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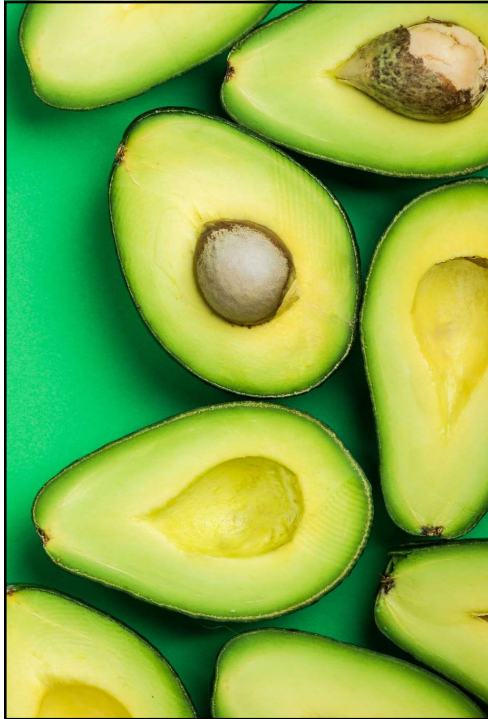
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References

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

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Igniting Fat Burning

- Trying to help the weight loss patient can be very challenging.
- Weight gain is a complex issue
- And weight loss is even more complex
- Weight loss efforts all too often give temporary results, which lead to the dreaded plateau, and then like gravity the weight comes back.
- Let's look at some of the of the factors involved in weight gain and weight loss.

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Body Mass Index

BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat.


The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.


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Body Mass Index (BMI)

 Body Mass Index is a simple calculation using a person's height and weight.

 The metric formula is $BMI = \text{weight in kilograms} / \text{height in meters squared}$

 The standard formula is $BMI = (\text{weight in pounds} / \text{height in inches squared}) \times 703$

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BMI for women

Below 18.5	Underweight
18.5–24.9	Healthy
25.0–29.9	Overweight
30.0 and Above	Obese

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BMI for men

BMI	Weight Status
Below 18.5	Underweight
18.5–24.9	Healthy
25.0–29.9	Overweight
30.0 and Above	Obese

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Adult Obesity Causes (CDC)

- Behavior (eating and activity habits)
- Community environment
- Genetics
- Diseases (hormonal disorders)
- Drugs (steroids & antidepressants)

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Eating disorders cause weight problems

- Anorexia
- Bulimia
- Bing Eating
- Pica

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Eating disorders in history

The History of eating disorders is old.

In ancient Rome people used to vomit up food they ate in the period of feasting.

They even had special places for it called "vomitorium".

Roman emperors Claudius and Vitellius were bulimic.

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Eating Disorders in History

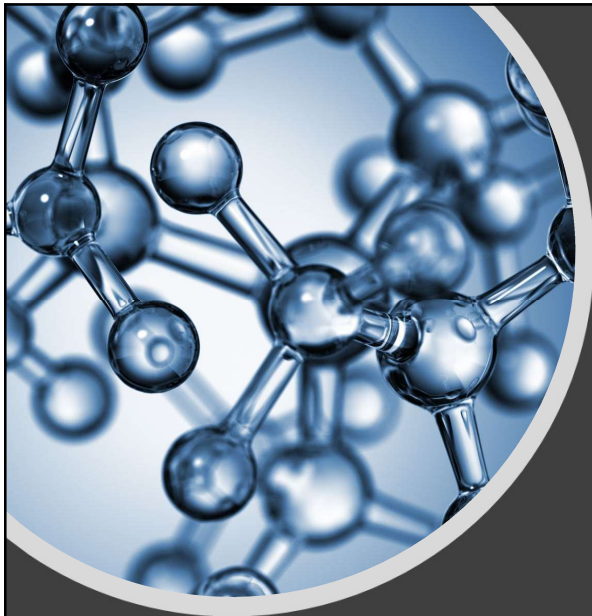
Ancient Egyptian purged themselves every month for three days in succession, using emetics and enemas to preserve health.

They thought that human diseases come from food.

In ancient Greece and Arabia there were also descriptions in texts of bingeing and purging.

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Consequences of obesity (CDC)

All-causes of death (mortality)

High blood pressure (hypertension)

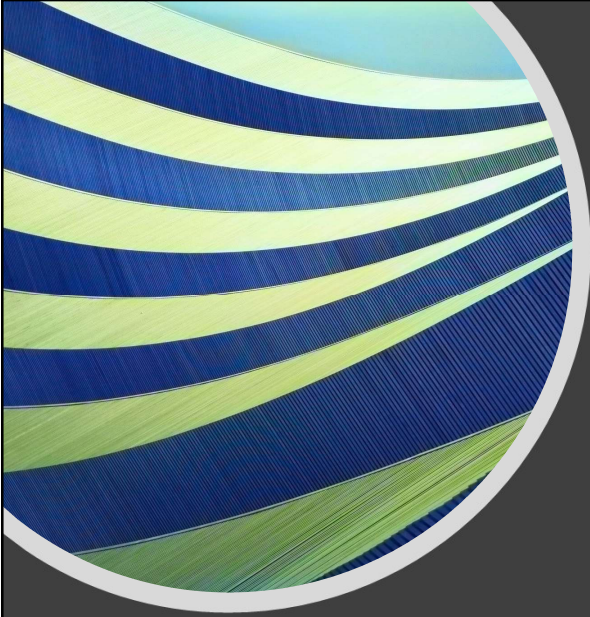
High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides

Type 2 diabetes

Coronary heart disease

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Consequences of obesity (CDC)

- Many types of cancers
- Low quality of life
- Depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning

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Consequences of obesity (CDC)

- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and breathing problems

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Medical Treatments for Obesity

- Weigh-loss medications
- Psychiatric medications
- Gastric banding (lap band)
- Gastric bypass
- Gastric sleeve

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The holistic approach

- For the first five years of my nutrition practice, I didn't accept any weight loss patients.
- Then I settled down to study and create the best program I could
- After several years I have developed a program yet that produces predictable results. (a predictable as anything dealing with humans)
- I am going to share it with you now

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Nutrition & Acupressure with Dr. Baritz Quick Reference Guide



Click [here](#) to watch video

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Weight Loss Reference Guide

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.

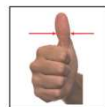
Superior: a position closer to the top of head. Example: the chin is superior to the chest.
Inferior: a position farther from the top of the head. Example: the chest is inferior to the chin.

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

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Weight Loss Reference Guide


Weight Loss Points



Heart 3
With arm bent, midway between the tip of the elbow and the medial end of the fold of the arm.



Appetite Control Point
Just in front of your ear, where the tragus meets your face. The tragus is the little flap in front of the ear canal.



Governing Vessel 26
On the midline, in the top third of the groove between the nose and the upper lip.

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Weight Loss Reference Guide

Weight Loss Supplements*

Dietary Supplements
listed in order of importance

Standard Process 21-Day Purification Program	See program guide for directions*	1
AFTER PURIFICATION IS COMPLETE		
Pituitrophin PMB	2 twice a day*	1, 3
Cholacole	2 three times a day*	1
Pituitrophin PMG	2 twice a day*	1, 3
Cataplex G	2 twice a day*	
ALSO CONSIDER		1, 3
SP Complete	1 shake a day*	1
Choline	2 twice a day*	1
Choleus Forte	1 twice a day*	2, 4
Thyroid Complex	2 twice a day*	2, 4

1. Standard Process Inc. dietary supplement
2. Medi Herb dietary supplement
3. Take on an empty stomach
4. See product label for cautions and contraindications.

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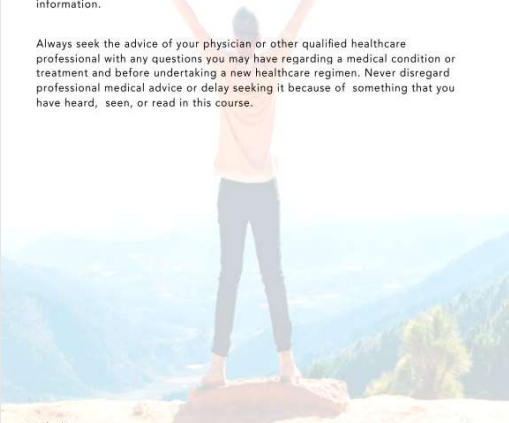
Weight Loss Reference Guide

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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.



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Standard Process 21-Day Purification Program

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When the Purification Program complete

Intermittent Fasting +

Keto Diet

Mediterranean Diet

Paleo Diet

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**Pituitrophin
PMG
2 twice a day
on an empty
stomach***

The central regulator of tissue permeability is the posterior pituitary gland.

A daily dosage of one-hundredth grain (0.00065 gram) will reduce osmotic assimilation through the intestinal wall of nutrients and...

*...cause a loss of appetite within a few days.**

Dr. Royal Lee

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Cholacol 2 three times a day*

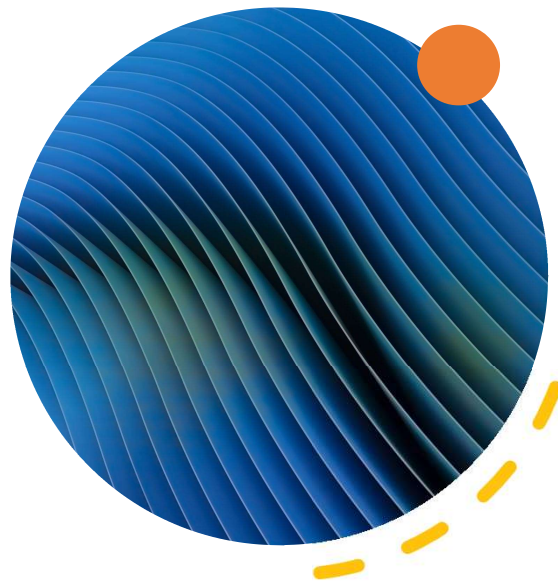
Supports healthy digestion

Source of bile salts

Supports gallbladder function

Supports healthy elimination

Supports SLEEP*



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Cataplex G 3 twice a day*

- Provides a calmative effect on the nervous system
- Encourages healthy parasympathetic nerve function
- Supports healthy liver function
- Supports central nervous system (brain and spinal cord)
- Provides coenzymes and cofactors for cellular function
- Contains: brain extract, liver extract, stomach extract, nutritional yeast.*

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**Betafood 3
three times
a day***

- Contains beets to support digestion and intestinal function
- Provides methyl donors to support the liver's natural detoxification processes
- Contains naturally occurring betaine for liver and cardiovascular health
- Supports normal processing of dietary fats*

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Also consider

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SP Complete 1 shake per day*

High quality whole food
nutrition for those who
like shakes*

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Choline 2 twice a day*



SUPPORTS HEALTHY FAT
METABOLISM



ESPECIALLY GOOD FOR THOSE ON A
HIGH FAT DIET OR WHO HAVE
TROUBLE TOLERATING FATS*

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Coleus Forte (MH)
1 twice a day*

see label for cautions & contraindications

Promote healthy digestion

TRADITIONALLY USED TO

Support cardiovascular health

Support healthy skin and respiratory tract

Help relieve occasional sleepless

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Thyroid Complex (MH)
2 twice a day*

SUPPORTS HEALTHY THYROID FUNCTION

HELPS MAINTAIN OR IMPROVE GENERAL WELLBEING*

See label for cautions & contraindications

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