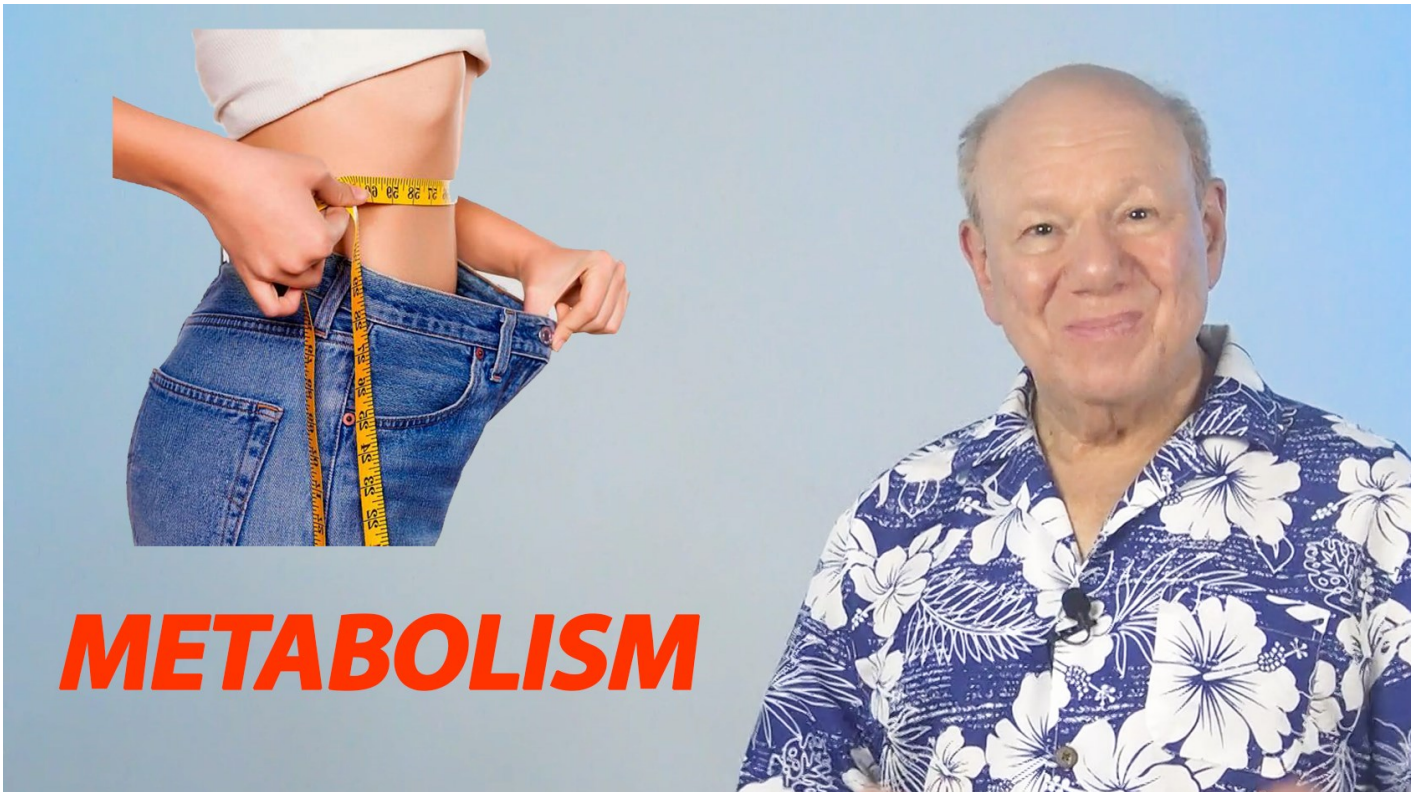
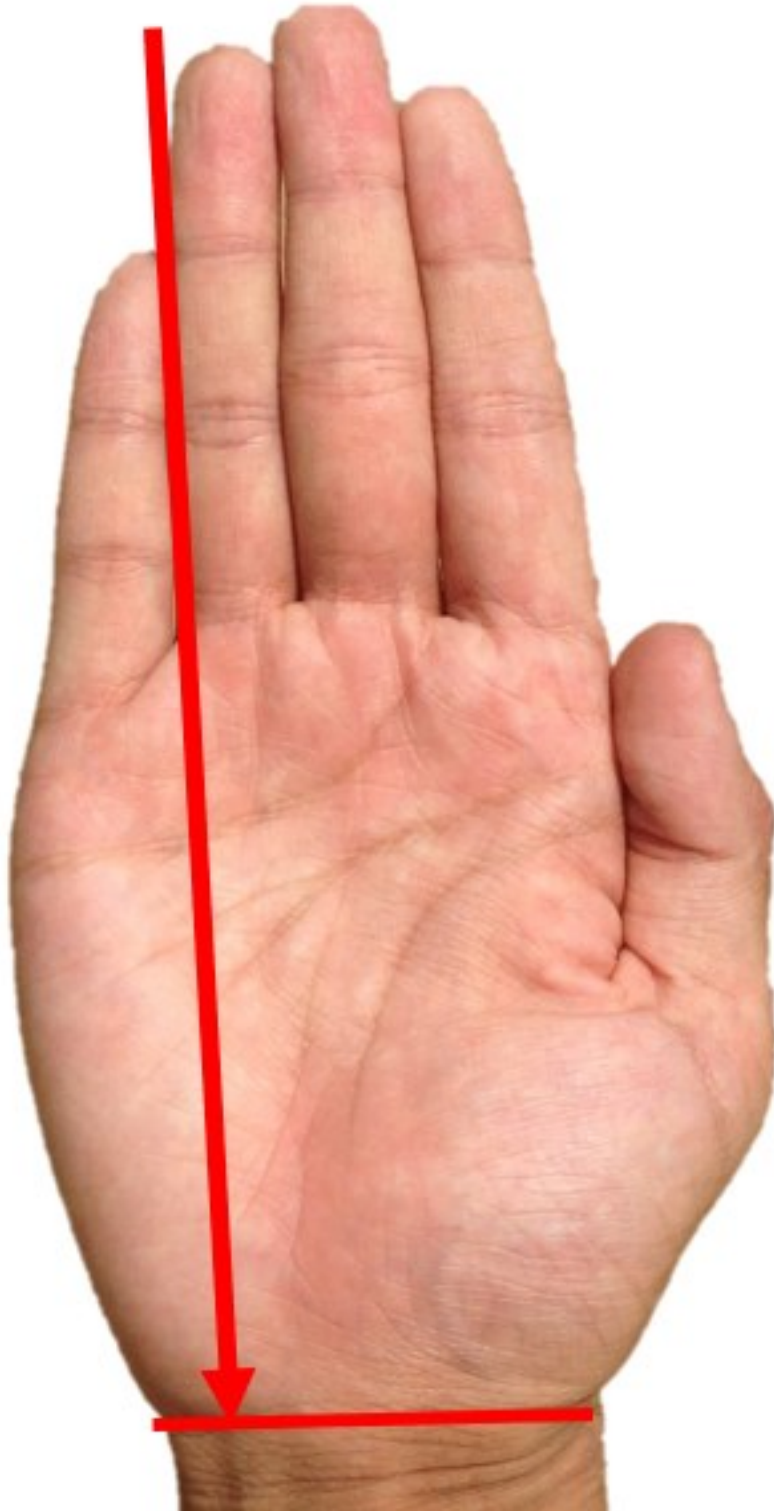


# **Nutrition & Acupressure with Dr. Baritz Quick Reference Guide**



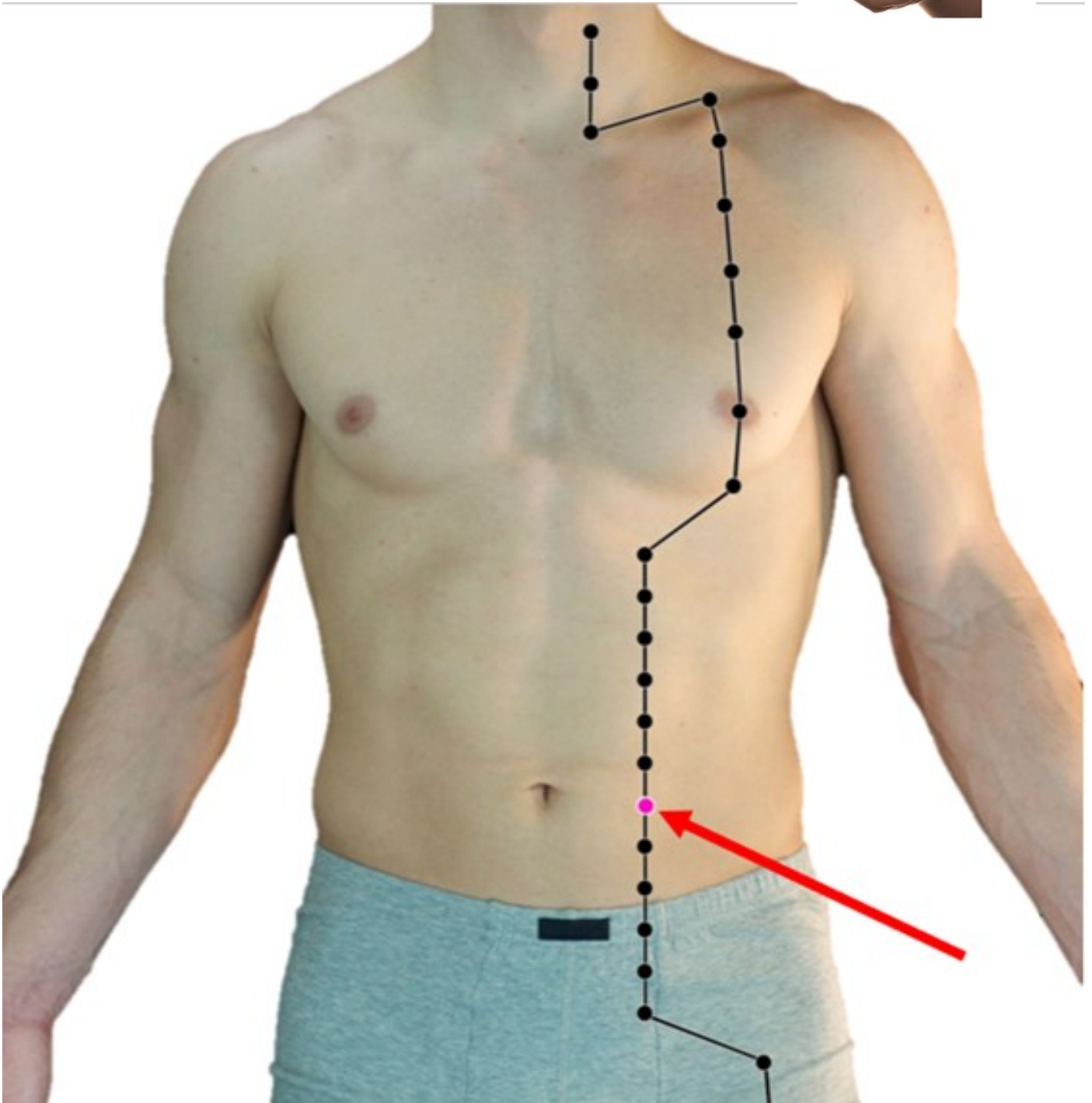
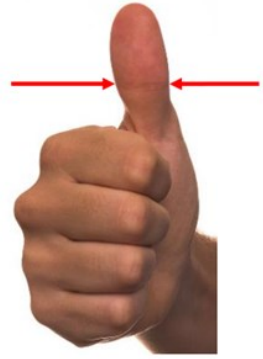
**[drbaritz.com](http://drbaritz.com)**

**Heart 7:** draw an imaginary line between your pinky and ring fingers to your wrist. Heart 7 is where this line meets your wrist.

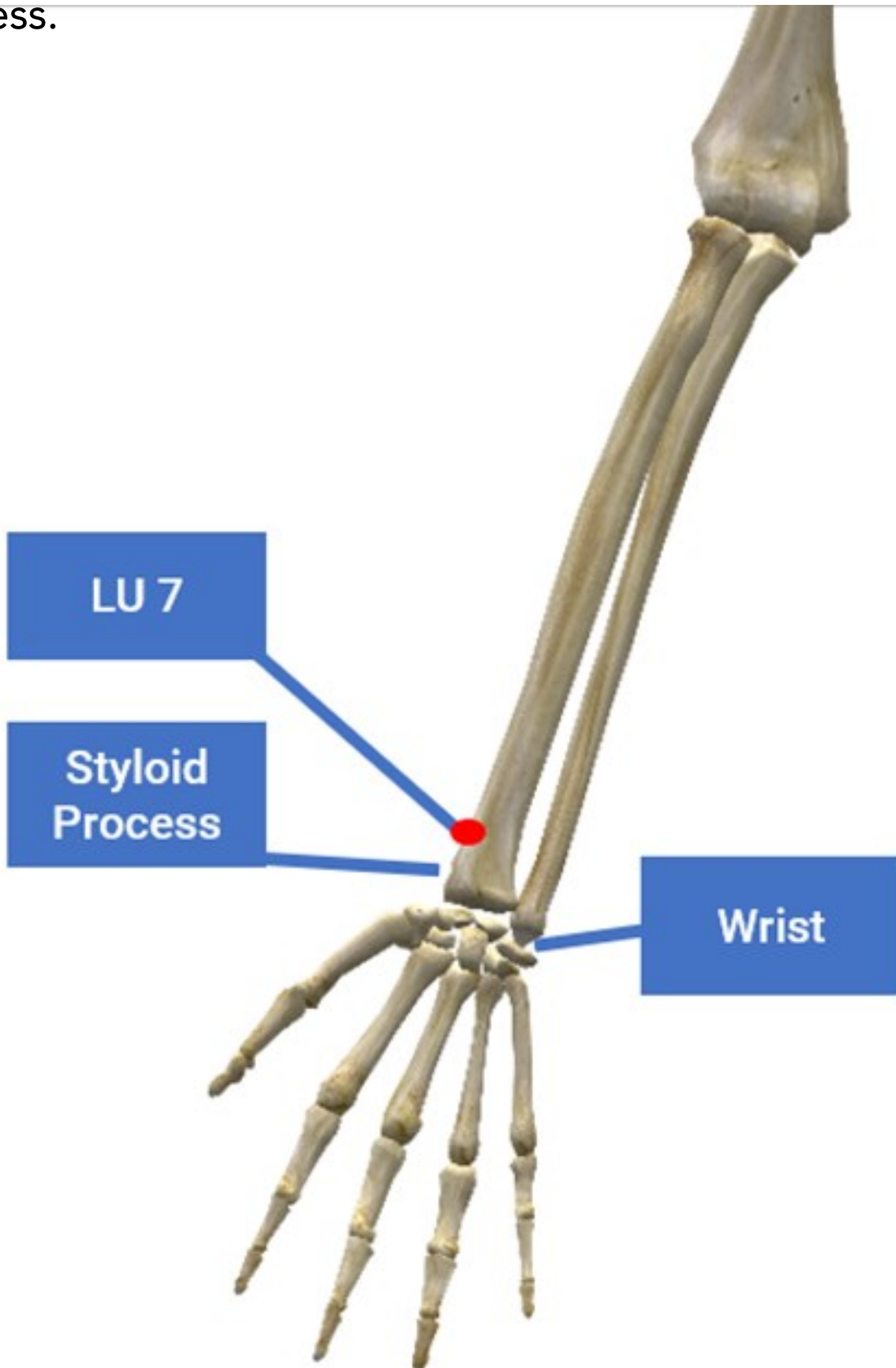


## Stomach 25

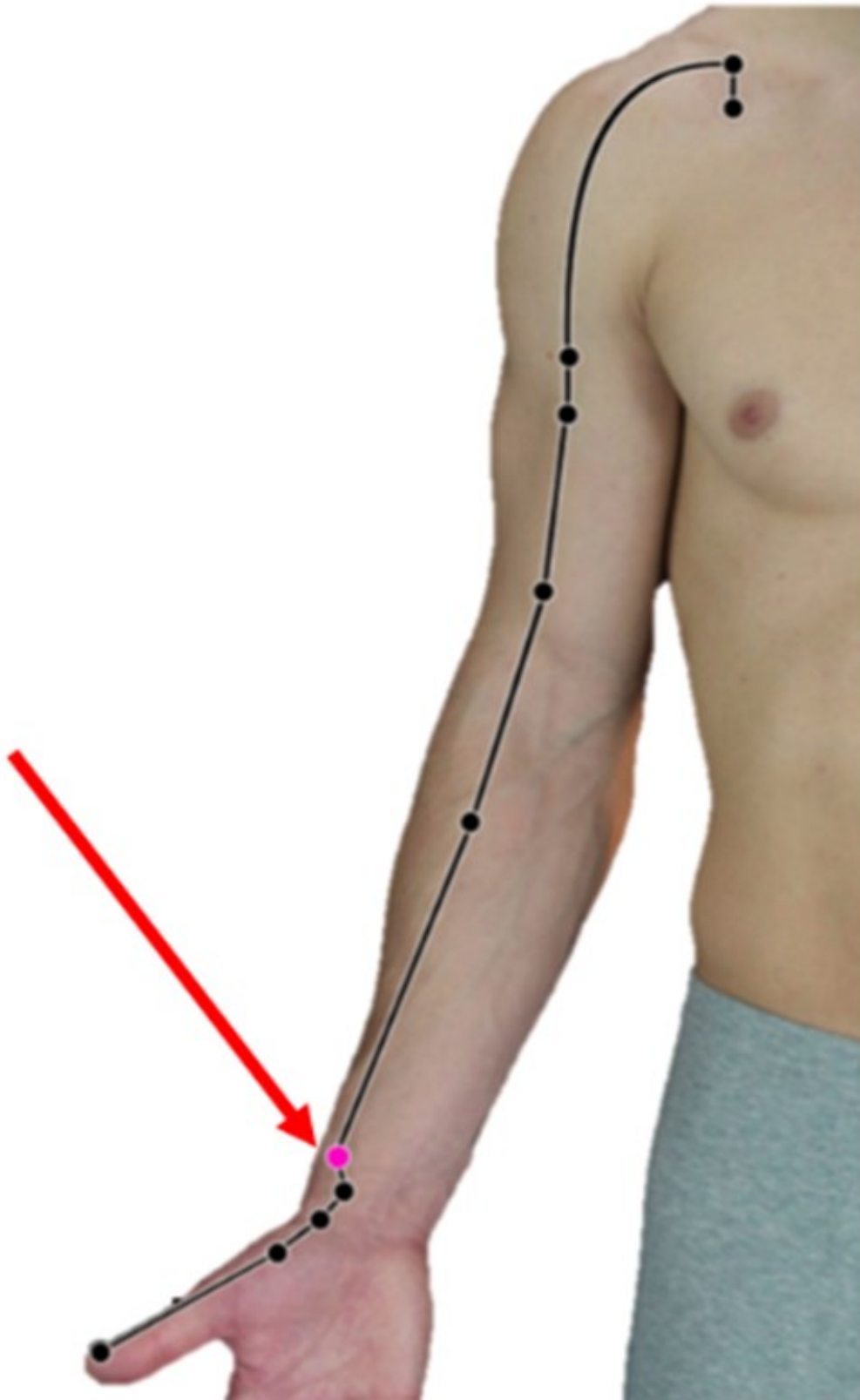
Twice the width of your thumb to the side of your belly button.



**Lung 7 (anatomical view):** 1 and 1/2 times the width of your thumb above your wrist. Just above the styloid process.



**Lung 7:** 1 and 1/2 times the width of your thumb above your wrist. Just above the styloid process.



# Metabolism Supplements\*

Listed in order of importance

Free & Easy Wanderer	3 dropperfuls 1 to 3 times a day* (dropperful: the 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*

[Click to purchase weight loss supplements](#)

Or go to [drbaritz.com](http://drbaritz.com), click [Collections](#), select [Weight Loss](#) and scroll to [Free & Easy Wanderer](#). When you purchase from [drbaritz.com](http://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.

# Boost

## Your Metabolism

- ◆ Stay Active
- ◆ Strength Training
- ◆ High-Intensity Interval Training (HIIT)
- ◆ Stay Hydrated
- ◆ Intermittent Fasting
- ◆ Drink Green Tea
- ◆ Eat Protein-Rich Foods
- ◆ Get Plenty of Sleep
- ◆ Manage Stress
- ◆ Avoid Alcohol Overconsumption
- ◆ Drink Coffee
- ◆ Limit Added Sugars and Refined Carbs
- ◆ Eat Healthy Fats
- ◆ Take Cold Showers
- ◆ Avoid Smoking

# 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.