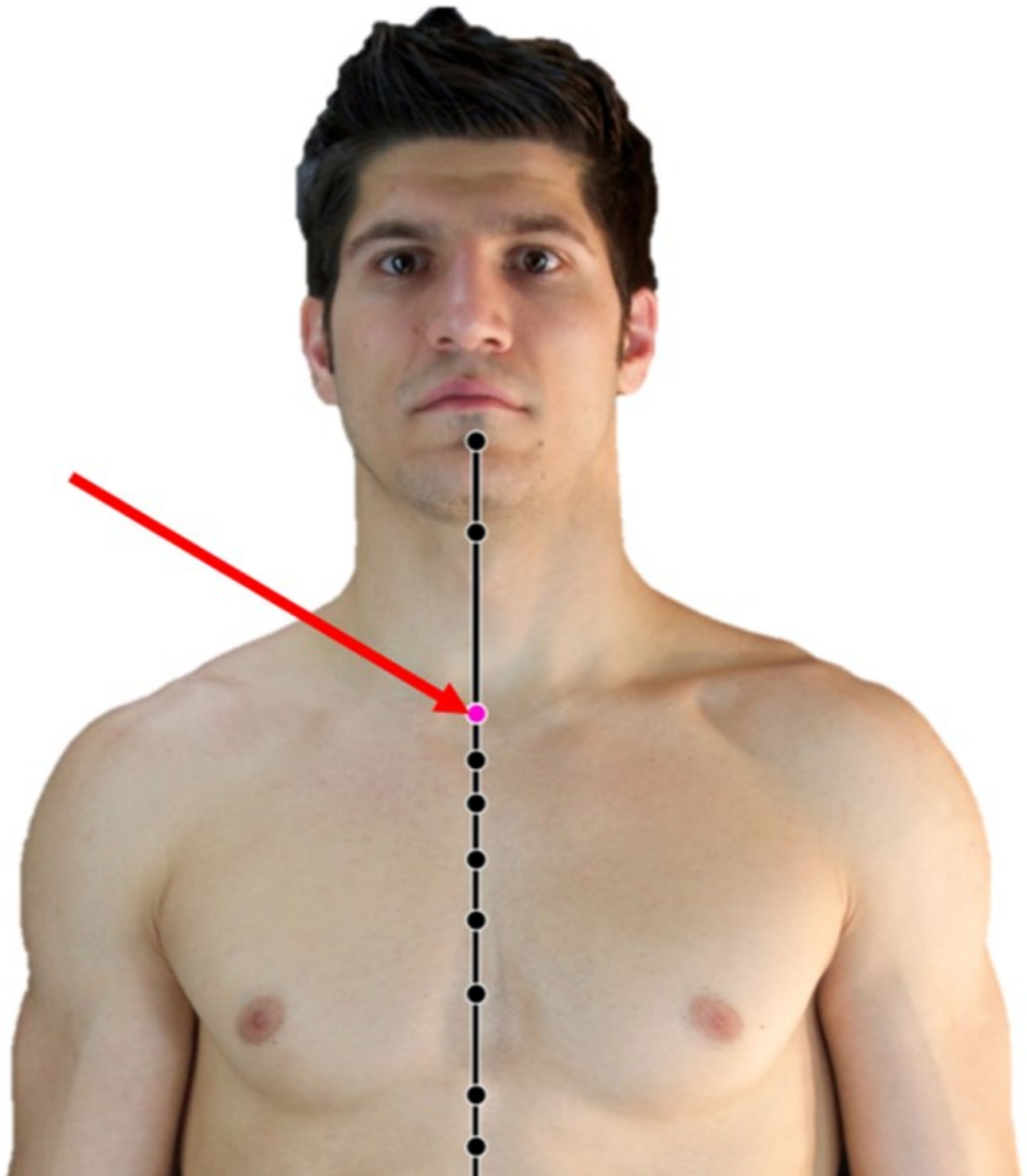


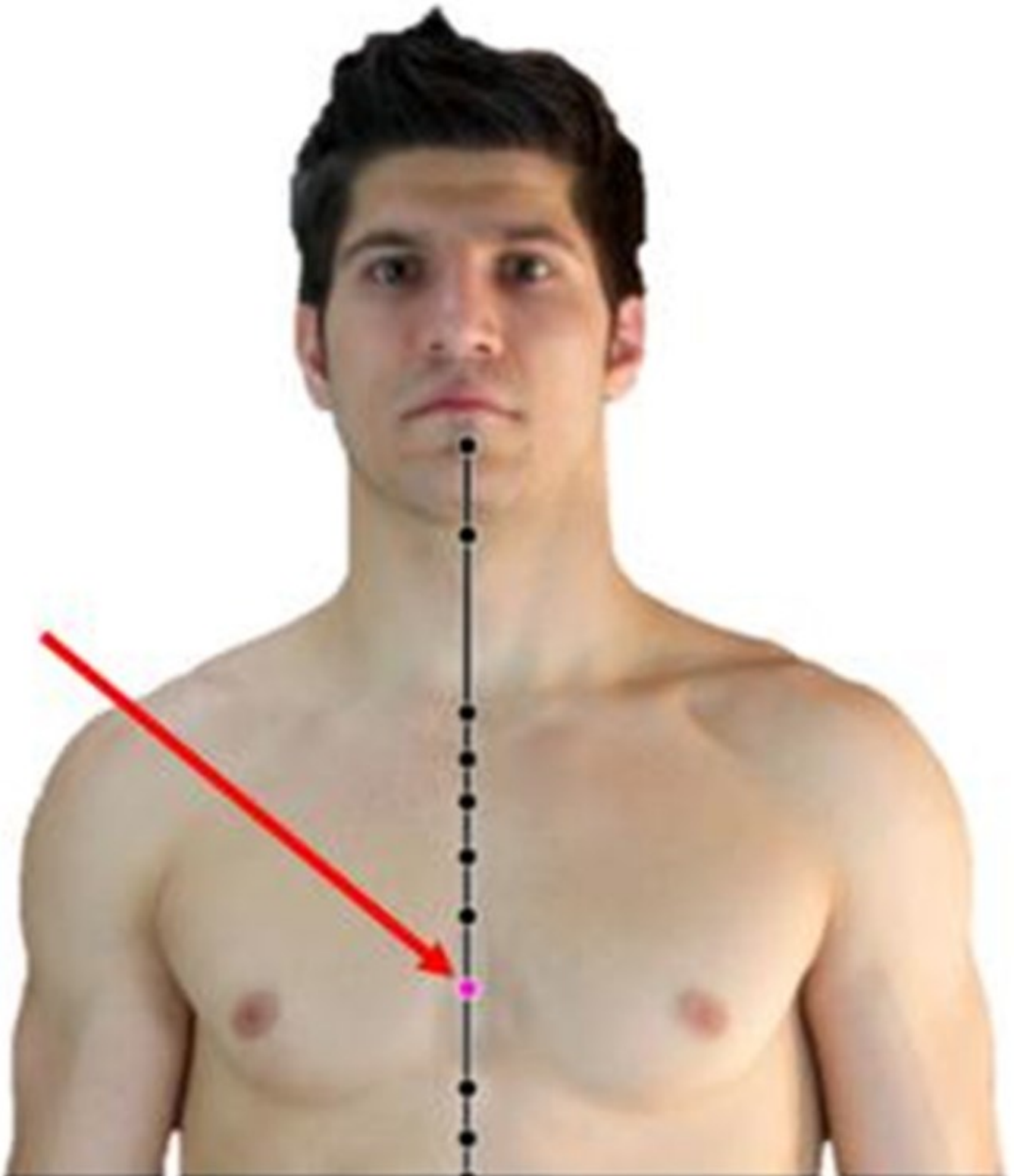
Nutrition & Acupressure with Dr. Baritz Quick Reference Guide



Conception Vessel 22: in the center of the notch at the top of your sternum (breastbone).



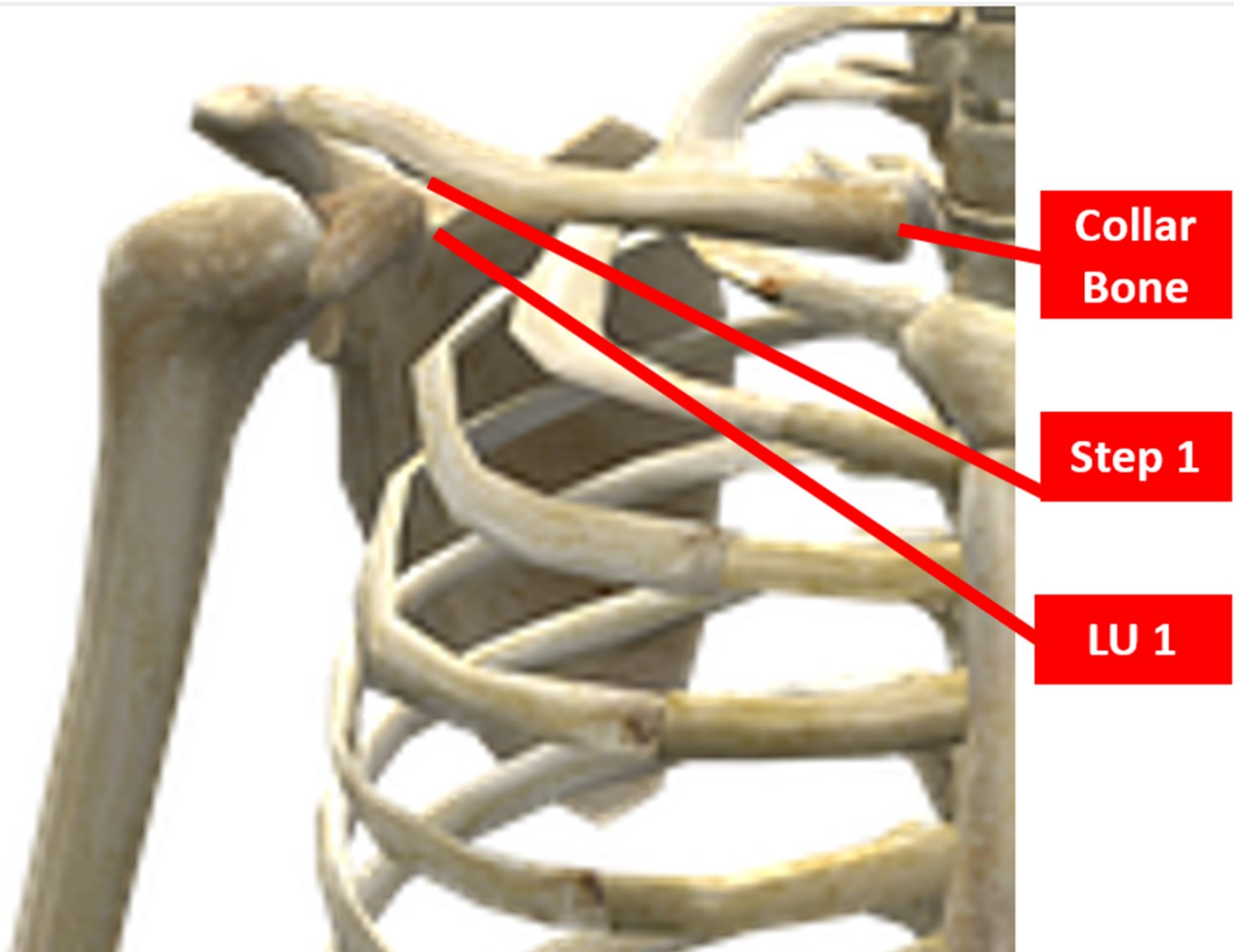
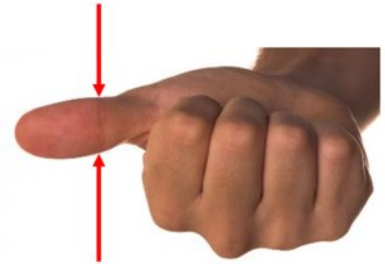
Conception Vessel 17: in center of your chest at the level of your nipples.



Lung 1 (anatomical view)

Step 1: follow along the bottom of your collar bone toward your shoulder till you meet a bone.

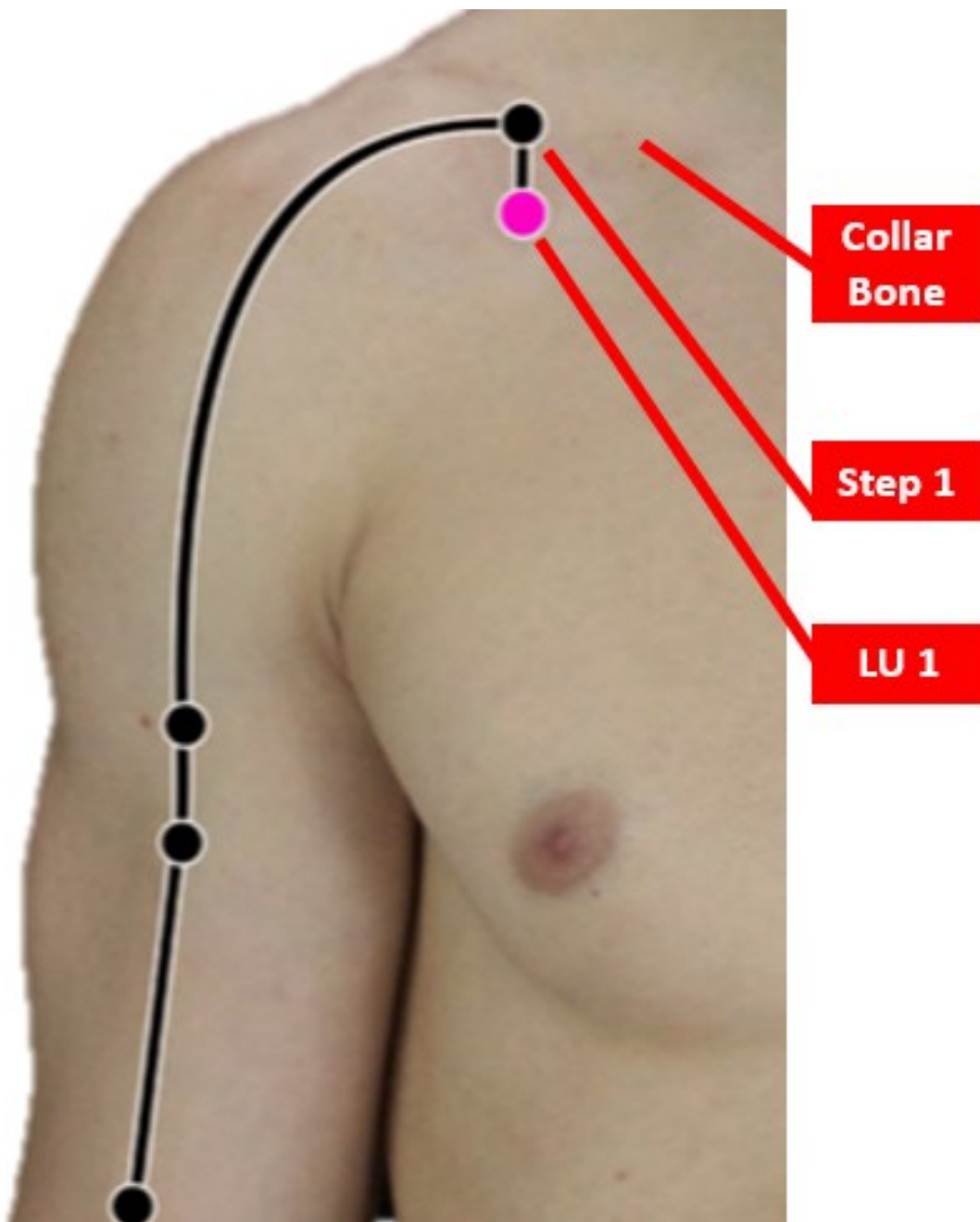
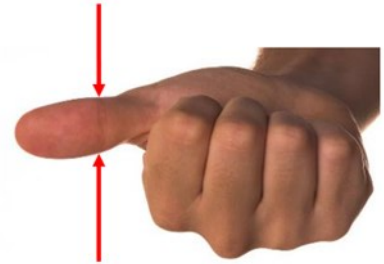
Step 2: Lung 1 is the width of your thumb below that.



Lung 1

Step 1: follow along the bottom of your collar bone toward your shoulder till you meet a bone.

Step 2: Lung 1 is the width of your thumb below that.



Hypothyroidism

Herbal Thyroid Support

Bladderwrack Seaweed recognized in the early 1800s for its high iodine content and was widely used as a treatment for thyroid problems. By the late 1860s, bladderwrack was used to treat obesity by speeding up metabolism.

Ashwagandha an adaptogenic herb that helps manage stress, which affects thyroid function. An adaptogenic herb is a herb that helps the body adapt to and handle stress, while balancing bodily functions.

Bacopa a surprising benefit associated with this herbal supplement is that it actually **regulates thyroid hormones**. Bacopa seems to actively regulate the release of T4, a thyroid hormone involved in regulating your metabolism, body temperature, and—less surprisingly, mood.

Thyroid Complex for those who prefer the convenience of a tablet see Thyroid Complex on the next page.

If you're taking prescription thyroid medication consult your doctor before using herbal thyroid support.

Thyroid Complex

Thyroid herbal support*



Thyroid Complex contains bladderwrack, ashwagandha, and bacopa. The recommended dose is one per day.

If you're taking prescription thyroid medication, consult your doctor before using herbal thyroid support.

[Click to purchase Thyroid Complex and other weight loss supplements.](#)

Or go to drbaritz.com, click [Collections](#), select [Weight Loss](#) then search for [Thyroid Complex](#). When you purchase from drbaritz.com you support my channel and get products 20% below Amazon prices.

*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. See product label for cautions and contraindications.

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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.