

# Increasing CO<sub>2</sub> Blood Titrers

**Rebreathing** in a paper bag 7 or 8 times will temporarily increase blood levels of CO<sub>2</sub>.

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 CO<sub>2</sub> temporarily reduces pain or increases a previously impaired range of motion, this is a functional suggestion that the patient needs higher levels of CO<sub>2</sub>.

The citric acid cycle yields 4 molecules of CO<sub>2</sub> for each unit of glucose. The goal is to provide the nutrients necessary for the citric acid cycle and allow the body to make CO<sub>2</sub> naturally.

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

The following order seems to yield the best results:

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

The factors to increase electron transport chain function are:

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