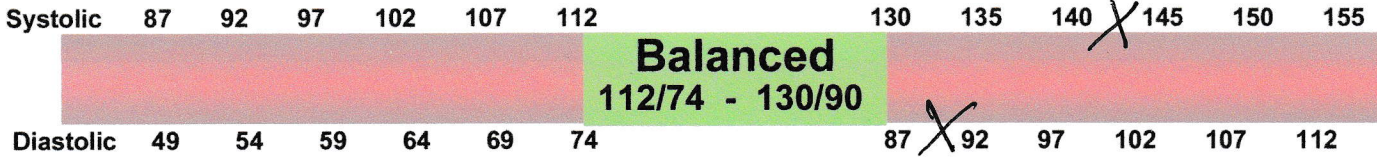


IMBALANCE GUIDE

Name: Cindy

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

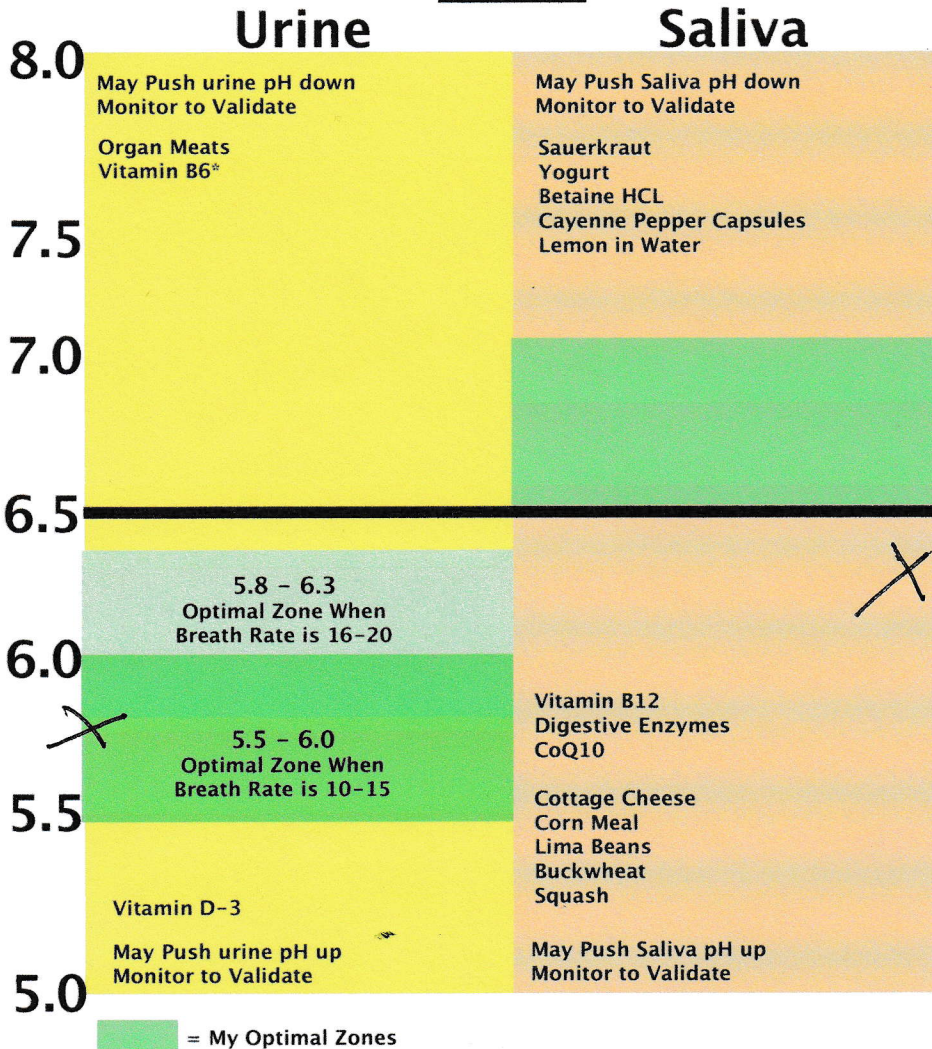
Catabolic

- 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
- Low Debris in Urine
- Anxiety

pH Chart



Energy Validators

- | <u>Fat Burning</u> | <u>Carb Burning</u> |
|---|-----------------------|
| <input checked="" type="checkbox"/> Breath Rate < 15bpm | Breath Rate > 16bpm |
| <input type="checkbox"/> Breath Hold > 50sec | Breath Hold < 50sec |
| <input type="checkbox"/> Systolic BP > 133 | Systolic BP < 112 |
| <input type="checkbox"/> Glucose > 100 | Glucose < 70 |
| <input type="checkbox"/> Urine pH < 6.1 | Urine pH > 6.3 |
| <input type="checkbox"/> Saliva pH > 6.9 | Saliva pH < 6.6 |
| <input checked="" type="checkbox"/> Fatigue | Fatigue |
| <input type="checkbox"/> Weight Issues | Weight Issues |
| <input type="checkbox"/> Depression | Depression |
| <input type="checkbox"/> Type II Diabetes | 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

Needs Improvement

Electrolyte Deficiency
Electrolyte Excess

Anabolic
Catabolic

Tricarb Fast Oxidizer
Beta Slow Oxidizer

Digestive Issues