

Baritz Wellness Center, PC

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Psychoactive Drug Reduction

The Program

08/03/10, 03/09/11 - 1

Nutrition Starter Program

Week 1 & 2

- Symplex F or M 6/day
- Black Current Seed Oil 2/day
- Enzacore 4/day
- If you get constipated, are taking acid blocker medications or taking street drugs this needs to be addressed before reducing prescription psychoactive medications

Week 3 add

- SP Complete Shake 1/day in the AM
- Trace Minerals B12 6/day
- Calamari Omega-3 oil 1tbs/day
- Cataplex D 2/day
- Hypothalemex 2/day
- Min-Chex 3/day

Week 4 add

- Cataplex B 3/day
- Inositol Powder: start with 1 teaspoon/day and add a teaspoon each day till you reach 6/day (2 tsp 3x/day); can be mixed with SP Complete Shake, water, or taken straight

Medication Reduction Program

Medication reduction begins once you are ready as per instructions in "Psychoactive Drug Reduction, Introduction"

- Continue all nutritional supplements as above.
- After you have been on the starter program for at least four weeks and you are doing well especially with regard to anxiety and sleep you are ready to take your first reduction as per the program you worked out with your prescribing physician.
- Start with the first medication, reduce the dose according to your schedule, try that for one or two weeks, and then see how you are doing. If you feel OK, reduce the dose again, try that for a week or two, and see if you feel OK. If you reach a point where you don't feel OK, stay at the same level for another week or until you do feel fine, it may take several weeks or longer, just stick with it.
- When you have completed withdrawal from the first medication, wait a week or two and if you are doing OK take the first reduction on the next medication as per the schedule worked out with your prescribing physician.
- Continue as above until you are off all psychiatric medications, wait a week or two until you are doing OK and see Dr. Baritz to begin to reduce supplements and establish a new natural health program.
- If sleep problems, anxiety or other symptoms become a problem during medication reductions, we can supply custom blended herbs (herbal support is often useful in getting through a rough patch.)
- Throughout the program I usually monitor your progress with visits once or twice a month.

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

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