

# Nutrition & Acupressure

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**How to Improve Intermittent Fasting Results**

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- \* Products and services mentioned are not intended to diagnose, treat, cure or prevent any disease.

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- This seminar is being recorded, it may be edited and published.

## **References**

Standard Process Product Catalogue, Adjuvant Protocols for Healing, Clinical Reference Guide, mayoclinic.org

# Fasting

Fasting is going for a certain length of time without eating and sometimes without drinking.

Absolute fasts refers to withholding both food and drink, this may be done for religious purposes but is not recommended for health benefits because of the accompanying dehydration.

In this webinar fasting is defined as: “the voluntary act of not eating for a specific period of time. Drinking water is an essential part of the fast and additives such as lemon juice, apple cider vinegar, tea and coffee are permitted. Micronutrients such as vitamins and trace minerals are also taken during the fast.

# Fasting Cleanses, Renews, and Rejuvenates



Boost cognitive performance



Reduce inflammation



Improve overall fitness



Support weight loss



Decrease risk of metabolic diseases

# Fasting is as old as mankind

- The instinct to refrain from food when the body is sick, or wounded is in every mammal.
- That is the reason animals refuses to eat when sick or injured.
- Fasting is mentioned 40 times in the Bible and 13 times in the Quran
- Fasting has been practiced by most ancient civilizations for recovery of health, preservation of youth, and spiritual reasons.

# Fasting

“A little starvation can really do more for the average sick man than can the best medicines and the best doctors.”  
Mark Twain

“The best of all medicines is resting and fasting.”  
Benjamin Franklin

“A genuine fast cleanses the body, mind and soul.”  
Mahatma Gandhi

“This kind can come out only by fasting and prayer.” Jesus when asked how he was able to cure a boy of an evil spirit that causing epilepsy.

# Stages of Fasting

Feeding: insulin levels rise, glucose is used for energy or stored as glycogen and fat

6-22 hours, Post-absorption phase: Insulin levels fall, glycogen releases glucose

24-48 hours, Gluconeogenesis: the liver manufactures glucose

1-3 days, Ketosis: stored fat is used for energy

5-10 days, Protein conservation phase: increased growth hormone and adrenalin



## Fat is stored energy

- Human bodies are well adapted to fasting, by switching from using glucose for energy to using stored fat as energy
- The body does not metabolize muscle till its fat stores are exhausted
- It is worth noting that the body does not switch from glucose fuel to fat fuel during when eating a low-calorie diet.



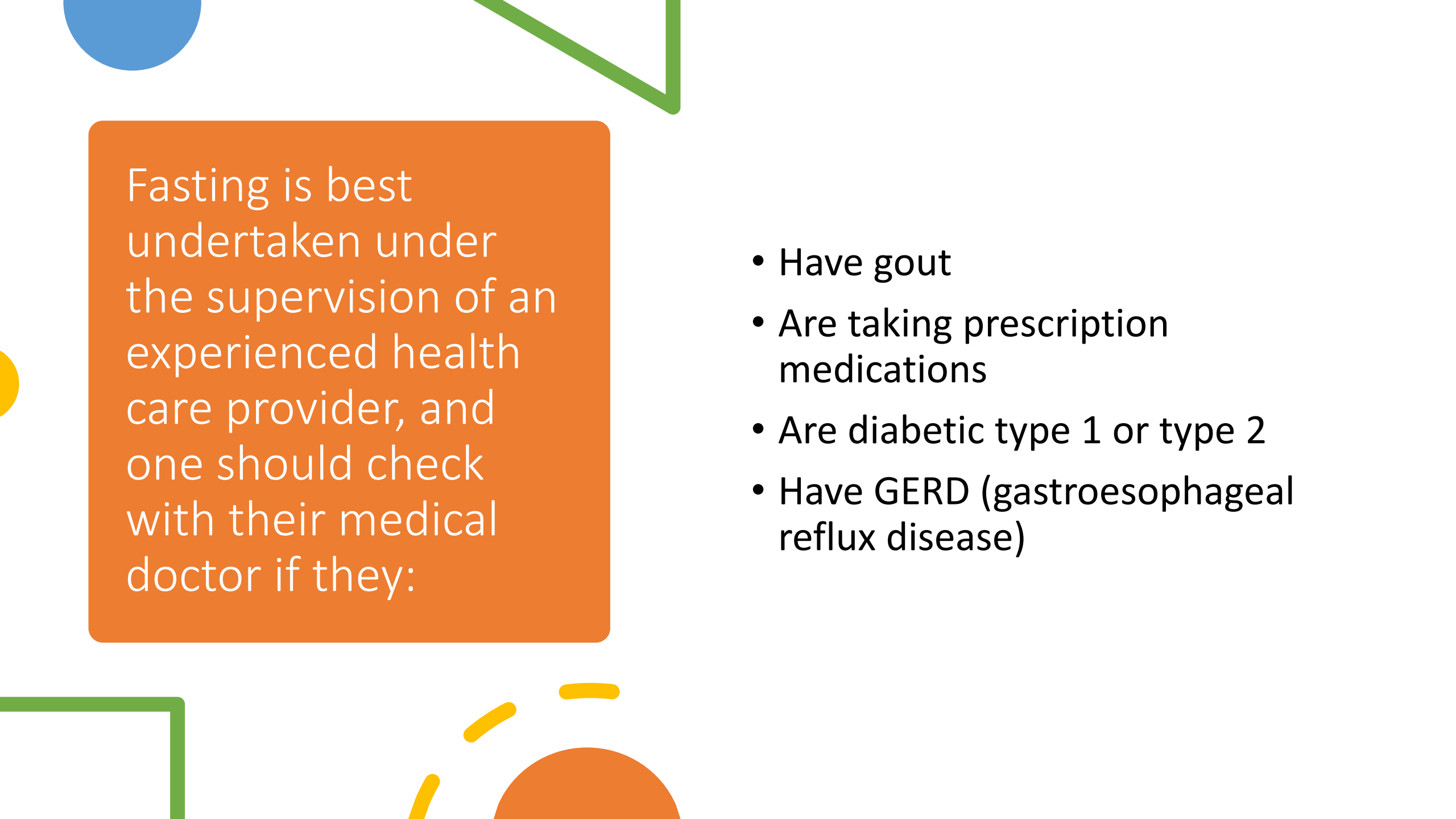
## Who should not fast

Women who are pregnant or breast feeding

People who have a history of eating disorders

Children under 18

Anyone who is underweight or severely malnourished



Fasting is best undertaken under the supervision of an experienced health care provider, and one should check with their medical doctor if they:

- Have gout
- Are taking prescription medications
- Are diabetic type 1 or type 2
- Have GERD (gastroesophageal reflux disease)



# There are many types of fasts



In this webinar I will limit my comments to the fasting protocol that I recommend for my patients



I will leave the explanations of other fasts to the experts in those fasting regimens.



# 24-hour distilled water fast

- I start my patients with a 24-hour distilled water fast once a week for a few weeks
- One consumes distilled water, and can add lemon juice, apple cider vinegar, and make coffee or tea.
- This is usually a dinner to dinner fast, and may be a hour or so less than 24 hours

Let your digestive system  
rest and recover

- No food after dinner
- Stop between meal snacks
- Skip breakfast



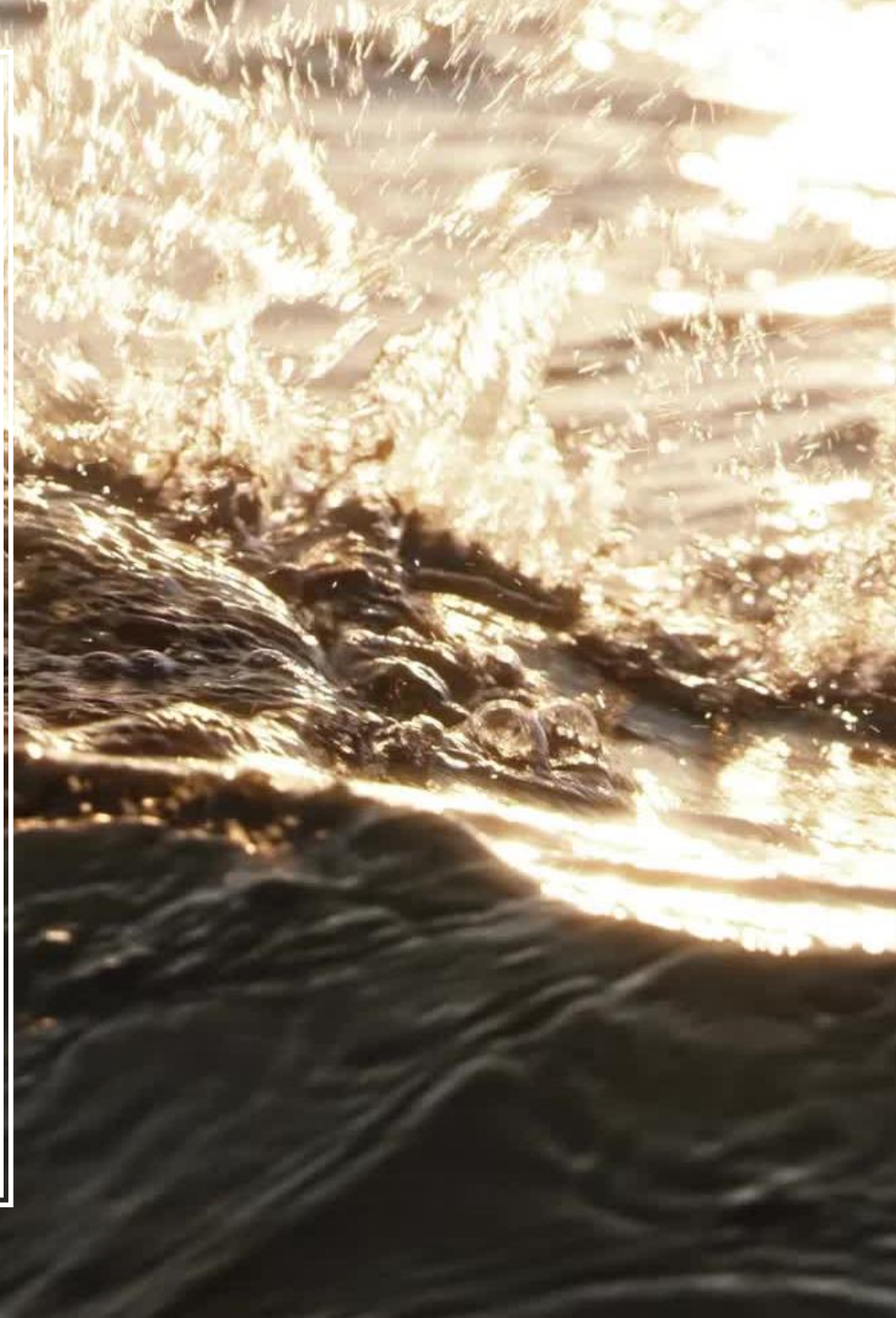



# 24-hour Distilled Water Fast

- **Helps a person get used to handling feeling the need to eat**
- **Is less stressful because you continue to eat every day**
- **Makes it easier to manage medications**
- **Gets the body used to fasting**
- **Gives the body a chance to build up the metabolic pathways for longer fasts**

# Hunger Games

- Hunger comes in waves, ride the wave
- Drink some water, activate the recommended acupuncture points, get busy
- Plan a definite length to the fast, leaving the time to break the fast uncertain promotes hunger.
- The more often you fast the less you will be bothered by hunger
- After two to three days hunger disappears
- Stay motivated by listening to and reading informative and inspiring material about fasting





What happens if I break the fast sooner than planned?

No problem, the sun rises tomorrow, and you can try again later.

Plus, you have gained valuable experience, discuss your difficulties with your health care provider and he or she can help you with strategies to become more successful.



# Why Distilled Water?



- There are over 80,000 known contaminants that can leach into water
- Municipal water supplies are usually treated with chemicals such as fluoride
- Water can contain all manner of microorganism
- Steam distilled water evaporates leaving contaminants and microorganism behind, it then condenses to pure water, pure H<sub>2</sub>O



# Is Distilled Water Safe?

Of course, it is

Nature constantly evaporates water from the ocean, then precipitates it as almost pure H<sub>2</sub>O

Through history many people have lived on collected rainwater, and there are no records of this natural process causing any deficiencies.

Distilled water tends to taste flat because there are no minerals, so adding lemon juice or ACV can help.



## Do I risk mineral deficiencies if I drink distilled water?



Nope!



The hardest drinking water around supplies only 1% of the recommended daily minerals, this loss is insignificant



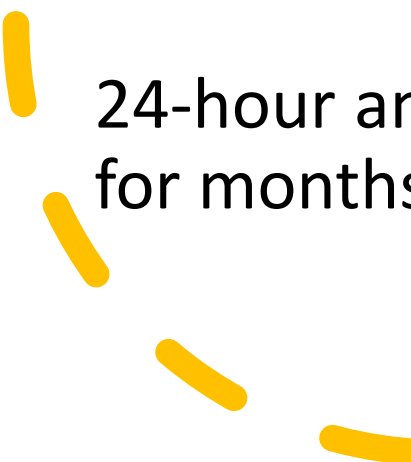
I do recommend taking a daily trace mineral supplement during fasts which I will get to soon



# Extending the fast

## 36 to 40 hour fast

- Day 1 no eating after dinner
- Day 2 no eating
- Day 3 resume eating on your normal schedule



24-hour and 36–40-hour fasts are typically done a few times a week, for months or longer.



# Extended fasts

7-10 day fasts a few times a year for deep detox, deep health benefits, and as weight maintenance insurance

Extended fasts require a gradient approach to the reintroduction of food

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# What to consume

Distilled water

Spring water and sparkling water

Himalayan Pink Salt (up to one teaspoon)

To water add:

- Lemon or lime juice
- Apple Cider Vinegar (1 teaspoon to 2 tablespoons per glass)
- Slices of orange or cucumber (consume only the liquid)
- Coffee and tea with spices such as cinnamon



**Nutrition & Acupressure  
with Dr. Baritz  
Quick Reference Guide**



Click [here](#) to watch video

**drbaritz.com**

# How to Locate Acupuncture Points

Acupuncture points are located by using body parts (the tip of the elbow, the top of the kneecap, etc.). Acupuncture points are often located in a soft area between bones and/or muscles.

## Directional Terms

**Anterior:** toward the front of the body. Example: the toes are anterior to the heel.

**Posterior:** toward the back of the body. Example: the heel is posterior to the toes.

**Superior:** a position closer to the top of head. Example: the chin is superior to the chest.

**Inferior:** a position farther from the top of the head. Example: the chest is inferior to the chin.

**Lateral:** toward the side of the body. Example the ear is lateral to the nose.

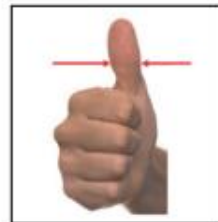
**Medial:** toward the center of the body. Example: the nose medial to the ear.

**Proximal:** a position on a limb that is closer to the head. Example: elbow is proximal to the wrist.

**Distal:** a position on a limb that is farther from the head. Example: the wrist is distal to the elbow.

## Measurements

In acupuncture the body is measured in relative terms. The basic unit is the width of the thumb measured at the joint, 1 "cun" (pronounced "soon"). This is very useful because bodies are different sizes. For example, six inches superior to the navel would be a very different body location for a five-year-old than for an adult. But when you use the thumb of the person being treated, six thumb widths would bring you to the same body location.



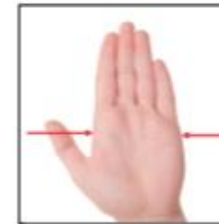
1 cun: the width of the thumb at the joint



3 cun: the width of four fingers measured at the first joint



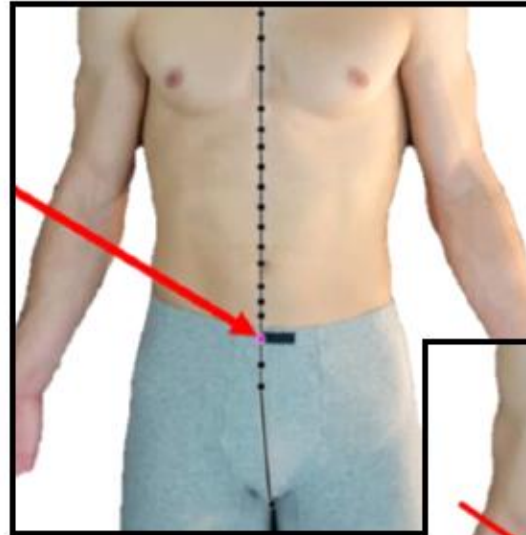
1.5 cun: the width of the first two fingers at the first joint



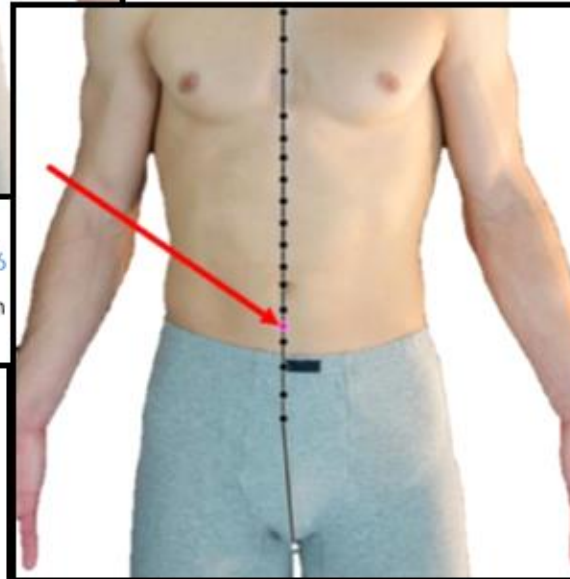
4 cun: the width of the hand measured at the knuckles



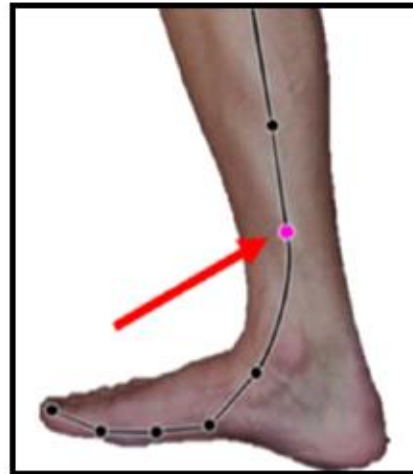
# Fasting Points



Conception Vessel 4  
3 cun inferior to the belly button



Conception Vessel 6  
1.5 cun below the belly button



Spleen 6  
On the inside of the leg,  
3 cun proximal to the tip of the ankle bone

# Fasting Supplements\*

## Dietary Supplements

listed in order of importance

If you are taking Standard Process supplements continue as usual

### ALTERNATIVELY

Catalyn	3 twice a day*	1
Trace Minerals B-12	1 twice a day*	1
Tuna Omega-3	2 twice a day*	1

### ALTERNATIVELY

General Health Daily Fundamentals

Each pack contains:

- 3 Catalyn - 1 Trace Minerals B-12 - 2 Tuna Omega-3	1 pack twice a day*	1
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(1) Standard Process. (2) Medi Herb, (3) Take on an empty stomach

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure, or prevent any disease. Please consult the actual product label for the most accurate information.

# Fasting Tips and References

Hunger comes in waves, ride the wave

If you get hunger drink some water,  
activate the recommended acupuncture points, get busy

Plan a definite length to the fast,  
leaving the time to break the fast uncertain promotes hunger

The more often you fast the less you will be bothered by hunger

After two or three days hunger usually disappears

Say motivated  
by listening to or reading informative and inspiring material about fasting

## References and Recommended Reading

The Miracle of Fasting  
Paul Bragg ND, PhD and Patricia Bragg ND, PhD

The Obesity Code  
Jason Fung MD

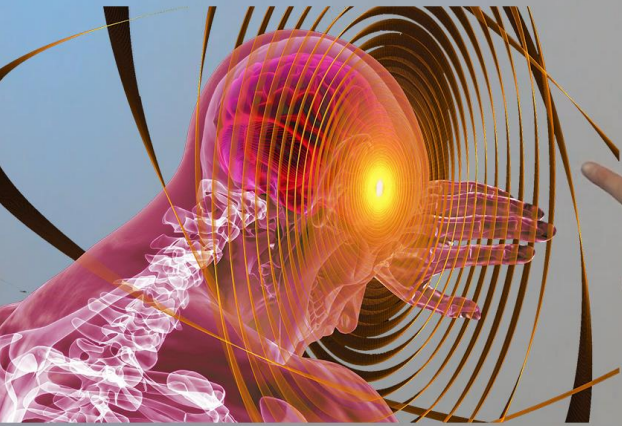
The Complete Guide to Fasting  
Jimmy More and Jason Fung MD

# Medical Advice Disclaimer

## **This Course Does Not Provide Medical Advice**

The information, including but not limited to video, text, images, and other material contained in this course, are for informational purposes only. No material in this course is intended to be a substitute for professional medical advice, diagnosis, or treatment. See supplement label for most up-to-date product information.

Always seek the advice of your physician or other qualified healthcare professional with any questions you may have regarding a medical condition or treatment and before undertaking a new healthcare regimen. Never disregard professional medical advice or delay seeking it because of something that you have heard, seen, or read in this course.



**How to Heal a Concussion Fast  
Neurological Recovery**



**Healing From the Ground Up  
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**New Hope for Alzheimer's**



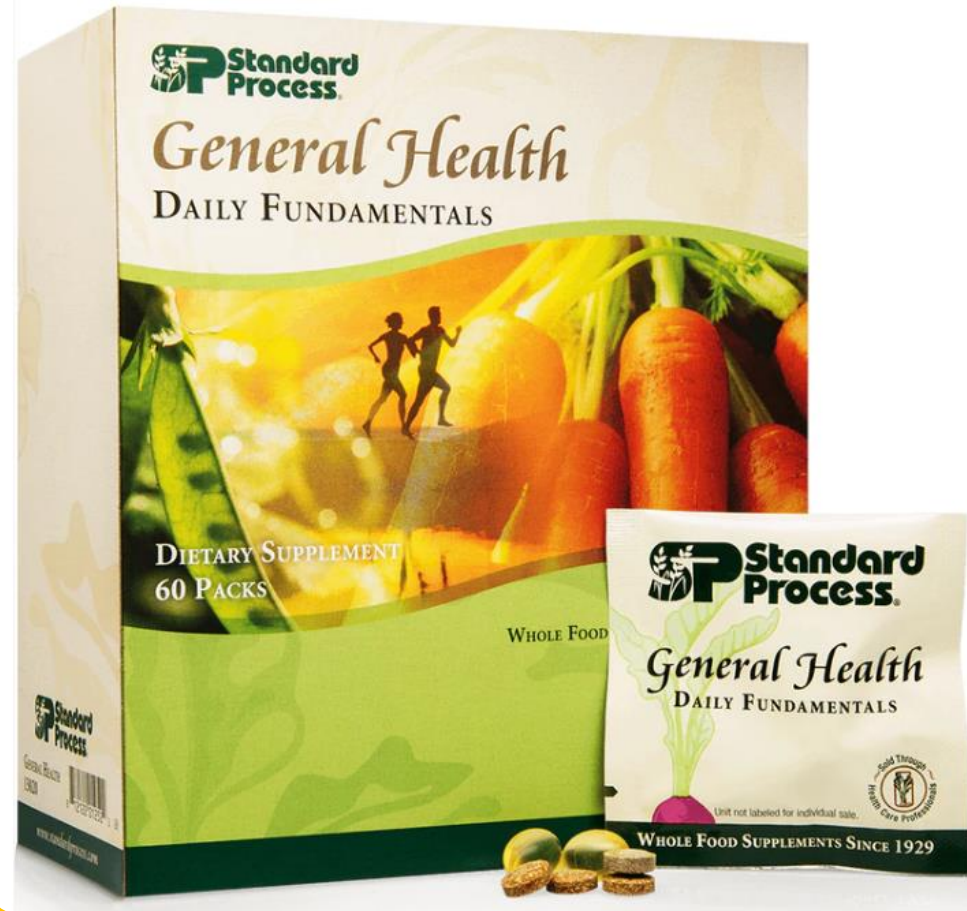
**Carpal Tunnel Syndrome  
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# Vitamins and minerals

- Patients to continue their supplements and ensure they are taking at least two Trace Mineral B-12 tabs per day
- Alternatively take two General Health Daily Packs per day



# Catalyn

3 in each  
pack

- Dr. Royal Lee's first product, supplies multiple vitamins. It contains antioxidants and vital nutrients from whole food and other sources.
  - Supplies multiple vitamins for complex nutritional supplementation\*
- 



# Trace Minerals B-12

## one in each pack

- A spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization\*
- Excellent source of vitamin B<sub>12</sub>, iodine, zinc, copper and manganese



# Tuna Omega-3

## two in each pack



Supports cognition



Supports skin and hair health



Supports emotional balance



Supports the body's natural inflammatory response function as it relates to periodic challenges like missing meals\*



***How to Improve Intermittent  
Fasting Results***



# References and recommended reading

The Miracle of Fasting, Paul Brag ND, PhD, and Patricia Bragg ND, PhD

The Obesity Code, Jason Fung MD

The Complete Guide to Fasting, Jimmy More, Jason Fung MD



- ✓ Conception Vessel 4 – Gate of Origin – Guan Yuan
- ✓ Conception Vessel 6 – Sea of Chi – Qi Hai
- ✓ Spleen 6 – Three Yin Intersection – San Yin Jiao

## ***How to Improve Intermittent Fasting Results***

**Pictorial Atlas of Acupuncture**

An illustrated manual of acupuncture points

Edited by Hans P. Ogal and Wolfram Stor

Publisher: h.f.ullmann