File

New   Create a new user file

Open   Open an existing user file

Save   Save the current file using its current name

Save As   Save the current file using a new name

Print   Print currently displayed list(s)

View

Exclusions   Displays a list of foods that should be excluded

Inclusions   Displays a list of some foods that can be included

Symptoms   Displays all the symptoms and changes

Unclassified   Displays a list of foods that cannot be classified.

Foods   Displays all the foods and the of days they were
                    eaten

History   Displays a graph showing symptom histories.

Action

Generate Current Lists   The lists of foods are produced. Can be used before the neural network connections have been updated.

Update Symptoms   Opens a dialog so that symptoms can be added, updated or deleted.

Create Day List   Opens a dialog so that foods can be copied to the day list from the master list and added to or deleted from the lists.

Update Connections   The connections between the layers in the neural network are updated to reflect any changes in the foods and symptoms.

Generate Tomorrows Lists   The lists of foods are produced using the updated neural network connections.

Relate Foods to Symptoms   Produces a list of 'Day After Relationships'.

Change Options   Opens a dialog so that the application options can be changed.

Basic Concepts

In extreme circumstances it is obvious that foods and drinks are a major influence on health and fitness.   Eat 5,000 calories a day and you will probably gain some weight.   On the other hand, eat nothing and you'll die!   Most people know that certain foods will cause them some problems while other foods will make them feel good.   Some people know that they are allergic to specific foods and they will avoid these foods.   Food allergies that do not result in an immediate reaction can be difficult to determine and may involve a variety of testing procedures and exclusion diets.   Food sensitivities are even more difficult to determine because they may not cause a reaction until some days after the food has been eaten.

Food and Symptom Relationships

The Neural Network Approach

Commands

The command menus available on the menu bar.

File — User file and printing operations

View — Document display selections

Action — Sequence of daily updates

Lists

The lists that can be produced.

- [Inclusions](#)
- [Exclusions](#)
- [Unclassified](#)
- [Symptoms](#)
- [Foods](#)

Inclusions

Some of the foods that can be eaten are on this list.   Some foods will appear on this list most of the time, some will appear every few days and then stay on it for a few days, some will appear often for just one day and some will appear rarely.   The foods that do not appear on this list, on the Exclusions list or the Unclassified list are not yet known to NeuroDiet and should be added when they are eaten.

Exclusions

This is a list of foods that should be avoided.   Some foods will appear on this list most of the time.   These foods are ones that may be causing an adverse reaction.   Some foods will occasionally appear on this list and need only be avoided for a few days.   Any food that is not on this list may be eaten - it does not have to be on the <u>Inclusion</u> list.

Symptoms

The symptoms list includes the current status of each symptom.   At the start of the day every symptom will have a status of "no change".   The status can be changed at any time during the day using the <u>Update Symptoms</u> command on the <u>Action</u> menu.

Foods

This is a list of all the foods currently in the file.   The days on which the food was eaten are marked '+'.   The current scores are also on this list.   Foods that have not yet been eaten or if it has not been eaten for 50 or more days are given an average score.   The foods list can be sorted in alphabetic or in score order - see Options. Foods can be added and removed from this list using the Create Day List command on the Action menu.

When a new symptom is added

When a new symptom is added it is included in the <u>connection</u> calculations and this may result in a slight disturbance of the <u>neural network</u>.   This disturbance will be corrected within a few update cycles.

When a new food is added

Any foods that are added will appear on both the day list and the master list.   This process assumes that you will add foods when you eat them for the fist time.   If you want to add new foods before you eat them then you can use the same process but clear the day list before pressing OK.   Any foods that are in the day list will be included in the neural network calculations.

Managing Files

Each user has one file.   This file can be called anything but the obvious choice is your name.   The file contains all the data that NeuroDiet requires.   This data is very complex and the files cannot be examined using any standard viewer.   All the current and historical measures of symptoms, foods, time, neural network nodes, connection and configuration data is held in this file.

Your progress and the neural network calculations are dependent on the date and time held in the file moving forward.   The neural network support software needs this time based data to calculate the intervals between updates because it is not very likely that the file will be updated at the same time every day.   If the date and time goes backwards for any reason then the results of the neural network calculations will be wrong.   NeuroDiet will warn you if the date and time on your PC has gone backwards.

Foods and Drinks

NeuroDiet does not differentiate between foods and drinks, both are considered to be foods. All foods should be considered to be different.   Similar foods and combination foods with similar ingredients should not be assumed to be the same.   After a few weeks it usually becomes obvious which foods follow the same patterns.

Symptoms and Measures

All changes in symptoms are relative to the previous day; better, worse or no change. Some symptoms can be measured exactly (eg. weight) while others can only be termed relative (eg. pain).   Either way NeuroDiet is only interested in relative symptoms. It is up to you to convert actual measures to relative symptoms.   In most cases this is not a difficult problem, just consider, is it worse, better or is it the same as the day before.

Update Symptoms

The list shows the state of each symptom.   On the <u>first day</u> the list will be blank.   At the start of the day the state shown will be that of the previous day.   The actual state is always set to "no change" at the start of the day.   The state of a symptom is changed by selecting it and then pressing the appropriate button.   The selected symptom can be deleted by pressing the Delete button.   New symptoms can be added to the list by pressing the New button.   When the changes have been made press the OK button.   The Update Symptoms dialog can be returned to at any time to make further changes.
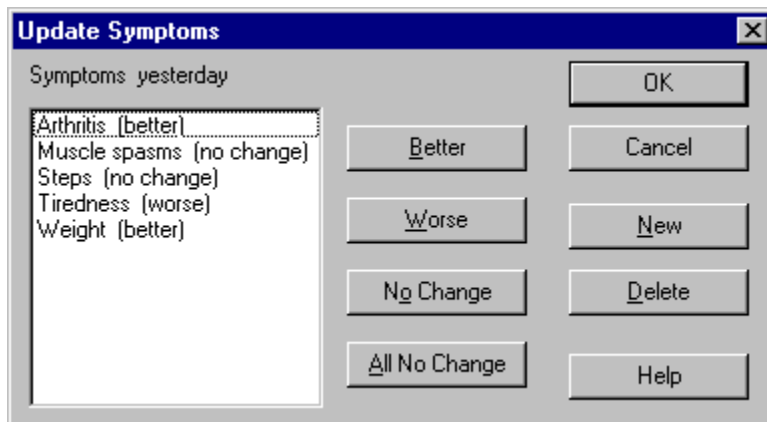
Foods cannot be classified if they are not known to have been eaten.
Foods that have not been eaten for 50 or more days may not be classified.
Select **Put in Inclusion List** if you want to add them to your inclusion lists.
Select **Put in Exclusion List** if you want to add them to your exclusion lists.
Select **List Separately** if you don't want to add them to the inclusion or exclusion lists.

Create Day List

The Day List is created by selecting all the foods eaten that day in the Master List and then pressing the transfer button.   Foods that are not listed can be added by pressing the New button.   Foods can be deleted by selecting the food in the Day List and pressing the Delete button.   The Day list can be cleared by pressing the Clear button.
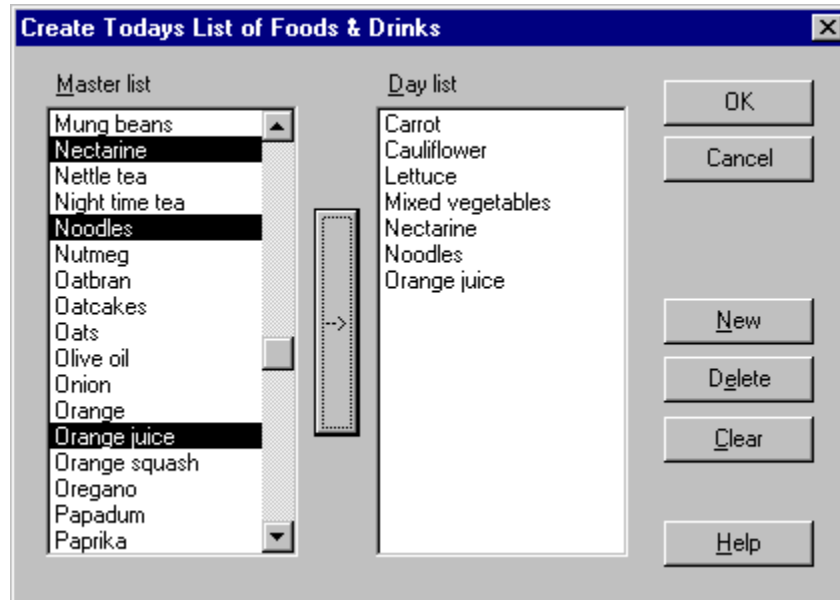
Update Connections

The layers of nodes (neurons) in the neural network are connected together in such a way that every node in each layer is connected to every node in the adjacent layers. The strengths or weights of these connections need to be modified to reflect any changes to the symptoms and the foods eaten. This process is quite time consuming. A few foods may result in a delay of two or three seconds. A few hundred foods may result in the connections being so numerous that a delay of a few minutes can be expected. The number of symptoms will also have some impact on the time taken to update the connections but it will not be as noticeable as that produced by a large number of foods.

Generate Tomorrows Lists

The lists of foods for the following day are generated.   Up to five different <u>Lists</u> are generated. The display of the lists can be selected using the <u>View</u> menu.

The list of symptoms. Select one symptom to make any changes.

Press to indicate that selected symptom is better.

Press to set all symptoms to 'no change'.

Press to indicate that selected symptom is worse

Press to indicate that selected symptom has not changed

Press to input a new symptom

Press to delete the selected symptom

Press when dialog has been completed

Press to cancel dialog ignoring any changes

List of all foods.   Select any foods required for transfer to Day list.

Press to transfer all selected foods from Master list to Day list.

List of all foods eaten today transferred from Master list.

Press to add a new food to the Master and Day lists.

Press to delete the selected food from the Day list and optionally from the Master list.

Press to remove all foods from the Day list.

The first day

NeuroDiet has no advance knowledge of medicine, dietetics or you.   It learns from the information that you supply.   On the first day you must supply a list of one or more symptoms.   Click on the Update Symptoms icon in the tool bar or select it from the Action menu.   On the first day all the symptoms will be new so press the New button to add each symptom.   The state of each symptom is relative to the previous day.   On the first day you can set the state of each symptom to anything you like but NeuroDiet will not learn anything because no previous day exists!   Symptoms can be added or deleted later so you don't have to be too specific on the first day.   Press the OK button when you have finished entering your symptoms.

Before proceeding you should save your newly created file.   You can call it anything you like but the obvious choice is your name.

When you have set up your list of symptoms and saved it you will then be able to set up the first days list of foods and drinks.   To do this click on the Create Day List icon in the toolbar or select it from the Action menu.   All the foods that you eat on the first day will be new so press the New button to add each food.   Press the OK button when you have finished entering the foods and drinks for the first day.

After creating the day list click on the Update Connections icon in the toolbar or select it from the Action menu.   It may take a few seconds to update the neural network connections.

After updating the connections press the Generate Tomorrows Lists icon in the toolbar.   This will produce a list of foods to exclude and a list of some of the foods that can be included. The number of foods on each list will be very small because NeuroDiet is only aware of the foods that you have just added.

Initially the foods will be given a randomly generated score so they may appear on either of the lists.   Even nearly identical foods may appear on different lists.   This is because NeuroDiet has not learned anything yet.

From the first day NeuroDiet will exclude certain foods just to encourage you to vary your diet.   The number of foods excluded for this reason should reduce over the next few days because NeuroDiet will start to learn which foods should really be excluded.

When you have finished save your file and exit NeuroDiet.

Water

Do not include water in your list of foods and drinks.   It is important to exclude water from the inputs to the neural network because it may be temporarily excluded from the diet while the pattern of food and symptom reactions is established.   No other foods or drinks fall into this category - water is the only substance that must not be excluded.

The first week

During the first week NeuroDiet will start to learn the way your <u>symptoms</u> react to the <u>foods</u> you eat.   It will also put some foods on the <u>exclusion</u> list even though you may not be reacting to them.   It does this to try to make sure that you vary your diet.   NeuroDiet cannot learn anything if your <u>symptoms</u> or foods do not vary.   You should make every effort to avoid the foods on the exclusion list.

After 30 days

When you have been using NeuroDiet for 30 days you should know if it is discovering the foods that you may be sensitive to.   It is not possible to be certain about food sensitivities at this stage but some patterns should be emerging.   You are probably sensitive to the foods that stay on the the exclusion list for more than two or three days.

After 50 days

After 50 days the number of <u>foods</u> on the <u>inclusion</u> list may start to increase.   Any foods that you have not eaten for 50 days are reintroduced onto the inclusion list to make sure that they have not been excluded without good reason.   As you use NeuroDiet it becomes more aware of any relationships between your <u>symptoms</u> and the foods you eat.   After 50 days it knows your responses to various foods fairly well but it will now start to work dynamically because the foods eaten more than 50 days ago will not be considered when the neural network is retrained.   This is to ensure that your current symptoms and foods relationships are the ones that influence the neural network most.   This method of handling uneaten foods can be changed using <u>Change Options</u> in the Action menu.

Food and Symptom Relationships

Food and drink scoring is an obvious way to determine relationships between foods and symptoms.   Every food and drink is given 100 points and a note of all the foods eaten each day is made.   If the symptoms get worse then every food eaten on the previous day loses a point.   If the symptoms get better then the previous days foods gain a point.   After a few weeks the lowest scoring foods are the ones that cause problems.   Easy, can't fail, but it does.

The daily points scoring approach has two problems:

1.   The time of the reaction to the food may be after one day and the duration of the reaction may be more than one day.

It is possible to introduce a more complex scoring system so that a number of days following the food can be considered.   With this method a different reaction curve needs to be assigned to each food.   The reaction curve for every food must first be established by eliminating all other foods.   An exclusion diet is needed just to determine when a reaction to a food is going to happen.   This has to be done for every food.   The reaction curves must be checked frequently and modified as needed.

2.   Reactions to food combinations may distort the true picture by appearing to be reactions to specific foods.

Few people would be able to eat a meal of kippers and custard served together without an immediate reaction but either food when combined with something more complimentary may not produce a reaction.   This is an extreme example of incompatible foods but it illustrates the problem.   Some meals may cause a reaction but they may not be such a distasteful combination.

Weight and Fitness Control

It is possible to lose or gain weight by using NeuroDiet.   It is also possible to work out which <u>foods</u> and drinks are causing problems with your fitness program.

If it is your intention to lose weight then you need first to work out a realistic target weight in a specific length of time.   Consider your weight change to be a   <u>symptom</u>.   Work out how much you need to lose each day to reach your target weight.   Weigh yourself at the same time every day, preferably when you get up, before eating or drinking anything.   If you have lost the required daily amount then your weight symptom status is better.   If you have not lost the required daily amount then your weight symptom status is worse.

A similar approach can be used with your fitness program but it is not as easy to measure fitness.   If you use an exercise machine fitted with a meter this may be an approach to the measurement problem.   If you run daily then you may be able to judge your relative fitness based on how you feel immediately after your run.   Obviously the distance you run will interact closely with how you feel after your run.

The Neural Network Approach

A neural network learns from examples.   Every day the foods and drinks consumed are presented to the inputs of a neural network and the symptoms and measurements are presented to the outputs.   The neural network is trained to relate the inputs to the outputs. After a few days some relationships emerge.   The trained neural network can be tested by presenting one food at at time to the inputs and measuring what happens at the outputs. The average reaction can be established and the foods that are above and below average can be determined.   After many days the neural network will learn all food and symptom relationships.   Unfortunately most neural network systems are static and require a large amount of data to learn anything useful.   NeuroDiet uses a dynamic neural network system that is capable of learning from a continuously changing situation.   The results of testing are different every day giving a list of foods that should be avoided and another list of foods that can be included.   Some foods are eliminated from the diet, some become a permanent feature of the inclusion list while others begin to fall into rotation patterns.

The Example File

The example file is called **example.ndt** and it is included so that you can try the **NeuroDiet** facilities before you start building up your own file.   The example file is a real user file.   If you think that the foods and drinks in the example file will be useful in your own file then it can be used as a starter file.   If you decide to use the example file as your file then you should save the file with a different name.

When a food is deleted

When a food is deleted it is immediately removed from any calculations but its <u>connections</u> and name may remain until the <u>neural network</u> reconfigures.

When a symptom is deleted

When a symptom is deleted it is immediately removed from any calculations but its connections and name may remain until the neural network reconfigures.

After the first day

NeuroDiet works best if you update your file every day.   If you want to take a break see Skipping Updates.

When you open your file you will see that the Update Symptoms icon is enabled.   Click on the icon in the tool bar or select Update Symptoms from the Action menu.   Select each symptom in turn and update its state.   The state of each symptom is relative to the previous day.   Press the OK button when you have finished entering your symptoms.

You will now see that the Create Day List icon is enabled.   Click on the icon or select Create Day List from the Action menu.   Press the New button to add any new foods to the Master list and Day list.   Select all the foods that you have eaten (or are going to eat) today in the Master list.   Press the transfer button to copy all the selected foods from the Master List to the Day List.   Press the OK button when you have finished entering your foods.

Now the Update Connections icon will be enabled.   Click on the icon or select Update Connections from the Action menu.   No further action is required during this stage but you may have to wait a few seconds while the neural network connections are being updated.

Finally the Generate Tomorrows Lists icon will be enabled.   When you click on the icon tomorrows Inclusion and Exclusions lists will be produced.   Print the lists and use them as the basis for your meals tomorrow.   Remember you can eat anything that is not on the Exclusion list - it does not have to be on the Inclusion list.

Skipping Updates

You should try to update your symptoms and foods every day but if you can't then try to keep a record that includes how your symptoms are changing and which foods you are eating.   When you start using NeuroDiet again it will detect your missing updates and give you the opportunity to fill in the missing data.   It will produce an <u>Update Symptoms</u> and a <u>Create Day List</u> dialog for every day that you have skipped.

If you don't have the information to fill in the missing days then NeuroDiet will make some allowance for the gap in its data the next time the neural network is reconfigured.   The disruption to the network will become less noticeable during the following days but some incorrect food classification must be expected.

Dockbar

The NeuroDiet Toolbar can be dragged to this area.   Click on the background of the Toolbar and drag it into this area.

How to Order NeuroDiet

NeuroDiet can be ordered by post, internet or telephone.

When you start the shareware version of **NeuroDiet** the **Reminder** dialog will appear.   If you press the **Order** button another dialog will appear that you can use to view (and print) a number of different order forms and information sheets.   These forms can also be viewed by clicking the appropriate icon in the **NeuroDiet** folder.   Detailed ordering information is included on the forms.

You can pay for **NeurDiet** with cash,   cheque or credit card.

Any currency is acceptable but UK £s or US $s are preferred.

The full version of **NeuroDiet** costs UK £20 included postage.   This is the lowest price that it is available at because no currency transaction charges are involved.

The price to customers in the USA is fixed at US $39.

Payment in any other currency should be the equivalent of UK £25.

The non UK prices include extra costs of postage and the cost of currency transfer to UK £.

Limits

NeuroDiet does not work very well with more than ten symptoms.   The number of symptoms that NeuroDiet allows is twenty but warnings are produced if more than ten symptoms are added.   This is because the number of days required to find any relationships between symptom changes and foods eaten increases very rapidly with the number of symptoms. It is not practical to use more than ten symptoms at a time. NeuroDiet works best with five or six symptoms.

The number of foods is not limited by NeuroDiet but the time taken to update the neural network connections increases with the number of foods in use.   Even with a fast PC a delay of a few minutes can be expected with 200 foods but this delay may be as long as 30 minutes with 2000 foods.
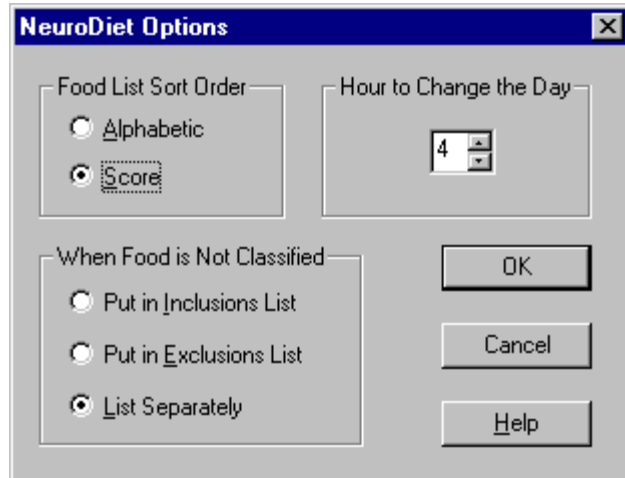
Generate Current Lists

This is used to show the current food and symptom lists.   It can be used at any time.   It is not necessary to complete a daily update cycle before the current lists are available.   If the daily update cycle has not been completed the current lists will be **todays** inclusions and exclusions.   If the daily update cycle has been completed the current lists will be **tomorrows** inclusions and exclusions.

Change Options

NeuroDiet options apply to the application not to individual user files.

Click on the area of interest.

NeuroDiet Options

Food List Sort Order
- ○ Alphabetic
- ● Score

Hour to Change the Day

4

When Food is Not Classified
- ○ Put in Inclusions List
- ○ Put in Exclusions List
- ● List Separately

OK

Cancel

Help

Set the hour between 0 and 23 at which time you want NeuroDiet to start a new day. The default time is 04:00.

Select **Alphabetic** to list the foods in alphabetic order.
Select **Score** to list the foods in the current score order.

Unclassified

Foods that are not currently classified by NeuroDiet are either those that have been added to the Master list but not eaten or foods that have not been eaten for 50 or more days.   The foods that have not been eaten for 50 or more days retain the previously calculated score and may sometimes move to the other lists. Unclassified foods can be moved to the Inclusion or Exclusion lists using the Change Options dialog.

History of Symptoms

The graphs show how the symptoms have changed during the last 50 days.   The changes are those that were entered in the <u>Update Symptoms</u> dialog.   The graphs are automatically scaled to show relative values.

Day After Relationships

This does not use the <u>neural network</u> so symptom changes due to food combinations and delayed reactions are not listed.   It is a simple check to see if any foods often result in a change in the symptoms.   Symptom changes are only considered if they are consistent.   If the symptom gets better at least four times.after eating a food without ever getting worse then it is put on the corresponding 'Best food' list.   If the symptom gets worse at least four times.after eating a food without ever getting better then it is put on the corresponding 'Worst food' list.

Symptom	Best food	Worst food
Arthritis	Not found.	Not found.
Weight	Not found.	Bread
Tiredness	Not found.	Coffee (not decaf)
Steps	Anadin extra	Beer
Muscle spasms	Cake	Not found.
Sinus	Paracetemol	Not found.
Headache	Not found.	Potato

Day After Relationships

OK   Help

NeuroDiet

What to Do and What to Expect

The first day

Reference

File menu commands

The File menu offers the following commands:

New	Creates a new document.
Open	Opens an existing document.
Save	Saves an opened document using the same file name.
Save As	Saves an opened document to a specified file name.
Print	Prints a document.
Print Preview	Displays the document on the screen as it would appear printed.
Print Setup	Selects a printer and printer connection.
Exit	Exits NeuroDiet.

Help menu commands

The Help menu offers the following commands, which provide you assistance with this application:

Help Topics   Offers you an index to topics on which you can get help.

About   Displays the version number of this application.

New command (File menu)

Use this command to create a new document in NeuroDiet.

You can open an existing document with the <u>Open command</u>.

Shortcuts

Toolbar:
Keys: CTRL+N

Open command (File menu)

Use this command to open an existing document in a new window.

You can create new documents with the <u>New command</u>.

Shortcuts

Toolbar:
Keys: CTRL+O

File Open dialog box

The following options allow you to specify which file to open:

File Name

Type or select the filename you want to open.   This box lists files with the extension you select in the List Files of Type box.

List Files of Type

Select the type of file you want to open:

Drives

Select the drive in which NeuroDiet stores the file that you want to open.

Directories

Select the directory in which NeuroDiet stores the file that you want to open.

Network...

Choose this button to connect to a network location, assigning it a new drive letter.

Save command (File menu)

Use this command to save the active document to its current name and directory.   When you save a document for the first time, NeuroDiet displays the <u>Save As dialog box</u> so you can name your document.   If you want to change the name and directory of an existing document before you save it, choose the <u>Save As command</u>.

Shortcuts

Toolbar:
Keys: CTRL+S

Save As command (File menu)

Use this command to save and name the active document.   NeuroDiet displays the Save As dialog box so you can name your document.

To save a document with its existing name and directory, use the Save command.

File Save As dialog box

The following options allow you to specify the name and location of the file you're about to save:

File Name
Type a new filename to save a document with a different name.   A filename can contain up to eight characters and an extension of up to three characters.   NeuroDiet adds the extension you specify in the Save File As Type box.

Drives
Select the drive in which you want to store the document.

Directories
Select the directory in which you want to store the document.

Network...
Choose this button to connect to a network location, assigning it a new drive letter.

1, 2, 3, 4 command (File menu)

Use the numbers and filenames listed at the bottom of the File menu to open the last four documents you closed.   Choose the number that corresponds with the document you want to open.

Exit command (File menu)

Use this command to end your NeuroDiet session.   You can also use the Close command on the application Control menu.   NeuroDiet prompts you to save documents with unsaved changes.

Shortcuts
    Mouse: Double-click the application's Control menu button.

Keys: ALT+F4

Toolbar command (View menu)

Use this command to display and hide the Toolbar, which includes buttons for some of the most common commands in NeuroDiet, such as File Open.   A check mark appears next to the menu item when the Toolbar is displayed.

See Toolbar for help on using the toolbar.

Toolbar

The toolbar is displayed across the top of the application window, below the menu bar.   The toolbar provides quick mouse access to many tools used in NeuroDiet,

To hide or display the Toolbar, choose Toolbar from the View menu (ALT, V, T).

Click   To

Open a new document.

Open an existing document.   NeuroDiet displays the Open dialog box, in which you can locate and open the desired file.

Save the active document or template with its current name.   If you have not named the document, NeuroDiet displays the Save As dialog box.

Print the active document.

Status Bar command (View menu)

Use this command to display and hide the Status Bar, which describes the action to be executed by the selected menu item or depressed toolbar button, and keyboard latch state. A check mark appears next to the menu item when the Status Bar is displayed.

See Status Bar for help on using the status bar.

Status Bar

| | | | CAP | | | |

The status bar is displayed at the bottom of the NeuroDiet window.   To display or hide the status bar, use the Status Bar command in the View menu.

The left area of the status bar describes actions of menu items as you use the arrow keys to navigate through menus.   This area similarly shows messages that describe the actions of toolbar buttons as you depress them, before releasing them.   If after viewing the description of the toolbar button command you wish not to execute the command, then release the mouse button while the pointer is off the toolbar button.

The right areas of the status bar indicate which of the following keys are latched down:

Indicator	Description
CAP	The Caps Lock key is latched down.
NUM	The Num Lock key is latched down.
SCRL	The Scroll Lock key is latched down.

Index command (Help menu)

Use this command to display the opening screen of Help.   From the opening screen, you can jump to step-by-step instructions for using NeuroDiet and various types of reference information.

Once you open Help, you can click the Contents button whenever you want to return to the opening screen.

Using Help command (Help menu)

Use this command for instructions about using Help.

About command (Help menu)

Use this command to display the copyright notice and version number of your copy of NeuroDiet.

Context Help command

Use the Context Help command to obtain help on some portion of NeuroDiet.   When you choose the Toolbar's Context Help button, the mouse pointer will change to an arrow and question mark.   Then click somewhere in the NeuroDiet window, such as another Toolbar button.   The Help topic will be shown for the item you clicked.

Shortcut
   Keys: SHIFT+F1

Title Bar

The title bar is located along the top of a window.   It contains the name of the application and document.

To move the window, drag the title bar.   Note: You can also move dialog boxes by dragging their title bars.

A title bar may contain the following elements:
- Application Control-menu button
- Document Control-menu button

 Maximize button

 Minimize button

 Name of the application

 Name of the document

 Restore button

Scroll bars

Displayed at the right and bottom edges of the document window.   The scroll boxes inside the scroll bars indicate your vertical and horizontal location in the document.   You can use the mouse to scroll to other parts of the document.

Size command (System menu)

Use this command to display a four-headed arrow so you can size the active window with the arrow keys.

After the pointer changes to the four-headed arrow:

1. Press one of the DIRECTION keys (left, right, up, or down arrow key) to move the pointer to the border you want to move.
2. Press a DIRECTION key to move the border.
3. Press ENTER when the window is the size you want.

Note: This command is unavailable if you maximize the window.

Shortcut
Mouse: Drag the size bars at the corners or edges of the window.

Move command (Control menu)

Use this command to display a four-headed arrow so you can move the active window or dialog box with the arrow keys.

Note: This command is unavailable if you maximize the window.

Shortcut
    Keys: CTRL+F7

Minimize command (application Control menu)

Use this command to reduce the NeuroDiet window to an icon.

Shortcut

    Mouse: Click the minimize icon on the title bar.
Keys: ALT+F9

Maximize command (System menu)

Use this command to enlarge the active window to fill the available space.

Shortcut

    Mouse: Click the maximize icon on the title bar; or double-click the title bar.
Keys: CTRL+F10 enlarges a document window.

Close command (Control menus)

Use this command to close the active window or dialog box.

Double-clicking a Control-menu box is the same as choosing the Close command.

Note: If you have multiple windows open for a single document, the Close command on the document Control menu closes only one window at a time.   You can close all windows at once with the Close command on the File menu.

Shortcuts
    Keys: CTRL+F4 closes a document window
                   ALT+F4 closes the <<YourType>> window or dialog box

Restore command (Control menu)

Use this command to return the active window to its size and position before you chose the Maximize or Minimize command.

Switch to command (application Control menu)

Use this command to display a list of all open applications.   Use this "Task List" to switch to or close an application on the list.

Shortcut
Keys: CTRL+ESC

Dialog Box Options
When you choose the Switch To command, you will be presented with a dialog box with the following options:
Task List
Select the application you want to switch to or close.
Switch To
Makes the selected application active.
End Task
Closes the selected application.
Cancel
Closes the Task List box.
Cascade
Arranges open applications so they overlap and you can see each title bar.   This option does not affect applications reduced to icons.
Tile
Arranges open applications into windows that do not overlap.   This option does not affect applications reduced to icons.
Arrange Icons
Arranges the icons of all minimized applications across the bottom of the screen.

No Help Available

No help is available for this area of the window.

No Help Available

No help is available for this message box.

Print command (File menu)

Use this command to print a document.   This command presents a <u>Print dialog box</u>, where you may specify the range of pages to be printed, the number of copies, the destination printer, and other printer setup options.

Shortcuts

Toolbar:
Keys: CTRL+P

Print dialog box

The following options allow you to specify how the document should be printed:

Printer
    This is the active printer and printer connection.   Choose the Setup option to change the printer and printer connection.

Setup
    Displays a Print Setup dialog box, so   you can select a printer and printer connection.

Print Range
    Specify the pages you want to print:
    All   Prints the entire document.
    Selectio   Prints the currently selected text.
    n
    Pages   Prints the range of pages you specify in the From and To boxes.

Copies
    Specify the number of copies you want to print for the above page range.

Collate Copies
    Prints copies in page number order, instead of separated multiple copies of each page.

Print Quality
    Select the quality of the printing.   Generally, lower quality printing takes less time to produce.

Print Progress Dialog

The Printing dialog box is shown during the time that Neural Dietician is sending output to the printer.   The page number indicates the progress of the printing.

To abort printing, choose Cancel.

Print Preview command (File menu)

Use this command to display the active document as it would appear when printed.   When you choose this command, the main window will be replaced with a print preview window in which one or two pages will be displayed in their printed format.   The <u>print preview toolbar</u> offers you options to view either one or two pages at a time; move back and forth through the document; zoom in and out of pages; and initiate a print job.

Print Preview toolbar

The print preview toolbar offers you the following options:

Print
Bring up the print dialog box, to start a print job.

Next Page
Preview the next printed page.

Prev Page
Preview the previous printed page.

One Page / Two Page
Preview one or two printed pages at a time.

Zoom In
Take a closer look at the printed page.

Zoom Out
Take a larger look at the printed page.

Close
Return from print preview to the editing window.

Print Setup command (File menu)

Use this command to select a printer and a printer connection.   This command presents a Print Setup dialog box, where you specify the printer and its connection.

Print Setup dialog box

The following options allow you to select the destination printer and its connection.

Printer
Select the printer you want to use.   Choose the Default Printer; or choose the Specific Printer option and select one of the current installed printers shown in the box.   You install printers and configure ports using the Windows Control Panel.

Orientation
Choose Portrait or Landscape.

Paper Size
Select the size of paper that the document is to be printed on.

Paper Source
Some printers offer multiple trays for different paper sources.   Specify the tray here.

Options
Displays a dialog box where you can make additional choices about printing, specific to the type of printer you have selected.

Network...
Choose this button to connect to a network location, assigning it a new drive letter.