

Baritz Wellness Center, P.C.

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Menopause, The Program

08/02/10

Address the Basics

1. Eat a healthy diet high in fresh vegetables & lean meats; low in carbs such as bread, pasta, rice, potatoes & cereal.
2. Reduce sugar, chocolate, soft drinks, alcohol and caffeine intake.
3. Organize your life to reduce stress and improve sleep.
4. Improve digestion improve energy (the energy pathway starts with strong digestion).

Provide "Right Now" Support with Herbs^{1,2}

Herbal Liquid blend 7.5ml 2x/day

Herbs have been used for 1,000's years to support hormone balance. 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.

- **Wild Yam** Primary herb used to alleviate symptoms of menopause.
- **Black Cohosh** Estrogen modulating, uterine tonic; reduces muscle spasm & joint pains.
- **Licorice** Used since Egyptian times to strengthen and support the adrenal glands.
- **St. John's Wort** Calms nerves and is considered a specific for menopausal depression.
- **Shataveri** Used for 1,000's of years in India to rejuvenate the female reproductive organs, said "to give the capacity to have 100 husbands".

Herbal tablets

- Wild Yam Complex** 2 tabs 2x/day For menopausal conditions including excessive perspiration, hot flashes, vaginal dryness and mood changes.
- Adrenal Complex** 1 tab 2x/day Adrenal gland support.

Feed the Body with Targeted Nutrition³

- Symplex F** 3 tabs 2x/day Nutrition for female endocrine axis (pituitary, thyroid, adrenals & ovaries).
- Black Current Seed Oil** 1 cap 2x/day Rich source of GLA for hormone production, dry skin, & fat metabolism.
- Enzacore** 2 caps 2x/day Broad spectrum digestive support with L-glutamine for cellular energy.

Grade the Results

- Look for improvements in symptoms over the next 3 to 4 months. Any program addressing female hormonal balance requires a trial of at least three months due to changes related to cycling.
- After a few months look for either a smoother transition to menopause or a more normal menstruation cycle.

Address Remaining Issues

- Clinically it is sensible to address reduced estrogen levels, emotional complaints, and adrenal support first. And then address any remaining symptoms related to menopause that are linked to lowered quality of life.
- Menopause can last for years; therefore menopausal support may be indispensable for several years, but not indefinitely.

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

1. MediHerb products for more info: www.standardprocess.com/display/mhonlinecatalog.spi.

2. If you are pregnant, lactating, taking medication or have an illness check with Dr. Baritz or an herbal specialist before taking herbs.

3. Standard Process Products for more info: www.standardprocess.com/display/sponlinecatalog.spi

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