

Baritz Wellness Center, P.C.

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzwellness.com

Constipation – The Program

04/25/11, 05/02/11

Address the basics

1. Drink 6 to 8 glasses of water per day just not with meals, as it dilutes gastric juices needed for digestion. At mealtime a cup of hot water with some lemon can help with constipation.
2. Increase dietary fiber by eating more vegetables and fruit.
3. How you eat is also important so try to chew each mouthful at least 15 times and try not to rush meals.
4. Stay away from foods that contain white flour and sugar.

Step 1

For one to two months.

Enzacore¹ to support normal digestion and offset constipating effects of stress, poor diet and aging.
Fen-Cho[®], 1, 2 supports normal gastrointestinal motility (peristalsis).
Colax² provides a gentle laxative effect; a two week break is recommended after each month of use.

Step 2

If constipation issues continue, try the following singly or in combination until you are having regular bowel movements

Livton[®] Complex² supports liver and gall bladder function.
Disodium Phosphate¹ supports healthy elimination, supports intestinal motility (peristalsis).
Lactic Acid Yeast^{TM, 1} cleanses and promotes health function of the lower GI tract; especially useful if having gas.
Cramplex² to ease gastrointestinal pain, spasm, or cramping if present.
Zypan^{®, 1} digestive support of the upper and lower GI tract.
Fiber products^{1, 2} **Gastro Fiber[®], Slippery Elm and Whole Food Fiber**, to improve stool bulk & support bowel flora.

Step 3

Once you are having regular bowel movements.

Continue continue supplements from steps 1 and 2 as needed.
See Health Tips *Digestion the Program* and *Digestive Potency* to help restore normal digestive function.

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

****To view this and other health tips go to www.baritzwellness.com and select the Health Tips tab****

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.

Statements have not been evaluated by the FDA. *Baritz Wellness Center* products & services are not intended to diagnose, treat, cure or prevent any disease. Products and services are intended to support the normal physiological and biochemical process of the human body. Information is provided for educational purposes only and not as prescriptive advice. No guarantee or assurance of any specific result is given or implied. *Baritz Wellness Center* recommends that you consult with a medical doctor before starting, stopping, increasing or decreasing prescription medication. *Baritz Wellness Center* and *Standard Process, Inc[®]* are unaffiliated and mutually disclaim any responsibility for each other's statements or literature. Copyright © 2011 Robert Baritz. All Rights Reserved.