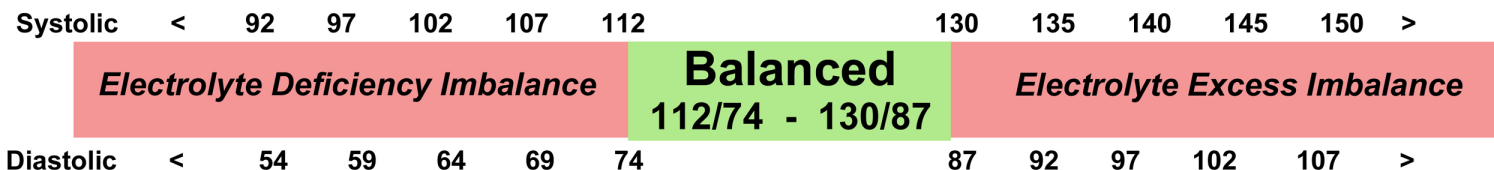


IMBALANCE GUIDE

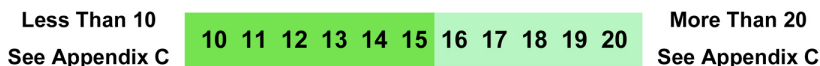
Name: _____

Date: _____ Time: _____

Electrolyte Status



Circle Your Breath Rate



Breath Hold Time = _____ Seconds

Catabolic/Anabolic Validators

Catabolic

- Urine pH < 6.1
- Saliva pH > 6.9
- Oliguria
- Soft/Loose Stool
- Wake Easily
- High Debris in Urine
- Migraines

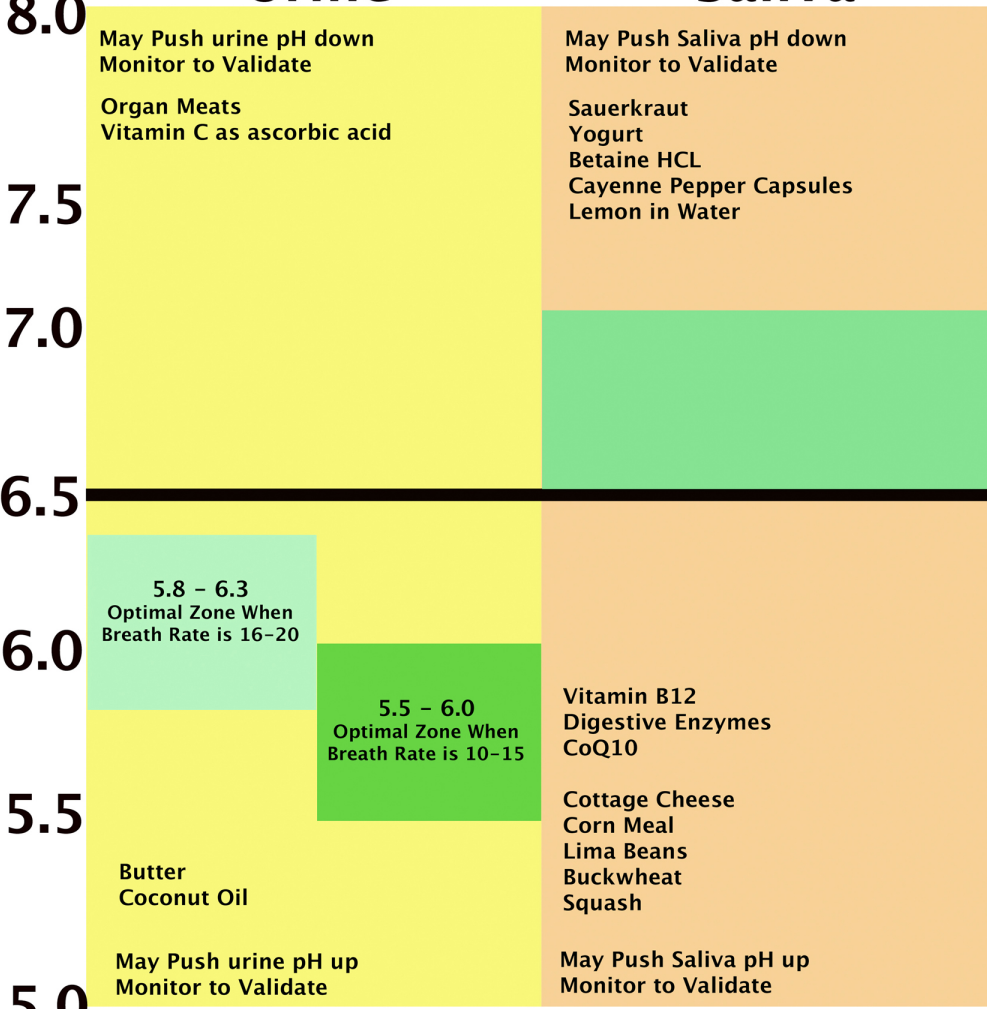
Anabolic

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

pH Chart

Urine

Saliva



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

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

Needs Improvement

Electrolyte Deficiency
Electrolyte Excess

Anabolic
Catabolic

Carb Burner
Fat Burner

Digestive Issues