

Baritz Wellness Center, P.C.

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Inflammation, the Program

03/19/11, 03/22/11

Remove, Replace, Re-inoculate & Repair

The four “R” strategy is designed to address basic causes of inflammation. Start with step 1 for one to two months, then step 2 for one to two months, next step 3 for one to two months, and finally step 4 for ongoing support.

Step 1 – Remove

Eliminate & Challenge
Antornex¹ 5 2x/day: helps the liver remove inflammatory products by detoxification
Boswella Complex² 2 2x/day: key herbs to support the body’s removal of inflammation.
(Boswella can be continued long term)

Step 2 – Replace

Replace missing nutrients
Enzacore 2 with each meal: replace needed digestive enzymes to help GI tract detoxification
(Enzacore can be continued long term)

Herbs have been used for thousands of years to support adrenal glands and a healthy response to stress. Traditionally liquids have been used as they are two to ten times more effective than tablets; however a tablet protocol is offered for those who prefer the convenience.

Herbal Liquid Blend² 15ml 2x/day: an herbal blend customized for your specific needs.
or
Withania complex² 2 2x/day: discontinue during acute infection.

Step 3 – Re-inoculate

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 – Repair

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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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 pregnant, lactating or take medication.
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