

Baritz Wellness Center, P.C.

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Introduction to Nutrition Therapy

08/22/12, 08/28/12

Old strategy

Suppress symptoms
↓
Suppress change
↓
Prologue change
↓
Delay evolution

New strategy

Accelerate evolution
↑
Complete the disease process
↑
Address any shock resulting from the change
↑
Support and encourage change

Healthful change takes time

It takes dedication and persistence to improve one's health. During the months of healing barriers can arise, such as side-effects, number of pills, and cost. Please let us know if you run into any barriers during the process, working together we can make a difference.

Quick checks

There are numerous variables that can affect your body during a nutrition program: environmental allergies, stressful situations, detoxification reactions, accidents, injuries and changes in your nutritional needs to name a few. If it seems like your program needs to be updated between visits, we encourage you to come in for a Quick Check. Just call and schedule a brief no-charge visit so the doctor can check and adjust your program as needed.

Weekly pill set-up

Our most successful patients set-up their supplements once a week, this allows them to have their supplements ready when it is time to take them. The most useful organizer I have found is the Practidose® Medication Organizer available at *Walgreens* for about \$15. It provides four spacious compartments for each day of the week.

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

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