

Baritz Wellness Center, P.C.

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Weight Loss Program

11/17/10, 11/19/10

Our program is based up on the principle that “**A healthy body moves towards its ideal weight**”. Our focus is restoring health and our experience is that as your body becomes healthier it will naturally move towards its ideal weight. Losing 4 to 10 lbs per month is a sign that the program is working. For more information on our approach see Health Tip *Low Glycemic Lifestyle*. The first three days of this program can be quite challenging. Your body’s metabolism is undergoing a change and you are likely to have strong cravings and various aches and pains. After five days you should be seeing some relief and after thirty days you should clearly feel the benefits of this healthy diet.

Absolute starch elimination is necessary for this process to work. This means no bread, pasta, potatoes, cereals or rice (except for small amounts allowed on a low carb diet). Even one extra serving of starch, alcohol or sugar can upset your blood sugar and cause a return of cravings for three days. Try *Step 1* for thirty days and if you lose 4 to 10 lbs continue till you reach your ideal weight; if not try *Step 2* and so on till 4 to 10 lbs are lost per month.

Tips

- Research has consistently shown weight training 3-4x/week greatly enhances weight loss and vitality.
- A recent study of 1,700 people¹ showed that those that kept a daily diary of food eaten lost twice as much as those who did not. This prompted one researcher to state, “The more they wrote the more they lost.”
- Frequent small snacks with protein and good fat (no trans fats) decrease hunger while providing essential nutrients.

Step 1: Eat three meals a day, start with a good protean breakfast and continue with protean at each meal

- **Gynmenia**³ 3-6/day (1-2/meal) Used in India for over 2,000 years for sugar cravings, diabetes & weight loss.
- For breakfast we suggest an **SP Complete**² shake. (see Health Tip *Healthy Shakes* for recipes)
- For meal planning look to a low carb diet, our favorite is the Page Diet phase II (see Health Tip *Page Diet*); other good ones are the Mediterranean, the Zone, the South Beach, Atkins, and the Garden of Eden diet.

Step 2: Continue the above and have a protein snack or meal every 2 to 3 hours.

- Snacks can be an **SP Complete** shake or a **Standard Bar**²
- **Coleus Forte**^{3,4} 3/day (1/meal) several clinical trials have shown Coleus aids fat loss.

Step 3: Check for and address hidden blocks to weight loss

- Food sensitivities, immune system weakness, toxic chemicals, heavy metals, digestive weaknesses, disturbances in the energy field of the body and/or too much emotional upset
- Sleep: ensure room is dark, no blinking lights, no TV in the bed room, ensure temperature is right for you, allow enough time for sleep, protein snack if needed before sleep, supplements as needed
- Absolutely no stimulants such as coffee, chocolate, alcohol, sodas, etc.

Step 4: Add **Herbal Blend**⁵ (to support thyroid, adrenals, blood sugar and weight loss)

- Discontinue Gynmenia and Coleus Forte

Step 5: Discontinue Herbal Blend, **cleans for 21 days**, and then re-start the weight loss program.

- See Health Tips *Cleansing & Purifying*

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

1. Kaiser Permanente (2008, July 8). Keeping A Food Diary Doubles Diet Weight Loss, Study Suggests. www.sciencedaily.com /releases/2008/07/080708080738.htm

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

3. MediHerb products for more info: www.standardprocess.com/display/mhonlinecatalog.spi. Do not take these herbs if you are pregnant or lactating.

4. Do not take Coleus Forte if you are taking prescription medication; advise Dr. Baritz and he will suggest an alternative product.

5. Before taking blend advise Dr. Baritz if you are taking any prescription medications.

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