

Increasing CO₂ Blood Titrers

Rebreathing in a paper bag 7 or 8 times will temporarily increase blood levels of CO₂.

First gather baseline information by measuring several ranges of motion and have patient give subjective perceptions of pain when they place themselves in a position of existing pain, (i.e. raising left arm 180 degrees over head, with head tilted to the right or the left).

If rebreathing one's own CO₂ temporarily reduces pain or increases a previously impaired range of motion, this is a functional suggestion that the patient needs higher levels of CO₂.

The citric acid cycle yields 4 molecules of CO₂ for each unit of glucose. The goal is to provide the nutrients necessary for the citric acid cycle and allow the body to make CO₂ naturally.

Allow the range of motion or pain to go back to its prior level. Next using the neuro-lingual taste testing procedure; taste the nutrients below that are necessary for the citric acid cycle.

The following order seems to yield the best results:

Bio-3B-G® (B1)	Vitamin B, a Co-Carboxylase form of B1...3 parts B one part G
Bio-GGG-B™ (B2)	Vitamin G, a Riboflavin-5-phosphate form of B - 23 parts G one part B
Bio-B 100™ (B3)	B-complex, very low dose B and G in 1-1 ratio
B5	Stamina Caps™ has 50 mg per capsule as well as B1, CoQ, Octacosanol OOrganic-15™ in a vegetable culture base
Mn-Zyme™ (Mn)	Manganese 10 mg as gluconate and citrate
Lipoic Acid	Alpha-Lipoic Acid 100 mg
Biotin	Glucobalance® contains highest amount of Biotin, 500 mcg per capsule
Mg-Zyme™ (Mg)	Magnesium 100 mg as aspartate, gluconate, and glycinate

The factors to increase electron transport chain function are:

CoQ-Zyme 30™	30 mg of Coenzyme Q10 emulsified for better absorption
Fe-Zyme™ (Fe)	Iron as gluconate 25 mg with co-factors Zn & Cu
Cu-Zyme™ (Cu)	2 mg of copper in the gluconate and citrate forms
Super Phosphozyme™ (P)	Phosphorous from orthophosphoric acid, 30 drops yield 40 mg