

Baritz Wellness Center, P.C.

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ADHD, The Program

04/26/11, 05/02/11

Address the basics

1. Talk to your child and his/her teacher to see if someone is bullying or invalidating your child at school.
2. Go to the school and observe the classes, how the other students act and review the curriculum.
3. See the school administrator or teacher who first filed the report and ask questions.
4. Check for stressful situations within the family and work to resolve issues with mutual respect and communication.
5. Have your child checked for any physical problem such as allergies, parasites, and poor eyesight.
6. Consider a chiropractic exam to detect structural problems causing unexpressed pain.
7. Does your child seem glued to the TV or video games, if so wean them off.
8. Ensure you child is exercising three times a week for at least 20 minutes.
9. Elevate the head of your bed about 30 degrees from the waist up. Use a 12-inch foam wedge, which can be purchased at a medical supply distributor or place blocks underneath the top legs of the bed frame, elevating the bed about 10-degrees. The elevation is less to prevent excessive foot swelling, and sliding down the bed.

Step 1

- Symplex[®] M or F¹** support for the endocrine axis: pituitary, thyroid, adrenal and ovaries or testicles
Black Current Seed Oil¹ essential fatty acid support, especially for glandular function
Enzacore¹ digestive support, to help absorb nutrients from the food you eat
Herbal² Blend or tabs herbs have been used for hormonal support and mental balance for 1,000's of years

Step 2

- Record a daily diet diary and include symptoms.
 - No hydrogenated fats.
 - Test wheat, corn, soy and dairy, then eliminate and challenge the main suspects.
 - Avoid sugar, corn syrup, fruit juice, dried fruit, and limit fruit to no more than two servings per day.
 - Eat a diet emphasizing, lean protein (meats, fish, fowl, eggs) fresh fruits and vegetables.
- Calamari/Tuna Oil¹** balanced Omega-3 fatty acids (DHA & EPA), supports cardiovascular, brain and visual health
Catalyn[®], 1 our best multi vitamin
Cataplex[®], 1G B vitamins that relax the muscles and nerves
Enzacore¹ digestive support, to help absorb nutrients from the food you eat
Min-Tran[®], 1 source of minerals that are known as natural calmatives, helps establish CNS balance
OPC Synergy[®], 1 rich in antioxidants, has a neuro-protective effect, helps maintain normal cognitive functions
Herbal² Blend or tabs herbs have been used for hormonal support and mental balance for 1,000's of years

Step 3

- Continue supplements that seem to help.
- Consider additional B vitamins: **Cataplex[®] B¹** and **B6 Niacinamide¹**
- Check any suspect foods that have not been checked in step 2 including wheat, corn, soy, milk, peanuts, pork, etc.
- Check for and address hidden causes such as food sensitivities, immune challenges, toxic chemicals, heavy metal burden and the effect of scars on the energy flows of the body.

To have a custom program created for you or for a free consult call 508 583-2565

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1. Standard Process Products for more info: www.standardprocess.com/display/sponlinecatalog.spl

2. MediHerb products www.standardprocess.com/display/mhonlinecatalog.spl. Before taking herbs advise Dr. Baritz if you are ill, pregnant, lactating or take meds.

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