

Baritz Wellness Center, P.C.

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Mental Health Shake

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Interesting facts

- The brain makes up 2% of the body's weight but utilizes 20 to 25% of the energy created by the body.
- Sixty percent of the dry weight of the brain is made up of fat.
- "Mild nutritional deficiencies may affect normal brain function before other physical manifestations become evident." Adell Davis, international renown researcher and author
- Psychoactive drugs increase neurotransmitter levels by suppressing brain functions so that neurotransmitters are metabolized more slowly. As neurotransmitters depend on nutrients, it makes sense to try to increase neurotransmitter levels by increasing key nutrients, before resorting to dangerous drugs.

The Shake

Blend the following components with almond milk (any flavor) and a few ice cubes. For best results do not add any other foods or supplements, unless directed by your health care provider. It is best to take two Zypan with each shake for optimal absorption. Have one to three shakes per day.

- **Whey Pro Complete** (2 scoops)
Supports weight management, muscle growth, muscle repair, and gastrointestinal health. Whey Pro Complete is a rich source of amino acids which provide key support for brain neurotransmitters.
- **Calcium Lactate Powder** (1 scoop)
This highly bioactive calcium/magnesium supplement calms the nerves while providing support for muscle and heart function as well as calcium for bone health.
- **Inositol Powder** (1 scoop)
Over ten years of research including eleven double-blind studies have shown that Inositol is an effective aid for those with mood issues such as anxiety, depression, panic attacks, and obsessive compulsive disorder. In fact for many patients inositol performed as well as SSRI medications. Some patients got favorable results with one tablespoon (scoop) per day, however the literature suggests a therapeutic dose of two to three tablespoons per day and it may take up to four weeks for full results. It has also been found that one tablespoon before bed can help with sleep. Inositol can be mixed with water, juice or taken plain. Feel free to have an extra scoop or two each day. For more information see my Health Tip: [Inositol a Scientific Evaluation by Dr. Gena L. Nick](#)
- **Whole Food Fiber** (1 scoop)
Whole Food Fiber contains organic ingredients which help to promote healthy digestion, regular elimination, balanced blood sugar levels, healthy cholesterol levels, and the growth of "good" bacteria in the gut.
- **Calamari Omega-3 Liquid** (1 teaspoon)
Calamari Omega-3 liquid is a rich source of Omega-3 fatty acids including DHA and EPA. It provides nutritional support for the brain, nerves, memory, healthy emotional response, and mood. Refrigerate after opening.
- **Cinnamon** (1 teaspoon)
Cinnamon has been used as a medicinal herb for thousands of years. It is mentioned in ancient Egyptian, Chinese and Indian writings. It has been shown to strengthen mental powers, help digestion, inhibit bacterial growth, relieve stress and even help people quit smoking!

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

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