Hampton Natural
THERAPEUTICS

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Parasympathetic
Carnivore
Fast Oxidizer
< Alkaline
PM

Sympathetic
Vegan
Slow Oxidizer
Acid >
AM

RIGHT SPIN — MIXED — LEFT SPIN

Anabolic
(-) Voltage
Anterior Medial Hypothalamus
Posterior Pituitary
Parathyroid
Thymus
Tonsil
Parotid
Lungs
Adrenal Cortex
Pancreas
Liver
Gall Bladder
Spleen
Stomach
Intestines
Appendix
Bone Marrow
Digestive System
Immune System
Lymphatic System
Respiratory Symptom
Excretory System
Protein Metabolism
Carbohydrate Metabolism
Fat Metabolism

Catabolic
(+) Voltage
Posterior Hypothalamus
Anterior Pituitary
Thyroid
Heart
Adrenal Medulla
Kidneys
Bladder
Uterus
Prostrate
Testes
Ovaries
Cardio System
Neurovascular
Urinary System
Reproductive
Calcium Metabolism

Nutrients
Potassium, Magnesium, Chromium, Copper, Iron, Manganese, B-2-3-6, Vitamin C, Vitamin D, Paba, Biotin, Folic Acid, Low fat, Low Purine, High Carbohydrate

Nutrients
Calcium, Iodine, Phosphorous, Zinc, Choline, Inositol, Bioflavonoids, Vitamin A, B-5-12, Vitamin E, High-Fat, High Purine, Low Carbohydrate

Autonomic Considerations

References: Francis M. Pottenger, M.D.; Nicholas J. Gonzalez, M.D.; William L. Wolcott; William Donald Kelley, D.D.S.; and Guy Schenker, D.C

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