

# **Nutrition & Acupressure**

## **with Dr. Baritz**

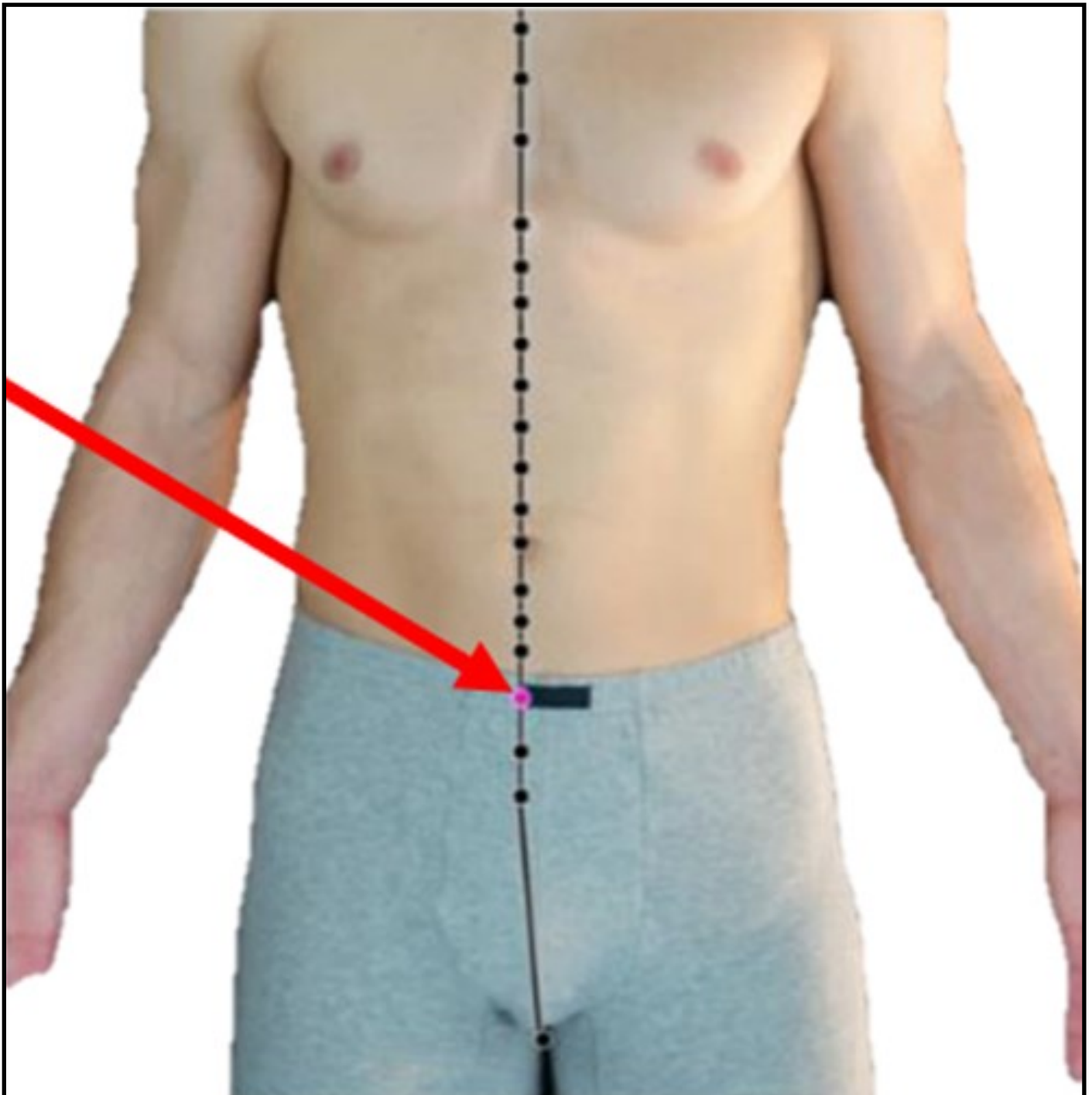
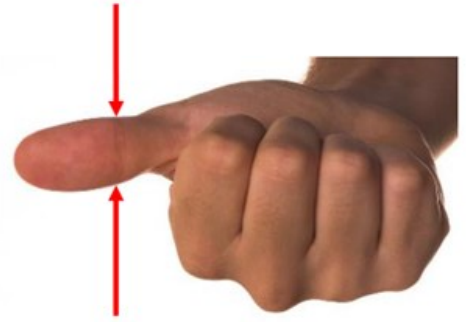
### **Quick Reference Guide**



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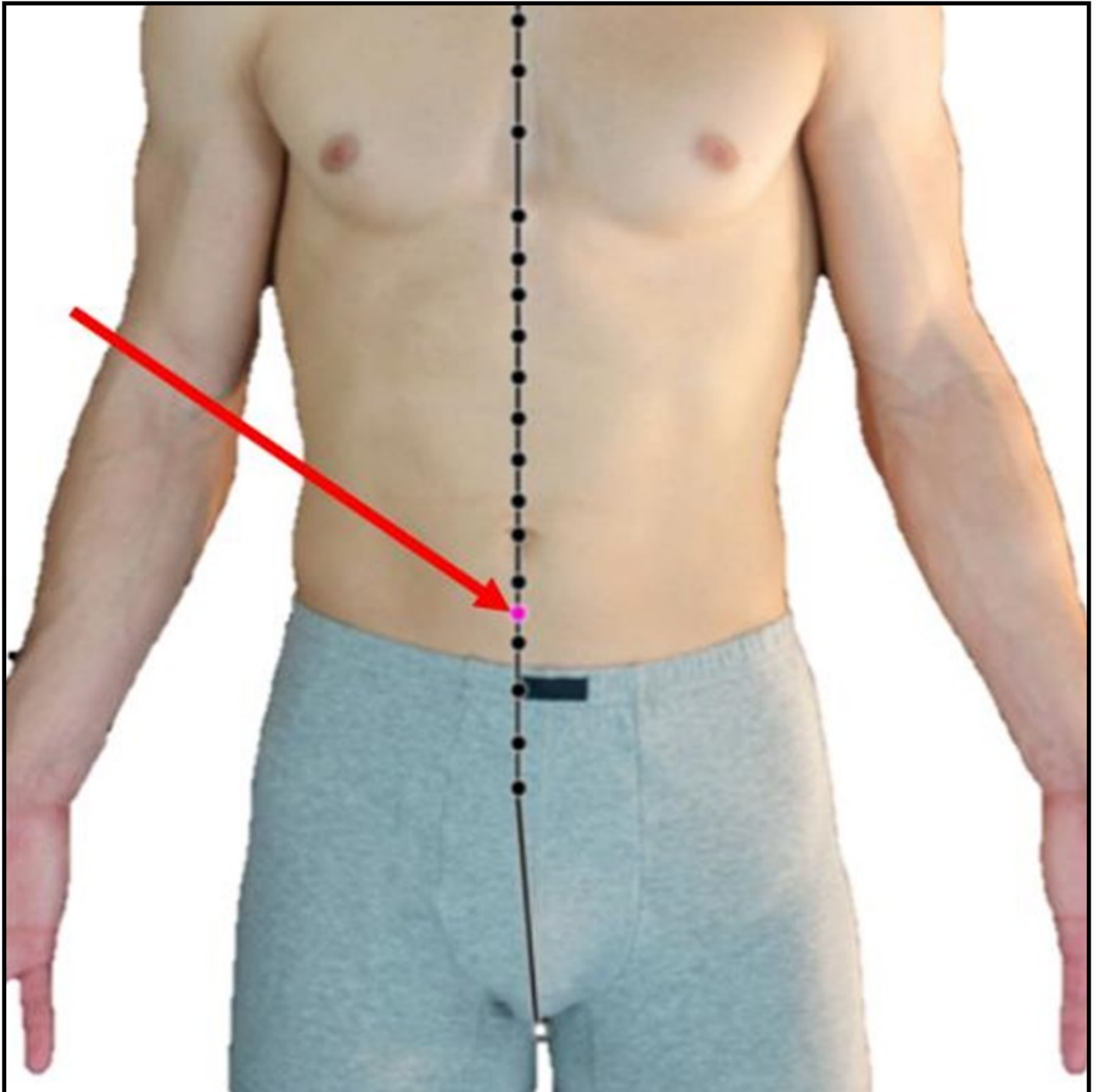
## Conception Vessel 4

3 thumb widths below the belly button.



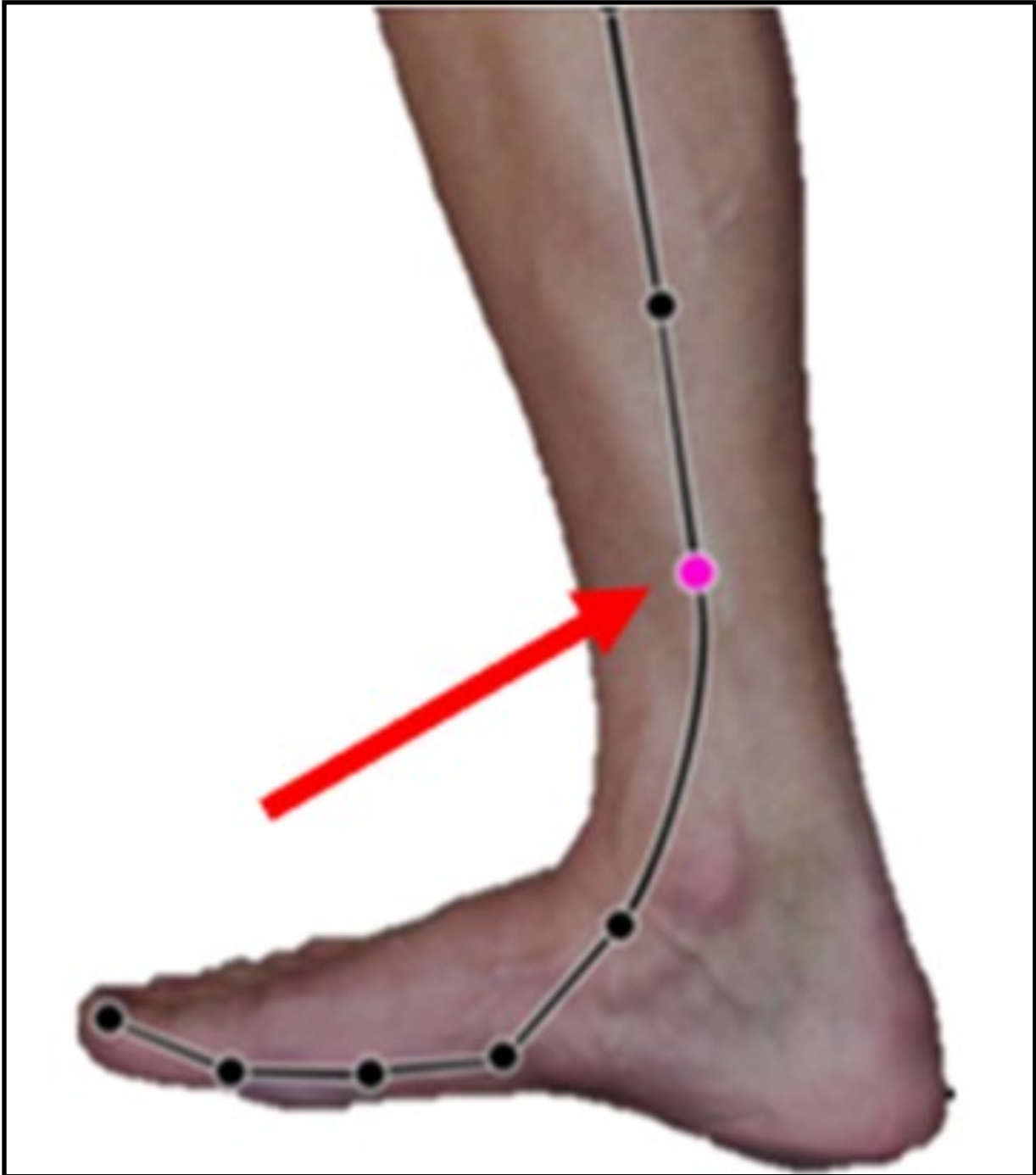
## Conception Vessel 6

One and one-half thumb widths below the belly button



## Spleen 6

On the inside of the leg. 3 thumb widths above the tip of the ankle bone.



# Fasting Supplements\*

## General Health Pack

1 pack twice a day

Each pack contains:

- 3 Catalyn
- 1 Trace Minerals B-12
- 2 Tuna Omega-3

[Click to purchase weight loss supplements](#)

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\*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 Recommended Reading

- 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.
- The more often you fast the less you will be bothered by hunger.
- After two or three days hunger usually disappears
- Stay motivated by listening to or reading informative and inspiring material about fasting.

### Recommended Reading

- The Miracle of Fasting, by Paul and Patricia Bragg
- The Obesity Code, by Jason Fung MD



# Medical Advice Disclaimer

## This Course Does Not Provide Medical Advice

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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.