# IMBALANCE GUIDE

**Electrolyte Status**

<table>
<thead>
<tr>
<th>Systolic</th>
<th>&lt; 92</th>
<th>97</th>
<th>102</th>
<th>107</th>
<th>112</th>
<th>130</th>
<th>135</th>
<th>140</th>
<th>145</th>
<th>150</th>
<th>&gt; 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diastolic</td>
<td>&lt; 54</td>
<td>59</td>
<td>64</td>
<td>69</td>
<td>74</td>
<td>87</td>
<td>92</td>
<td>97</td>
<td>102</td>
<td>107</td>
<td>&gt; 107</td>
</tr>
</tbody>
</table>

**Electrolyte Deficiency Imbalance**

**Electrolyte Excess Imbalance**

112/74 - 130/87

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**Circle Your Breath Rate**

Less Than 10

More Than 20

See Appendix C

**Breath Hold Time** = _____ Seconds

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**pH Chart**

**Urine**
- May Push urine pH down
- Monitor to Validate
- Organ Meats
- Vitamin C as ascorbic acid

**Saliva**
- May Push Saliva pH down
- Monitor to Validate
- Sauerkraut
- Yogurt
- Betaine HCL
- Cayenne Pepper Capsules
- Lemon in Water

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**Catabolic/Anabolic Validators**

**Catabolic**
- Urine pH < 6.1
- Saliva pH > 6.9
- oliguria
- Polyuria
- Soft/Loose Stool
- Constipation
- Wake Easily

**Anabolic**
- Urine pH > 6.3
- Saliva pH < 6.6
- High Debris in Urine
- Low Debris in Urine
- Migraines
- Anxiety

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**Energy Validators**

**Fat Burner**
- Breath Rate < 15bpm
- Breath Hold > 50sec
- Systolic BP > 133
- Glucose > 100
- Urine pH < 6.1
- Saliva pH < 6.9
- Type II Diabetes

**Carb Burner**
- Breath Rate > 16bpm
- Breath Hold < 50sec
- Systolic BP < 112
- Glucose < 70
- Urine pH > 6.3
- Saliva pH > 6.6
- Irritable When Hungry

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**Digestive Issue Validators**

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

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**Needs Improvement**

**Electrolyte Deficiency**

**Electrolyte Excess**

**Anabolic**

**Catabolic**

**Fat Burner**

**Carb Burner**

**Digestive Issues**