

Baritz Wellness Center, P.C.

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

Digestion, the Program

03/23/11

Step 1 – Supported Physiology, Strengthening Functions

The first step is to provide specific support for your immediate needs. Common presentations include acid reflux, bloating, constipation, foul smelling stools, gas, halitosis (bad breath), hiatal hernia, indigestion, loose stools, ulcers, etc.

Step 2 – Initial detox / repair / fortification

Replace missing nutrients Replace refined carbohydrates and trans-fats with fresh vegetables and lean meats.
Cataplex AC 5 2x/day: to support repair of the GI tract lining.
Gastro Fiber 2 2x/day: for intestinal & colon cleansing, leaky gut, blood sugar imbalances.

Step 2a – Initial detox / repair / fortification (continued)

Chlorophyll Complex 2 2x/day: Internal healing, anemia, supports pancreas, skin, prostate, & immune system.
Okra Pepisin E3 3 2x/day: supports cleansing and healing of the intestines and colon.

Step 3 – Restoration of gut integrity & health

Weekends: weeding
Gut flora complex² 3 2x/day: immune support, antimicrobial, antiparasitic, and antifungal activity
Garlic 5000mg² 2 2x/day: Garlic is a GI antiseptic which inhibits bacterial growth in the colon, this allows healthy bacteria to preferentially grow during the feeding phase.

Weekdays: feeding and seeding
Spring Water 6 glasses/day: minimum
Slippery Elm 1 heaped tsp in ½ cup water 2x/day: take 2hrs away from prescription medications
pre-biotic to feed favorable intestinal flora
Lact-Enz¹ 3 2x/day: seeding with beneficial bacteria to further enhance gut health.
(lactobacillus, acidophilus and bifidobacterium longum)

Step 4 – Balanced physiology creates balanced diet

Digestive enzymes Digestive enzymes with meals.
General Health Pack¹ 3 packs /day: Each pack includes 3 Catalyn (our best multi vitamin),
2 Tuna Omega-3 oil (anti-inflammatory), and 1 Trace Mineral B12 (multi-mineral).
Monthly intensive repair if needed, consult with Dr. Baritz for your next step.

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

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