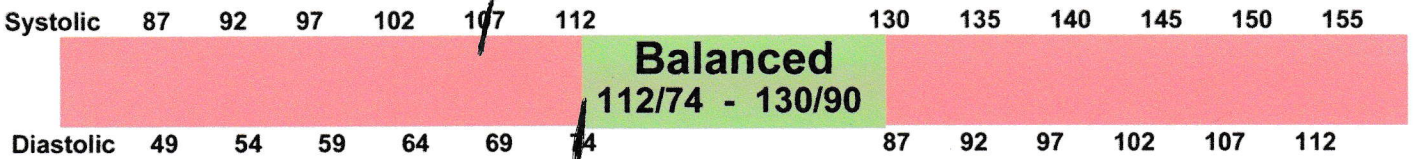


IMBALANCE GUIDE

Name: Debbie

Date: _____ Time: _____

Electrolyte Status



Electrolyte Deficiency Validators

Cravings • Depression • Vertigo • Fatigue
Insomnia • Menstrual/Muscle Cramps

Electrolyte Excess Validators

Hypertension • Cardiovascular Disease
Poor Circulation

Circle Your Breath Rate



Catabolic/Anabolic Validators

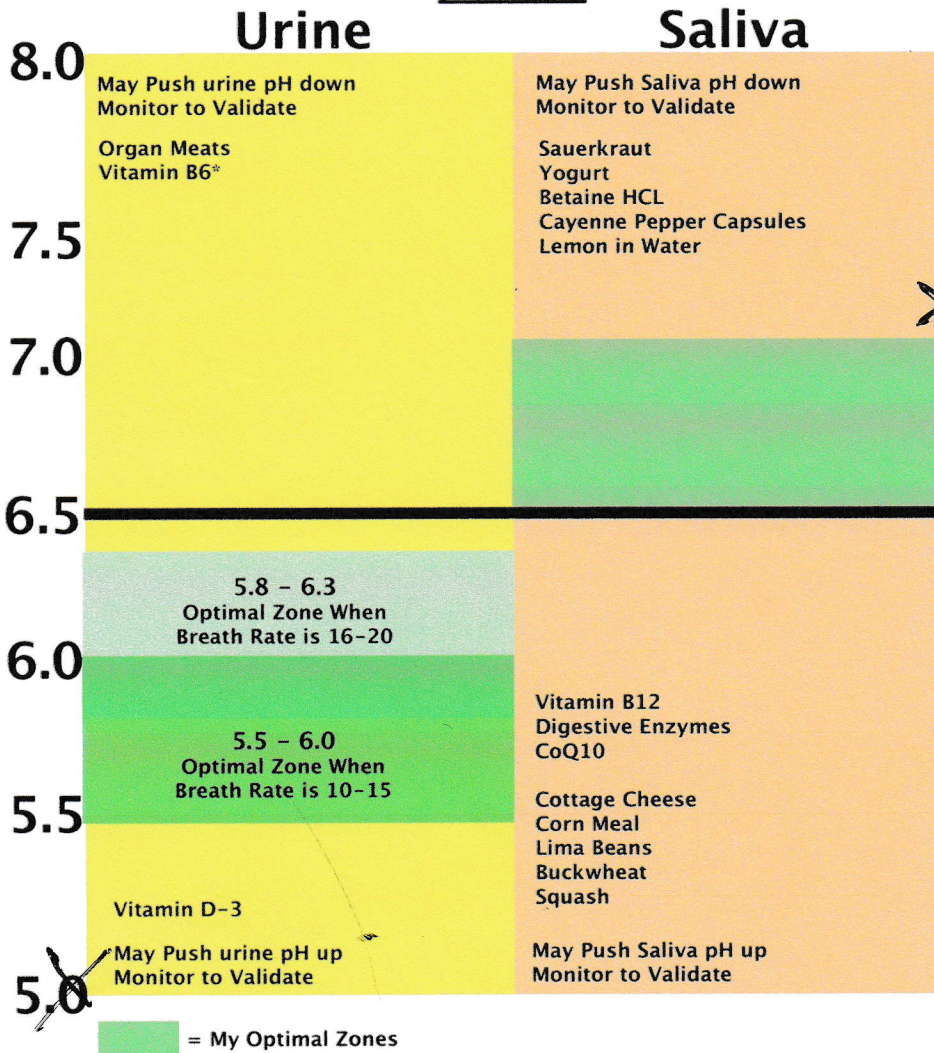
Catabolic

- Urine pH < 6.1
- Saliva pH > 6.9
- Oliguria
- Soft/Loose Stool
- Wake Easily
- High Debris in Urine
- Insomnia
- Slow to Heal
- Migraines
- Muscle Loss

Anabolic

- Urine pH > 6.3
- Saliva pH < 6.6
- Polyuria
- Hard Stool / Constipation
- Difficult to Rise
- Low Debris in Urine
- Anxiety

pH Chart



Energy Validators

Fat Burning

- Breath Rate < 15bpm
- Breath Hold > 50sec
- Systolic BP > 133
- Glucose > 100
- Urine pH < 6.1
- Saliva pH > 6.9
- Fatigue
- Weight Issues
- Depression
- Type II Diabetes

Carb Burning

- Breath Rate > 16bpm
- Breath Hold < 50sec
- Systolic BP < 112
- Glucose < 70
- Urine pH > 6.3
- Saliva pH < 6.6
- Fatigue
- Weight Issues
- Depression
- Irritable When Hungry

Digestive Issue Validators

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

Electrolyte Deficiency
Electrolyte Excess
Electrolyte Deficiency
Electrolyte Excess

Anabolic Needs Improvement
Catabolic
Anabolic
Catabolic

Beta Slow Oxidizer
Tricarb Fast Oxidizer
Beta Slow Oxidizer

Digestive Issues
Digestive Issues