

IMBALANCE GUIDE

Name: _____

Date: _____ Time: _____

ELECTROLYTE STATUS

Electrolyte Deficiency

Resting Systolic BP < 112 ___
Standing Diastolic BP < 73 ___
Pulse < 70 ___
Depression ___
Vertigo ___
Fatigue ___
Insomnia ___
Cravings ___
Cramps ___

Electrolyte Excess

Resting Systolic BP > 130 ___
Standing Diastolic BP > 87 ___
Hypertension ___
Cardiovascular Disease ___
Poor Circulation ___

CIRCADIAN RHYTHM

(CELLULAR PERMEABILITY)

Anabolic

Urine pH > 6.3 ___
Saliva pH < 6.6 ___
Specific Gravity < 1.011 ___
High Body Temp ___
Polyuria ___
Hard Stool / Constipation ___
Difficult to Rise ___
Low Debris in Urine ___
Adj. Surface Tension > 69 ___
Saliva mS < 4.5 ___
Urine rH2 high ___
Anxiety ___

Catabolic

Urine pH < 6.1 ___
Saliva pH > 6.9 ___
Specific Gravity > 1.020 ___
Low Body Temp ___
Oliguria ___
Soft/Loose Stool ___
Wake Easily ___
High Debris in Urine ___
Adj. Surface Tension < 67 ___
Saliva mS > 5.5 ___
Urine rH2 low ___
Insomnia ___
Slow to Heal ___
Migraines ___
Muscle Loss ___
Protein on Dipstick ___

ENERGY PRODUCTION

Carb Burning

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

Fat Burning

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

AUTONOMIC NERVOUS SYSTEM

Parasympathetic

Small Pupils ___
Pulse Pressure < 37 ___
Gag Reflex Increased ___
Red Dermographic Line ___
Low Body Temp ___
Warm Dry Hands ___
Fingertips Warmer Than Triceps ___
Asthma ___
Allergies ___

Sympathetic

Large Pupils ___
Pulse Pressure > 46 ___
Gag Reflex Decreased ___
White Dermographic Line ___
High Body Temp ___
Cold Hands ___
Fingertips Colder Than Triceps ___
Dry Mouth ___
Food Allergies ___

ACID / ALKALINE BALANCE

Tending to Acidosis

Breath Rate > 18bpm ___
Breath Hold < 41sec ___
Shortness of Breath ___

Tending to Alkalosis

Breath Rate < 14bpm ___
Breath Hold > 64sec ___
Chronic Fatigue ___
Sleep Apnea ___

DIGESTIVE ISSUES

___ Resting Systolic Blood Pressure < 112
___ Standing Diastolic Blood Pressure < 73
___ Burping or Bloating
___ Passing Gas
___ Reflux/Heartburn
___ Total Ureas < 13
___ Light Colored Stool
___ Constipation
___ Urgent Diarrhea
___ Nausea
___ rH2 > 20 or rH2 < 17.5
___ Bilirubin on Dipstick

**Electrolyte Deficiency / Electrolyte Excess
Anabolic / Catabolic
Carb Burning / Fat Burning
Parasympathetic / Sympathetic
Tending to Acidosis / Tending to Alkalosis**