

# Baritz Wellness Center, P.C.

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## Plan B (fasting as repair)

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There are multiple fasting methods that can result in detoxification, purification and repair. All fasts should deliver the individual into a sound low carb diet such as the: Zone Diet, South Beach Diet, or my favorite the Page Diet. For more info on the Page Diet see my Health Tip *Page Diet*.

One-day fasts can be very helpful if you have overeaten and want to quickly get back to your diet program. One-day fasts can also be done once a week for weight management and ongoing repair. One-day fasts can be extended for two, three, four, five, six or seven days. For longer than a week we suggest a Cleanse, for more info on cleansing see my Health Tips *Cleansing & Purifying*. If you have diabetes or are taking prescription medication, please make sure you are healthy enough to fast.

A short fast can have a significant positive effect on the biochemistry of your body while letting your digestive system relax and rebalance. By using our simple partial fast you may notice:

- Improved weight management
- Increased energy
- Better digestion
- Less bloating
- Clearer skin
- Shinier hair
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)

### One-day fasts

1. For one day have no solid foods, instead have 3 **SP Complete**<sup>1</sup> shakes, 3 **Gastro Fiber**<sup>1</sup> capsules with each shake and drink 8 glasses of spring water. Herbal tea is fine.
2. The next day have a shake for breakfast, a salad for lunch with about four ounces of lean meat, fish or fowl.
3. For dinner go back to a good low carb diet.

### Basic Shake Recipe

- 2 scoops of SP Complete
- 8 oz water (increase for desired consistency)
- 1 Tbs. high-quality oil (e.g. flaxseed)
- Ice cubes

### Optional

- Add 1 cup of fresh or frozen fruit or vegetables.
- Add 2 scoops of **Whey Pro Complete**<sup>1</sup> (15 grams of protein for energy and to support muscle tissue growth)
- Add 1 or 2 heaping teaspoons of **Inositol Powder**<sup>1</sup> for food cravings and to promote mental balance.
- Add 1 tablespoon of **Whole Food Fiber**<sup>1</sup> as a replacement for the Gastro Fiber capsules.

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

1. Standard Process Products for more info: [www.standardprocess.com/display/sponlinecatalog.spl](http://www.standardprocess.com/display/sponlinecatalog.spl)

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