

## Supplement Dosing

Dosing is a specified quantity of a therapeutic agent, such as a biochemical (herb) or bio-energetic (homeopathic) agent, prescribed to be taken at one time or at stated intervals.

Nutritional Therapists and practitioners are often confused when specific dosing protocols are to be recommended to the patient/client.

In ENAT, highly specific reflexes can be assessed in determining whether the nutritional need is mild, moderate, or severe.

### Dosage Recommendations

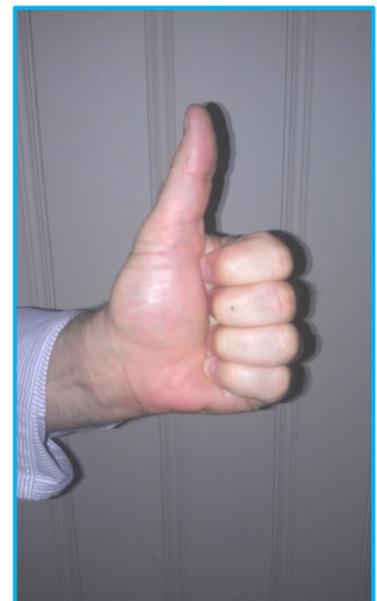
There are specific recommendations in accordance with the three screening points for mild, moderate or severe with a generalized “Bio-Energetic Muscle Test.”

#### Hand Screening Point (Mild)

Instruct the patient/client to place their left hand in a clenched fist, with the thumb extending up (thumbs up sign).

Right Arm Muscle Test Response: A weak response for the muscle test indicates a positive test.

Mild: The practitioner is instructed if this is the primary reflex to recommend the prescribed dosage for that specific supplement in accordance with what is on the label.



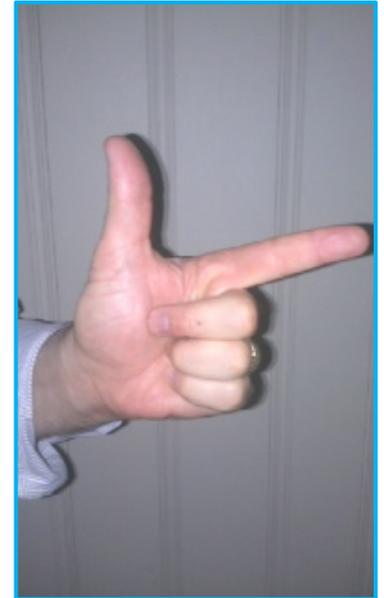
### Section 5: Screening Points for Nutrition

#### Hand Screening Point (Moderate)

The practitioner instructs the patient/client to curl their left middle, ring and pinky fingers in towards their palm, while they extend their thumb and index finger.

Right Arm Muscle Test Response: A weak response for the muscle test indicates a positive test.

Moderate: The patient/client is instructed to use one to two tablets, three times per day.



#### Hand Screening Point (Severe)

The practitioner instructs the patient/client to curl the ring finger and pinky of the left hand into the palm while extending and splaying their index and middle fingers and thumb out.

Right Arm Muscle Test Response: A weak response for the muscle test indicates a positive test.

Severe: The patient/client is instructed to use three to four tablets, three times per day.



### Section 5: Screening Points for Nutrition

#### Determining Dosage through the Right Arm Muscle Test Response

It should also be understood that there are times that the practitioner will use crisis intervention with dosing where hourly dosing may be utilized for the patient/client. The RAMTR can be utilized in determining the dosage recommendation for the patient/client.

Once the appropriate supplement or supplements are determined, the question can be asked how many and how often per day is the product needed.

It is also recommended that the patient/client finish out the bottle/bottles of the product, as many patient/clients have reported that they have many bottles of supplements around their home, never finished, because their practitioner stops the product and recommends something different.

When asking the question with the RAMTR, the arm will test strong until the specific dosage is indicated. The same holds true for how many times per day is needed to dosage and going further, how long the product is needed: e.g., days, weeks, months.