

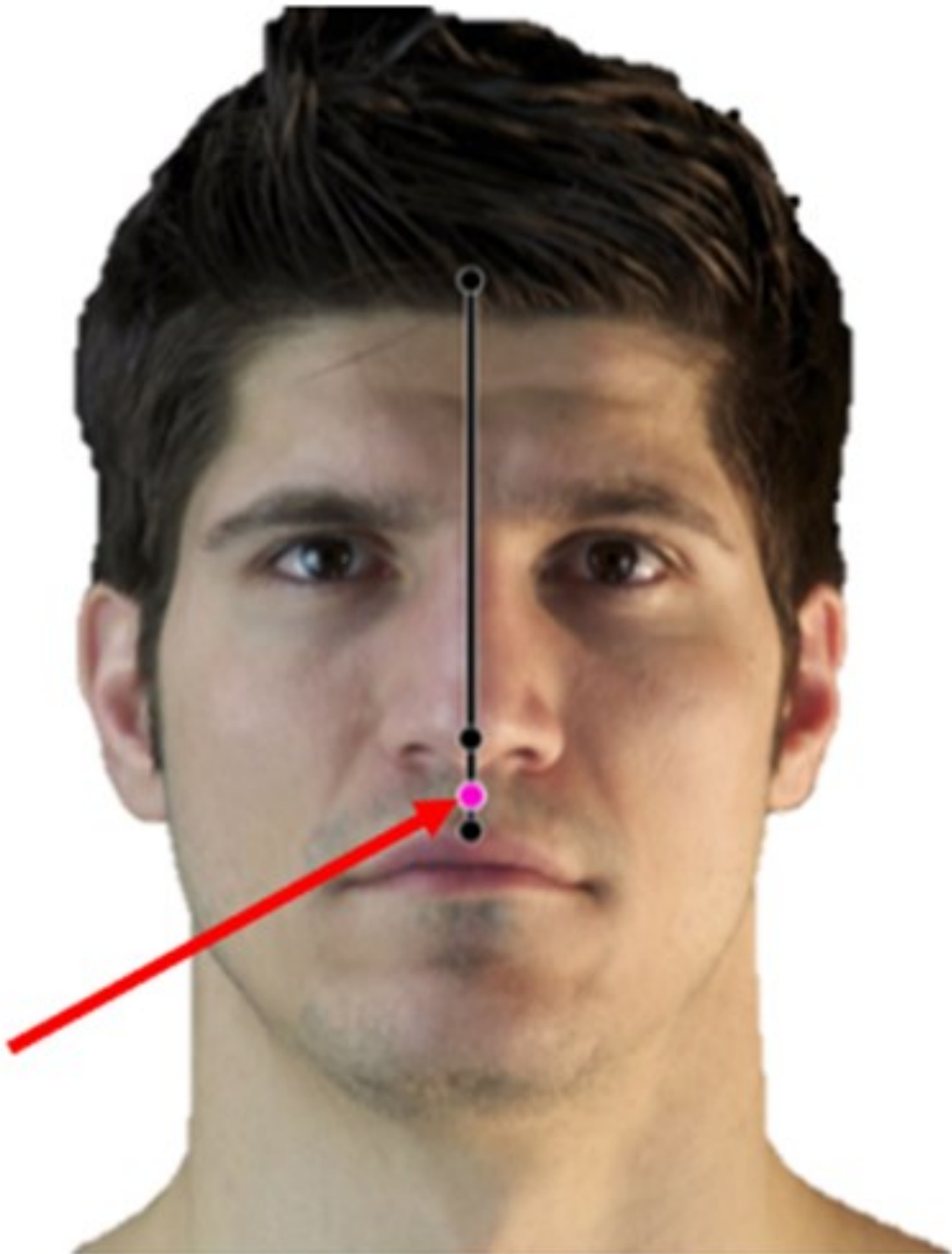
Nutrition & Acupressure with Dr. Baritz Quick Reference Guide



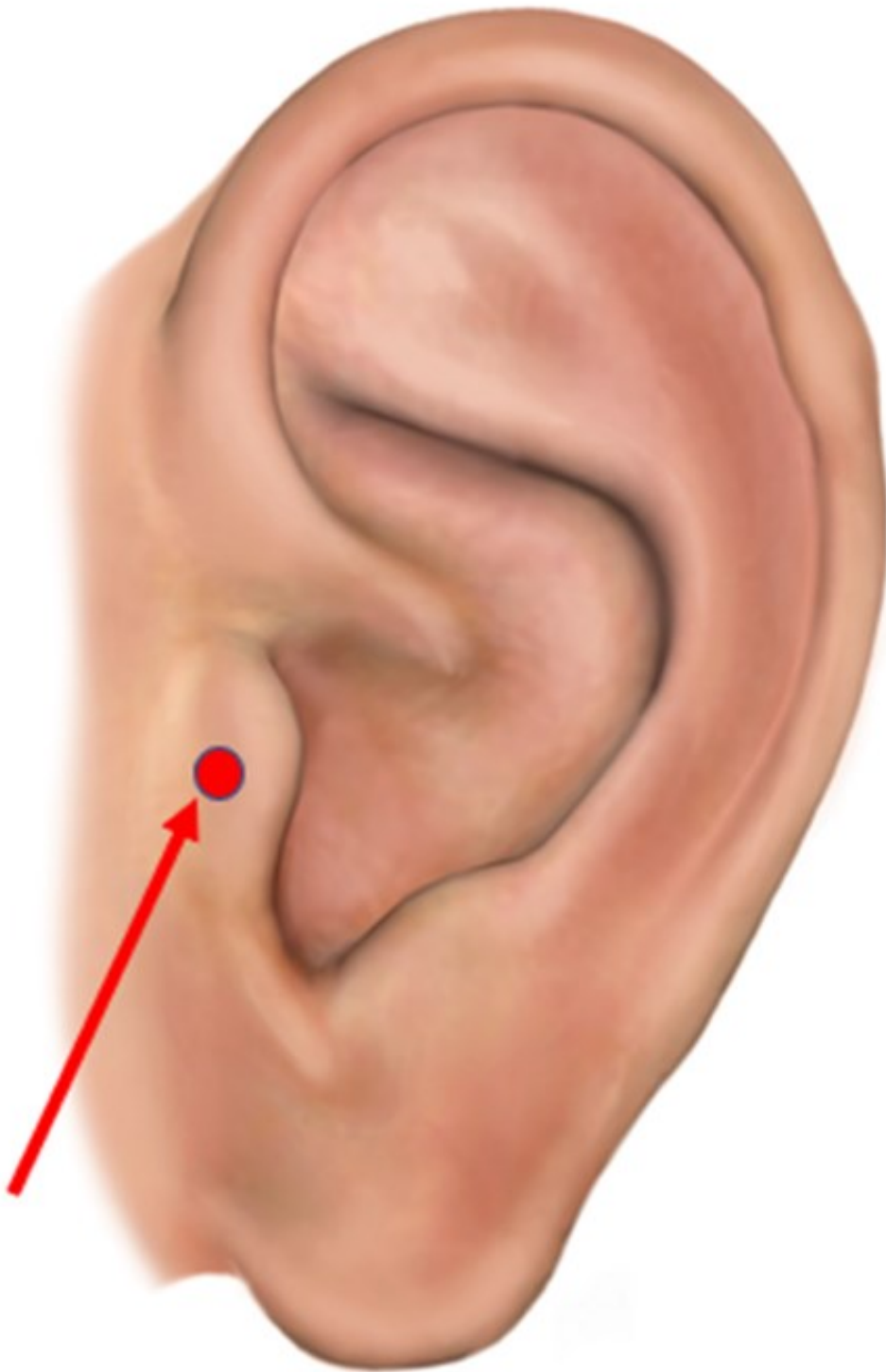
Heart 3: With your arm bent, midway between the elbow tip and the fold of the arm.



Governing Vessel 26: in the upper part of the groove that runs from the nose to the upper lip.



Appetite Control Point: with your jaw relaxed in the depression that is in front of the little flap that is in front of your ear canal.



Standard Process

21-Day Purification Program*

The 21-day Standard Process Purification Program is an excellent foundation for healthy weight management. Kits are available in a range of flavors and offer gluten-free, dairy-free, and vegetarian choices.



[Click to purchase weight loss supplements](#)

Or go to drbaritz.com, click Collections, and select Weight Loss. 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.

Weight Loss Supplements*

Listed in order of importance

Free & Easy Wanderer



3 dropperfuls 1 to 3 times/day*
(dropperful: amount that fills the tube when the bulb is squeezed & released)

Pituitrophin PMB

2 twice a day*

Cholacole

2 three times a day*

Pituitrophin PMG

2 twice a day*

Cataplex G

2 twice a day*

If you don't see improvement in 6 -12 weeks add:

SP Complete

1 shake a day*

Choline

2 twice a day*

Coleus Forte

1 twice a day*

Thyroid Complex

2 twice a day*

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Healthy

Weight Loss Lifestyle

Fill your life with positive goals, productive activities, and positive people.

Our reward system activates when we experience pleasure. It motivates us to seek pleasurable activities and forms associations between actions and rewards.

To activate your reward system, write one to three goals each morning, check how you did that evening, and take a moment to acknowledge and celebrate your successes.

Make sure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound (SMART goals).

Break down bigger goals into smaller ones.

Track progress. Achieve and enjoy!

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.