

WEBVTT

6

00:00:39.996 --> 00:00:48.840

Dr. Ritamarie Loscalzo: There we go! There's Alright Nika and Violaine, and usually.

7

00:00:48.840 --> 00:00:52.549

Violaine Herlitz: Nichola. Hello, doctor! Ita Mari.

8

00:00:52.550 --> 00:00:57.540

Dr. Ritamarie Loscalzo: Guys and have you guys on the other side of the fence, so to speak.

9

00:01:01.600 --> 00:01:15.159

Dr. Ritamarie Loscalzo: yeah. And Nico, congratulations on getting your website up. It looks great. You did a fantastic job of positioning yourself, and really did a great job. Yeah, and getting out there and being seen, you know.

10

00:01:15.160 --> 00:01:15.720

Violaine Herlitz: Yeah.

11

00:01:15.720 --> 00:01:17.690

Dr. Ritamarie Loscalzo: You know. Really good, really good.

12

00:01:17.690 --> 00:01:19.110

Nika Khitrova M: Thank you. Thank you.

13

00:01:19.520 --> 00:01:24.460

Violaine Herlitz: I love the picture. I think I liked a little post on Facebook this morning.

14

00:01:24.460 --> 00:01:25.760

Nika Khitrova M: Oh, great!

15

00:01:25.760 --> 00:01:26.440

Dr. Ritamarie Loscalzo: See that!

16

00:01:26.440 --> 00:01:33.109

Violaine Herlitz: It it? It hit the spot to me, I'm like, Oh, this is, I like the language.

17

00:01:33.110 --> 00:01:34.339

Nika Khitrova M: Cool. Thank you.

18

00:01:34.340 --> 00:01:38.319

Violaine Herlitz: The photo. You looked really nice.

19

00:01:39.390 --> 00:01:49.160

Dr. Ritamarie Loscalzo: I saw you guys, Valerie, I just tried the link in the Google. Oh, let me give it to you. Huh! Oh, no, that was you. Okay? I thought it was Valerie.

20

00:01:49.160 --> 00:01:49.680

Dr Allie Grimston: Be allowed.

21

00:01:52.000 --> 00:01:53.989

Violaine Herlitz: Hello, Dr. Ali.

22

00:01:54.360 --> 00:01:55.010

Dr. Ritamarie Loscalzo: Okay.

23

00:01:55.010 --> 00:01:55.500

Dr Allie Grimston: Yeah.

24

00:01:55.500 --> 00:01:55.900

Dr. Ritamarie Loscalzo: Awesome.

25

00:01:55.900 --> 00:01:56.840

Nika Khitrova M: Bye.

26

00:01:56.840 --> 00:01:59.831

Dr. Ritamarie Loscalzo: Welcome to our new grads, to

27

00:02:00.500 --> 00:02:11.470

Dr. Ritamarie Loscalzo: to our alumni call Ali is a good consistent attendee at these calls. Annette's usually here. I don't know where Annette is. Did she say she wasn't going to be here?

28

00:02:11.850 --> 00:02:15.020

Dr. Ritamarie Loscalzo: Let me make sure the waiting room is closed. Yeah, it's open.

29

00:02:15.480 --> 00:02:44.829

Dr. Ritamarie Loscalzo: So these calls have evolved to be a lot of different things. We used to try to get people in for talks like just advanced topics, but that didn't seem to go over real well, people didn't show up live. They just figured they could watch. And then we started doing really just like masterminding calls. And that's what woke people up. And people like, Oh, yeah, I want to do more of that. I want to talk about what I'm doing in my business and how I can do better, or bring tough cases or things like that.

30

00:02:44.980 --> 00:03:13.880

Dr. Ritamarie Loscalzo: So moving on, that's kind of what we're going to do. I know that you both had cases you wanted to talk about which would be great, and then we can go from there. So just I would say, let's just do one celebration each. I always like to do celebrations at the beginning of our call, like one thing you've accomplished in the last, whatever a couple of weeks that you feel really good about. So I'm Gonna pick on. I'm going to like Allie go 1st because she's a veteran.

31

00:03:14.420 --> 00:03:33.050

Dr Allie Grimston: So before we start, I just want to say we did have some brilliant speakers within the alumni. We had a guy talking about peptide therapy. We had a guy talking about long Covid when it wasn't yet a thing, and we had someone talking about hormesis and things. So.

32

00:03:33.050 --> 00:03:33.859

Dr. Ritamarie Loscalzo: Oh, yeah. Yeah. Yeah.

33

00:03:33.860 --> 00:03:40.009

Dr Allie Grimston: Amazing talks, but it's not worth their while coming if nobody turns up. And it was just me and Annette all the time. So

34

00:03:40.010 --> 00:03:48.159

Dr Allie Grimston: right exactly fair to to do them like this. So my celebrations.

35

00:03:48.270 --> 00:03:57.610

Dr Allie Grimston: I'm going to South Africa next week to give 2 talks on the phototherapy batches and on AI for building your business, so I'm excited.

36

00:03:57.610 --> 00:03:58.470

Dr. Ritamarie Loscalzo: Nice.

37

00:03:59.160 --> 00:04:00.190

Dr Allie Grimston: Congratulations.

38

00:04:00.190 --> 00:04:13.870

Dr Allie Grimston: Thursday. So 3 days in a row of my long Covid and chronic Lyme disease clinic.

39

00:04:14.120 --> 00:04:28.739

Dr Allie Grimston: And we're we're going to the eyelads meeting in America in October. They're taking me over a day early, so I can do the ilads qualification so I can be considered a Lyme literate doctor.

40

00:04:29.355 --> 00:04:29.860

Dr Allie Grimston: So

41

00:04:30.270 --> 00:04:38.470

Dr Allie Grimston: in women's hormones and burnout, which have always been my thing, I'm now a lyme Literate doctor, and doing long covid.

42

00:04:40.170 --> 00:04:46.490

Dr. Ritamarie Loscalzo: Great which affects women as well. So I mean it ties in really really well, so congratulations on that

43

00:04:46.930 --> 00:04:47.900

Dr. Ritamarie Loscalzo: Nika.

44

00:04:49.632 --> 00:04:56.807

Nika Khitrova M: It would be finally, building my website. And I got my 1st email newsletter subscriber.

45

00:04:57.750 --> 00:05:05.549

Dr. Ritamarie Loscalzo: Yay congratulations. And her website, if you haven't checked out her website, it looks really great. So good Job and Violain.

46

00:05:06.110 --> 00:05:15.570

Violaine Herlitz: So for me it will be that I am walking on a very 1st potential client, on in holding someone.

47

00:05:15.690 --> 00:05:20.803

Violaine Herlitz: So that's why I'm here. I I need you guys insights.

48

00:05:21.480 --> 00:05:23.359

Dr. Ritamarie Loscalzo: Okay, awesome. That sounds great.

49

00:05:23.360 --> 00:05:26.660

Violaine Herlitz: Excited about it because I just graduated. And then.

50

00:05:26.660 --> 00:05:33.189

Dr. Ritamarie Loscalzo: Sounds great awesome. So you put in. Let's see, this was Nika put in a Dutch test, and.

51

00:05:33.190 --> 00:05:38.740

Violaine Herlitz: I spent a case study. It might be too long. I can. I've worked on

52

00:05:39.120 --> 00:05:40.680

Violaine Herlitz: what I kind of need.

53

00:05:42.120 --> 00:05:48.140

Violaine Herlitz: I don't want to take too much time for it, so I can. I pulled out.

54

00:05:48.140 --> 00:05:50.929

Dr. Ritamarie Loscalzo: Did you email? It remind me where? Because I'm not.

55

00:05:50.930 --> 00:05:54.329

Violaine Herlitz: I I've uploaded on the Nept.

56

00:05:54.330 --> 00:05:57.930

Dr. Ritamarie Loscalzo: On the yes, I that's where I saw it. I knew I saw it somewhere. Okay, let me grab.

57

00:05:57.930 --> 00:05:58.659

Violaine Herlitz: So

58

00:05:59.640 --> 00:05:59.890

Dr. Ritamarie Loscalzo: Yep.

59

00:05:59.890 --> 00:06:02.679

Violaine Herlitz: Take too long to go in. I I did, and.

60

00:06:02.680 --> 00:06:05.120

Dr. Ritamarie Loscalzo: We can do, we can shortcut it, and what what I.

61

00:06:05.120 --> 00:06:05.800

Violaine Herlitz: Yeah, yeah.

62

00:06:05.800 --> 00:06:11.599

Dr. Ritamarie Loscalzo: To help everybody. You know, I like to support people in getting knowing what to do. Not, I mean.

63

00:06:11.600 --> 00:06:12.720

Dr. Ritamarie Loscalzo: yeah, obviously, obviously.

64

00:06:12.720 --> 00:06:17.169

Violaine Herlitz: I know what I want right now from I know what I believe I have.

65

00:06:17.550 --> 00:06:20.650

Dr. Ritamarie Loscalzo: And what you need, what is what I need shouldn't.

66

00:06:20.650 --> 00:06:30.150

Violaine Herlitz: So I can go straight to it. And then, if you want, you can refer to what I put in, because there's a lot. I sent her a getting to know you questionnaire.

67

00:06:30.500 --> 00:06:30.930

Dr. Ritamarie Loscalzo: Like.

68

00:06:30.930 --> 00:06:37.999

Violaine Herlitz: And she sent me also some labs, so I uploaded all the answers from the questionnaire.

69

00:06:38.480 --> 00:06:55.410

Violaine Herlitz: I also uploaded the tracker, so it's pretty straightforward with the metabolic reset, need thyroid imbalances, high cholesterol, high triglyceride, blood sugar. So I know.

70

00:06:55.410 --> 00:07:05.999

Dr. Ritamarie Loscalzo: One second while I try to find this because I'm getting I saw it come in yesterday, and then I don't see it anymore, which means my assistant thought she was helping and

71

00:07:06.570 --> 00:07:09.470

Dr. Ritamarie Loscalzo: and put it somewhere.

72

00:07:10.040 --> 00:07:19.350

Dr. Ritamarie Loscalzo: So there's a folder that I keep with those in it. Let me just ask her real quick.

73

00:07:20.870 --> 00:07:21.710

Dr. Ritamarie Loscalzo: Chen.

74

00:07:23.730 --> 00:07:33.439

Nika Khitrova M: Ali. I know you mentioned last time that you're doing the AI for practitioners. Is it like a training or a guide?

75

00:07:33.440 --> 00:07:35.230

Dr Allie Grimston: Yes, when?

76

00:07:35.230 --> 00:07:36.849

Nika Khitrova M: Learn more about that.

77

00:07:36.850 --> 00:07:55.929

Dr Allie Grimston: Yes. Well, I've got lots of people waiting for me to put a workshop on, and I gotta put one on for Rich Marie's folks, because the stuff that I did for our little mastermind group in Costa Rica was brilliant. And you know I produced a whole business plan for each person, including an email string. So.

78

00:07:55.930 --> 00:07:58.670

Dr. Ritamarie Loscalzo: Yeah, amazing, we have.

79

00:07:58.670 --> 00:08:00.290

Dr Allie Grimston: Hands. Don't we read Marie?

80

00:08:00.290 --> 00:08:03.079

Dr. Ritamarie Loscalzo: Yes, we do. We just have to. We just have to get it together when you get back.

81

00:08:03.080 --> 00:08:04.917

Dr Allie Grimston: Yeah, I'm just getting so many plates.

82

00:08:06.780 --> 00:08:11.230

Dr. Ritamarie Loscalzo: Plates, you know, juggling the plates. Really.

83

00:08:17.710 --> 00:08:20.900

Violaine Herlitz: I had it open. If you want me to share

84

00:08:21.220 --> 00:08:24.254

Dr. Ritamarie Loscalzo: If you want to share your screen, that would be helpful.

85

00:08:25.480 --> 00:08:27.909

Violaine Herlitz: Let me see if I can do that.

86

00:08:36.350 --> 00:08:39.140

Dr Allie Grimston: I've just got to dash away a moment. I'll be right back. No, actually, I'll stay.

87

00:08:39.140 --> 00:08:39.669

Dr. Ritamarie Loscalzo: Yes.

88

00:08:39.860 --> 00:08:42.369

Dr Allie Grimston: Because this is a Dutch test, isn't it? Via Lane?

89

00:08:43.690 --> 00:08:45.689

Violaine Herlitz: No, that's the case. Study

90

00:08:46.090 --> 00:08:47.780

Dr. Ritamarie Loscalzo: Okay, no, it it's it's niche.

91

00:08:47.780 --> 00:08:51.620

Violaine Herlitz: You will probably need a Dutch. That's that's in my opinion.

92

00:08:51.620 --> 00:08:54.599

Dr. Ritamarie Loscalzo: Okay, let's let's go through this. And let's just kind of.

93

00:08:54.600 --> 00:08:55.080

Violaine Herlitz: And.

94

00:08:55.080 --> 00:09:05.880

Dr. Ritamarie Loscalzo: Yeah, let's go through it. Okay? So she's a female age 68, 5 foot, 358. So she's got some extra weight on her married 2 kids, grown kids, I assume.

95

00:09:06.320 --> 00:09:07.150

Violaine Herlitz: Hi!

96

00:09:07.150 --> 00:09:09.989

Violaine Herlitz: I don't know everything. I haven't talked to her.

97

00:09:10.230 --> 00:09:12.429

Dr. Ritamarie Loscalzo: Okay? Oh, you haven't talked to her yet. Okay.

98

00:09:13.250 --> 00:09:23.210

Dr. Ritamarie Loscalzo: from this is, you need a string of questions that you're gonna want to answer with her, and a plan for how you're gonna proceed with that 1st session.

99

00:09:24.660 --> 00:09:28.500

Violaine Herlitz: Yes, I have some question I know I need to ask her.

100

00:09:30.330 --> 00:09:41.870

Violaine Herlitz: yeah, I have some really urgent concern about this case study, and I have to leave, you know, in half an hour, and I don't want to take a half an hour. Of course.

101

00:09:41.870 --> 00:09:43.990

Dr. Ritamarie Loscalzo: So tell me what your concerns are.

102

00:09:44.560 --> 00:09:58.580

Violaine Herlitz: Okay. So what I found is so she had an hysterectomy. So that's something that I'm not familiar with. She didn't want to do hormone replacement therapy. She went into herbal things.

103

00:09:58.580 --> 00:10:01.019

Dr. Ritamarie Loscalzo: How old was she when she had the hysterectomy.

104

00:10:01.020 --> 00:10:03.860

Dr. Ritamarie Loscalzo: it seems, in her early forties and time.

105

00:10:03.860 --> 00:10:09.399

Violaine Herlitz: It makes sense with the date, but I'll ask her clarification. But early forties.

106

00:10:09.400 --> 00:10:12.400

Dr. Ritamarie Loscalzo: She hasn't been on a hormone replacement since then.

107

00:10:12.400 --> 00:10:29.950

Violaine Herlitz: She didn't want to do that. Apparently she did it. After a saliva test, which I assume some sort of a Dutch things. They found hormone imbalances, and they gave her hormonal injection, and she said that she crashed her thyroid, and she just

108

00:10:30.070 --> 00:10:40.770

Violaine Herlitz: stopped everything so ever since she's not doing hormone therapy. I don't know why she's saying that it crashed her thyroid. Those are the.

109

00:10:40.770 --> 00:10:41.949

Dr. Ritamarie Loscalzo: That's a question.

110

00:10:41.950 --> 00:10:48.839

Violaine Herlitz: Oh, yeah, yeah, I'm gonna clarify that weather. So that so just a little bit of a background.

111

00:10:49.490 --> 00:10:50.040

Violaine Herlitz: So.

112

00:10:50.040 --> 00:10:53.450

Dr. Ritamarie Loscalzo: She had fibroids. It looks like the reason it's just.

113

00:10:53.450 --> 00:10:57.799

Violaine Herlitz: I bought numbers are really weird.

114

00:10:57.800 --> 00:11:16.569

Dr. Ritamarie Loscalzo: I just want to. I'm going to intersperse my my years of clinical experience right? And how? How, when they tell you something, it leads to something. So if she had fibroids, the 1st thing you want to think about is, why did she have fibroids? Most likely she had estrogen, dominance and low progesterone at the time.

115

00:11:17.050 --> 00:11:22.050

Dr. Ritamarie Loscalzo: Okay, that's very typical. So you want to ask about that. Okay, keep going.

116

00:11:23.455 --> 00:11:24.210

Violaine Herlitz: Okay.

117

00:11:24.350 --> 00:11:34.160

Violaine Herlitz: So I looked at the numbers because she's complaining about the thyroid, and they're really weird numbers. She has very high.

118

00:11:34.160 --> 00:11:36.769

Dr. Ritamarie Loscalzo: Is it on here so I can look at it.

119

00:11:37.040 --> 00:11:38.679

Violaine Herlitz: Sorry. Yes.

120

00:11:38.680 --> 00:11:39.320

Dr. Ritamarie Loscalzo: Gross.

121

00:11:39.320 --> 00:11:42.160

Violaine Herlitz: He has high. T. 3.

122

00:11:42.820 --> 00:11:45.430

Violaine Herlitz: Oh, no, those are in the tracker.

123

00:11:45.730 --> 00:11:47.360

Dr. Ritamarie Loscalzo: Okay, give me a second.

124

00:11:47.360 --> 00:12:06.910

Violaine Herlitz: Yeah, it's very it. 3. And she has a little bit low. T, 4. Tsh, is very normal, and she has been diagnosed of Hypotitis. It's it's it's in her. And I didn't put that as her name all over the place. Yeah.

125

00:12:06.920 --> 00:12:22.169

Violaine Herlitz: the doctor said. I put you this. If you see what she needs. They wanted to put her on statin. She doesn't want to do that. She wants to use food, supplement nutrition to help herself, so she's in the right place in that.

126

00:12:22.170 --> 00:12:23.839

Dr. Ritamarie Loscalzo: She's in the right place, right?

127

00:12:23.840 --> 00:12:25.539

Dr. Ritamarie Loscalzo: Yes, so she's in the right place.

128

00:12:25.540 --> 00:12:40.649

Violaine Herlitz: Yeah. So the thyroids are really weird. But the biggest concern, if we can only do one thing with my time right now is the supplement. Am I going to end all their supplements because I started to dig into it? Let me see.

129

00:12:40.990 --> 00:12:56.809

Violaine Herlitz: And I'm finding for a person who doesn't want to take hormone supplements. She's got at least 3 supplements that have bovine extract and stuff, and I have no idea where

130

00:12:57.090 --> 00:13:09.179

Violaine Herlitz: i 1 question is like who prescribed your supplements. So here we go, cataplex! Who prescribed your supplements. Did she put herself on it, or is it the chiropractor or the

131

00:13:09.570 --> 00:13:15.920

Dr. Ritamarie Loscalzo: Likely it was. It was her doctor that does standard process supplements, because those are standard process.

132

00:13:15.920 --> 00:13:21.340

Violaine Herlitz: Cataplex ultra d. She has very low. D, she's not taking it now. She's taking.

133

00:13:21.340 --> 00:13:23.029

Dr. Ritamarie Loscalzo: So what I would do with this

134

00:13:23.400 --> 00:13:27.810

Dr. Ritamarie Loscalzo: is in the master tracker. We have a supplement sheet.

135

00:13:27.960 --> 00:13:50.860

Dr. Ritamarie Loscalzo: I would take all this, and this is going to help it clarify in your mind as you go through it. You put in her all of her supplements there and then, as you go through the appointment with her. You have. You show her that you have it all written down, and then you want to fill in the column. Why are you taking this? Why, you're taking that? Who prescribed it? What are your responses to it? And then you have it all on one sheet.

136

00:13:51.070 --> 00:13:52.680

Dr. Ritamarie Loscalzo: Yes, okay.

137

00:13:52.680 --> 00:14:08.360

Violaine Herlitz: That's the plan. And she answered the best she could. But there is some. I have to ask more questions. But what how would you handle. So 1st I need to know if it's from the doctor, or if she put herself on you saying it's the doctor, but I can't guess.

138

00:14:08.360 --> 00:14:09.150

Dr. Ritamarie Loscalzo: I would guess

139

00:14:09.510 --> 00:14:23.840

Dr. Ritamarie Loscalzo: some of these are, and some of them not so. Yes, and in the column in that spreadsheet there's a column for why are you taking it? The reason? And I'd say, doctor recommended. Doctor recommended. Oh, I read about it on a summit, or whatever. Okay.

140

00:14:23.840 --> 00:14:32.130

Violaine Herlitz: Yeah, no, no, doctor has recommended that. She is down on the thyroid supplement.

141

00:14:32.570 --> 00:14:35.319

Violaine Herlitz: but I can't find out which one it is.

142

00:14:35.440 --> 00:14:38.290

Violaine Herlitz: And when she filled in the paper.

143

00:14:38.410 --> 00:14:50.049

Violaine Herlitz: She's saying that she's taking organically bond minerals because it has iodine for her thyroid. So the question is, she's taking

144

00:14:50.190 --> 00:14:54.800

Violaine Herlitz: probably 250 micro centigram.

145

00:14:54.960 --> 00:14:55.680

Dr. Ritamarie Loscalzo: Okay.

146

00:14:55.680 --> 00:14:57.199

Violaine Herlitz: Is that a is that?

147

00:14:57.200 --> 00:14:58.079

Violaine Herlitz: Oh, my God!

148

00:14:58.440 --> 00:15:00.130

Dr. Ritamarie Loscalzo: It's a safe level.

149

00:15:00.240 --> 00:15:13.019

Dr. Ritamarie Loscalzo: It's not gonna get her into trouble. If she has an over overdoing it, she might need more. But it's a safe level. If she if you said she was taking 50 milligrams of iodine, I'd be.

150

00:15:13.020 --> 00:15:17.390

Violaine Herlitz: But it's a little bit above the Rda, though.

151

00:15:17.640 --> 00:15:19.470

Dr. Ritamarie Loscalzo: Oh, it's above. Yeah, it's not a big deal.

152

00:15:19.800 --> 00:15:23.690

Violaine Herlitz: Well, our T. 3 is very, very high.

153

00:15:23.690 --> 00:15:25.189

Dr. Ritamarie Loscalzo: So your reasoning for that.

154

00:15:25.190 --> 00:15:26.650

Violaine Herlitz: It doesn't take any.

155

00:15:26.920 --> 00:15:29.920

Dr. Ritamarie Loscalzo: Right. So she's. Is she taking t 4.

156

00:15:30.370 --> 00:15:31.869

Violaine Herlitz: No, she doesn't take it.

157

00:15:31.870 --> 00:15:33.609

Dr. Ritamarie Loscalzo: Taking anything. Okay, so.

158

00:15:33.610 --> 00:15:34.180

Violaine Herlitz: See.

159

00:15:34.180 --> 00:15:39.660

Dr. Ritamarie Loscalzo: You want to look at. What are the reasons for that? If you go back to the thyroid module.

160

00:15:39.660 --> 00:15:40.320

Violaine Herlitz: Okay.

161

00:15:40.320 --> 00:16:10.120

Dr. Ritamarie Loscalzo: And if you go, even, just go into the empowered self, care thyroid module. There the 5th module there has a and the 5th step in that has a booklet I have printed out, and keep it with you all at all times, because it's a good summary of all the different thyroid stuff, and what you can do about it. So if she has a high T 3 and a low T. 4, that's what you have to look at is her free T. 3. Like over 3.5 over 4

162

00:16:10.880 --> 00:16:13.419

Dr. Ritamarie Loscalzo: is her her free T. 4.

163

00:16:13.420 --> 00:16:14.729

Violaine Herlitz: The 6, it should.

164

00:16:14.730 --> 00:16:19.780

Dr. Ritamarie Loscalzo: Oh, God, okay. So that's something that's probably from that thyroid supplement.

165

00:16:20.807 --> 00:16:24.380

Violaine Herlitz: What is the thyroid supplement? Do you recognize any?

166

00:16:24.380 --> 00:16:29.019

Violaine Herlitz: No, no, no! If you said she's on a desiccated thyroid. No, gland.

167

00:16:29.020 --> 00:16:45.309

Violaine Herlitz: not she's not. I don't see. Basically, that's why I'm concerned for this person, because her supplements are really weird. They don't make sense. So when you look at it like that. How do you handle such a case?

168

00:16:45.410 --> 00:16:46.410

Violaine Herlitz: Like, yeah, she.

169

00:16:46.410 --> 00:16:49.910

Dr. Ritamarie Loscalzo: So how you handle 1st of all, you haven't even met with her yet.

170

00:16:50.080 --> 00:16:50.830

Violaine Herlitz: No.

171

00:16:50.830 --> 00:16:59.720

Dr. Ritamarie Loscalzo: You calm down and you get very systematic and organized, and you take all the information you have about her so far, and you map it out.

172

00:16:59.860 --> 00:17:06.239

Dr. Ritamarie Loscalzo: Okay? And you look at her labs. If you have labs, you put them in the master tracker, which I think you said you did.

173

00:17:06.240 --> 00:17:07.920

Violaine Herlitz: I did all that. Yeah.

174

00:17:07.920 --> 00:17:13.470

Dr. Ritamarie Loscalzo: And then you look at what's abnormal, and then you go. Okay, wait. Her. T, 3 is 6.

175

00:17:13.859 --> 00:17:16.460

Dr. Ritamarie Loscalzo: You want to find out. Is she, taking any

176

00:17:16.589 --> 00:17:19.820

Dr. Ritamarie Loscalzo: supplements that have glandulars in it?

177

00:17:19.829 --> 00:17:28.979

Violaine Herlitz: Well, the glandular would be that they're not thyroid. That's why I believe supplement needs a cleanup.

178

00:17:29.410 --> 00:17:33.260

Dr. Ritamarie Loscalzo: I would look at all those supplements. What I would do this is how I would handle it.

179

00:17:33.260 --> 00:17:35.550

Violaine Herlitz: Cancel everything. Yeah. And that's.

180

00:17:35.550 --> 00:17:40.139

Dr. Ritamarie Loscalzo: Put them all in there, and then put a link to the supplement there, so you can look at it.

181

00:17:40.140 --> 00:17:44.469

Violaine Herlitz: Yes, and you can look at the ingredients in all of these right? If it's

182

00:17:44.470 --> 00:17:53.520

Violaine Herlitz: yeah. I did all that, and it doesn't make sense to me and do. We don't have time for you to look at it. But I'm just telling you right now. I looked at it and doesn't make sense to me.

183

00:17:53.520 --> 00:17:55.150

Dr. Ritamarie Loscalzo: Here's the thing. Here's the thing.

184

00:17:55.150 --> 00:17:55.860

Violaine Herlitz: I will!

185

00:17:56.360 --> 00:18:23.030

Dr. Ritamarie Loscalzo: You don't go to the 1st appointment with somebody, with all the answers you go with a lot of questions and you go with. Here's the things that make sense to me, and that we need to fix. Here are the things that we need to do some more research in and find out why this is happening, and when I work with you on an ongoing basis, this is my, this is my job. This is this the work I'm going to do. And we're going to make sense of this. We're going to figure out why, I mean looking at her food.

186

00:18:23.030 --> 00:18:24.970

Violaine Herlitz: That's what I that's what I needed.

187

00:18:25.350 --> 00:18:29.590

Dr. Ritamarie Loscalzo: Avoids gluten, she eats some chips, she eats some crackers. You want to look at

188

00:18:29.590 --> 00:18:31.480

Dr. Ritamarie Loscalzo: Cleanup to do with the food

189

00:18:31.480 --> 00:18:36.283

Dr. Ritamarie Loscalzo: her numbers on her labs. You want to look at her.

190

00:18:36.900 --> 00:18:42.009

Dr. Ritamarie Loscalzo: Blood, sugar numbers! What's her blood sugar? What's her 8.

191

00:18:43.400 --> 00:18:46.180

Violaine Herlitz: For sure.

192

00:18:46.180 --> 00:18:47.259

Dr. Ritamarie Loscalzo: So then here's the thing.

193

00:18:47.260 --> 00:18:48.819

Violaine Herlitz: That I figured out.

194

00:18:48.820 --> 00:18:58.379

Dr. Ritamarie Loscalzo: Sometimes we don't have an exact answer, for this is why this is happening. But you see all kinds of things that she can correct

195

00:18:58.530 --> 00:19:00.380

Dr. Ritamarie Loscalzo: to restore balance.

196

00:19:00.380 --> 00:19:01.150

Violaine Herlitz: See that!

197

00:19:01.150 --> 00:19:11.450

Dr. Ritamarie Loscalzo: Right. And that's where you start. You always start with the basics you always start with. What's the diet like? How's the glycemic control? What's the exposure to

198

00:19:11.790 --> 00:19:13.500

Dr. Ritamarie Loscalzo: junk in the diet

199

00:19:14.170 --> 00:19:28.209

Dr. Ritamarie Loscalzo: in the diet? So you're going through a systematic approach. And that's why we sell packages of services so that we can continue to break it down and break it down and break it down and get to conclusions.

200

00:19:28.490 --> 00:19:32.249

Dr. Ritamarie Loscalzo: So you're you're in the right place. You're not. You're not like

201

00:19:32.380 --> 00:19:48.820

Dr. Ritamarie Loscalzo: in a you know what to do. Just do it. You're not going to go in there. The the thing I'm going to correct you on is you don't go into that 1st appointment with somebody expecting that you're going to have answers to them. For why, all these things are happening. Here's what you have to do, and then you do it. That's not how it works.

202

00:19:48.820 --> 00:19:51.719

Violaine Herlitz: I can't give her everything the 1st time I mean.

203

00:19:51.720 --> 00:19:56.130

Dr. Ritamarie Loscalzo: And you don't want to. Even if you could, you'd overwhelm her. You said.

204

00:19:56.130 --> 00:19:58.819

Violaine Herlitz: To see if we walk together.

205

00:19:58.820 --> 00:20:08.060

Dr. Ritamarie Loscalzo: Yes, you point out to her the things that don't make sense, the things that we have to figure out, and the starting point for getting there.

206

00:20:08.940 --> 00:20:09.480

Dr. Ritamarie Loscalzo: Okay.

207

00:20:09.480 --> 00:20:13.470

Violaine Herlitz: Well, that's that's yes. That's what I'm going to do. The starting phone.

208

00:20:14.325 --> 00:20:16.150

Violaine Herlitz: Yeah, I will extend it.

209

00:20:16.150 --> 00:20:25.759

Dr. Ritamarie Loscalzo: Eggs. She sometimes she may have some food, Allergen allergies. I always put avoid the top 6 at least, and anything else that makes sense.

210

00:20:25.970 --> 00:20:47.560

Dr. Ritamarie Loscalzo: and people say I had no idea I was allergic to that. I had no idea I had a problem. With that I had no idea I had insulin resistance till I started reading, wearing my my blood sugar meter. And now, all of a sudden, I do. I just got off a call. In fact, it was with my cousin, who I gave a free ticket to the sweet spot, and she's, you know, she's health conscious. But there were things.

211

00:20:47.560 --> 00:20:57.900

Dr. Ritamarie Loscalzo: and she said. It's amazing like she's walking to work in the morning and feeling like she has more energy. And she, you know, she's aware of the subtle changes she made in her body

212

00:20:58.480 --> 00:21:00.560

Dr. Ritamarie Loscalzo: by just going through the sweet spot.

213

00:21:00.880 --> 00:21:01.700

Dr. Ritamarie Loscalzo: Right?

214

00:21:02.720 --> 00:21:13.569

Dr. Ritamarie Loscalzo: So you start there. If you think there's a metabolic imbalance, you say, look in my experience and in my training I have found that people that have metabolic imbalances like this.

215

00:21:13.750 --> 00:21:16.770

Dr. Ritamarie Loscalzo: They are. It's causing havoc in the whole body.

216

00:21:16.970 --> 00:21:38.300

Dr. Ritamarie Loscalzo: So we're going to start here. But I'm suspicious about the the. You know that you had the problems with the with estrogen and progesterone, and that's why you had to have that thing. So this is not problems you're having now are not problems that just started obviously from her history. Right? She had a hysterectomy 20 years ago she had imbalances 20 years ago.

217

00:21:38.660 --> 00:21:40.680

Dr. Ritamarie Loscalzo: So it's just learning how to take.

218

00:21:40.850 --> 00:21:52.490

Dr. Ritamarie Loscalzo: Take it one step at a time and think in terms of before you go into this, what's 1 or 2 things that you can tell her to do to start right away? That may give her immediate shifts in how she's feeling.

219

00:21:52.490 --> 00:21:53.050

Violaine Herlitz: Okay.

220

00:21:53.530 --> 00:21:54.290

Dr. Ritamarie Loscalzo: Right.

221

00:21:54.290 --> 00:21:55.319

Violaine Herlitz: Great. Yeah.

222

00:21:56.000 --> 00:22:04.150

Violaine Herlitz: yes. So for my confidence, I don't have it to worry, because she had an hysterectomy. There is nothing I really

223

00:22:04.380 --> 00:22:07.440

Violaine Herlitz: need to be cautious about.

224

00:22:07.910 --> 00:22:29.249

Dr. Ritamarie Loscalzo: Well, it would say that she had estrogen, most likely had estrogen dominance, and she's most likely still has, and it might be from Phyto, not Phyto Xenoestrogens. So you're going to look at all the sources of potential Xenoestrogens in her environment to clean her up right? So the plastic containers dental amalgams, blah blah! All of those things.

225

00:22:29.880 --> 00:22:44.679

Dr. Ritamarie Loscalzo: Our goal is to identify all of the imbalances, the stressors on their system and systematically help them remove it and hope that we can get the. You know, the best bang for the buck at the beginning, but that doesn't always happen.

226

00:22:45.150 --> 00:23:06.029

Violaine Herlitz: And with the she apparently has a lot of skin issues, eye issues. And she's taking those drainage drops and stuff. So if we do drainage pushing, and then the liver. The detoxification is not happening. That's when we start getting

227

00:23:06.240 --> 00:23:08.809

Violaine Herlitz: eye issue. She's got like this.

228

00:23:09.584 --> 00:23:20.730

Violaine Herlitz: I each I kind of connected that I'm like, why would she be on this drainage drops? But her diet is not clean. There's a lot of things to.

229

00:23:20.730 --> 00:23:35.569

Dr. Ritamarie Loscalzo: So that's where you start. You start by cleaning up the diet. You get a real good sense of the supplements. You ask her if she knows what she's taking them for, tell her that sometimes supplements can push detox pathways too quickly and create symptoms, and look at her gut

230

00:23:36.090 --> 00:23:44.229

Dr. Ritamarie Loscalzo: right. All, all the basics right, but systematically. And that's why we work with people over time, not like on 1 1 time visit.

231

00:23:45.320 --> 00:23:53.340

Violaine Herlitz: Yes, so what would I? I I offer to work ongoing for now, since I'm starting, I don't have a package to

232

00:23:53.520 --> 00:23:55.250

Violaine Herlitz: well, I'll just say at least.

233

00:23:55.250 --> 00:23:59.270

Dr. Ritamarie Loscalzo: You have a package. All you have to do is say you have a package and you have a package.

234

00:23:59.270 --> 00:24:00.560

Violaine Herlitz: Okay, I'll I'll say.

235

00:24:00.560 --> 00:24:06.310

Dr. Ritamarie Loscalzo: I'm gonna work with you like 3 months, let's say like, and and.

236

00:24:06.310 --> 00:24:08.260

Violaine Herlitz: Less than 3 months for result.

237

00:24:08.610 --> 00:24:09.740

Violaine Herlitz: You know what I mean.

238

00:24:09.740 --> 00:24:12.770

Dr. Ritamarie Loscalzo: And we'll see where you're at in 3 months and get the additional testing.

239

00:24:12.770 --> 00:24:13.340

Violaine Herlitz: And.

240

00:24:13.340 --> 00:24:24.569

Dr. Ritamarie Loscalzo: That I recommend right now to see where you're at, and then we'll go through a process to help restore balance. And how committed are you to making the changes? That's the biggest question you got to ask.

241

00:24:24.570 --> 00:24:27.279

Violaine Herlitz: Yes, yes. Is this recorded?

242

00:24:27.850 --> 00:24:36.510

Violaine Herlitz: Okay, okay, I wanna let go. I took a good amount of time. Thank you very much. I'm gonna stay a little bit. Then I'll leave.

243

00:24:36.980 --> 00:24:38.000

Dr. Ritamarie Loscalzo: Okay.

244

00:24:38.000 --> 00:25:00.659

Dr. Ritamarie Loscalzo: thank you. Good luck with this. It's a really good complicated case for a 1st one. So take your time and know. But look at. She's got lifestyle stuff. You start with making the changes that you know nobody should be eating if somebody's eating skittles and they go. Oh, but they're taking the coloring out of it. I can skittles, you know. No, you're not going to eat skittles. I don't really care if there's coloring and dyes and

245

00:25:00.830 --> 00:25:03.719

Dr. Ritamarie Loscalzo: crap in skittles. Just stop eating skittles

246

00:25:04.160 --> 00:25:11.260

Dr. Ritamarie Loscalzo: right? Don't waste our taxpayers money on getting food, dye out of a useless food. Get rid of the.

247

00:25:11.260 --> 00:25:23.020

Violaine Herlitz: Oh, that's that's that's that's another thing like there is something that she mentions about. There is an emotional component that's working against.

248

00:25:23.470 --> 00:25:26.719

Dr. Ritamarie Loscalzo: Got it. Okay. So here, I'm just gonna say.

249

00:25:26.720 --> 00:25:28.949

Violaine Herlitz: So when they bring that up, and I don't know.

250

00:25:28.950 --> 00:25:48.250

Dr. Ritamarie Loscalzo: You bring it up, you bring it up, and in my, in my training I have, I know, for a fact, because I've seen other people. If you haven't had the experience that all of these components need to be balanced, we have to look at your sleep. We have to look at your stress. We have to look at your diet. We have to look at your exercise, and we have to balance this for you.

251

00:25:48.830 --> 00:25:53.480

Dr. Ritamarie Loscalzo: Okay, here's a place where I'd like to start. Are you okay with starting with diet?

252

00:25:53.980 --> 00:26:07.820

Dr. Ritamarie Loscalzo: Okay, if there's an emotional piece, then that's where you talk about, you have stress resilience techniques right with the Yoga. We can work on this. You offer that you said. She said this, therefore you have to address it

253

00:26:08.660 --> 00:26:21.769

Dr. Ritamarie Loscalzo: right well. You can do all the food stuff in the world and avoid all the toxins in the world. But if there's underlying emotional trauma and you're in sympathetic overload all the time. All the work's not going to be. So here's how we're going to start.

254

00:26:21.920 --> 00:26:27.360

Dr. Ritamarie Loscalzo: And you give her a couple of little Yoga poses or breathing techniques.

255

00:26:27.750 --> 00:26:30.069

Dr. Ritamarie Loscalzo: And you start there. Okay.

256

00:26:30.070 --> 00:26:34.729

Violaine Herlitz: Starting basic. So it's a lot of good thing. I'm really excited.

257

00:26:35.160 --> 00:26:37.810

Dr. Ritamarie Loscalzo: I'm excited, for you. Keep us posted on how it goes.

258

00:26:37.810 --> 00:26:41.690

Violaine Herlitz: Okay. Oh, yes, it's really awesome. Thank you.

259

00:26:41.690 --> 00:26:44.079

Dr. Ritamarie Loscalzo: Thank you. You're so welcome, you're so welcome.

260

00:26:44.240 --> 00:26:47.380

Dr. Ritamarie Loscalzo: and I see Sharon showed up. Hi, Sharon! Nice to see ya

261

00:26:49.504 --> 00:26:55.500

Dr. Ritamarie Loscalzo: nika gave us a. You had a questions about Dutch test, right?

262

00:26:55.500 --> 00:26:56.160

Nika Khitrova M: Yes.

263

00:26:56.720 --> 00:27:07.920

Dr. Ritamarie Loscalzo: And then, Sharon, if you have any particular cases you want to talk about, or you just have general questions or just general discussion. Oh, before we start one celebration from you, what's 1 thing you can celebrate.

264

00:27:10.130 --> 00:27:18.719

Sharon Buechner: Well, we're Rose and I are working on a cardiovascular program, and we're well on the way to being prepared and ready to launch.

265

00:27:18.990 --> 00:27:26.710

Dr. Ritamarie Loscalzo: Awesome. That's exciting. Yes, she showed me some of it. And it looks like you've really done some good work with that. So yeah, great, great job.

266

00:27:27.100 --> 00:27:29.360

Dr. Ritamarie Loscalzo: Okay, Nika. I'm going to pull up your

267

00:27:31.640 --> 00:27:35.689

Dr. Ritamarie Loscalzo: Dutch. And it was here a minute ago.

268

00:27:56.160 --> 00:28:01.889

Dr. Ritamarie Loscalzo: Okay, where is it? Alumni? Here we go.

269

00:28:03.020 --> 00:28:07.009

Dr. Ritamarie Loscalzo: All my other meeting notices kept popping in. Okay, so let's see.

270

00:28:08.540 --> 00:28:09.405

Dr. Ritamarie Loscalzo: Alright.

271

00:28:11.660 --> 00:28:21.839

Dr. Ritamarie Loscalzo: I've got it on my screen, and I can share my screen. So tell us a little bit about this person, and where your questions or concerns are. So I'm going to share

272

00:28:23.120 --> 00:28:24.769

Dr. Ritamarie Loscalzo: share. There we go.

273

00:28:27.140 --> 00:28:29.180

Nika Khitrova M: And you've got the other pages as well. Yeah.

274

00:28:30.900 --> 00:28:32.779

Dr. Ritamarie Loscalzo: I assume. Well, that's just what.

275

00:28:33.000 --> 00:28:38.779

Nika Khitrova M: Oh, okay, I put that on teamwork. I also emailed you the other pages because I wasn't sure if it would load on teamwork.

276

00:28:39.300 --> 00:28:42.389

Dr. Ritamarie Loscalzo: Oh, okay, yeah, you can. You can upload a whole file on teamwork.

277

00:28:42.660 --> 00:28:43.839

Nika Khitrova M: Oh, okay. I didn't. Wanna.

278

00:28:43.840 --> 00:28:46.180

Dr. Ritamarie Loscalzo: Mailed it to coaching@dredamarie.com.

279

00:28:47.300 --> 00:28:49.759

Nika Khitrova M: I think it was the gmail Risa_marie@gmail.com.

280

00:28:49.760 --> 00:28:51.300

Dr. Ritamarie Loscalzo: Oh, I never look at that email.

281

00:28:51.300 --> 00:28:52.620

Nika Khitrova M: Oh, sorry

282

00:28:53.940 --> 00:28:58.069

Dr. Ritamarie Loscalzo: My, I need it for my calendar deal. Let me. I can open it, though.

283

00:28:58.070 --> 00:28:58.710

Nika Khitrova M: Yeah.

284

00:28:58.870 --> 00:29:05.460

Dr. Ritamarie Loscalzo: Yeah, let me go as long as I know it's there. But I I don't routinely look at that.

285

00:29:06.730 --> 00:29:10.100

Dr. Ritamarie Loscalzo: Where is my okay, here we go

286

00:29:13.020 --> 00:29:31.080

Dr. Ritamarie Loscalzo: all right. Gmail. Here we go. And I'll just because I use that as my newsletter email. So I put, you know, when you sign up for newsletters, and you look at them briefly, and you don't. You look at it once a week, or whatever. That's that. That's what that email is for me. Okay, so I'm going to look up. Nika, NIKA,

287

00:29:33.025 --> 00:29:33.940

Dr. Ritamarie Loscalzo: okay.

288

00:29:42.960 --> 00:29:50.790

Dr. Ritamarie Loscalzo: okay, so let me go backwards and resort this view sort by descending.

289

00:29:51.860 --> 00:29:55.560

Dr. Ritamarie Loscalzo: Okay, such for tomorrow. All right, let me go here.

290

00:29:55.820 --> 00:30:00.190

Dr. Ritamarie Loscalzo: And was this an attachment.

291

00:30:00.540 --> 00:30:03.960

Dr. Ritamarie Loscalzo: or you just copy? Did you just take pictures of this, or did you attend.

292

00:30:04.253 --> 00:30:08.359

Nika Khitrova M: Screenshot like in line of the body of the email. So they should.

293

00:30:08.360 --> 00:30:09.150

Dr. Ritamarie Loscalzo: Oh, boy!

294

00:30:10.220 --> 00:30:10.800

Nika Khitrova M: Sure.

295

00:30:10.820 --> 00:30:27.060

Dr. Ritamarie Loscalzo: The best way guys for looking at things is the file itself right? You just upload the Pdf, so you can either attach it to the email or attach it in in teamwork either way. But that helps a lot. So this is it. I'll share this, I'll say, Stop, share.

296

00:30:27.630 --> 00:30:32.040

Dr. Ritamarie Loscalzo: and I'll share this. But with looking at it in email.

297

00:30:34.750 --> 00:30:37.479

Dr. Ritamarie Loscalzo: okay, Share, let me go back to share

298

00:30:37.970 --> 00:30:47.739

Dr. Ritamarie Loscalzo: it suddenly got hot. It was really cool this morning, and I put on long, you know, Capri style. Yoga pants. And now I'm like, Okay, here we go.

299

00:30:47.940 --> 00:30:50.010

Dr. Ritamarie Loscalzo: Now I'm getting hot all right.

300

00:30:50.940 --> 00:30:52.849

Dr. Ritamarie Loscalzo: So this is. This is what you gave me.

301

00:30:52.850 --> 00:30:53.719

Nika Khitrova M: Yeah, yeah.

302

00:30:54.430 --> 00:31:00.810

Dr. Ritamarie Loscalzo: Okay, let me move this move, this move, this.

303

00:31:04.700 --> 00:31:12.739

Dr. Ritamarie Loscalzo: Okay? Alright. So let me see if there's a way to make this bigger. There we go.

304

00:31:17.390 --> 00:31:21.050

Dr. Ritamarie Loscalzo: I didn't get a chance to put my extra screens on today. So

305

00:31:22.280 --> 00:31:25.319

Dr. Ritamarie Loscalzo: alright, so this is her, and it's a

306

00:31:25.620 --> 00:31:29.280

Dr. Ritamarie Loscalzo: 40 year old female, so she's she's menstruating.

307

00:31:30.680 --> 00:31:38.820

Dr. Ritamarie Loscalzo: She's got low, Estradiol. It's it's in the perimenopausal range. She's got good progesterone and good testosterone.

308

00:31:39.890 --> 00:31:43.229

Dr. Ritamarie Loscalzo: and her adrenals are kind of tanked. What do you think.

309

00:31:43.510 --> 00:31:47.860

Nika Khitrova M: Yeah, it's like, I'm not sure if it's Stage 3. But it's it's like 2 or 3.

310

00:31:48.180 --> 00:31:50.710

Dr. Ritamarie Loscalzo: I would definitely say, it's 3.

311

00:31:52.080 --> 00:32:06.500

Dr. Ritamarie Loscalzo: let's see, her. Dhea is still decent. Yeah, she's definitely when you look at your total cholesterol, I mean, cortisol like that. And it's so low you could see she gets she probably has trouble sleeping. Is that right?

312

00:32:06.500 --> 00:32:08.240

Dr. Ritamarie Loscalzo: Yeah. Yeah. She wakes up around school.

313

00:32:08.240 --> 00:32:28.389

Dr. Ritamarie Loscalzo: So that's how I'm looking at this. She wakes up exhausted. She stays exhausted. And then somewhere in the afternoon it comes up. I'd be asking questions like? Does she do caffeine at lunch? Right? What does what does she eat? Does she have sugar, whatever, or is there stress that happens in her life? But something's causing the cortisol to come up.

314

00:32:28.770 --> 00:32:32.650

Nika Khitrova M: In the afternoon and stay high. So then she can't fall asleep at night, yeah.

315

00:32:32.650 --> 00:32:44.419

Dr. Ritamarie Loscalzo: If you look at these numbers, her total free cortisol is low, it's at the low end of the range. Her metabolized is low. So the way we use those 2, if you recall from

316

00:32:44.770 --> 00:32:48.619

Dr. Ritamarie Loscalzo: probably one of the cases as well for for a certification.

317

00:32:49.430 --> 00:33:12.599

Dr. Ritamarie Loscalzo: that this the metabolize tells you how much she's making, and this is how much is available for utilization. And she's shot. She's not making much. Sometimes you see where these numbers are low, and this is low, but the the amount they're making is high. That means that they're clearing it a lot which could be overactive thyroid or too much thyroid medication right? But in this case she shot.

318

00:33:12.710 --> 00:33:14.480

Dr. Ritamarie Loscalzo: and what are his symptoms.

319

00:33:15.592 --> 00:33:26.209

Nika Khitrova M: So she she does kind of manage her blood sugar. Her a 1 c is like 5.2 but she does get sugar spikes through eating like

320

00:33:27.120 --> 00:33:38.119

Nika Khitrova M: too many she doesn't eat, shouldn't eat. She's very healthy, but like, for example, she said that if she'll eat like loads of beans and carrots, and things like the sugar still go up. So she's trying to like keep down for health.

321

00:33:38.746 --> 00:33:45.000

Nika Khitrova M: But the main thing is that she got she got breast screened.

322

00:33:45.450 --> 00:33:50.280

Nika Khitrova M: and they found like a sort of like fibrous

323

00:33:50.550 --> 00:33:57.319

Nika Khitrova M: mass around the nipple. But they did a biopsy, and they said it wasn't malignant. And then they're gonna kind of wait and see.

324

00:33:57.700 --> 00:34:00.160

Dr. Ritamarie Loscalzo: Does she drink caffeine?

325

00:34:00.956 --> 00:34:04.009

Nika Khitrova M: No, she'll drink tea, but not coffee.

326

00:34:04.010 --> 00:34:05.600

Dr. Ritamarie Loscalzo: Black tea green.

327

00:34:06.160 --> 00:34:19.650

Dr. Ritamarie Loscalzo: Same same idea. It's caffeine and caffeine contributes to fibrocystic breasts. We'd also look at our iodine levels because sometimes low iodine can contribute to fibrocystic breasts. Her progesterone is really good, does she? Is she taking any

328

00:34:19.969 --> 00:34:20.599

Dr. Ritamarie Loscalzo: supplementing.

329

00:34:21.920 --> 00:34:30.690

Nika Khitrova M: Vitamin c and a multi like a b vitamin complex zinc, and then like smoothies, so like powders and things in the smoothies.

330

00:34:31.540 --> 00:34:34.670

Dr. Ritamarie Loscalzo: Yeah. So her her androgens look pretty good.

331

00:34:34.670 --> 00:34:35.110

Nika Khitrova M: No.

332

00:34:36.429 --> 00:34:48.730

Dr. Ritamarie Loscalzo: a little bit more towards the beta than the alpha, which could be some liver toxicity. So you may want to look at her liver, fatty liver! Something like that. Her estrone.

333

00:34:49.340 --> 00:35:09.409

Dr. Ritamarie Loscalzo: Look at this. Her estrone is high, but her Estradiol is low, right? So what you want to look at is, what's the what happens here? This is much more proliferative, and that can contribute to those fibroids. And Ali please feel free to step in with any any knowledge you have as being the hormone expert here.

334

00:35:09.410 --> 00:35:33.420

Dr Allie Grimston: I was looking at the progesterone, and I was busy multitasking. So you may have already said that, but with the progesterone metabolism it's preferentially to the B direction. The A direction is what crosses the blood brain barrier and supports Gaba. And so this shows that it's slightly less going to be slightly less anxiolytic than if it was equally Beta and Alpha there.

335

00:35:34.000 --> 00:35:37.270

Dr Allie Grimston: Yeah. And it's relatively close, right? It's not like they're

336

00:35:37.270 --> 00:35:40.830

Dr Allie Grimston: because it's not being right around and.

337

00:35:40.830 --> 00:35:44.873

Dr. Ritamarie Loscalzo: If you look at the androgens. This is what I said. She's

338

00:35:45.210 --> 00:35:48.180

Dr Allie Grimston: Yeah, not much. Alpha reductase going on there.

339

00:35:48.640 --> 00:35:54.180

Dr. Ritamarie Loscalzo: Not much alpha reductase going on right, so that that sometimes happens with liver liver.

340

00:35:54.180 --> 00:35:54.500

Nika Khitrova M: This one.

341

00:35:54.660 --> 00:35:57.797

Dr. Ritamarie Loscalzo: Fatty liver or toxic liver, whatever.

342

00:35:58.450 --> 00:36:04.909

Dr. Ritamarie Loscalzo: we're looking at. Her. 4 hydroxies are are good, so those are. Those are in a good range. But.

343

00:36:04.910 --> 00:36:07.189

Dr Allie Grimston: Might be a little bit low for.

344

00:36:07.190 --> 00:36:10.309

Dr. Ritamarie Loscalzo: Thanks for buying eye on bone density. So

345

00:36:10.310 --> 00:36:15.529

Dr. Ritamarie Loscalzo: make sure she's working on bone density. But oftentimes a low iodine

346

00:36:15.830 --> 00:36:20.770

Dr. Ritamarie Loscalzo: prevents this conversion from Estriol into 16.

347

00:36:20.770 --> 00:36:21.260

Nika Khitrova M: Okay.

348

00:36:21.260 --> 00:36:34.410

Dr. Ritamarie Loscalzo: The same thing here. She's got estrone pretty high, but it's not converting much to 16, so I'd be looking at these conversion pathways. She may have a genetic

349

00:36:34.730 --> 00:36:53.179

Dr. Ritamarie Loscalzo: issue with the Cyp. 3, a. 4. There are some drugs that it handles. Is she on any medications? It doesn't sound like she is. So she may have a problem there. Caffeine cyp one, a 2. So that's I would definitely

350

00:36:53.180 --> 00:37:08.220

Dr. Ritamarie Loscalzo: recommend that she get off of the tea and convert to like a green tea or something with less caffeine in it and antioxidant status just in case that's interfering. I mean her. Her 2. 0, is really good.

351

00:37:08.220 --> 00:37:08.564

Nika Khitrova M: Hmm.

352

00:37:10.520 --> 00:37:15.789

Dr. Ritamarie Loscalzo: And she's methylating a little bit on the low side for methylation. But it's still within the green.

353

00:37:15.790 --> 00:37:16.450

Nika Khitrova M: Hmm.

354

00:37:17.720 --> 00:37:20.619

Dr. Ritamarie Loscalzo: She may have a sluggish, calm tea. We don't know

355

00:37:23.480 --> 00:37:27.609

Dr. Ritamarie Loscalzo: but that's the main things here, I would say, looking at this pathway

356

00:37:28.530 --> 00:37:41.860

Dr. Ritamarie Loscalzo: and looking at iodine and the combination of having the fibrous breasts, plus. This makes me suspicious of iodine, so you may want to look at sea vegetables like kelp.

357

00:37:42.770 --> 00:37:51.600

Dr. Ritamarie Loscalzo: bladder, rack, bladder, rack. If there's any issues with the thyroid, especially does she? Do you have any lab numbers on her other than this.

358

00:37:51.600 --> 00:38:16.909

Nika Khitrova M: Yeah, I've seen blood tests on her like maybe 3 or 4 years in a row. Nothing is nothing's in the red or the orange. Her liver markers are actually all in the green. She does show like her. Cbc just is a tiny bit in the yellow, some a little low, a little high, and every time I look in idx it's like suggestive of B vitamin deficiency.

359

00:38:17.220 --> 00:38:20.639

Nika Khitrova M: So B, 9 b 12 b, 6

360

00:38:21.110 --> 00:38:25.320

Dr. Ritamarie Loscalzo: Take any niece? Does she take any supplements.

361

00:38:25.517 --> 00:38:30.459

Nika Khitrova M: She tastes like a multi B, but I I don't think it's a very like a very potent one, so I think she needs.

362

00:38:30.460 --> 00:38:32.480

Dr. Ritamarie Loscalzo: Did you test her Homocysteine.

363

00:38:32.480 --> 00:38:33.010

Nika Khitrova M: No.

364

00:38:33.360 --> 00:38:35.000

Dr. Ritamarie Loscalzo: Okay, you need to test your Homocysteine.

365

00:38:35.290 --> 00:38:36.060

Nika Khitrova M: Yeah.

366

00:38:36.393 --> 00:38:43.060

Dr. Ritamarie Loscalzo: Have you tested her? T, 3 t. 4. So look at the 3 free t, 3. Free t, 4 ratios.

367

00:38:43.340 --> 00:38:56.500

Nika Khitrova M: I've only been. This is the only test that we did together. So I've only been seeing her doctor's test. She had one T. Tsh test in November, and it was completely in the green. And that's the only thing I've seen. I haven't seen anything.

368

00:38:57.284 --> 00:39:03.579

Dr. Ritamarie Loscalzo: So I would be looking at the T. 3 t. 4 as well. Just to make sure there's no

369

00:39:03.660 --> 00:39:14.690

Dr. Ritamarie Loscalzo: imbalances here. I'm not like. I would really be suspicious about thyroid if I saw some imbalances here with the cortisol metabolized, and the and the free

370

00:39:15.063 --> 00:39:37.120

Dr. Ritamarie Loscalzo: like. It's a little bit less she's making. But I don't think I think the problem is, she's got some cortisol issues. So I would be looking at her stress levels. What's causing this stress, I would be looking at adaptogens. What can you do to help her to have better energy throughout the day, support her cortisol production?

371

00:39:37.150 --> 00:39:39.650

Dr. Ritamarie Loscalzo: When what time of day does she drink tea.

372

00:39:40.494 --> 00:39:44.060

Nika Khitrova M: In the morning. Yeah. I asked her about the afternoon. She was like, no.

373

00:39:44.060 --> 00:39:49.110

Dr. Ritamarie Loscalzo: No. And does she have a job that's stressful that she has certain things that happen in the afternoon.

374

00:39:49.110 --> 00:39:58.019

Nika Khitrova M: She's she's kind of like me. She she's my friend. She runs around a lot but she's aware to kind of try and take it easy, but it's.

375

00:39:58.020 --> 00:39:58.740

Dr. Ritamarie Loscalzo: Yeah.

376

00:39:58.740 --> 00:39:59.479

Nika Khitrova M: Yeah, because there's a.

377

00:39:59.480 --> 00:40:12.189

Dr. Ritamarie Loscalzo: Yeah. So I would say, B, 5 vitamin c. Those are important for helping to make more cortisol to make more vitamin, more of the steroids in general, and I would look at things like.

378

00:40:13.160 --> 00:40:28.440

Dr. Ritamarie Loscalzo: And the reason I asked about the thyroid Ashwagandha could be helpful. Cordyceps cordyceps is made for people that are running around like crazy people. Right? So Cordyceps could be a really good adaptogen. I know we did a case.

379

00:40:28.660 --> 00:40:41.500

Dr. Ritamarie Loscalzo: We did a case a couple weeks ago. Maybe it was last week that somebody was showing their labs, and I put in the Newsletter last Friday a link to a document that I created. That was on Estriol.

380

00:40:41.877 --> 00:40:49.910

Dr. Ritamarie Loscalzo: You know, and it was it was. This was totally different case. But the reason I recommended is, I had a whole thing on cortisol, on the cordyceps, in there.

381

00:40:50.663 --> 00:40:51.039

Nika Khitrova M: okay.

382

00:40:51.040 --> 00:40:52.899

Dr. Ritamarie Loscalzo: See if I can find it. Yeah.

383

00:40:53.560 --> 00:41:02.300

Nika Khitrova M: Yeah, because, I've actually also personally been finding the the perfect mushroom thing to drink. And I know it has to be the fruiting bodies.

384

00:41:03.193 --> 00:41:04.440

Nika Khitrova M: But I

385

00:41:04.550 --> 00:41:10.600

Nika Khitrova M: I don't know if I trust the like. The little mushroom drinks if they're actually having medicinal value, or if they're just like.

386

00:41:10.600 --> 00:41:21.109

Dr. Ritamarie Loscalzo: I just buy this stuff, you know. I just buy the cordyceps in that document. It did definitely put in some of the lists of things did have the freedom bodies.

387

00:41:22.340 --> 00:41:28.998

Dr. Ritamarie Loscalzo: There's a company because I think it's pure mushrooms or something like that that is fruiting bodies.

388

00:41:29.670 --> 00:41:31.210

Dr. Ritamarie Loscalzo: I'm looking at her.

389

00:41:34.090 --> 00:41:38.360

Dr. Ritamarie Loscalzo: I have to enlarge them, each one individually. Let's see.

390

00:41:39.320 --> 00:41:40.689

Dr. Ritamarie Loscalzo: yeah, I want to look at her. And

391

00:41:41.830 --> 00:41:48.599

Dr. Ritamarie Loscalzo: there's nothing. Okay, here we go. Yeah. So the only one. The Vma

392

00:41:49.330 --> 00:41:55.310

Dr. Ritamarie Loscalzo: Vma is usually oftentimes a copper, and is a copper and vitamin c need. If you.

393

00:41:55.310 --> 00:41:55.729

Nika Khitrova M: Look at this!

394

00:41:55.730 --> 00:41:56.390

Dr. Ritamarie Loscalzo: Pathways.

395

00:41:56.390 --> 00:41:56.830

Dr. Ritamarie Loscalzo: Yeah.

396

00:41:58.484 --> 00:42:08.669

Dr. Ritamarie Loscalzo: her melatonin is low, so make sure whatever she's because she's got that that high cortisol at bedtime. I would think about Magnolia.

397

00:42:08.670 --> 00:42:09.380

Nika Khitrova M: This is.

398

00:42:09.380 --> 00:42:15.519

Dr. Ritamarie Loscalzo: You know magnolia is a really good thing to do. I've had a lot of good results with it, or phosphatidylserine.

399

00:42:15.520 --> 00:42:16.500

Nika Khitrova M: Hmm, yeah.

400

00:42:16.500 --> 00:42:19.040

Dr. Ritamarie Loscalzo: Help bring that cortisol down at bedtime.

401

00:42:19.340 --> 00:42:24.409

Dr. Ritamarie Loscalzo: Magnolia has the advantage of being really good for blood sugar, regulation, as well.

402

00:42:24.410 --> 00:42:28.819

Nika Khitrova M: Yeah, because, oh, sorry. What you said.

403

00:42:29.530 --> 00:42:30.790

Dr. Ritamarie Loscalzo: Nope, that's it.

404

00:42:31.238 --> 00:42:34.380

Nika Khitrova M: Yeah, the the one, the screenshot above

405

00:42:34.810 --> 00:42:38.470

Nika Khitrova M: with the 2 cortisol dials. Yeah, this one.

406

00:42:38.810 --> 00:42:39.420

Dr. Ritamarie Loscalzo: Yep.

407

00:42:40.050 --> 00:42:47.379

Nika Khitrova M: So the cortisol isn't as bad as a sorry the cortisone.

408

00:42:47.600 --> 00:42:48.190

Nika Khitrova M: It's kind of.

409

00:42:48.190 --> 00:42:48.530

Dr. Ritamarie Loscalzo: Yeah.

410

00:42:48.530 --> 00:42:51.170

Nika Khitrova M: Like it's it's not as bad. So there is.

411

00:42:51.170 --> 00:42:55.290

Dr. Ritamarie Loscalzo: No, the cortisone is. Yeah, there's something there. So her body is not

412

00:42:57.120 --> 00:43:03.150

Dr. Ritamarie Loscalzo: This might be a case where Licorice could be helpful if she took it early in the day to con this.

413

00:43:03.150 --> 00:43:03.850

Nika Khitrova M: Yeah.

414

00:43:03.850 --> 00:43:05.729

Dr. Ritamarie Loscalzo: Ortizone to cortisol.

415

00:43:06.428 --> 00:43:09.539

Dr. Ritamarie Loscalzo: I'm always careful with it, but she's got

416

00:43:11.350 --> 00:43:17.389

Dr. Ritamarie Loscalzo: like it's like her body is trying to protect her from too high a level of cortisone, cortisol.

417

00:43:17.390 --> 00:43:17.880

Nika Khitrova M: Hmm.

418

00:43:17.880 --> 00:43:26.530

Dr Allie Grimston: Yeah, when this is going on, I sort of say, well, it looks like in this case, it's not releasing it from the storage form as it should.

419

00:43:26.910 --> 00:43:28.059

Dr Allie Grimston: Right exactly.

420

00:43:28.060 --> 00:43:45.429

Dr Allie Grimston: I was going through a Dutch test this morning where the cortisone level was lower than the cortisol, so the body was working to release it into circulation so that she could use it. So her cortisol levels were normal, despite her feeling completely

421

00:43:45.500 --> 00:44:02.639

Dr Allie Grimston: burnt out, and it was appropriately not storing it at the expense of the free cortisol, whereas here you've got more cortisone than cortisol. I wonder whether some of the binding globulins like sex hormone binding globulin and the cortisol. One might

422

00:44:03.210 --> 00:44:05.120

Dr Allie Grimston: onto it too much, possibly.

423

00:44:05.330 --> 00:44:10.470

Dr. Ritamarie Loscalzo: That's a possibility. And that's another test you can do in the blood. You can do a sex hormones, binding globulin.

424

00:44:10.470 --> 00:44:11.370

Nika Khitrova M: Hmm.

425

00:44:12.010 --> 00:44:12.420

Dr. Ritamarie Loscalzo: And.

426

00:44:12.420 --> 00:44:37.870

Dr Allie Grimston: I think Shbg can be used as a marker for the other binding globulins. So you don't see regularly being able to measure the corticotrophin, binding, globulin, or whatever it is. But the Shbg level is a marker for the other binding globulin, so if it's raised, the others are likely to be raised as well, because a lot of the time they share

427

00:44:38.260 --> 00:44:44.649

Dr Allie Grimston: carriage of hormones, so they will all carry some testosterone Oestrogen progesterone around.

428

00:44:44.650 --> 00:44:51.439

Dr. Ritamarie Loscalzo: Great right. And then sometimes we look at her blood pressure, because sometime that's another. I said, I

429

00:44:52.050 --> 00:44:52.519

Dr. Ritamarie Loscalzo: church, but

430

00:44:54.250 --> 00:45:00.659

Dr. Ritamarie Loscalzo: careful, because sometimes the body's not allowing it to go to Cortisone to prevent the blood pressure from going up.

431

00:45:01.690 --> 00:45:04.409

Dr. Ritamarie Loscalzo: You know. Not always. It's just something to keep in mind.

432

00:45:04.410 --> 00:45:14.729

Nika Khitrova M: Sure. Yeah, would you recommend like one of those like multi adrenal things? Just so she can like, take something that's all in one.

433

00:45:14.730 --> 00:45:17.140

Dr. Ritamarie Loscalzo: I personally hate those things because.

434

00:45:17.140 --> 00:45:18.560

Nika Khitrova M: I know I kind of.

435

00:45:18.560 --> 00:45:21.268

Dr. Ritamarie Loscalzo: Right thing for the person right?

436

00:45:22.520 --> 00:45:48.849

Dr. Ritamarie Loscalzo: you know, I'm more likely to say what seems to be, because then, if it she does have a bad reaction to it. Then the \$50 she spent on that bottle of fancy Multi is out the window, so I'm more likely to get some powdered cordyceps and put it here. Get some powdered Ashwagandha. I've been using an adaptogen that I like, just because I like chocolate, but it's called Cacao. Calm, and it's got

437

00:45:49.150 --> 00:45:57.229

Dr. Ritamarie Loscalzo: cacao and cordyceps and lion's mane, and reishi, and I mean it's sweetened with

438

00:45:58.420 --> 00:46:07.249

Dr. Ritamarie Loscalzo: line, not what's it called lohan, but it's it's tasty, and you know I don't know if it's doing any good, but it just tastes good.

439

00:46:07.390 --> 00:46:08.030

Dr. Ritamarie Loscalzo: But.

440

00:46:08.030 --> 00:46:09.499

Nika Khitrova M: Me and you joy, but.

441

00:46:09.500 --> 00:46:17.550

Dr. Ritamarie Loscalzo: I tried to recreate it myself, because it's like I hate spending money on a combination that somebody else did. But I haven't been able to get it to taste as good.

442

00:46:18.120 --> 00:46:19.730

Dr. Ritamarie Loscalzo: Combination. So.

443

00:46:19.870 --> 00:46:24.419

Dr. Ritamarie Loscalzo: anyhow, and I think it has some cinnamon in it, so that has some good blood sugar, regulation.

444

00:46:24.420 --> 00:46:25.240

Nika Khitrova M: As well.

445

00:46:25.540 --> 00:46:29.400

Dr. Ritamarie Loscalzo: But you know, if it's a matter of she doesn't like to take

446

00:46:29.790 --> 00:46:34.639

Dr. Ritamarie Loscalzo: bunch of stuff, I mean the things that I see here would be B, 5.

447

00:46:35.746 --> 00:46:37.039

Dr. Ritamarie Loscalzo: Vitamin c.

448

00:46:37.370 --> 00:46:46.229

Dr. Ritamarie Loscalzo: and then some sort of adaptogens. And in this case, where you say she's a go go person, I think the Cordyceps could be helpful, and Magnolia at bedtime.

449

00:46:46.570 --> 00:46:47.200

Nika Khitrova M: Okay.

450

00:46:47.200 --> 00:46:48.979

Dr. Ritamarie Loscalzo: Give her magnolia during the day.

451

00:46:48.980 --> 00:46:49.550

Nika Khitrova M: Yeah.

452

00:46:49.790 --> 00:46:51.249

Dr. Ritamarie Loscalzo: She's too low in cortisol.

453

00:46:51.250 --> 00:46:51.960

Nika Khitrova M: Yeah.

454

00:46:52.210 --> 00:46:55.929

Dr. Ritamarie Loscalzo: But you can do a magnolia at dinnertime and bedtime.

455

00:46:56.190 --> 00:46:56.980

Nika Khitrova M: Okay.

456

00:46:57.800 --> 00:46:59.169

Dr. Ritamarie Loscalzo: To bring those numbers down.

457

00:46:59.170 --> 00:47:00.030

Nika Khitrova M: Yeah.

458

00:47:08.530 --> 00:47:12.820

Dr. Ritamarie Loscalzo: Okay? And then, if she has any genetics, look at the 3.

459

00:47:12.820 --> 00:47:13.470

Nika Khitrova M: See you like.

460

00:47:13.470 --> 00:47:19.146

Dr. Ritamarie Loscalzo: 3 a 4. Look up the Cyp. 3 a. 4. I'm looking at my numbers here. If I can find

461

00:47:19.550 --> 00:47:26.700

Dr. Ritamarie Loscalzo: If I go here, my sites, my sites. Here we go, empowered self-care.

462

00:47:30.070 --> 00:47:31.640

Dr. Ritamarie Loscalzo: There's a good chart.

463

00:47:33.586 --> 00:47:39.390

Dr. Ritamarie Loscalzo: It's opening site is very slow. We're trying to fix that. But

464

00:47:43.390 --> 00:47:46.461

Dr. Ritamarie Loscalzo: Oh, oh, are we doing on time?

465

00:47:47.680 --> 00:47:52.840

Dr. Ritamarie Loscalzo: if I go here and I go to nutrigenomics, me?

466

00:47:54.040 --> 00:48:00.310

Dr. Ritamarie Loscalzo: Nutrigenomics interpreting results.

467

00:48:00.720 --> 00:48:01.450

Dr. Ritamarie Loscalzo: Okay?

468

00:48:11.930 --> 00:48:12.680

Dr. Ritamarie Loscalzo: Okay?

469

00:48:15.140 --> 00:48:29.149

Dr. Ritamarie Loscalzo: because I know there's some other interfering factors with that. 3 a 4. Let me stop my share, and I'll share my screen over here. Stop, share, and I'll share here, and then I'm going to see if I can find that cordyceps document I put together and share that with you.

470

00:48:31.230 --> 00:48:34.799

Dr. Ritamarie Loscalzo: Okay, so can you see my screen.

471

00:48:34.800 --> 00:48:35.380

Nika Khitrova M: No.

472

00:48:35.380 --> 00:48:38.870

Dr. Ritamarie Loscalzo: Sharing. No, I'm not sharing yet. Okay. Share screen.

473

00:48:44.370 --> 00:48:45.210

Dr. Ritamarie Loscalzo: Okay.

474

00:48:45.825 --> 00:48:50.970

Nika Khitrova M: This is in the nutrigenomics module on the Nept site as well, but you.

475

00:48:50.970 --> 00:48:54.879

Dr. Ritamarie Loscalzo: Some detox report interpretation.

476

00:49:00.040 --> 00:49:04.399

Dr. Ritamarie Loscalzo: And it's just where I put a lot of information around the 3, a 4 and all the other.

477

00:49:04.680 --> 00:49:05.739

Dr. Ritamarie Loscalzo: Okay, here we go.

478

00:49:06.520 --> 00:49:11.990

Dr. Ritamarie Loscalzo: 3, a 4.

479

00:49:13.100 --> 00:49:14.427

Dr. Ritamarie Loscalzo: Here we go.

480

00:49:17.290 --> 00:49:38.099

Dr. Ritamarie Loscalzo: yeah. So this connects with having, you know, the lower a versus beta alpha beta the liver right? Having some struggles in the liver with the detox, so she may have good numbers, but her liver is struggling. Perhaps 60% of all, including steroids, testosterone, cortisol progesterone, etc, etc.

481

00:49:40.125 --> 00:49:41.210

Dr. Ritamarie Loscalzo: Fibroids.

482

00:49:42.280 --> 00:49:42.850

Dr. Ritamarie Loscalzo: Right

483

00:49:44.610 --> 00:49:52.869

Dr. Ritamarie Loscalzo: grapefruit juice inhibits it. So make sure she's not doing a lot of grapefruit juice. Milk. Thistle might inhibit it. A lot of people take milk.

484

00:49:52.870 --> 00:49:55.870

Nika Khitrova M: Yeah, I think she does. She puts it in.

485

00:49:55.870 --> 00:50:03.110

Dr. Ritamarie Loscalzo: So you might want to be careful about that. If she's looking for something to support the liver, you might look at Dandelion. You might look at hawthorn.

486

00:50:03.360 --> 00:50:06.270

Dr. Ritamarie Loscalzo: artichoke, burdock, and cordyceps.

487

00:50:06.270 --> 00:50:06.750

Nika Khitrova M: Yeah.

488

00:50:08.900 --> 00:50:13.109

Dr. Ritamarie Loscalzo: Yes, some more cruciferous. I don't have any of those she eats.

489

00:50:13.970 --> 00:50:19.170

Dr. Ritamarie Loscalzo: I wouldn't do the dim based on the rest of her thing. Omega. 3 s. Perhaps.

490

00:50:19.300 --> 00:50:24.760

Dr. Ritamarie Loscalzo: B. Right? So if you can at least get her to do a B complex but higher levels of the B 5.

491

00:50:24.760 --> 00:50:25.160

Nika Khitrova M: Get.

492

00:50:25.160 --> 00:50:29.169

Dr. Ritamarie Loscalzo: Homocysteine check to see if she needs the 6 and the 12 and the 9

493

00:50:29.652 --> 00:50:36.427

Dr. Ritamarie Loscalzo: but you could, if she's trying to get keep the number down. Just get a good good high potency. B complex

494

00:50:38.020 --> 00:50:39.280

Dr. Ritamarie Loscalzo: vitamin d

495

00:50:40.650 --> 00:50:45.510

Dr. Ritamarie Loscalzo: sweat regularly. So these are the kinds of things. I'll put the link to this in the chat here.

496

00:50:47.164 --> 00:50:48.800

Dr. Ritamarie Loscalzo: So you don't have to go through the.

497

00:50:48.800 --> 00:50:51.085

Nika Khitrova M: Just print it out somewhere, but looking for it.

498

00:50:51.340 --> 00:50:51.819

Dr. Ritamarie Loscalzo: These are all.

499

00:50:51.820 --> 00:50:52.500

Nika Khitrova M: And harder.

500

00:50:52.670 --> 00:50:57.675

Dr. Ritamarie Loscalzo: We have so many resources that are like, print them out and have them in a book.

501

00:50:58.580 --> 00:51:01.210

Dr. Ritamarie Loscalzo: Alright, I'll put this in the sorry.

502

00:51:01.210 --> 00:51:08.600

Dr. Ritamarie Loscalzo: And then the other thing I wanted in the chat was the I want to find that link to the cordyceps thing that I was doing.

503

00:51:12.940 --> 00:51:13.720

Dr. Ritamarie Loscalzo: Oh.

504

00:51:16.680 --> 00:51:23.149

Dr. Ritamarie Loscalzo: this might be the one that I linked to it in. So I'm going to go through that and just see.

505

00:51:23.750 --> 00:51:29.569

Dr. Ritamarie Loscalzo: So this is what I put together after that call last week. Estrogen.

506

00:51:32.040 --> 00:51:39.030

Dr. Ritamarie Loscalzo: But I didn't put the link to the cordyceps thing. Okay, let's see. Cordyceps.

507

00:51:40.815 --> 00:51:43.750

Dr. Ritamarie Loscalzo: Oh, let me look in here.

508

00:51:44.100 --> 00:51:46.730

Dr. Ritamarie Loscalzo: and I have this thing called

509

00:51:49.780 --> 00:51:51.070

Dr. Ritamarie Loscalzo: handouts.

510

00:51:51.520 --> 00:51:54.459

Dr. Ritamarie Loscalzo: Think I put it in here. Okay, Cordyceps.

511

00:51:56.640 --> 00:52:04.019

Dr. Ritamarie Loscalzo: Crohn's Afib could have sworn I had. Where? Yeah, cordyceps.

512

00:52:04.020 --> 00:52:05.229

Nika Khitrova M: Here it is. Yeah.

513

00:52:06.220 --> 00:52:08.809

Dr. Ritamarie Loscalzo: Okay, there's 2 of them. There's a let's see.

514

00:52:09.870 --> 00:52:12.950

Dr. Ritamarie Loscalzo: Okay, so these are some of the companies that have courtesy.

515

00:52:12.950 --> 00:52:14.760

Nika Khitrova M: Oh, cool!

516

00:52:14.760 --> 00:52:15.970

Dr. Ritamarie Loscalzo: Okay.

517

00:52:16.140 --> 00:52:17.020

Nika Khitrova M: Yeah.

518

00:52:19.010 --> 00:52:19.780

Dr. Ritamarie Loscalzo: There we go!

519

00:52:20.190 --> 00:52:23.870

Nika Khitrova M: Yeah, cause it is overwhelming. There's so many things out there, and they'll all claim to do so many things.

520

00:52:23.870 --> 00:52:29.699

Dr. Ritamarie Loscalzo: They all claim to do so many things, and this one says fruiting body, only some of them aren't. But here's some that are.

521

00:52:29.850 --> 00:52:31.010

Nika Khitrova M: Okay.

522

00:52:31.010 --> 00:52:31.680

Nika Khitrova M: Yeah.

523

00:52:32.900 --> 00:52:36.980

Dr. Ritamarie Loscalzo: I thought I had one that actually had the cordyceps descriptions in it, but

524

00:52:37.960 --> 00:52:48.620

Dr. Ritamarie Loscalzo: it was in one of these. Maybe it was in this immune and tissue Crohn's Afib molds

525

00:52:48.940 --> 00:52:50.440

Dr. Ritamarie Loscalzo: here, it might be in this one.

526

00:52:52.530 --> 00:52:55.020

Dr. Ritamarie Loscalzo: Yeah, it might be in this one. This was kind of like the

527

00:52:55.300 --> 00:53:00.053

Dr. Ritamarie Loscalzo: the the unpolished one. I think I had a whole section in here on Cordyceps.

528

00:53:02.260 --> 00:53:08.420

Dr. Ritamarie Loscalzo: She doesn't have high. She she doesn't have this, but so you don't want to do these things that are in here. Basically

529

00:53:09.220 --> 00:53:14.910

Dr. Ritamarie Loscalzo: cordyceps. Right? Yeah.

530

00:53:15.700 --> 00:53:20.979

Dr. Ritamarie Loscalzo: Estrogen, neutral adaptogen, right? Energy, stress resilience, immune support.

531

00:53:21.360 --> 00:53:21.840

Nika Khitrova M: And.

532

00:53:21.840 --> 00:53:24.170

Dr. Ritamarie Loscalzo: I'll put this link in there as well.

533

00:53:24.170 --> 00:53:24.920

Nika Khitrova M: Thank you.

534

00:53:27.820 --> 00:53:40.810

Dr. Ritamarie Loscalzo: And you know, to to talk back to Ali talking about AI, a lot of this stuff. I just start to research. And then they go. Oh, wow! That make a good handout, and it makes it so much easier to create handouts.

535

00:53:40.810 --> 00:53:42.793

Dr Allie Grimston: For your blog as well.

536

00:53:43.190 --> 00:53:43.820

Dr. Ritamarie Loscalzo: And yeah.

537

00:53:43.820 --> 00:53:52.399

Dr Allie Grimston: And you can frame your articles geared towards practitioners, or geared towards the patients. So you can write 2 articles each time. You know it's great.

538

00:53:52.860 --> 00:54:04.075

Dr. Ritamarie Loscalzo: Oh, it looks like Isabel joined us. Okay, well, we have about 3 min. Let me look at my calendar and see if I can squeeze in a couple of extra minutes. But I think I might have back to back calls today.

539

00:54:04.530 --> 00:54:10.160

Dr. Ritamarie Loscalzo: yeah, I have a call right after this, but anybody else have questions, comments, anything they need support with.

540

00:54:18.160 --> 00:54:20.040

Dr. Ritamarie Loscalzo: Nope, hi! Isabel!

541

00:54:20.040 --> 00:54:24.409

Dr Allie Grimston: Clicking all those links, but I've got a call in 3 3 min myself, so.

542

00:54:24.410 --> 00:54:27.298

Dr. Ritamarie Loscalzo: Yeah, so go grab those links.

543

00:54:28.330 --> 00:54:29.670

Dr Allie Grimston: Hi! Isabel.

544

00:54:33.730 --> 00:54:39.390

Dr. Ritamarie Loscalzo: Questions, comments, support. You need celebrations. Excuse me.

545

00:54:41.300 --> 00:54:42.910

Dr Allie Grimston: Looks like Sharon's gone.

546

00:54:43.060 --> 00:54:43.970

Dr. Ritamarie Loscalzo: Yeah.

547

00:54:43.970 --> 00:54:45.220

Dr Allie Grimston: Yes, she had to go.

548

00:54:45.890 --> 00:54:48.069

Dr. Ritamarie Loscalzo: Okay. I didn't see her comment.

549

00:54:52.720 --> 00:54:54.080

Nika Khitrova M: Oh, you're on mute.

550

00:54:54.530 --> 00:55:04.410

Dr Allie Grimston: Well, I just wrote one of my emails. So one of the things that's worked for me that I didn't mention in my celebrations was. I've done 3 long form social media posts

551

00:55:04.650 --> 00:55:07.249

Dr Allie Grimston: in the last week that have really taken off

552

00:55:08.500 --> 00:55:09.020

Dr. Ritamarie Loscalzo: Really.

553

00:55:09.020 --> 00:55:11.270

Dr Allie Grimston: 100 comments, that sort of thing.

554

00:55:11.440 --> 00:55:14.510

Dr Allie Grimston: 100 views, 70 comments, that sort of thing.

555

00:55:14.510 --> 00:55:15.230

Dr. Ritamarie Loscalzo: Wow!

556

00:55:15.230 --> 00:55:18.190

Dr Allie Grimston: And I've just converted one into an email to my list.

557

00:55:18.480 --> 00:55:19.210

Dr Allie Grimston: My.

558

00:55:19.210 --> 00:55:19.690

Dr. Ritamarie Loscalzo: Nice.

559

00:55:19.690 --> 00:55:30.990

Dr Allie Grimston: Facebook lives have been going well, but I've got to admit them for 2 weeks, because I haven't got time to do them, and I've got to record the talk for the summit that was supposed to be in last week.

560

00:55:31.250 --> 00:55:45.009

Dr Allie Grimston: and I've created a new a new profile on Linkedin as well, and I've got an article 5 page article published in Menopause Matters Magazine.

561

00:55:45.010 --> 00:55:46.149

Dr. Ritamarie Loscalzo: That's awesome

562

00:55:46.300 --> 00:55:57.899

Dr. Ritamarie Loscalzo: congratulations on that. That's that's amazing. That's really great. You know, one of the things that I haven't explored much. We had a Va. Last year that was playing with it. But is newsletters on Linkedin.

563

00:55:59.020 --> 00:56:20.049

Dr. Ritamarie Loscalzo: and they don't have to be long, and they can just be pulled. Extracts from your blogs just whatever topics. So I would look into that as a way to get exposure and to be seen as an expert person in one of my business groups. She started this Newsletter, and within like a week she had 73 subscribers, and then, within a few weeks she had hundreds of subscribers to it.

564

00:56:20.050 --> 00:56:21.210

Dr Allie Grimston: That's amazing.

565

00:56:21.680 --> 00:56:34.330

Dr. Ritamarie Loscalzo: Yeah. And it just gets you seen right? And you can put it's your newsletter. So you can put links to whatever you want people to to go to. You're running a cleanse, or you're running a, you know, a menopause program or a metabolic health program. So

566

00:56:34.520 --> 00:56:35.050

Dr. Ritamarie Loscalzo: anyway.

567

00:56:35.050 --> 00:56:35.590

Dr Allie Grimston: Yeah. Awesome.

568

00:56:35.590 --> 00:56:36.180

Dr. Ritamarie Loscalzo: Gotta run.

569

00:56:36.180 --> 00:56:37.620

Dr Allie Grimston: Very effective as well.

570

00:56:38.300 --> 00:56:43.259

Dr. Ritamarie Loscalzo: Yeah, yeah. So I'll see you guys next time. Thank you for coming. Bye.