IMBALANCE GUIDE

Electrolyte State

<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;</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;</td>
</tr>
</tbody>
</table>

Electrolyte Deficiency Imbalance
112/74 - 130/87
Electrolyte Excess Imbalance

Circle Your Breath Rate

Less Than 10
See Appendix C

Breath Hold Time = 5.5 Seconds

More Than 20
See Appendix C

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

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

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

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