

Baritz Wellness Center, PC

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Psychoactive Drug Reduction

Super Foods

08/03/10, 03/09/11

Interesting info

- The mechanism of action of psychoactive drugs is to affect the level of neurotransmitters; neurotransmitters are controlled and/or made from substances obtained from the diet. There are over 250 known neurotransmitters.
- *"Mild nutritional deficiencies may affect normal brain function before other physical manifestations become evident."* Adell Davis
- The brain makes up 2% of the body's weight but utilizes 20 to 25% of the energy created by the body.
- 60% of the dry weight of the brain is made up of fat.

Super foods & Supplements

- **Cataplex B:** Insufficient B vitamins have long been associated with various mental disorder symptoms.
- **Black Current Seed Oil:** Organic cold processed concentrate of the black current seed. Use because of its unique content of GLA (gamma linolenic acid). Reported to help with inflammation, hormone balance and nervous system.
- **Cataplex D:** Vitamin D is known as sunshine vitamin because it is created in the body when it is exposed to sunlight. Deficiency symptoms include depression, chronic fatigue, diabetes, heart disease, stroke and osteoporosis.
- **Hypothalmex or Hypothalamus PMG:** Supports the hypothalamus. The hypothalamus is that part of the brain which transmits electrical signals from the brain to the pituitary gland which controls hormonal balance.
- **Inositol Powder:** Clinical research studies indicate that Inositol is an effective, safe alternative, to anti depressant medication, for the management and treatment of depression, panic disorders, and obsessive compulsive disorders. See Health Tip: *Inositol: A Scientific Evaluation of its Clinical Effectiveness*
- **Natural anti-anxiety supplement** (3 main products, we usually start with one)
 - **Min-Tran:** good for people who are nervous and can't relax, also for people with muscle spasms or cramps
 - **Min-Chex:** good for people who get depressed, nervous, too emotional as well as hyperactive children
 - **Orchex:** good for people who are quick to use their temper or are very angry
- **Protefood:** Supplies high quality essential amino acids, which are needed by your body to make neurotransmitters
- **SP Complete:** A vegetarian whole food and herbal supplement; mixes with juice or water to make a nutritious shake. Combines some of the finest herbal and vegetable whole food concentrates found within the Standard Process line including: whey powder, flax, rice protein, calcium, magnesium, buckwheat, Brussels sprouts, kale, choline, inositol, barley grass, alfalfa, lecithin, grape seed extract (with OPC's), carrot root, red wine extract.
- **Symplex F or M:** F for females, M for males; Supports the pituitary gland, thyroid, adrenals and ovaries or testes
- **Trace Minerals B12:** hormones and enzymes depend upon trace minerals to function properly. Modern agricultural practices have seriously depleted these minerals from the soil. Foods are increasingly deficient in trace minerals.
- **Tuna Omega Oil:** nutritional support for the brain; supports memory, healthy emotional response and mood
- **Zinc Liver Chelate:** deficiency symptoms include: decreased appetite, meat avoidance, menstrual problems, ED, nausea, skin lesions, depression, insomnia, poor sleep habits, and attention difficulties. Supports neurotransmitter activity.

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

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