seed Oil  
 Fish oils  
 DHEA  
 Fried Foods  
 Canned or processed meats and fish  
 Foods made with hydrogenated and polyunsaturated fatty acids: canola, corn and soy oils  
 If you eat fried or hard-boiled eggs, only eat them in the morning and limit them.

### Foods to Implement

Poached or soft-boiled eggs, especially at night.  
 Non-starchy Vegetables  
 Butter/Cream  
 Coconut Oil  
 New Cheeses such as Cottage, Mozzarella, Cream cheese (These are not aged cheeses)

## Anabolic Imbalance

An anabolic imbalance is a cellular permeability imbalance. During the day, our cell walls are intended to open up (much like a flower) so nutrients can get in and out more easily. At night, our cell walls are intended to become more closed (again like a flower) so nutrients cannot get in and out as easily. This "more closed" state is called an anabolic state. Though it is very appropriate for the cells to be in an anabolic state at night, some individuals will stay in a more anabolic state most of the time. These individuals are said to be experiencing an anabolic imbalance. Weightlifters take anabolic steroids in order to be in the tissue-building, anabolic state when they are not playing fair with muscle building.

Our cells are made up of different types of fats. (Fatty acids and sterols.) If there are too many sterols, in the cell membrane, and not enough fatty acids, our body can be predisposed to become stuck in an anabolic state (as described above). With too many fatty acids and not enough sterols, we could be predisposed to get stuck in a catabolic state (The opposite of an anabolic state). To make the body operate correctly we need to oscillate back and forth from the anabolic state at night, while we sleep, and a catabolic state during the day, while we're active. Without this natural oscillation, problems like constipation or viral problems are more likely.

When the body shifts from anabolic to catabolic, that's when the endorphins in the brain are released, which can help people from becoming depressed.

Since an overly anabolic state can be described as a lack of fatty acids at the cellular level, increasing your fatty acid intake can be one method to help improve this imbalance. However, we find that most individuals with this imbalance really need to use more nutrients like specific vitamins, minerals and amino acids as well in order to see lasting improvement, but increasing your fatty acid intake can be a great place to start.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point.

- constipation/hard stool      - tachycardia      - anxiety/panic attacks      - frequent urination
- difficulty awakening in the morning      - viral problems      - UTI or Bladder Infections

### To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Using too much vitamin D3.
- Consuming too much coconut oil or vinegar
- Eating too many sugars or starchy carbohydrates.

**Step 2:** Most individuals that show an Anabolic Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

Foods to Avoid	Foods to Implement
Foods made with hydrogenated and polyunsaturated fatty acids – canola, corn and soy oils Ice Cream Butter Cream Cheese Juices Foods made with sugar Coffee Tea Soda Excessive Fruit Vinegar Poached or soft-boiled eggs	Non-Starchy Vegetables Fish (especially salmon) Olive Oil Cold Pressed Flax Seed Oil (Do not heat flax seed oil and in a pearl-type gelcap is best) Freshly Ground Flax Seed Fried or omelet style eggs in the morning (Not Egg-Beaters) Lemon Juice Citrus Fruit Sardines Tuna Fish

## Beta Slow Oxidizer Imbalance

The Beta Slow Oxidizer imbalance deals with energy production and how the body uses food for fuel. To create energy, for the most part, our body burns either fat or glucose (to keep this explanation simple). Your body is made to burn both types of fuel for different purposes. But changes can occur in our body or in our lives that will train the body to prefer one fuel over the other and it may stop burning the other type of fuel almost altogether.

If your test showed that you have a Beta Oxidizer imbalance, then you most likely are burning much more fat than glucose. If you also have high cholesterol, high triglycerides and a high fasting glucose, any of these markers can be another indication that you are not processing glucose effectively.

In order to process sugar or glucose, the body is having to take all sugar or glucose coming into a person and turn it into fat before it is able to be "burned" for energy.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Lack of energy; physical and mental fatigue
- Type II diabetes
- Metabolic syndrome (or insulin resistance)
- High blood pressure or cardiovascular disease
- Weight gain
- Gall bladder trouble

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Forms of sugar like sugar, corn syrup and honey
- Fruit juices or even large quantities of fruit
- Drinking alcohol or soda
- Polyunsaturated oils, like salad dressings, mayonnaise and margarine (Olive oil and coconut oil are okay)
- Meals consisting of predominantly sugars or starches. It could be beneficial for you to include at least a small serving of protein and healthy fats in each meal.

**Step 2:** Most individuals that show a Beta Slow Oxidizer Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

If you can adapt a new base understanding that there is no diet that is right for every person and there is no supplement that is right for every person, by using the foods and supplements that can bring your specific body chemistry into a healthy state of balance, you will have the tools to greatly improve your health and well-being. You can even learn how to monitor your own chemistry with simple tests you can do at home. By monitoring your changes, we can make adjustments to these protocols as needed. I have explained some of these tests under your "My Self Tests" section on this site.

## Tri-Carb Fast Oxidizer Imbalance

A tricarb is a person who is predisposed to burn off all his glucose and does not like burning fat. Now, it's not that he won't burn fat, but he will always prefer to burn off all of his glucose first. This is what is commonly referred to as a hypoglycemic. But the hypoglycemic can also be a step away from becoming diabetic. But if he's hypoglycemic, how can he be a step away from becoming diabetic? Well, it's because many hypoglycemics have way too much insulin in the system and their system responds as though there were five furnaces in the house. And every time the house gets cold, instead of one furnace coming on and slowly warming the house up and then turning off, FIVE furnaces turn on and the house is hotter than a son of a gun before the furnaces shut down. And so that's how it goes with the insulin. These individuals have become insulin resistant but they have not been insulin resistant long enough that the cells have stopped responding to the insulin altogether. We're at that stage where we are still responsive enough to the insulin that when the pancreas produces up to 5 times the amount of insulin it normally would, it reaches a critical level and all the sugar goes into the cells at one time. This person can get very severe headaches in the front of his head. This person may also complain that the head feels full or he'll get fuzzy brained, and this is due to the blood sugar dropping far too rapidly. This can make a person extremely miserable.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Lack of energy; physical and mental fatigue
- High or low blood sugar
- shortness of breath
- high cholesterol
- over weight or under weight
- Irritable when hungry

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Forms of sugar like sugar, corn syrup and honey
  - Fruit juices or even large quantities of fruit
  - coffee, tea, alcohol
  - Polyunsaturated oils, like salad dressings, mayonnaise and margarine (Olive oil and coconut oil are okay)
- Meals consisting of predominantly sugars or starches. It could be beneficial for you to include at least a small serving of protein and healthy fats in each meal.

**Step 2:** Most individuals that show a Tricarb Fast Oxidizer Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

If you can adapt a new base understanding that there is no diet that is right for every person and there is no supplement that is right for every person, by using the foods and supplements that can bring your specific body chemistry into a healthy state of balance, you will have the tools to greatly improve your health and well-being. You can even learn how to monitor your own chemistry with simple tests you can do at home. By monitoring your changes, we can make adjustments to these protocols as needed. I have explained some of these tests under your "My Self Tests" section on this site.

## Sympathetic Imbalance

Sympathetic Dominance refers to the autonomic nervous system (ANS). The ANS is a mechanism in the body that happens without you consciously thinking about it. We don't have to think about whether our heart is beating, it just does. The other side of the nervous system is the Parasympathetic Dominance or the part of the nervous system that you can control.

The Sympathetic side is the speed side of flight or fight response. And the Parasympathetic side is the slow side- or rest and digest- side. These two systems are hardwired in a sense to the heart, the entire digestive system, and all the lower level glands, organs, and systems.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Large Pupil Size
- Low Levels of Urination
- Increased Temperature
- Sweaty Hands
- Dry mouth/eyes/nose
- Get chilled often
- Extremities Cold
- Unable to Relax
- Strong Light Irritates

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Forms of sugar like sugar, corn syrup and honey
- Xanthines, like coffee, tea, chocolate and cola
- Any soft drinks containing phosphoric acid
- Canned and processed meats
- Polyunsaturated oils, like salad dressings, mayonnaise and margarine (Olive oil and coconut oil are okay)

**Step 2:** Most individuals that show a Sympathetic Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

## Parasympathetic Imbalance

Sympathetic Dominance refers to the autonomic nervous system (ANS). The ANS is a mechanism in the body that happens without you consciously thinking about it. We don't have to think about whether our heart is beating, it just does. The other side of the nervous system is the Parasympathetic Dominance or the part of the nervous system that you can control.

The Sympathetic side is the speed side - the flight or fight response. And the Parasympathetic side is the slow side - the rest and digest side. These two systems are hardwired in a sense to the heart, the entire digestive system, and all the lower level glands, organs and systems.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Allergies
- Asthma
- Small Pupils
- Frequent Urination
- Increased Saliva
- Muscle Cramps at Night
- Eyes or Nose Watery
- Eyelids Swollen
- Gag Easily
- Poor Circulation

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Poor or ineffective digestion that requires improvement.
- Forms of sugar like sugar, corn syrup and honey
- Fruit juices or even large quantities of fruit
- Polyunsaturated oils, like salad dressings, mayonnaise and margarine (Olive oil and coconut oil are okay)
- Meals consisting of predominantly sugars or starches. It could be beneficial for you to include at least a small serving of protein and healthy fats in each meal.

**Step 2:** Most individuals that show a Parasympathetic Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

If you can adapt a new base understanding that there is no diet that is right for every person and there is no supplement that is right for every person, by using the foods and supplements that can bring your specific body chemistry into a healthy state of balance, you will have the tools to greatly improve your health and well-being. You can even learn how to monitor your own chemistry with simple tests you can do at home. By monitoring your changes, we can make adjustments to these protocols as needed. I have explained some of these tests under your "My Self Tests" section on this site.

## Acid Imbalance

The physiology in a person with acidosis problems expresses too much acid (or H+) in the system. One cause can be an imbalance in potassium or an inability of the kidneys to properly excrete the acid and balance is lost. The breathing rate in these individuals becomes accelerated because the kidneys, being unable to easily control the acid levels in the blood stream, can be helped by the lungs huffing off CO<sub>2</sub>, because CO<sub>2</sub> acidifies into the blood stream. These individuals will normally have a short breath-holding time and a rapid breathing rate, exposing the fact that the kidneys are not having an easy time controlling the pH of the blood. This can be remedied (depending on the cause) by assisting the system to buffer the acids more effectively and excrete them. But this is not just a failure to excrete acids, it's a failure to buffer them. An inability to properly digest protein digestion can often be an issue in these cases since the biggest buffer of acids in the body is protein.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Shortness of breath
- Rapid heart rate
- Allergies
- Poor retention of important mineral nutrients
- Fluid retention
- Poor function of your kidneys, lungs, adrenal glands and many other organs and glands
- Digestive Issues

To improve this imbalance there are 2 steps that often prove to be beneficial:

**Step 1:** Change the aspects of your diet and lifestyle that are making this imbalance worse. You may need to:

- Eat more green vegetables
- Drink more water
- Avoid Fruit juices or even large quantities of fruit
- Avoid Polyunsaturated oils, like salad dressings, mayonnaise and margarine (Olive oil and coconut oil are okay)
- Avoid soft drinks

**Step 2:** Most individuals that show an Acid Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.

## Alkaline Imbalance

The blood stream has a very narrow pH value that it must stay within in order for our body to function properly. If it moves too far acid or too far alkaline, we can literally die. The body doesn't want this to happen so it does whatever it can to keep the blood stream at a balanced pH level. Alkalosis is an imbalance where the blood stream is too alkaline. When the blood leans alkaline, oxygen can't leave the bloodstream and go to the tissue level where it needs to be to help your body create the energy it needs to run properly. In science, this is known as the "Bohr effect".

If a doctor checked your oxygen levels, he would put a pulse oximeter on you and say, your oxygen is great... you have plenty. But because the blood stream is too alkaline, the oxygen cannot be released from the blood stream and go into the tissues where it needs to be and we can often feel wiped out. So, when the blood stream is too alkaline, the body will slow the rate at which you breathe. Carbon dioxide(CO<sub>2</sub>) is acidic so the body tries to reduce the amount that you breathe so it can hold on to more CO<sub>2</sub> allowing it to acidify the blood stream so that some oxygen can be released from the blood stream and make it to the tissue level.

This imbalance may show itself in the form of a number of different symptoms or "conditions". The outcome may be different depending on the individual, but you may have already found yourself experiencing one or more of the following issues at some point:

- Chronic fatigue
- Sleep apnea
- Joint and muscle pain; arthritis
- Allergies; asthma
- Muscle cramps
- Fluid retention

To improve this imbalance there are 2 steps that often prove to be beneficial:

Step 1: Change the aspects of your diet and lifestyle that are making this imbalance worse. These can include:

- Drinking too much "alkalizing" water
- Using some form of "alkalizing supplements"
- Not using enough unrefined sea salt
- Using antacids
- Eating too many sugars or starches
- Not eating enough protein (not bigger servings of protein, but more frequent servings of poultry, eggs, fish, or meat.)

Step 2: Most individuals that show an Alkaline Imbalance on their test will need to use a very specific combination of vitamins, minerals, trace minerals and amino acids. These products used need to target the imbalances that are indicated on your test. Many supplements available today are basically a "shotgun" approach in that they try to use such a wide spectrum of nutrients in hopes that something will help instead of trying to hit a specific target. We are going to use products that are more targeted, therefore they do not offer the negative effects of wide-spectrum products.