

# The Di-Phasic Cycle and DNP Explained

Our body works on a daily cycle. We call it the diurnal cycle, but it is often referred to as the circadian rhythm or our bio-rhythm. This cycle is “diphasic” – which means, it has two phases:

- The first is your daytime / wake, **HIGH-POWERED ENERGY EXPENDITURE** phase, as you enjoy your favorite activities of work and play. This phase is activated from 6 a.m. to 8 p.m.
- At 8 p.m. your metabolism swings into the nighttime / sleep, rest, restoration, **REPLETION, REBUILDING AND RECHARGING** phase of your daily cycle.

**During this daily cycle, our body must put up defenses against two health destroying stressors:**

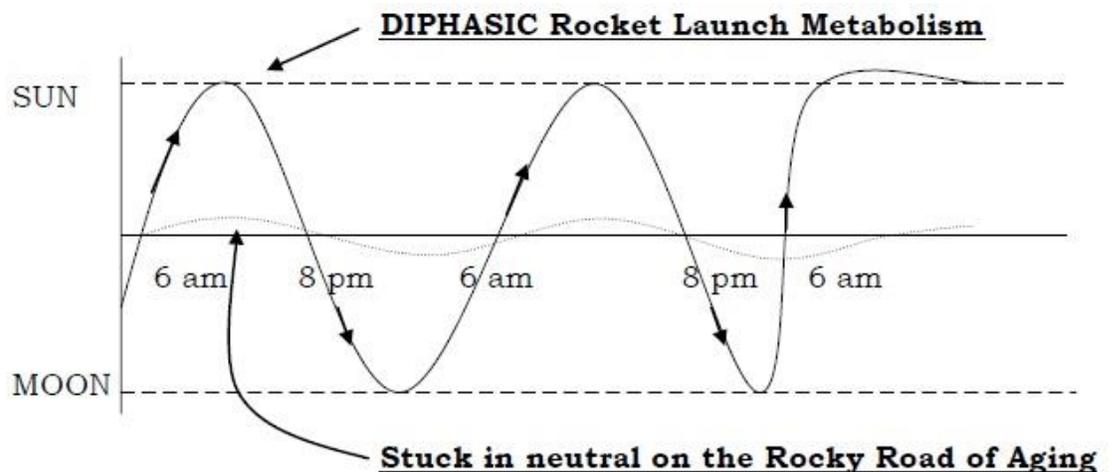
1. Anabolic - which can cause hyperplasia (excessive build up of tissues)
2. Catabolic – which can cause disintegration (excessive break down of tissues).

**DNP (The Diphasic Nutrition Plan)** protects your body against these tissue damaging pathologies, reverses chronic inflammation and defends against accelerated aging. It’s like discovering the **Fountain of Youth**.

## The Mad Scientist Explanation:

We can graph the two phases as a wave that goes through a complete cycle in a day. As we age, (along the rocky road of aging) the amplitude (height) of the wave tends to drop lower. With this relative flattening of the wave - our vitality decreases along with our defenses to Inflamm-Aging.

This graph shows 2 curves, contrasting  
...**A HIGH AMPLITUDE, HIGH VITALITY, YOUTHFUL (ROCKET LAUNCH METABOLISM) DIPHASIC CYCLE... AND THE NEARLY FLAT AND FADED (STUCK IN NEUTRAL) CURVE - REPRESENTING THE LOSS OF YOUTHFUL VITALITY.**



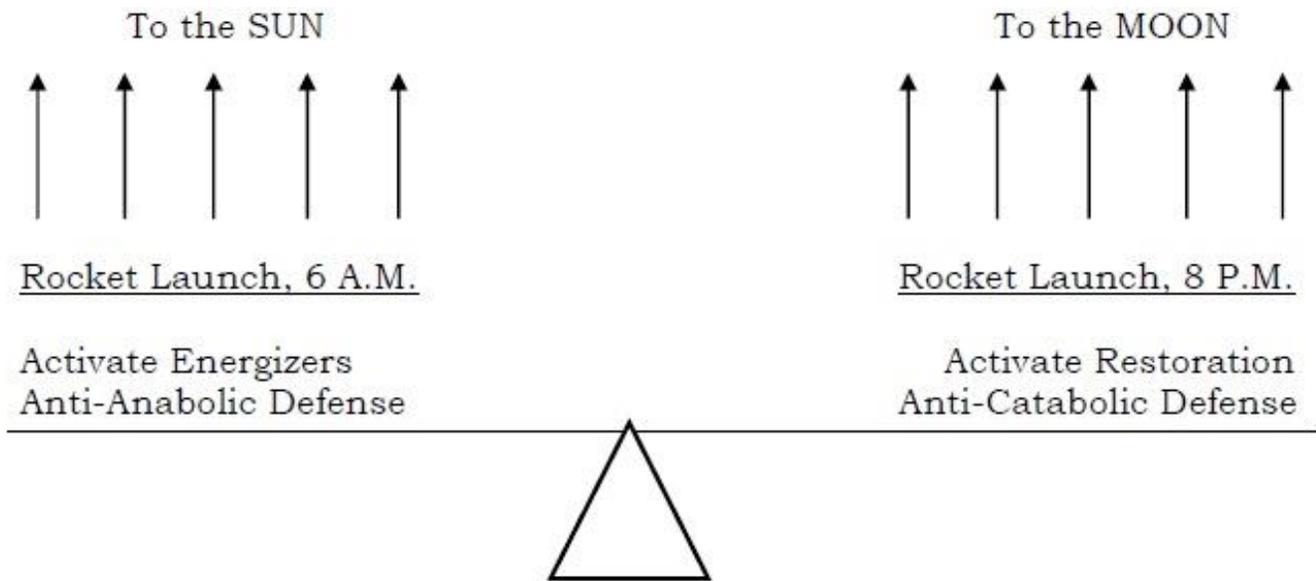
If you examine each rock along on the Rocky Road of Aging, you will find it to be the product of Anaerobic Damage resulting in Pathological Hyperplasia, or, of Dysaerobic (Oxidative) Damage resulting in Pathological Disintegration.

But you don't have to speak biology geek to understand all this.

**The Down-to-Earth Explanation:**

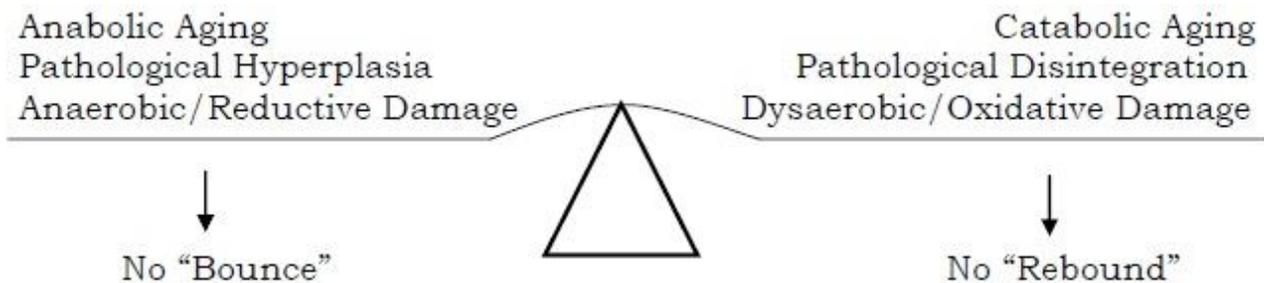
The human body has a special and important daily cycle. When we are young, powerful, healthy and full of vitality, this daily cycle is strong with big ups and downs – boundless energy during the day and each night we “sleep like a baby” in deep rejuvenating slumber.

This graphic depicts this youthful DIPHASIC "Rocket Launch" System.



It's like two energetic children playing on a seesaw. As one child powers himself toward the sky, the other is passively quiescent. But when the first child's thrust has carried him to his physiological limit, he shifts into neutral as the second child musters all available strength and vitality for his most powerful push.

But, UH-OH! --- Look below at what happens as you age. The seesaw itself begins to wilt, unable to hold the weight of the 2 no longer playful children, even as their strength fades away.



With aging and with declining health, the heights and depths of the cycle become less and less. And that leads to less energy, less vitality, and less ability to defend against inflam-aging.

So, you must minimize Pathological Hyperplasia and Pathological Disintegration by optimizing your anti-Anabolic and anti-Catabolic Defenses. --- And the only way to do this is with your DNP.

**The Diphasic Nutrition Plan (DNP)** consists of:

1. The Anti-Inflammatory Diet and avoiding foods that cause Diet Induced Inflammation.
2. Nutri-Spec Supplements containing the unique combinations of adaptogens working synergistically and timed to facilitate the daily diphasic cycle.

The supplements you take in the morning are designed to maximize your resistance to the age-related buildup of dysfunctional tissue and are timed to coincide with the energy-producing phase of a healthy (youthful) cycling metabolism. The supplements you take in the evening constitute a powerful defense against age-related break - down of your body, timed to coincide with what should be your body's own natural surge of rebuilding and recharging activity.

With the Diphasic Nutrition Plan, your daily cycle will be like two happy, energetic children playing on a seesaw. Watch each end surging up and down in a joyful celebration of the rhythm of life.

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**Disclaimer:** *The statements above have not been evaluated by the FDA. No statement shall be deemed as making a diagnosis or providing a treatment, cure or prevention of any disease.*