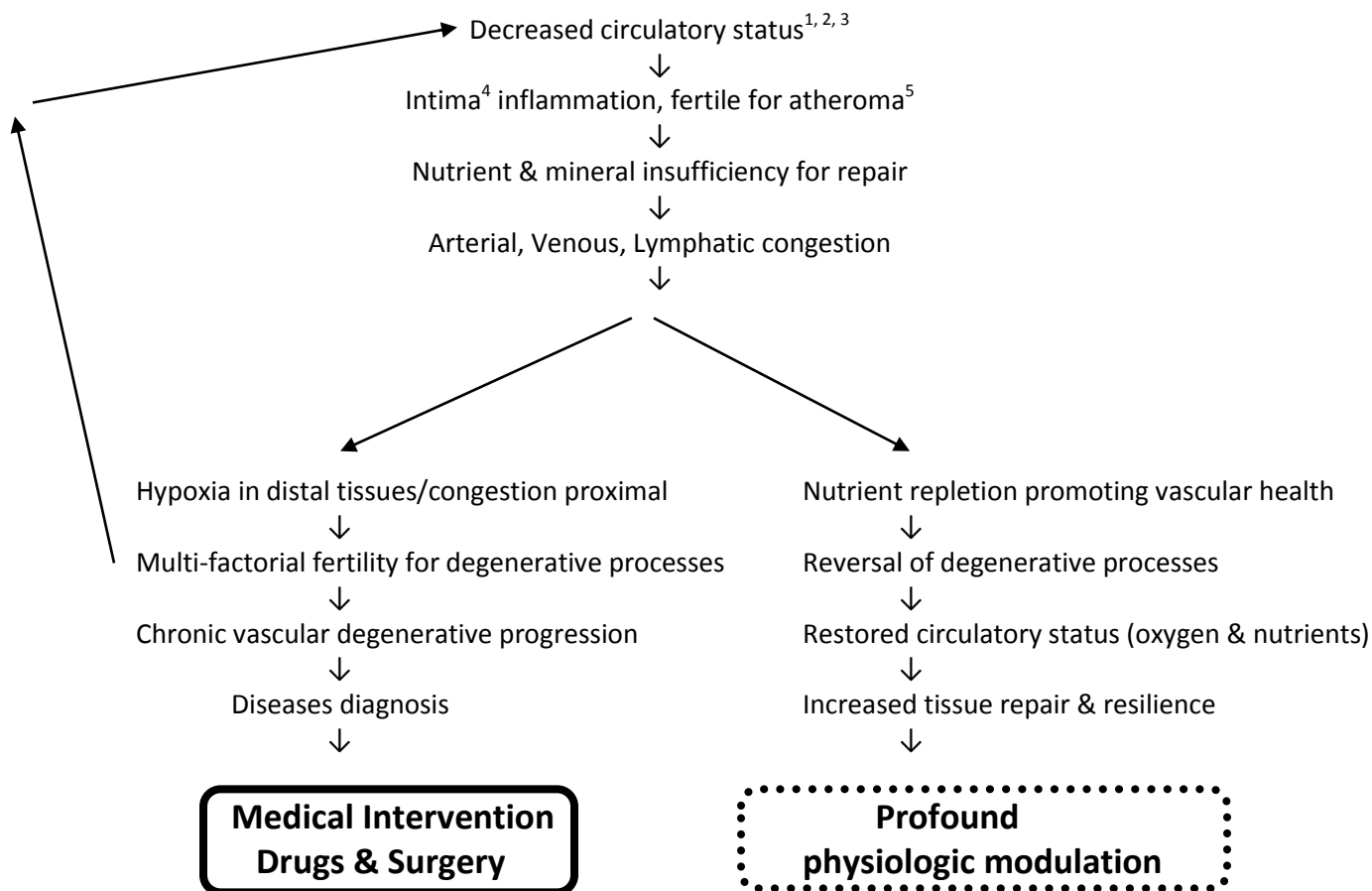


Baritz Wellness Center, PC

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Circulatory Status Arterial, venous & lymphatic competence



- 1. Causes:** poor nutrition, acidosis, free radicals, smoking, overweight, too little exercise, sedentary life style, drugs, toxins, liver congestion, kidney congestion, food sensitivities
- 2. Symptoms:** Neuropathy, tingling, burning and numbness in the feet or hands, Shortness of breath, Low energy, Irregular heartbeats, Sluggish memory, lack of stamina
- 3. Contributing factor for:** Diabetes, Arthritis, High LDL cholesterol, High blood pressure, Angina (chest pain), Heart Disease
- 4. Intima:** the innermost membrane of an organ (especially the inner lining of an artery or vein or lymphatic vessel)
- 5. Atheroma:** a fatty deposit in the intima (inner lining) of an artery; can obstruct blood flow

POOR CIRCULATION AND HEART DISEASE

According to a leading cardiologist out of Canada, Dr. Matthias Rath, all circulatory disorders including heart disease, poor blood circulation, arteriosclerosis, angina, shortness of breath, high blood pressure, high cholesterol, and even blockages are caused by a breakdown of the vascular system due to free radicals and a lack of proper nutrition. Your body is continuously removing dead and damaged cells and replacing them with new cells. These new cells are manufactured from specific vitamins, minerals, amino acids and essential fatty acids. Because the average diet is lacking in many of these specific nutrients your body cannot build strong healthy cells. Over time this causes cracks and bleeding to occur within the circulatory system, especially in the stressful areas around the heart, in the bends of arteries and in the neck and legs.