

# NUTRITIONAL PROGRAM

Xxx Xxx

Date: 03/27/2007

Protocol	Usage is Expressed in	Upon Rising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bedtime
CYROFOOD (TABLETS) (General Daily)	Tablets with meal		3		3		3	
ZYPAN	Tablets with meal		2		2		3	
A-F BETAFOOD	Tablets on empty stomach			2		2		2
PARAPLEX	Tablets with meal		1		1		1	
TRACE MINERALS B-12	Tablets with meal		2		1		2	
PHOSFOOD LIQUID	# of drops in water		15		10		10	
DRENAMIN	Tablets on empty stomach			2		2		2
DIAPLEX	Capsules with meal		3		3		3	
PROTEFOOD	Capsules every other day		1					

Products are listed in descending order of need.

## Practitioner's Notes:

### To Get The Most From The Whole Food Supplements Follow These Lifestyle Recommendations:

- When possible, use the Phase 1 or Phase 2 diet plans. Try not to substitute.
- Try eliminating processed flour, processed sugar, hydrogenated oils from your daily diet.
- Try eliminating carbonated beverages (even sugar free), coffee, and other caffeinated beverages.
- Remember: LOW FAT MEANS HIGH SUGAR
- Drink at least ten 8 ounce glasses or about 2 1/2 quarts of water per day.

Re-evaluation date: 05/26/2007

My Next Appointment is: \_\_\_\_\_

## POST ON YOUR REFRIGERATOR!

# SYMPTOM SURVEY SCORING SHEET

Patient's Report

Patient Name: Xxx, Xxx

Calc: 03/27/2007

The information that is contained in the Nutritec Program is for educational use and is restricted to health care practitioners only. This evaluation is not intended for a diagnosis or treatment of disease, but simply to support the patient's nutritional needs. This program and manuals are a combination of over sixty years of nutritional research by health care practitioners using whole foods and whole food concentrates. This research is based on objective clinical data, patient examinations, blood and urine testing.

CALCULATED GROUP SCORES				RAW SURVEY SCORES		
Src Grp#	Description	Weighted Mean Scoring		3s	2s	1s
S	7b Endocrine - Hypothyroid	23% nnnnnnn		0	0	2
S	3 Sugar Handling	21% nnnnnnn		0	0	1
S	7f Endocrine - Hypoadrenal	13% nnnn		0	0	0
S	7e Endocrine - Hyperadrenal	8% nnn		0	0	0
S	7d Endocrine - Hypopituitary	8% nnn		0	0	0
S	7c Endocrine - Hyperpituitary	8% nnn		0	0	0
S	7a Endocrine - Hyperthyroid	8% nnn		0	0	0
S	5 Biliary and Liver	7% nn		0	0	0
S	6 Digestive	5% nn		0	0	0
<b>Symptoms Totals: # of Responses = 3</b>				<b>0</b>	<b>0</b>	<b>3</b>

## SYSTEM RECOMMENDATIONS AND SCORES

Product Line	Functional Support	Score
<b>STANDARD PROCESS</b>		
CYROFOOD (TABLETS)	Chronic fatigue, long-term multi vitamin.	GEN
ZYPAN	Chronic indigestion,needs HCL,pancreatic support	DIG
A-F BETAFOOD	Gall Bladder, liver, thyroid, hyper/hypotension.	26%
PARAPLEX	Autonomic imbalance, pituitary, adrenal, pancreas	22%
TRACE MINERALS B-12	Thyroid, adrenal dysfunction, anemia, ligament.	9%
PHOSFOOD LIQUID	Parasympathetic dominance,excess HCL,menses	9%
DRENAMIN	Chronic fatigue, hypoglycemia, adrenal.	4%
DIAPLEX	Elevated triglycerides, blood sugar, digestive.	4%
PROTEFOOD	Hypoglycemia,chronic fatigue,edema,muscular	4%
<b>Product Line</b>		
<b>Functional Support</b>		
<b>Score</b>		
<b>MEDI-HERB</b>		
LIVTON COMPLEX	Liver gallbladder function, digestive function, bo	DIG
ASTRAGALUS 1:2	Immune system, adrenal and digestive function, car	4%
ELEUTHERO	Temporary stress, physical and mental endurance, v	4%
GYMNEMA 4g	Blood sugar levels, cholesterol levels	4%
LICORICE 1:1	Adrenal gland function, digestive and urinary trac	4%
LIVCO	Elimination of toxins, cleansing the liver, liver	4%

Practitioner needs to refer to the manual or clinical reference guide.

**PROGRESS REPORT****Patient's Report****Patient Name: Xxx, Xxx**

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**Group Scores****Calc Current (03/27/2007)**

7b Endocrine - Hypothyroid	23
3 Sugar Handling	21
7f Endocrine - Hypoadrenal	13
7e Endocrine - Hyperadrenal	8
7d Endocrine - Hypopituitary	8
7c Endocrine - Hyperpituitary	8
7a Endocrine - Hyperthyroid	8
5 Biliary and Liver	7
6 Digestive	5

<b>Total 3's</b>	0
<b>Total 2's</b>	0
<b>Total 1's</b>	3
<b>Total Symptoms</b>	3

**Visit Date 03/27/2007**

<b>Weight</b>	0		
<b>BP: Sitting</b>	0/0		
<b>Standing</b>	0/0		
<b>Supine</b>	0/0		
<b>Pulse</b>	0		
<b>pH</b>	<b>Oral</b>	<b>AM</b>	0.0
		<b>PM</b>	0.0
	<b>Urine</b>	<b>AM</b>	0.0
		<b>PM</b>	0.0
<b>Cuff Pressure</b>	<b>Before</b>	0	
	<b>After</b>	0	

**PROVIDER RECOMMENDED SUPPLEMENTS****Current (03/27/2007)**

SP ZYPAN  
 SP A-F BETAFOOD  
 SP PARAPLEX  
 SP TRACE MINERALS B-12  
 SP PHOSFOOD LIQUID  
 SP DRENAMIN  
 SP DIAPLEX  
 SP PROTEFOOD

**FINAL****Patient Name: Xxx, Xxx****Your primary area of concern from the Symptom Survey is Group 7B - Endocrine - Hypothyroid.**

Endocrine glands secrete hormones and other chemicals directly into the bloodstream. Some of the principal glands of the endocrine system are the thyroid gland, parathyroid glands, pituitary gland, adrenal gland, adrenal cortex, pancreas, ovaries and testes. In addition, since each gland works in concert with the other glands, an imbalance of one affects the others.

The thyroid gland is responsible for the metabolic tone of the body and as a result the effects of thyroid insufficiency affects nearly every bodily function. In fact, it seems that a low thyroid prevents you from responding to all other therapies. The degree of symptoms ranges from mild fatigue to life-threatening coma. Furthermore, there is a wide range of blood hormone levels considered "normal", and most individuals who appear to have thyroid insufficiency have "normal" blood values. A low basal metabolic rate (as determined by a Basal Body Temperature or other electronic assays) can also be caused by pituitary insufficiency, adrenal insufficiency, gonadal failure, metabolic toxins that interfere with energy production, impaired carbohydrate metabolism, and other conditions. The combination of a wide range of symptoms, multiple causes for a low metabolic rate, and imprecise range of blood values has led to controversy, confusion, and abuse. Low thyroid function is probably common and has been estimated to involve 40% of the adult population in the U.S. There are three main types of thyroid deficiency: 1) Glandular failure due to nutritional co-factor deficiency, functional iodine deficiency, metabolic toxins, surgical removal or radiation, autoimmune destruction; 2) Lack of pituitary stimulation; or 3) failure of the hormone secreted by the thyroid (T4) to be converted to its most active form (T3) due to progesterone insufficiency, selenium deficiency, drugs, or liver insufficiency. Understanding the specific reason for your condition will determine the most effective form of therapy.

The symptoms that relate to your primary area of concern are: (in order of importance)

- 127. Sensitive to cold
- 133. Slow pulse, below 65

**Your secondary area of concern from the Symptom Survey is Group 3 - Sugar Handling.**

The over consumption of refined sugars and processed carbohydrates (white bread, cookies, bagels, soda, fruit juice, alcohol, etc.) leads to a variety of problems in the body's ability to metabolize glucose efficiently into energy. Because the standard diet for most people living in developed countries like our own contains so much processed food, hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) are rampant. In hypoglycemia, excessive insulin or an inability to convert liver glycogen into glucose drives the blood glucose down and signals the adrenals to secrete epinephrine and glucocorticoids. Consequently, the features of sympathetic hyperactivity occur. Over time, the adrenals can fatigue causing exhaustion and symptoms of adrenal insufficiency. In hyperglycemia, there is insufficient insulin produced by the pancreas or a resistance by the tissue to insulin. Without insulin (either in quantity or response), blood glucose levels rise. This can lead to frequent urination, thirst, and unusual hunger. If severe, fatigue and impaired resistance to infections occurs.

Dietary change is mandatory at this point. Limitation of simple and processed carbohydrate intake is almost always required for blood sugar imbalances. Nutritional therapy only helps to support and regulate the body's blood sugar mechanisms. The use of Dr. Page's Phase 1 and 2 Food Plan is extremely helpful for long term support.

The symptoms that relate to your secondary area of concern are: (in order of importance)

- 44. Hungry between meals

**In addition, you have shown signs of digestive problems.**

## Descriptions of recommended supplements

Patient Name: Xxx, Xxx

### **CYROFOOD (TABLETS)**

This product is a crude form of CATALYN. As mentioned, CATALYN is a multiple vitamin and trace mineral product. CYROFOOD is a crude form of this. Instead of using wheat germ extract, for example, we use wheat germ. Instead of using peanut bran extract, we use peanut bran. The advantage of CYROFOOD is that it contains a lot of cellulose, a lot of fiber. With that in mind, about one teaspoonful of CYROFOOD Powder is equivalent to one tablet of CATALYN. CYROFOOD is also one-third CALCIFOOD Powder. CALCIFOOD Powder is raw veal bone flour. There is some veal bone extract in CATALYN, but not to this degree.

CYROFOOD is our most economical multiple supplement. It contains all the vitamins and known trace minerals, plus the phosphorous, calcium and protein from veal bone. It comes in both tablet and powder form.

### **ZYPAN**

In contrast to the popular use of antacids that suppress digestion, Zypan promotes the digestive process. Zypan contains pepsin, pancreatin, and betaine and ammonium hydrochloride. A perfect combination for improving protein digestion. The betaine and ammonium chloride acidify the stomach and begin the breakdown of protein while pepsin and pancreatin contain enzymes that digest the protein. The biggest clue of a need for Zypan is indigestion and intestinal gas. Many older individuals and those with type A blood tend to have low stomach acid production.

### **A-F BETAFOOD**

This is a combination of vitamin A, special Fatty acids, and gallbladder support. This product gets bile moving. Bile is made in the liver and stored in the gallbladder. It has several functions in the body. One is to break down the fat in food. It is an emulsifier that promotes the absorption of fat just like soap acts as a detergent for cutting grease. If dietary lipids are not absorbed they will bind up minerals (soap is calcium and tallow) leading not only to an irritated GI tract (remember when you had to eat soap) and mineral deficiency. Bile is also a way the body eliminates toxins. If bile gets too thick, it does not flow smoothly and impairs fat absorption. A person with poor gallbladder function cannot digest fat, and when he/she eats a meal that contains fat, he/she will burp immediately. Other symptoms of gallbladder trouble are nausea, gas, and bloating. Bile is also involved in converting blood fat to sugar. AF-Betafood may assist in hypoglycemia as well.

### **PARAPLEX**

To better appreciate how unique and beneficial is this product, a little background is warranted. In an attempt to support a gland or tissue, in this case the glands of the parasympathetic nervous system, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. Protomorphogens (PMG for short) are another way to help the gland balance itself. A protomorphogen is a patented tissue extract intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will calm an overactive organ or support a weakened one without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no overdose except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a protomorphogen directed specifically toward the pituitary, thyroid, adrenals, and pancreas.

### **TRACE MINERALS B-12**

Because only minerals in an organic state are utilized by the body, this product supplies the essential trace minerals of manganese, zinc, iodine, copper, and cobalt for supporting the endocrine system, ligaments, key enzyme systems, and iodine metabolism. Chelated minerals may be absorbed but may not be used by the body. Trace mineral deficiency is common and is difficult to identify clinically - Allorganic Trace Minerals is often chosen to complete a basic nutritional program.

### **PHOSFOOD LIQUID**

Calcium and phosphorus must be in a certain balance in the blood in order to keep the nervous system and hormonal system stable. Research shows that the ideal ratio is four parts phosphorus to ten parts calcium. Phosfood Liquid is a source of orthophosphoric acid that is used balance blood calcium/phosphorus ratios when the parasympathetic nervous system becomes over-active and dominates over its counterpart, the sympathetic nervous system. Because the parasympathetic nervous system controls mucus production in the nose and respiratory tract, digestion, stomach acid production, lowering the heart rate, intestinal movement, sweating,

## Descriptions of recommended supplements

Patient Name: Xxx, Xxx

and hormones of the adrenals, Phosfood acid helps in a variety conditions ranging from allergies, asthma, slow heart rate, irritable bowel syndrome, nausea, muscle cramps, headaches, and stiffness. The product also supports the kidney, reduces calcium deposits, acidifies the body, accelerates glandular function, and stimulates energy production.

### **DRENAMIN**

This combination product is designed to support the adrenal gland along with two key vitamins, vitamin complex C and vitamin complex G. The Drenatrophin PMG rebuilds the glands, G helps improve circulation, and the C contains tyrosinase, which is an adrenal activator. Symptoms of adrenal insufficiency may include nervousness, fatigue (especially in the morning or after a cold or infection), allergies, asthma tendencies, low blood pressure, salt craving, light-headedness with standing, and lowered resistance to colds and infections.

### **DIAPLEX**

This product is a combination of A-F Betafood, Arginex, Cataplex GTF, Zypan, Betacol, Pancreatrophin PMG, Pituitrophin PMG

### **PROTEFOOD**

This product the essential amino acids that are most likely to be deficient in your diet. Getting all of these amino acids you need is essential, because if you are missing just one, you can not make protein for repair and metabolism. In effect, Protefood makes the protein in your diet more useful to you. It is often chosen for states of debility, fatigue, water retention, weakness, and high or low protein diets.

Patient Name: Xxx, Xxx

Calculation date: 03/27/2007

Last Patient Report: / /

**Select Program Below:**

- |   |                          |                      |
|---|--------------------------|----------------------|
| <input type="checkbox"/> 2 Week Program | Estimated Cost: \$172.00 | Cost per day: \$7.00 |
| <input type="checkbox"/> 30 Day Program | Estimated Cost: \$254.00 | Cost per day: \$7.00 |
| <input type="checkbox"/> 60 Day Program | Estimated Cost: \$459.00 | Cost per day: \$6.81 |
| <input type="checkbox"/> 90 Day Program | Estimated Cost: \$664.00 | Cost per day: \$6.88 |

Supplement Description	2 Weeks			30 Days		
	Product ID	Bottle Size	Bottle Qty	Product ID	Bottle Size	Bottle Qty
CYROFOOD (TABLETS)	S3050	360T	1	S3050	360T	1
ZYPAN	S8475	90T	2	S8475	90T	3
A-F BETAFOOD	S0775	90T	1	S0775	90T	2
PARAPLEX	S6715	90T	1	S6715	90T	1
TRACE MINERALS B-12	S8050	90T	1	S8050	90T	2
PHOSFOOD LIQUID	S6800	1200	1	S6800	1200	1
DRENAMIN	S3650	90T	1	S3650	90T	2
DIAPLEX	S3550	150C	1	S3550	150C	2
PROTEFOOD	S7100	90C	1	S7100	90C	1

Supplement Description	60 Days			90 Days		
	Product ID	Bottle Size	Bottle Qty	Product ID	Bottle Size	Bottle Qty
CYROFOOD (TABLETS)	S3050	360T	2	S3050	360T	3
ZYPAN	S8475	90T	5	S8500	330T	2
A-F BETAFOOD	S0825	360T	1	S0775	90T	6
PARAPLEX	S6715	90T	2	S6715	90T	3
TRACE MINERALS B-12	S8050	90T	4	S8050	90T	5
PHOSFOOD LIQUID	S6800	1200	2	S6800	1200	3
DRENAMIN	S3700	360T	1	S3650	90T	6
DIAPLEX	S3550	150C	4	S3550	150C	6
PROTEFOOD	S7100	90C	1	S7100	90C	1