

WEBVTT

Dr. Ritamarie Loscalzo: Okay, guys, welcome to our content implementation call month of May 2025, those of you who came yesterday. We had a lot of calls this week. I don't know why we had the I. And E. Office hours, and this in the same week. Usually we don't. But there must have been a reason. Maybe it was my travel. I don't know, anyway.

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00:04:25.180 --> 00:04:43.829

Dr. Ritamarie Loscalzo: on that call yesterday the Pbss call, and I'm speaking to the choir, because I think all of you are there. I know Lisa was. I know Rob was. I don't know if you were, John. But it was a really good call. So I'm saying this at the beginning. Go back and look at it because it was really interactive and just helping people to get through their blocks

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00:04:43.830 --> 00:04:57.790

Dr. Ritamarie Loscalzo: that are holding you back from having the practice of your dreams. So I highly recommend you check that out. I also highly recommend that you check out the ine office hours. Call that we had on Tuesday because we did a really interesting case

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00:04:57.810 --> 00:05:12.380

Dr. Ritamarie Loscalzo: with a Dutch test and estriol and 16 hydroxyestron being elevated. And I have this document I put together. You guys know, I was looking things up and researching things. And I put together

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00:05:12.710 --> 00:05:20.179

Dr. Ritamarie Loscalzo: this document, let me see if I can find it. It was here a minute ago. Here it is.

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00:05:21.380 --> 00:05:23.840

Dr. Ritamarie Loscalzo: Protein comparison charts. No.

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00:05:28.020 --> 00:05:33.319

Dr. Ritamarie Loscalzo: Striol. Yeah, let me see, it's not quite.

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00:05:40.750 --> 00:05:42.086

Dr. Ritamarie Loscalzo: Yeah. I'll get. I'll

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00:05:43.520 --> 00:05:47.370

Dr. Ritamarie Loscalzo: It's not quite there. I'll give you this link

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00:05:47.820 --> 00:05:52.940

Dr. Ritamarie Loscalzo: just because I'm giving it to you now, and know that I'm going to be adding a couple of more things

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00:05:53.480 --> 00:05:57.919

Dr. Ritamarie Loscalzo: in compiling a few more things for it. But anybody with the link here we go

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00:05:59.950 --> 00:06:15.230

Dr. Ritamarie Loscalzo: copy link. I'll put this in here. So the beginning part is all done. But there were some things at the end. I wanted to add on and tweak a little bit. But it was just talking a lot about estriol and estrogen conversion pathways. And it's a lot of good information in there.

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00:06:15.890 --> 00:06:16.770

Dr. Ritamarie Loscalzo: Okay?

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00:06:19.440 --> 00:06:20.630

Dr. Ritamarie Loscalzo: All right.

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00:06:20.920 --> 00:06:24.639

Dr. Ritamarie Loscalzo: So questions, comments, things you need support with

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00:06:28.330 --> 00:06:33.790

Dr. Ritamarie Loscalzo: content stuff or anything. Really, it's all content. Right

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00:06:35.340 --> 00:06:51.240

Dr. Ritamarie Loscalzo: after I finish with the event that we're doing in June. I'm going to be using some of these calls to just like for additional content and things that I want to add and modify in the program. So I might be doing like a 1520 min, 30 min

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00:06:51.440 --> 00:06:58.320

Dr. Ritamarie Loscalzo: presentation at the beginning, and then we'll go into whatever questions you guys have but for now, Lisa.

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00:07:00.090 --> 00:07:07.239

Lisa Pressey: Okay. So I wanted to know, can I ask you a question about my son who has Crohn's disease? Because I am like in a really.

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00:07:07.510 --> 00:07:20.889

Lisa Pressey: he's in a really bad situation. So remicade's not covered anymore so as opposed to trying a new drug, because the last one almost threw him in anaphylactic shock, he decided. This is the time to try and go without medicine.

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00:07:21.060 --> 00:07:33.069

Lisa Pressey: Okay, I'll support you. Whatever you want to do. Did a Ct scan shows possible abscess. So now they ordered an MRI and colonoscopy endoscopy.

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00:07:33.230 --> 00:07:42.249

Lisa Pressey: So I think I pretty much pissed off the nurse practitioner yesterday when I spoke to her, because that's who she sees, told her he was going to get the MRI done up in

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00:07:43.030 --> 00:07:48.759

Lisa Pressey: New Hampshire, because that's where he's living in. So he's 5 and a half hours away from me where his doctor is.

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00:07:49.130 --> 00:07:54.469

Lisa Pressey: I don't think that sat well with her, but it really doesn't matter. You're going to get it done. Who cares? It's the same thing.

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00:07:55.106 --> 00:08:11.339

Lisa Pressey: I asked her about. Could they possibly do an organic acids test because he's to the point where anything he eats is making him sick. He ate eggs, and 16 h later he's throwing up bits of egg yolks.

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00:08:12.090 --> 00:08:37.849

Lisa Pressey: I told him we might have to try to cut out dairy. I put his blood work into the master tractor that you gave us, and I see he's slightly low on protein albumin. His alkaline phosphatase is low, so she didn't even know what that test was, so I kind of gave her a little bit of an explanation as to what it could look for, because I really think there's something else going on other than just

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00:08:37.960 --> 00:08:50.919

Lisa Pressey: Crohn's disease. Maybe, I said, he can't. The Kid can't be nutritionally in a good place, because he really can't eat anything, and when he does eat he's throwing it up or throwing up bile, or you know.

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00:08:50.920 --> 00:08:57.540

Dr. Ritamarie Loscalzo: So 1st of all, autoimmune disease is your immune system gone? Haywire.

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00:08:57.540 --> 00:08:58.139

Lisa Pressey: Oh, yeah.

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00:08:58.140 --> 00:09:12.849

Dr. Ritamarie Loscalzo: The typical approach is to address whichever area is going haywire. So in thyroid they give thyroid medication. In Crohn's disease they give medications, but it's not solving the underlying root imbalance.

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00:09:13.320 --> 00:09:20.410

Dr. Ritamarie Loscalzo: So you said maybe he has to give up eggs. Maybe he has to give up dairy. I think the maybe word needs to go out in the garbage.

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00:09:20.790 --> 00:09:22.380

Dr. Ritamarie Loscalzo: He does need to.

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00:09:23.110 --> 00:09:24.570

Lisa Pressey: Yeah, I think it does read.

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00:09:24.570 --> 00:09:26.710

Lisa Pressey: You're gonna have to make some changes.

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00:09:26.710 --> 00:09:29.860

Dr. Ritamarie Loscalzo: And I would say a couple of things if he's open to it.

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00:09:30.730 --> 00:09:34.039

Dr. Ritamarie Loscalzo: Terry Wall's diet is a perfect place to start.

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00:09:34.370 --> 00:09:37.409

Dr. Ritamarie Loscalzo: It's gluten free dairy free. It's it's got. It's on.

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00:09:37.410 --> 00:09:41.860

Lisa Pressey: It is gluten free because we're all gluten free, right? But probably got.

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00:09:41.860 --> 00:09:50.680

Dr. Ritamarie Loscalzo: Dairy cross reacts. Eggs cross react. They're in the top 6 allergens. Right? Right? So book is a great resource.

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00:09:51.070 --> 00:10:02.849

Dr. Ritamarie Loscalzo: The other thing that's a great resource is on the website under the shine. You know the conference recordings back in fall of 2020 we did a 3 day conference

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00:10:03.070 --> 00:10:06.519

Dr. Ritamarie Loscalzo: on autoimmune disease. It was called mastering autoimmunity.

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00:10:07.050 --> 00:10:18.589

Dr. Ritamarie Loscalzo: In there I have booklets, I have, like, you know, 80 page booklet on step by step process. It's my framework for reducing, reversing autoimmune disease.

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00:10:18.790 --> 00:10:22.180

Dr. Ritamarie Loscalzo: And it's work right? It's work.

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00:10:22.280 --> 00:10:51.280

Dr. Ritamarie Loscalzo: Would an organic acid test be good? Yes. Would a stool test of some sort, whether it's gi map gi effects. Gut, Zoomer absolutely. He's got to get his microbiome balanced. He's got to get clearly has leaky gut because he's got an autoimmune disease that's affecting the lining of his gut right? He's got to get that under control, is he digesting? Probably not. If he's well, 1st of all, if he's coming out with whole pieces of food. He's not chewing

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00:10:52.060 --> 00:11:02.010

Dr. Ritamarie Loscalzo: right. People want to blame not having enough stomach, acid, or not having enough digestive enzymes when they have whole pieces of food, but it starts here, get those things working right.

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00:11:02.300 --> 00:11:10.969

Dr. Ritamarie Loscalzo: You know. He's got to do that kind of stuff. So anything related to autoimmune. What other? He's in college, right? So that's a big stress.

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00:11:11.480 --> 00:11:19.120

Lisa Pressey: No, he's working, he works. He's a conductor on the railroad, so it's like 12 HA day, most of the time in an hour. Drive each way. Kind of thing.

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00:11:19.430 --> 00:11:19.900

Dr. Ritamarie Loscalzo: Stresses it.

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00:11:19.900 --> 00:11:26.639

Lisa Pressey: Could you do a smoothie? I don't know how I'm gonna do that. And like I get, he's frustrated.

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00:11:26.750 --> 00:11:27.640

Dr. Ritamarie Loscalzo: And.

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00:11:27.760 --> 00:11:45.609

Lisa Pressey: I know I've got celiac disease. We both probably do, or at least an intolerant, whatever he's got something, but he's got like certain things will cause like mucousy stools, and then sometimes it's normal, and then it goes back to loose stools. And I'm like, well.

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00:11:45.730 --> 00:11:49.660

Lisa Pressey: something you're eating is clearly causing inflammation. One half of the.

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00:11:49.660 --> 00:11:51.819

Dr. Ritamarie Loscalzo: All the foundations right.

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00:11:51.820 --> 00:11:52.390

Lisa Pressey: Like, wow.

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00:11:52.390 --> 00:12:01.319

Dr. Ritamarie Loscalzo: Elimination diet. Get them down to a really strict elimination diet. I would highly recommend that you look at at Terry Wallace's protocol.

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00:12:02.700 --> 00:12:03.080

Lisa Pressey: Is, that.

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00:12:03.080 --> 00:12:11.350

Dr. Ritamarie Loscalzo: Proven right. She's shown it works. She reversed her Ms. With it. She's helped people with all kinds of autoimmune diseases.

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00:12:11.450 --> 00:12:15.270

Dr. Ritamarie Loscalzo: Get her book, the walls protocol, the walls diet.

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00:12:16.700 --> 00:12:18.860

Lisa Pressey: WAHL s.

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00:12:18.860 --> 00:12:25.670

Dr. Ritamarie Loscalzo: Yep, he's going to need 10 to 12 servings of vegetables a day. Mama wants to hear that right.

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00:12:25.670 --> 00:12:37.049

Lisa Pressey: Yeah. But sometimes when he eats vegetables, he's not digesting that either. So I'm like, well, we got to figure something out, because I mean he's he's to the point where he's like, Mom, I'm gonna die alone on a bathroom floor. And I'm like, Oh, my God, stop!

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00:12:38.040 --> 00:12:44.030

Lisa Pressey: Because I follow Dr. Ellen Desmond and I have some of his books, and I'm like Dude. You've got to change things because.

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00:12:44.030 --> 00:12:44.500

Dr. Ritamarie Loscalzo: Yeah.

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00:12:44.500 --> 00:12:45.720

Lisa Pressey: This is not working.

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00:12:45.720 --> 00:12:54.139

Dr. Ritamarie Loscalzo: But it's yeah. And and you know, when you say he doesn't digest the the things I would, I would take him off of all raw foods for a month, you know.

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00:12:54.140 --> 00:12:54.470

Lisa Pressey: Can't, do.

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00:12:54.470 --> 00:12:55.120

Dr. Ritamarie Loscalzo: No, I can't.

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00:12:56.080 --> 00:13:03.780

Dr. Ritamarie Loscalzo: It's cooked and blended, cooked and blended right to get the nutrients. And worst case is, it's juicing.

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00:13:04.330 --> 00:13:10.029

Lisa Pressey: That's what I told him, and the last time when when he 1st got sick we tried juicing. It made him sicker.

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00:13:10.300 --> 00:13:13.790

Lisa Pressey: so he's afraid to try that again which I get. I understand.

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00:13:13.980 --> 00:13:17.849

Dr. Ritamarie Loscalzo: Maybe he has an oxalate sensitivity as well, because that's a possibility.

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00:13:18.160 --> 00:13:22.859

Lisa Pressey: Okay, that's what I'm thinking. There's something else there underlying. I mean.

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00:13:22.860 --> 00:13:28.900

Dr. Ritamarie Loscalzo: And an organic acid test could identify that those imbalances all right, but he has to be.

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00:13:29.240 --> 00:13:32.479

Lisa Pressey: By insurance, though, or is that something you pay out of pocket for.

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00:13:32.650 --> 00:13:35.709

Dr. Ritamarie Loscalzo: It's out of pocket. Medicare covers it.

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00:13:35.950 --> 00:13:38.120

Dr. Ritamarie Loscalzo: Believe it or not, Medicare will.

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00:13:38.120 --> 00:13:38.385

Lisa Pressey: Okay.

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00:13:38.650 --> 00:13:41.799

Dr. Ritamarie Loscalzo: Certain of the Genova test. But he's clearly not on Medicare.

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00:13:42.130 --> 00:13:49.540

Lisa Pressey: No Blue Cross blue Shield said it was a possibility, but I assume it has to be written a certain way to be covered.

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00:13:50.020 --> 00:13:59.369

Lisa Pressey: So I thought if they could at least run it, you know. But she was like, I don't even know what that is. I'm interested to know what it is, but I don't know what it is, and I get to talk to the doctor, and I'm just like.

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00:13:59.470 --> 00:14:02.010

Lisa Pressey: alright. Here we go with the whole like.

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00:14:02.010 --> 00:14:08.979

Dr. Ritamarie Loscalzo: To give her. Go online and get the the interpretation guide for it. 150 pages explains

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00:14:08.980 --> 00:14:10.260

Dr. Ritamarie Loscalzo: everything in it.

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00:14:10.640 --> 00:14:26.010

Lisa Pressey: I don't know. I think she got kind of annoyed with me because I kind of told her what I'm studying, and you know doctors don't like to hear something other than here's my protocol, and that's why I told her. I said, I get what you guys do, I said. But there's other things. Well, nutritionally, he's fine. Everything's fine, I'm like, but he's not fine.

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00:14:26.010 --> 00:14:26.970

Dr. Ritamarie Loscalzo: How do you know that.

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00:14:27.310 --> 00:14:31.630

Lisa Pressey: I'm like certain things are low to my standards as what they are to yours. I said so.

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00:14:31.630 --> 00:14:36.840

Dr. Ritamarie Loscalzo: So here's I'm gonna go back to right. You're hitting resistance. Same thing that we talked about on that call yesterday, right.

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00:14:36.840 --> 00:14:37.185

Lisa Pressey: Yes.

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00:14:37.530 --> 00:14:50.599

Dr. Ritamarie Loscalzo: So always hit resistance with, understand? Repeat what they're saying, and then ask questions, curiosity questions not confrontational questions, not making them wrong.

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00:14:51.510 --> 00:14:57.020

Lisa Pressey: Yeah. And I didn't say that to her. I said, I'm not trying to make it look like I'm going above you.

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00:14:57.120 --> 00:15:15.940

Lisa Pressey: and you don't know what you're talking about, I said. I understand. You guys have certain protocols you follow, I said. And I get that. Does he need to have these tests. Absolutely. Let's find out what's happening, I said. But the kids got to wait a month and a half to get them done. I said, what does he do? In the meantime, I said, he can't make it through a day of work. I said, so what do we do?

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00:15:16.260 --> 00:15:20.789

Lisa Pressey: So I'm going to try to get the MRI done up there, and at least get that done and get that out of the way.

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00:15:21.950 --> 00:15:23.960

Dr. Ritamarie Loscalzo: He's got to change his diet.

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00:15:24.300 --> 00:15:29.219

Lisa Pressey: And that's what I've been saying. He has made it a lot more simple

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00:15:29.400 --> 00:15:39.379

Lisa Pressey: than what it was, because he was eating a lot of meat. He doesn't eat any beef at all. Chicken, and he's doing more fish now, which.

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00:15:39.870 --> 00:15:42.830

Dr. Ritamarie Loscalzo: You look at walls right? You look at her, read her story.

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00:15:43.390 --> 00:15:43.900

Lisa Pressey: Okay.

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00:15:43.900 --> 00:15:50.460

Dr. Ritamarie Loscalzo: She was vegetarian she was, but she wasn't getting enough micronutrients.

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00:15:50.580 --> 00:15:56.470

Dr. Ritamarie Loscalzo: and it's when she shifted everything, got rid of all the toxicity, and everything was organic, but

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00:15:57.150 --> 00:16:05.469

Dr. Ritamarie Loscalzo: it was the volume of highly nutrient dense foods that made the dough. She said I was taking supplements up the Wazoo

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00:16:06.160 --> 00:16:09.039

Dr. Ritamarie Loscalzo: and matter. It wasn't until she got it from the food.

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00:16:09.040 --> 00:16:16.360

Lisa Pressey: Yeah, and he can't do supplements either. I've had. I've tried to have him take curcumin, and it just makes his gut feel like it's on fire.

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00:16:17.010 --> 00:16:18.790

Dr. Ritamarie Loscalzo: It's inflamed. Think about it.

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00:16:18.990 --> 00:16:19.340

Lisa Pressey: Yeah.

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00:16:19.340 --> 00:16:27.710

Dr. Ritamarie Loscalzo: It's like a raw, and you're putting sandpaper. Think about every time he eats. It's like sandpaper going over a rough, rugged surface.

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00:16:28.180 --> 00:16:33.540

Lisa Pressey: Yeah. His. His big thing is, he doesn't want to go have surgery, and I'm like, Well, I can't blame you for that.

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00:16:33.870 --> 00:16:34.220

Dr. Ritamarie Loscalzo: Okay.

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00:16:34.220 --> 00:16:36.439

Lisa Pressey: You're creating more scar tissue.

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00:16:36.630 --> 00:16:37.290

Lisa Pressey: So.

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00:16:37.290 --> 00:16:37.840

Dr. Ritamarie Loscalzo: It was.

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00:16:38.170 --> 00:16:38.740

Lisa Pressey: Yeah.

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00:16:38.740 --> 00:16:44.020

Dr. Ritamarie Loscalzo: Then you get the blind loop syndromes and the Sibo problems. And there's so many issues.

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00:16:44.020 --> 00:16:51.790

Lisa Pressey: Yeah, I was just wondering. I just wanted to kind of get your take on. If you thought maybe there could be something else going on other than the Crohn's. And obviously at this.

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00:16:51.790 --> 00:17:03.890

Dr. Ritamarie Loscalzo: It's all part of the same thing, though. That's what I want you to understand. Yeah, it's not something else. It's something that's been underlying, and that is created by Crohn's. You're not absorbing.

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00:17:04.680 --> 00:17:09.999

Lisa Pressey: Right. Your gut is not doing its job. You're not getting the nutrients in. So yes.

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00:17:10.295 --> 00:17:14.130

Lisa Pressey: that's another just another thing. That's there, where you're not absorbing and getting.

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00:17:14.130 --> 00:17:18.150

Dr. Ritamarie Loscalzo: I'm working with somebody who has Celiac and Crohn's no ulcerative colitis.

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00:17:18.319 --> 00:17:23.509

Dr. Ritamarie Loscalzo: and she keeps it under control. But she's very, very strict about her food.

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00:17:24.430 --> 00:17:33.629

Lisa Pressey: That's kind of where I've been. I don't. I don't want to say things to upset him because he's gonna have to come to a realization that changes need to be made.

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00:17:34.140 --> 00:17:36.749

Lisa Pressey: So I try to kind of slowly, you know.

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00:17:37.080 --> 00:17:54.779

Lisa Pressey: Oh, well, you ate that candy bar. How'd you feel after that. Well, I didn't really feel good. Well, it's still dairy, I mean, yeah, it's got sugar in it, and I know sometimes he'll do that to try to get like some energy I'm like, but it's doing you no good. It's actually harming you more than you really know.

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00:17:55.230 --> 00:18:01.349

Lisa Pressey: So I just yeah, I just wanted to kind of throw it out there and kind of get your take on it, because that's where I was going with everything.

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00:18:01.350 --> 00:18:07.700

Dr. Ritamarie Loscalzo: You know, you're in the right direction. You already know that you're smart. You understand this stuff.

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00:18:08.100 --> 00:18:14.649

Dr. Ritamarie Loscalzo: It's the the hardest part is the communication skills of helping, especially a relative really hard.

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00:18:15.060 --> 00:18:16.630

Lisa Pressey: It is, but I can't sit back.

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00:18:16.630 --> 00:18:19.090

Dr. Ritamarie Loscalzo: But he has to be. He has to be strict.

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00:18:19.560 --> 00:18:21.910

Dr. Ritamarie Loscalzo: And yeah, there's no way.

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00:18:22.370 --> 00:18:32.619

Dr. Ritamarie Loscalzo: There's no way he's going to get well. If he doesn't do a very serious elimination diet, and very slowly add things in and do highly nutritious foods.

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00:18:33.440 --> 00:18:44.359

Lisa Pressey: I will say he does eat organic, because that's all I eat here, and he does the same thing. He doesn't do any seed oils because they were making him very sick. So he cut those out and he felt better.

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00:18:44.740 --> 00:18:50.059

Lisa Pressey: It's just yeah. It's to the point where he'll call me, and he'll be crying. He's 32.

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00:18:50.060 --> 00:18:51.900

Dr. Ritamarie Loscalzo: Don't put. Oh, it's sad! It's sad.

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00:18:51.900 --> 00:19:02.039

Lisa Pressey: And I'm like you're breaking my heart. And to tell me that you just want to die, you need to stop. I'm like I can't listen to that. I just can't, you know. And I can't do much because I'm so far away.

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00:19:02.490 --> 00:19:07.790

Lisa Pressey: So I'm trying to do what I can and make phone calls that I can. And you know.

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00:19:08.850 --> 00:19:13.433

Lisa Pressey: if the doctors get mad, then they get mad at me. I don't know whatever, but

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00:19:14.070 --> 00:19:17.220

Lisa Pressey: something has to get better. So

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00:19:17.330 --> 00:19:23.980

Lisa Pressey: I just want to kind of like, I said. Get your get your feeling on. If the organic acid test would be helpful or not.

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00:19:24.230 --> 00:19:27.450

Dr. Ritamarie Loscalzo: Yeah, I think it would be. And I think a stool test would be very helpful.

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00:19:27.770 --> 00:19:31.450

Lisa Pressey: Okay, all right, that's all I wanted to know. Thank you.

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00:19:31.450 --> 00:19:32.870

Dr. Ritamarie Loscalzo: You're welcome.

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00:19:34.530 --> 00:19:35.490

Dr. Ritamarie Loscalzo: Who else.

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00:19:38.820 --> 00:19:43.749

Xiaoyun Pan: Dr. Rita. Marie, I want to ask you your experience with Stello.

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00:19:43.880 --> 00:19:47.719

Xiaoyun Pan: I know you're currently having that. I mean, I just got my.

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00:19:47.950 --> 00:19:48.370

Dr. Ritamarie Loscalzo: Yes.

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00:19:48.370 --> 00:19:56.069

Xiaoyun Pan: I received one. Yeah, I haven't pulled up. So was that accurate? Or how is the.

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00:19:56.070 --> 00:20:02.780

Dr. Ritamarie Loscalzo: Yeah. So what I'm finding at first, st the 1st 24 h are usually not so good. It's pretty close most of the time.

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00:20:04.710 --> 00:20:08.039

Dr. Ritamarie Loscalzo: It went high. Oh, yes, my smoothie raised it.

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00:20:08.560 --> 00:20:15.180

Dr. Ritamarie Loscalzo: They're always be. They're always at most of 15 points apart. Sometimes it's just 2 or 3,

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00:20:15.460 --> 00:20:22.020

Dr. Ritamarie Loscalzo: so I have the 2 on the same arm. So that one's the Stella. Yeah, the G, 7.

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00:20:22.477 --> 00:20:26.189

Dr. Ritamarie Loscalzo: We'll see. I'm gonna keep where I just had on for a couple of days.

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00:20:26.800 --> 00:20:29.289

Xiaoyun Pan: Oh, okay, yeah. Okay, so, yeah.

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00:20:29.290 --> 00:20:31.020

Dr. Ritamarie Loscalzo: When I look at the patterns.

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00:20:31.580 --> 00:20:45.349

Dr. Ritamarie Loscalzo: the patterns are the same. It's what you would expect, so I don't see any like red flags like. Oh, I just ate a candy bar, and the Stello said I was 95, and the G. 7 said I was 200. I don't see any things like that.

186

00:20:45.350 --> 00:20:46.770

Xiaoyun Pan: Okay. Okay.

187

00:20:47.000 --> 00:20:51.730

Xiaoyun Pan: Alright, yeah. I haven't put it out. I will put it on this weekend and see how that works.

188

00:20:51.730 --> 00:20:54.300

Dr. Ritamarie Loscalzo: See how it goes. Have you worn a Cgm before.

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00:20:54.550 --> 00:20:58.470

Xiaoyun Pan: Yeah, I had a 1 before the freestyle.

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00:20:58.620 --> 00:20:59.000

Dr. Ritamarie Loscalzo: Believe me.

191

00:20:59.000 --> 00:21:01.070

Xiaoyun Pan: Style. Red delivery. Yes, yeah.

192

00:21:01.070 --> 00:21:01.630

Dr. Ritamarie Loscalzo: Yeah.

193

00:21:02.490 --> 00:21:07.839

Xiaoyun Pan: So see how this works. This is one. This is a lot more affordable.

194

00:21:08.200 --> 00:21:11.010

Xiaoyun Pan: Yeah, yeah. So that's why I want to give.

195

00:21:11.010 --> 00:21:12.550

Dr. Ritamarie Loscalzo: That's why I wanted to test it.

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00:21:12.710 --> 00:21:14.919

Dr. Ritamarie Loscalzo: because I want to be able to tell people.

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00:21:15.300 --> 00:21:20.120

Dr. Ritamarie Loscalzo: you know, and I don't want to tell them. It's it's a good thing to do, because it's still a lot of money.

198

00:21:20.420 --> 00:21:21.280

Xiaoyun Pan: Hmm.

199

00:21:21.280 --> 00:21:26.440

Dr. Ritamarie Loscalzo: Sucks. I don't want to be recommending something that doesn't work well.

200

00:21:26.720 --> 00:21:49.039

Xiaoyun Pan: Yeah, but that you're saying the 1st 24 h was a bit off, right? Yeah. My husband already put it down. And he noticed the 1st 24 h. Seems either. Oh, I guess he's like, maybe too high. Or, anyway, this is the 1st he he got the same experience the 1st 24 h doesn't make a lot of sense, but after that it seems like a stabilized.

201

00:21:49.040 --> 00:21:53.549

Dr. Ritamarie Loscalzo: It's it's for most of them I would say. If you

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00:21:53.810 --> 00:21:59.299

Dr. Ritamarie Loscalzo: put it on. Oh, yeah, use the your finger prick in the morning.

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00:21:59.730 --> 00:22:07.669

Dr. Ritamarie Loscalzo: It's going to give you, and if they're after a good night's sleep, you test them, and they're pretty close. That's going to give you a good indication.

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00:22:07.670 --> 00:22:08.380

Xiaoyun Pan: Okay.

205

00:22:08.380 --> 00:22:18.350

Dr. Ritamarie Loscalzo: Okay. Now, sometimes they're just not going to be similar, like there's going to be. There's a calibration error. And the companies will say, well, as long as they're within 30 points of each other. You're like

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00:22:18.500 --> 00:22:19.239

Dr. Ritamarie Loscalzo: 30 points.

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00:22:19.240 --> 00:22:25.240

Dr. Ritamarie Loscalzo: No, it's, you know, that's right. But it gives you a general idea of the flow.

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00:22:25.240 --> 00:22:31.830

Xiaoyun Pan: Okay, yeah. But it does have some kind of a delay. Right? I remember you mentioned that if you

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00:22:31.830 --> 00:22:34.590

Xiaoyun Pan: compare ways of about 10 min, I see.

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00:22:34.590 --> 00:22:36.359

Dr. Ritamarie Loscalzo: 1515. Yeah.

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00:22:37.050 --> 00:22:51.329

Dr. Ritamarie Loscalzo: yeah. But that's usually when you're fasting, like 1st thing in the morning, they should be similar, although not necessarily because in the morning you may have the dawn effect, and the cortisol is going up, and it's causing the sugar to go up. So you just kind of play with it.

212

00:22:51.330 --> 00:22:51.910

Xiaoyun Pan: M.

213

00:22:53.370 --> 00:22:54.020

Dr. Ritamarie Loscalzo: Yeah.

214

00:22:54.750 --> 00:22:55.690

Dr. Ritamarie Loscalzo: Okay.

215

00:22:56.640 --> 00:22:58.609

Dr. Ritamarie Loscalzo: Good luck with it to keep me posted.

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00:22:58.610 --> 00:22:59.140

Xiaoyun Pan: Yep.

217

00:23:02.060 --> 00:23:04.310

Dr. Ritamarie Loscalzo: All right, rob.

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00:23:07.214 --> 00:23:12.000

Rob Vanderwal: I wanted to ask you about hearing, hearing, hearing.

219

00:23:12.760 --> 00:23:13.950

Dr. Ritamarie Loscalzo: So, yeah.

220

00:23:16.310 --> 00:23:21.940

Rob Vanderwal: I finally broke down and went and got a hearing test, and

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00:23:22.810 --> 00:23:26.699

Rob Vanderwal: you know, of course, I've been in denial. But but I

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00:23:26.860 --> 00:23:32.849

Rob Vanderwal: you know, it's been stressing me out, because, you know, it seems like I'm putting to. It's

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00:23:33.230 --> 00:23:39.139

Rob Vanderwal: I have to put too much effort into listening to people to make sure I don't misunderstand.

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00:23:39.540 --> 00:23:42.439

Rob Vanderwal: If there's always some words I don't catch.

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00:23:42.580 --> 00:23:48.130

Rob Vanderwal: So it's been no. Oh, so I went and got tested. And

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00:23:48.250 --> 00:23:50.750

Rob Vanderwal: yeah, sure enough. It does show.

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00:23:51.420 --> 00:23:54.120

Rob Vanderwal: strange enough, the high frequent. I'm missing the

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00:23:54.520 --> 00:24:00.299

Rob Vanderwal: the high frequencies, which is strange, because I thought I could hear high frequencies better than low.

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00:24:00.720 --> 00:24:06.940

Rob Vanderwal: but so I got. I got some trial. Actually, we're on some trial hearing Aids right now.

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00:24:06.940 --> 00:24:07.639

Dr. Ritamarie Loscalzo: 3 years.

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00:24:07.930 --> 00:24:14.544

Rob Vanderwal: And it is, it takes a lot of stress off me. It's like, Wow, I just don't have to worry about things now.

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00:24:14.820 --> 00:24:15.750

Dr. Ritamarie Loscalzo: Yeah, yeah.

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00:24:16.112 --> 00:24:18.290

Rob Vanderwal: Yeah, the only thing I've been

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00:24:18.510 --> 00:24:20.859

Rob Vanderwal: so I you know they're very expensive.

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00:24:21.190 --> 00:24:29.309

Rob Vanderwal: Hearing aids. However, after talking to some friends of mine, a lot of them go to Costco and get their hearing aids.

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00:24:29.530 --> 00:24:34.939

Rob Vanderwal: So that's what. Yeah, that's strange. Cause it's like a 3rd of the price.

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00:24:35.350 --> 00:24:39.100

Rob Vanderwal: And so I yeah.

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00:24:39.100 --> 00:24:41.780

Dr. Ritamarie Loscalzo: See right. You have to have a prescription for it.

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00:24:42.140 --> 00:24:44.090

Dr. Ritamarie Loscalzo: Is that right? You go to the.

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00:24:44.440 --> 00:24:54.079

Rob Vanderwal: Yeah, that's probably true. But you know I've actually been tested twice, and they don't. You know they usually do the test free, not at not at Costco, I mean just anywhere you go.

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00:24:54.550 --> 00:24:58.640

Rob Vanderwal: but they don't give you the prescription unless you. I guess you have to ask

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00:24:59.374 --> 00:25:03.489

Rob Vanderwal: so I you know I've been tested twice now I still don't have a prescription.

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00:25:04.360 --> 00:25:07.609

Rob Vanderwal: So. But I guess you know my question is would be.

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00:25:07.970 --> 00:25:15.719

Rob Vanderwal: do you really think cost the cheaper hearing aids. Have you heard anything about cheap hearing aids at Costco.

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00:25:15.720 --> 00:25:19.490

Dr. Ritamarie Loscalzo: I haven't heard anything about cheap hearing Aids, but I will tell you about cheap glasses.

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00:25:19.910 --> 00:25:20.460

Rob Vanderwal: Okay.

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00:25:20.460 --> 00:25:23.189

Dr. Ritamarie Loscalzo: Optometry places are ripoffs.

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00:25:23.840 --> 00:25:35.979

Dr. Ritamarie Loscalzo: pure and simple. They're rip offs. You go and you get my sister, you know, and she tested me. She's an optometrist. She tested me for free, of course, but she said, Oh, yeah, here's your glasses. They were going to be like \$500

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00:25:36.490 --> 00:25:45.179

Dr. Ritamarie Loscalzo: for a pair of glasses. I went to Zinni optical. I got the prescription. I gave it to them, and I got glasses on Zinni optical for 25 bucks.

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00:25:45.390 --> 00:25:50.469

Dr. Ritamarie Loscalzo: and so I was able to get like 3 pair one for here, one for here, you know. And then

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00:25:52.670 --> 00:26:07.168

Dr. Ritamarie Loscalzo: yeah, so I it's probably the same same thing with like optometry like, I don't know about contact lenses, although contact lenses are pretty. It's the company, you know. Whatever the company puts out, the optometry office just orders.

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00:26:07.910 --> 00:26:18.270

Dr. Ritamarie Loscalzo: I think that you're probably fine with getting. Now, there's going to be different quality of hearing Aids. Some of them will sync up with your phone, and they'll bluetooth to your

253

00:26:18.520 --> 00:26:26.810

Dr. Ritamarie Loscalzo: your headphones. Right? And some of them are just your basic hearing aids. Yeah. Zinni, ZENN. I optical.

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00:26:27.330 --> 00:26:28.150

Rob Vanderwal: Yeah.

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00:26:29.260 --> 00:26:30.820

Dr. Ritamarie Loscalzo: Yep, so.

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00:26:30.820 --> 00:26:31.260

Rob Vanderwal: Good.

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00:26:31.260 --> 00:26:37.419

Dr. Ritamarie Loscalzo: I mean, and we're talking a lot of money. The difference between for me \$500 and \$26 for my glasses.

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00:26:38.070 --> 00:26:38.610

Rob Vanderwal: Yeah.

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00:26:38.610 --> 00:26:40.400

Dr. Ritamarie Loscalzo: It's a big difference, you know.

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00:26:40.400 --> 00:26:40.800

Rob Vanderwal: Yeah.

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00:26:40.800 --> 00:26:49.619

Dr. Ritamarie Loscalzo: It could be similar with hearing aids. Right? If the hearing aids are going to cost you 500. I don't even know how much. They cost a thousand dollars, and you can get them for 200.

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00:26:49.970 --> 00:26:52.160

Rob Vanderwal: Way more than that. Oh, yeah.

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00:26:52.270 --> 00:26:56.620

Rob Vanderwal: yeah. And so I've been to 2 places. If you go to Miracle Ear.

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00:26:56.990 --> 00:27:01.870

Rob Vanderwal: their top of the line is \$10,000 10,000,

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00:27:02.220 --> 00:27:07.270

Rob Vanderwal: and and, strangely enough, my insurance will cover half of that.

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00:27:07.912 --> 00:27:13.279

Rob Vanderwal: Bring it down to 5. However, I went to an a real audiologist.

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00:27:13.790 --> 00:27:17.160

Rob Vanderwal: Their price is only 6,000,

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00:27:17.950 --> 00:27:21.309

Rob Vanderwal: but that my insurance won't cover none of that.

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00:27:21.620 --> 00:27:24.519

Rob Vanderwal: So yeah, 0 0.

270

00:27:25.040 --> 00:27:30.400

Rob Vanderwal: So that's that's another that's been stressing me out a lot lately, too, is why, why do I pay.

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00:27:30.400 --> 00:27:31.140

Dr. Ritamarie Loscalzo: Why?

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00:27:31.400 --> 00:27:33.249

Rob Vanderwal: I pay insurance for him.

273

00:27:33.250 --> 00:27:35.920

Dr. Ritamarie Loscalzo: Pay like a thousand dollars a month for your insurance.

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00:27:36.450 --> 00:27:43.990

Rob Vanderwal: Yeah. Well, yeah, I have a combined. So I'm on on Medicare. You can combine your dental.

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00:27:45.990 --> 00:27:49.869

Rob Vanderwal: Dental hearing and vision, all in one insurance package.

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00:27:49.990 --> 00:27:56.539

Rob Vanderwal: And it's true I only I only pay \$50 a month for that. But still, but still

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00:27:56.890 --> 00:28:00.949

Rob Vanderwal: I mean I don't get. Why, why get it? If you don't get anything covered.

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00:28:01.410 --> 00:28:07.959

Dr. Ritamarie Loscalzo: Right. Right. Did you ask why? It seems weird that they would pay for one place, but not another.

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00:28:08.150 --> 00:28:13.136

Rob Vanderwal: Yeah, they must be having a line alignment with miracle here or something.

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00:28:13.710 --> 00:28:15.890

Rob Vanderwal: but I'm gonna call him and ask him.

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00:28:15.890 --> 00:28:24.070

Dr. Ritamarie Loscalzo: And find out about the the. You'd have to have your prescription, and but they have to give it to you. You paid for the appointment they have to give you your prescription.

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00:28:24.280 --> 00:28:26.840

Rob Vanderwal: No, it's usually free. I didn't pay for it.

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00:28:27.010 --> 00:28:28.100

Dr. Ritamarie Loscalzo: Okay. Well.

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00:28:28.100 --> 00:28:28.790

Rob Vanderwal: Yeah.

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00:28:29.090 --> 00:28:35.109

Rob Vanderwal: but but I am gonna ask for it. Yes, we'll see. I I'm sure they'll give it to me. But.

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00:28:35.840 --> 00:28:36.430

Dr. Ritamarie Loscalzo: Yeah.

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00:28:36.430 --> 00:28:40.680

Rob Vanderwal: So. So yeah, so I, yeah, I don't know.

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00:28:41.080 --> 00:28:46.670

Dr. Ritamarie Loscalzo: Yeah, I don't know much in the way of hearing Aids, I've you know, not really other than knowing people who've had them.

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00:28:47.117 --> 00:28:56.039

Dr. Ritamarie Loscalzo: And it makes a world of difference. But I know people who leave them out just because they don't want to hear what's going on like depending on the situation. Yeah.

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00:28:56.040 --> 00:28:59.910

Rob Vanderwal: Yeah. Oh, that's the other thing I've been. I've been researching it apparently.

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00:29:00.230 --> 00:29:06.130

Rob Vanderwal: I really should be, you know, getting wearing, hearing aids just to prevent. Oh, cool

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00:29:06.400 --> 00:29:13.870

Rob Vanderwal: Alzheimer's dementia, and I've heard heart disease, and I've heard, you know, that it can cause.

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00:29:13.870 --> 00:29:23.100

Dr. Ritamarie Loscalzo: I don't know about heart disease preventing it. I mean heart disease can cause hearing loss. I could see where the anything related to your memory

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00:29:23.460 --> 00:29:33.769

Dr. Ritamarie Loscalzo: might be assisted by hearing properly, because sometimes, you know, you're just like, if you can't hear properly, you tune everything out, and then you're not getting the mental stimulation. So

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00:29:34.210 --> 00:29:41.289

Dr. Ritamarie Loscalzo: yeah, so I think blood sugar has more effect on Alzheimer's risk than hearing aids. But that's my opinion.

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00:29:43.590 --> 00:29:44.570

Rob Vanderwal: Okay.

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00:29:44.880 --> 00:29:45.350

Dr. Ritamarie Loscalzo: In luck.

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00:29:45.980 --> 00:29:47.230

Rob Vanderwal: Yeah. Thanks.

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00:29:47.540 --> 00:29:50.080

Dr. Ritamarie Loscalzo: Yeah, yeah, you're welcome. Catherine.

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00:29:50.590 --> 00:29:59.200

Kathryn Schultz: A comment and a question, a comment on what Rob was saying about Costco hearing Aids. My friend's experience is that

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00:29:59.490 --> 00:30:06.480

Kathryn Schultz: even if you bring your own prescription in for a hearing aid. They want you to have a hearing test with their person.

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00:30:06.990 --> 00:30:12.550

Kathryn Schultz: because that way they can validate it, and they're not held, you know, any liability.

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00:30:12.550 --> 00:30:17.059

Dr. Ritamarie Loscalzo: We do it. It's not like going into Costco, and they will do a hearing hearing test.

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00:30:17.060 --> 00:30:17.470

Kathryn Schultz: So you just.

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00:30:17.470 --> 00:30:18.460

Dr. Ritamarie Loscalzo: Okay.

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00:30:18.460 --> 00:30:27.009

Kathryn Schultz: And I think you just go on Costco on the online Costco thing, and you make an appointment to get a hearing test. And that's how you get entered into the

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00:30:27.210 --> 00:30:28.260

Kathryn Schultz: pool.

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00:30:28.910 --> 00:30:30.650

Dr. Ritamarie Loscalzo: Thing about getting a hearing from them.

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00:30:30.650 --> 00:30:31.930

Dr. Ritamarie Loscalzo: Great! That's good to know.

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00:30:31.930 --> 00:30:43.909

Kathryn Schultz: So that's what my friend's experience was. And then my question is about anti-voltage, gated potassium channels and sodium channels.

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00:30:44.360 --> 00:30:47.619

Kathryn Schultz: So when I did, a neural zoomer. A couple years ago

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00:30:47.780 --> 00:30:54.189

Kathryn Schultz: I had, among other things, the antibodies for voltage-gated potassium channels.

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00:30:54.500 --> 00:30:54.980

Dr. Ritamarie Loscalzo: Hmm.

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00:30:54.980 --> 00:31:06.429

Kathryn Schultz: And now, with some of my health issues with my adrenals. Having, like, been in the tank along with my pituitary feeling, they're thinking that I might have sodium channel regulation issues.

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00:31:08.500 --> 00:31:13.719

Kathryn Schultz: I mean, I've Googled, what does this all mean with sodium channels? But

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00:31:14.170 --> 00:31:22.000

Kathryn Schultz: could you explain a little bit about sodium channels. And is there any relationship between the sodium channels and the potassium channels.

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00:31:23.780 --> 00:31:29.109

Dr. Ritamarie Loscalzo: Yeah. So both of them are electrolytes. And in order for them to get into the cells.

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00:31:29.760 --> 00:31:37.069

Dr. Ritamarie Loscalzo: they go through these channels right? That's how they get in and out of the cells. Voltage gated means that

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00:31:38.360 --> 00:31:40.850

Dr. Ritamarie Loscalzo: me just see if I can remember. And I'm looking up.

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00:31:43.290 --> 00:31:58.679

Dr. Ritamarie Loscalzo: yes. So the membrane potential right of of a certain membrane. A cell membrane can be negative or positive, and the channels depend on some of them would be positive gated, and some of them would be negative. So let me see.

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00:32:02.180 --> 00:32:07.769

Dr. Ritamarie Loscalzo: I mean they are related because sodium and potassium are their pairs going into the cells so.

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00:32:08.680 --> 00:32:09.210

Kathryn Schultz: With it.

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00:32:09.390 --> 00:32:11.289

Dr. Ritamarie Loscalzo: Yeah, let's see.

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00:32:35.480 --> 00:32:42.879

Dr. Ritamarie Loscalzo: So they are important for muscles and firing of muscles, firing of neurons.

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00:32:47.800 --> 00:32:55.630

Dr. Ritamarie Loscalzo: So when they're voltage gated when the membrane potential shifts, it allows the

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00:32:55.910 --> 00:33:04.340

Dr. Ritamarie Loscalzo: the potassium and sodium to jump in. Now, what I'm looking for oh.

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00:33:09.500 --> 00:33:11.220

Dr. Ritamarie Loscalzo: is activation.

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00:33:20.320 --> 00:33:23.479

Dr. Ritamarie Loscalzo: The potassium ones open more slowly than sodium.

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00:33:24.760 --> 00:33:27.820

Dr. Ritamarie Loscalzo: They let potassium exit the cell.

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00:33:34.180 --> 00:33:35.600

Kathryn Schultz: Exit, not, enter.

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00:33:35.890 --> 00:33:36.680

Dr. Ritamarie Loscalzo: Right.

332

00:33:37.060 --> 00:33:37.600

Kathryn Schultz: Hmm.

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00:33:41.310 --> 00:33:42.930

Dr. Ritamarie Loscalzo: And you had a genetic.

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00:33:43.410 --> 00:33:46.260

Dr. Ritamarie Loscalzo: You said you had a genetic tendency towards.

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00:33:47.340 --> 00:33:49.050

Kathryn Schultz: This is a neural zoomer.

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00:33:49.310 --> 00:33:50.769

Dr. Ritamarie Loscalzo: Oh! The neural Zoomer said that you would.

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00:33:50.770 --> 00:33:53.630

Kathryn Schultz: Antibodies were the potassium gated one.

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00:33:54.030 --> 00:33:54.820

Dr. Ritamarie Loscalzo: Okay.

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00:33:54.820 --> 00:34:02.590

Kathryn Schultz: But now my various tests are pointing toward me, having sodium channel issue regulation issues.

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00:34:04.880 --> 00:34:05.909

Dr. Ritamarie Loscalzo: Let me.

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00:34:34.199 --> 00:34:35.704

Dr. Ritamarie Loscalzo: And what made them

342

00:34:38.429 --> 00:34:41.769

Dr. Ritamarie Loscalzo: Say you had a problem with the sodium? What was the test that you did.

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00:34:43.150 --> 00:34:48.330

Kathryn Schultz: I need to double check, but I remember the bottom line was.

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00:34:48.570 --> 00:34:51.100

Kathryn Schultz: my blood pressure is very low.

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00:34:51.570 --> 00:34:54.630

Kathryn Schultz: They think that I'm not.

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00:34:55.100 --> 00:34:59.269

Kathryn Schultz: I mean right now I struggle to have my blood pressure. The top number be over a hundred

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00:35:00.233 --> 00:35:03.339

Kathryn Schultz: which for me is 20 points low.

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00:35:03.610 --> 00:35:07.539

Kathryn Schultz: My bottom number has been down in the forties on occasion.

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00:35:08.415 --> 00:35:10.670

Kathryn Schultz: Which for me is very low.

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00:35:10.670 --> 00:35:11.870

Dr. Ritamarie Loscalzo: That's very low.

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00:35:12.292 --> 00:35:16.099

Kathryn Schultz: Yeah, my! My heart rate is in the eighties.

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00:35:16.330 --> 00:35:19.179

Kathryn Schultz: It's like what's going on, which is high.

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00:35:19.180 --> 00:35:24.440

Dr. Ritamarie Loscalzo: So your heart rate will go up when your your body's trying to get the pressure up. So.

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00:35:24.440 --> 00:35:33.409

Kathryn Schultz: Gotcha, and they think that the blood vessels are. I've also been having a lot of edema in my ankles, which I didn't have before

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00:35:33.520 --> 00:35:40.980

Kathryn Schultz: they and some other tests are showing, and I'll have to dig up the test, and I can bring them some time showing like leakage.

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00:35:41.872 --> 00:35:46.979

Kathryn Schultz: They think that like there were some urine tests that showed my

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00:35:48.850 --> 00:35:53.219

Kathryn Schultz: My kidneys were not reabsorbing nutrients. I was leaking

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00:35:54.140 --> 00:35:57.440

Kathryn Schultz: I was so wasting I was

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00:35:57.990 --> 00:35:59.629

Dr. Ritamarie Loscalzo: That could be related to the adrenal speed.

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00:35:59.950 --> 00:36:07.500

Kathryn Schultz: Leaking fluids out of my blood vessels into the tissues, causing the edema

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00:36:08.240 --> 00:36:14.560

Kathryn Schultz: the blood vessels. They have difficulty drawing blood from me. They have for decades, but it's gotten worse.

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00:36:15.700 --> 00:36:21.929

Kathryn Schultz: and then they get a blood vessel, and then it stops bleeding because they just can't get enough blood from it.

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00:36:23.080 --> 00:36:24.190

Kathryn Schultz: So.

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00:36:27.460 --> 00:36:35.160

Kathryn Schultz: So that's why they're they're now thinking that the sodium channels might be one of the issues.

365

00:36:35.730 --> 00:36:40.599

Kathryn Schultz: At least, that's what I recall them saying. I'd have to double check into the.

366

00:36:40.600 --> 00:36:42.240

Dr. Ritamarie Loscalzo: Particularly. But

367

00:36:47.510 --> 00:36:51.506

Dr. Ritamarie Loscalzo: bunch of stuff here just see.

368

00:37:05.650 --> 00:37:11.039

Dr. Ritamarie Loscalzo: So you know, I once had my blood pressure fell down to 59, over 29.

369

00:37:11.040 --> 00:37:11.670

Kathryn Schultz: Oh, my heavens.

370

00:37:11.670 --> 00:37:18.440

Dr. Ritamarie Loscalzo: So I know that feels to have that be solo. Oh, and I was okay. Okay, give me a

371

00:37:18.830 --> 00:37:21.940

Dr. Ritamarie Loscalzo: and lots of licorice, and it had to do with.

372

00:37:22.690 --> 00:37:28.680

Dr. Ritamarie Loscalzo: Yeah, licorice was good. I had to do with my I was taking a lot of niacin at the time

373

00:37:28.950 --> 00:37:35.840

Dr. Ritamarie Loscalzo: to try to bring down my lipoprotein little egg, and it's a strong vasodilator

374

00:37:36.720 --> 00:37:43.350

Dr. Ritamarie Loscalzo: we were talking about that before with nitric oxide. Right? Vasodilator. Yeah, let me see what happens.

375

00:37:43.350 --> 00:37:44.950

Kathryn Schultz: I'm not on niacin.

376

00:37:45.320 --> 00:37:48.270

Dr. Ritamarie Loscalzo: You're not. What are you on right now? What supplements.

377

00:37:49.560 --> 00:37:50.530

Dr. Ritamarie Loscalzo: A lot of them.

378

00:37:51.187 --> 00:37:59.930

Kathryn Schultz: Not many supplements any longer. I had been on a ton of them up until December, when I got pneumonia and covid.

379

00:38:00.400 --> 00:38:04.169

Kathryn Schultz: and then, after that I had stopped

380

00:38:04.410 --> 00:38:11.179

Kathryn Schultz: all kinds of things because I couldn't keep food down for a while, and then I just didn't want to eat anything for a while.

381

00:38:11.380 --> 00:38:15.540

Kathryn Schultz: which for me, you know, the world is wrong if I don't want to eat food?

382

00:38:16.363 --> 00:38:18.780

Kathryn Schultz: And so I had stopped.

383

00:38:20.326 --> 00:38:25.209

Kathryn Schultz: Basically, everything except one or 2 medications.

384

00:38:26.077 --> 00:38:29.660

Kathryn Schultz: And then we've been adding things back in.

385

00:38:29.970 --> 00:38:36.040

Kathryn Schultz: So the supplements I'm currently on are just an antihistamine electrolytes

386

00:38:36.860 --> 00:38:40.149

Kathryn Schultz: fish oil. Well, not fish oil.

387

00:38:40.730 --> 00:38:43.720

Kathryn Schultz: algae. Dha, because I can't take.

388

00:38:44.154 --> 00:38:44.590

Dr. Ritamarie Loscalzo: Okay.

389

00:38:44.590 --> 00:38:50.220

Kathryn Schultz: Some of the things because of alpha-gal, glutathione, neuromag.

390

00:38:50.670 --> 00:38:52.950

Kathryn Schultz: And then 2 different probiotics.

391

00:38:54.070 --> 00:38:54.860

Dr. Ritamarie Loscalzo: Okay.

392

00:38:55.610 --> 00:39:02.339

Dr. Ritamarie Loscalzo: and the electrolytes. It's a balanced formula, like A, you know, seeking health, or one of the others like that.

393

00:39:02.340 --> 00:39:03.760

Kathryn Schultz: Yeah, it's from buoy.

394

00:39:04.190 --> 00:39:04.940

Dr. Ritamarie Loscalzo: Okay.

395

00:39:05.629 --> 00:39:10.679

Kathryn Schultz: It's the version my doctor recommended. They have a version for

396

00:39:11.729 --> 00:39:15.230

Kathryn Schultz: like hydration, one for energy, one for immunity. I

397

00:39:15.360 --> 00:39:20.329

Kathryn Schultz: have a little bit of each every day, all day long.

398

00:39:21.060 --> 00:39:24.529

Dr. Ritamarie Loscalzo: Do you notice a difference when you take them versus when you don't.

399

00:39:24.690 --> 00:39:34.279

Kathryn Schultz: No, but it. Maybe I had before just been having them in maybe 2 or 3 glasses of water.

400

00:39:35.080 --> 00:39:39.600

Kathryn Schultz: Now I'm having structured water. The electrolytes in the water

401

00:39:39.770 --> 00:39:42.100

Kathryn Schultz: all day long, so we'll see if that.

402

00:39:42.100 --> 00:39:42.510

Dr. Ritamarie Loscalzo: Exit.

403

00:39:42.510 --> 00:39:44.670

Kathryn Schultz: Difference. So you're just tipping it.

404

00:39:44.670 --> 00:39:50.733

Dr. Ritamarie Loscalzo: Whenever you're thirsty you're drinking it. Yeah, as opposed to having it in the morning at night. Whatever?

405

00:39:52.970 --> 00:39:55.109

Dr. Ritamarie Loscalzo: I'm looking at some testing.

406

00:39:58.720 --> 00:40:03.069

Dr. Ritamarie Loscalzo: How do you do? 24 h blood pressure monitoring. I'm not sure about that one.

407

00:40:04.170 --> 00:40:06.649

Kathryn Schultz: Yeah, that one I've had never heard of.

408

00:40:07.150 --> 00:40:10.190

Dr. Ritamarie Loscalzo: Have you had your Aldosterone? And Renin checked.

409

00:40:10.510 --> 00:40:12.480

Kathryn Schultz: Yes, several times.

410

00:40:12.480 --> 00:40:13.020

Dr. Ritamarie Loscalzo: Yeah.

411

00:40:13.020 --> 00:40:15.730

Kathryn Schultz: And we're testing it again tomorrow morning.

412

00:40:15.730 --> 00:40:16.420

Dr. Ritamarie Loscalzo: Okay?

413

00:40:21.170 --> 00:40:26.380

Dr. Ritamarie Loscalzo: there's a test called the autonomic reflex screen. Have you had that one done.

414

00:40:26.670 --> 00:40:28.870

Kathryn Schultz: That does not sound familiar.

415

00:40:28.870 --> 00:40:30.139

Dr. Ritamarie Loscalzo: The tilt table.

416

00:40:30.440 --> 00:40:31.929

Kathryn Schultz: No, I've not done that.

417

00:40:33.510 --> 00:40:42.899

Dr. Ritamarie Loscalzo: I mean, and is the is the hypertypo tension? Is it orthostatic meaning worse when you stand up.

418

00:40:44.114 --> 00:40:51.410

Kathryn Schultz: I've not checked my blood pressure when I stand up, but I know that I, when I stand up.

419

00:40:53.470 --> 00:40:59.030

Kathryn Schultz: disequilibrium hits, might be worthwhile to test it.

420

00:40:59.660 --> 00:41:01.080

Kathryn Schultz: Yeah, I'll test that.

421

00:41:01.080 --> 00:41:01.840

Dr. Ritamarie Loscalzo: Let's see.

422

00:41:02.340 --> 00:41:05.740

Kathryn Schultz: But I've had that issue even before I had the hypotension.

423

00:41:06.070 --> 00:41:10.470

Kathryn Schultz: but now it's worse. So I assume that the blood pressure is

424

00:41:10.830 --> 00:41:13.209

Kathryn Schultz: wackier. Now, when I stand up.

425

00:41:14.490 --> 00:41:15.479

Dr. Ritamarie Loscalzo: Okay?

426

00:41:40.970 --> 00:41:43.320

Dr. Ritamarie Loscalzo: I said earlier, there's always something

427

00:41:44.020 --> 00:41:51.112

Dr. Ritamarie Loscalzo: to learn. I mean, I learned about calcium, the channels. There's also calcium channels. There's potassium channels.

428

00:41:52.060 --> 00:41:54.670

Dr. Ritamarie Loscalzo: but it's been a while since I've looked at it so.

429

00:41:54.670 --> 00:41:58.439

Kathryn Schultz: And, by the way, for Aldosterone run in my Aldosterone.

430

00:42:02.300 --> 00:42:04.320

Kathryn Schultz: In March it was

431

00:42:04.630 --> 00:42:16.440

Kathryn Schultz: higher than the reference interval by a good chunk. And now it's dead center in the reference interval. I'm not sure how it compares with functional optimal. But

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00:42:16.640 --> 00:42:23.050

Kathryn Schultz: the Renin is crazy high like

433

00:42:23.730 --> 00:42:27.940

Kathryn Schultz: 5 times higher than the reference top number.

434

00:42:29.147 --> 00:42:32.090

Kathryn Schultz: But the ratio is right where it should be.

435

00:42:33.310 --> 00:42:38.804

Dr. Ritamarie Loscalzo: Yeah, that's the thing with ratios right? Screwed up one in each direction.

436

00:42:42.510 --> 00:42:49.589

Kathryn Schultz: And I think that the reference range for the ratio is a little species as well that.

437

00:42:50.030 --> 00:42:51.662

Dr. Ritamarie Loscalzo: I'm looking that up.

438

00:42:54.600 --> 00:43:10.290

Dr. Ritamarie Loscalzo: and it's crazy high. So what it means is, so your kidneys are going to secrete Renin in response to the low blood pressure. So it's it's reacting and saying, blood pressure is too low. Blood pressure is too low. Boom! Boom! Trying to get it up.

439

00:43:11.041 --> 00:43:15.259

Dr. Ritamarie Loscalzo: Is your sodium low in your potassium high? I forgot to ask that earlier.

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00:43:18.670 --> 00:43:20.030

Kathryn Schultz: Let me see.

441

00:43:20.460 --> 00:43:25.959

Dr. Ritamarie Loscalzo: Renin converts Angiotensin its tensinogen into angiotensin.

442

00:43:26.890 --> 00:43:28.999

Dr. Ritamarie Loscalzo: and that's all raising. So there's a

443

00:43:30.320 --> 00:43:34.140

Dr. Ritamarie Loscalzo: so to me it sounds like your Renin is being ineffective.

444

00:43:36.300 --> 00:43:39.789

Dr. Ritamarie Loscalzo: But tell me about the low sodium and or the sodium and potassium.

445

00:43:40.070 --> 00:43:41.589

Kathryn Schultz: Yeah, I'm trying to find it.

446

00:43:44.910 --> 00:43:46.350

Kathryn Schultz: Essa.

447

00:43:50.840 --> 00:43:52.219

Kathryn Schultz: let's see.

448

00:43:55.230 --> 00:43:58.350

Dr. Ritamarie Loscalzo: And you said your Aldosterone was high, but now it's normal.

449

00:43:58.710 --> 00:43:59.740

Kathryn Schultz: Right.

450

00:44:02.080 --> 00:44:07.160

Dr. Ritamarie Loscalzo: Yeah, I want to know about the potassium and sodium, because those are those are interrelated here.

451

00:44:11.420 --> 00:44:17.440

Kathryn Schultz: Potassium functional low, 3.9

452

00:44:17.680 --> 00:44:22.800

Kathryn Schultz: sodium, right in the middle of functional 139.

453

00:44:23.450 --> 00:44:25.650

Dr. Ritamarie Loscalzo: Okay, so neither one.

454

00:44:26.273 --> 00:44:31.260

Kathryn Schultz: But the sodium potassium ratio is functionally high.

455

00:44:32.250 --> 00:44:32.970

Dr. Ritamarie Loscalzo: Okay.

456

00:44:33.800 --> 00:44:41.329

Kathryn Schultz: Because my potassium's low for what it's worth. My veg, F is super high.

457

00:45:14.450 --> 00:45:17.990

Kathryn Schultz: Yes, these are the fun cases that you may be faced.

458

00:45:21.050 --> 00:45:21.845

Dr. Ritamarie Loscalzo: Yes,

459

00:45:22.640 --> 00:45:27.069

Kathryn Schultz: That's why I want to get smart enough so I can do it myself.

460

00:45:28.760 --> 00:45:29.920

Dr. Ritamarie Loscalzo: Yeah.

461

00:45:31.070 --> 00:45:37.210

Dr. Ritamarie Loscalzo: I mean, you're always going to be for the rest of your life looking things up. And when you have doctors who don't

462

00:45:38.016 --> 00:45:47.759

Dr. Ritamarie Loscalzo: they're not the doctors you want to see right? Because they're not being on top of their game, and they're instead of telling you you're strange. I don't know what to do with you.

463

00:45:48.290 --> 00:45:54.340

Dr. Ritamarie Loscalzo: They should be saying, huh! This is an unusual presentation. Let's dig and figure this out.

464

00:45:54.550 --> 00:46:00.019

Kathryn Schultz: Yup, and that's who the doctors I have now are, which is yeah, wonderful.

465

00:46:00.020 --> 00:46:00.370

Kathryn Schultz: You won't.

466

00:46:00.370 --> 00:46:08.190

Dr. Ritamarie Loscalzo: Really nice book that I'm going to be trying to get through on rehnology, on kidney stuff, and where.

467

00:46:08.190 --> 00:46:08.610

Kathryn Schultz: Oh!

468

00:46:08.610 --> 00:46:16.980

Dr. Ritamarie Loscalzo: Bioregulator pathways of that effect and its peptides and various things like that vitamins.

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00:46:17.130 --> 00:46:19.019

Dr. Ritamarie Loscalzo: So yeah.

470

00:46:19.350 --> 00:46:40.750

Dr. Ritamarie Loscalzo: I interviewed this this doctor on my podcast and I was fascinated. And we really like we spent a bunch of time talking about stuff. So I bought her book, which I was shocked when I went to the site to buy her book, and it was \$148. I'm like 1, \$48 for a book. Then it came, and I could barely lift it. So I realized why, it's it's a compilation. So I just got it a couple of days ago, and

471

00:46:41.060 --> 00:46:43.139

Dr. Ritamarie Loscalzo: I will know more about kidney stuff.

472

00:46:44.290 --> 00:46:48.990

Kathryn Schultz: Well, and it's also, you know, an option for weightlifting right.

473

00:46:49.700 --> 00:46:55.510

Dr. Ritamarie Loscalzo: Yeah, that's too light for weightlifting. Okay, it's too light. I need a heavier.

474

00:46:55.510 --> 00:46:56.957

Kathryn Schultz: Maybe for you.

475

00:46:57.440 --> 00:47:03.050

Dr. Ritamarie Loscalzo: Now I can. Maybe I could do it for triceps. Now now

476

00:47:03.380 --> 00:47:06.740

Dr. Ritamarie Loscalzo: for some of my muscles. I could do it. I could use it.

477

00:47:07.390 --> 00:47:16.770

Dr. Ritamarie Loscalzo: but some of it's just too light. So oh, let me

478

00:47:19.870 --> 00:47:21.109

Dr. Ritamarie Loscalzo: let me look here.

479

00:47:28.440 --> 00:47:32.489

Dr. Ritamarie Loscalzo: Okay, so what can be done to restore these channels from a nutritional perspective,

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00:47:34.800 --> 00:47:46.180

Dr. Ritamarie Loscalzo: reducing inflammation. You know that one electrolytes and minerals mitochondrial production, omega 3 s.

481

00:47:46.650 --> 00:47:51.729

Dr. Ritamarie Loscalzo: So I just mentioned to you interesting that phosphatidyl

482

00:47:52.501 --> 00:47:56.779

Dr. Ritamarie Loscalzo: choline and and serine could be beneficial

483

00:47:57.070 --> 00:48:07.470

Dr. Ritamarie Loscalzo: for the nerve cell membrane so sunflower. I don't remember if you have a pemt genetic, but everybody on those calls that we were going through them had Pemt problems so.

484

00:48:07.470 --> 00:48:09.560

Kathryn Schultz: Seem to recall having a Pmt.

485

00:48:09.560 --> 00:48:15.180

Dr. Ritamarie Loscalzo: Yeah. So sunflower. Lecithin works really well and cruciferous vegetables.

486

00:48:15.710 --> 00:48:21.585

Dr. Ritamarie Loscalzo: vitamin, E and C. But you've you've been off of C because of the kidney stuff.

487

00:48:27.150 --> 00:48:29.929

Kathryn Schultz: They've got me eating kiwi or

488

00:48:30.837 --> 00:48:34.250

Kathryn Schultz: avocado almost every day for the potassium.

489

00:48:34.970 --> 00:48:39.619

Kathryn Schultz: And they figure the kiwi vitamin. C won't overtax the kidneys.

490

00:48:39.620 --> 00:48:46.795

Dr. Ritamarie Loscalzo: Yeah, yeah, when you get it from food, it's not gonna overtax unless you're eating like drinking orange juice. You know that kind of thing.

491

00:48:48.120 --> 00:48:50.850

Dr. Ritamarie Loscalzo: and you're taking salt, and you're putting salt in your water.

492

00:48:51.040 --> 00:48:51.820

Kathryn Schultz: Yeah.

493

00:48:51.820 --> 00:48:53.479

Dr. Ritamarie Loscalzo: Are you taking any calcium.

494

00:48:54.110 --> 00:48:55.400

Kathryn Schultz: No.

495

00:48:58.290 --> 00:49:02.009

Dr. Ritamarie Loscalzo: Do you know if your calcium on your blood test is reasonable?

496

00:49:02.910 --> 00:49:05.730

Kathryn Schultz: I do not recall. Let me see if it's on. There.

497

00:49:06.170 --> 00:49:15.909

Dr. Ritamarie Loscalzo: Because typically people look at calcium on a blood test and think, Oh, my bones are fine. It has nothing to do with your bones it has to do with your your heart muscle contraction.

498

00:49:19.550 --> 00:49:21.810

Dr. Ritamarie Loscalzo: Me! See if there's anything else I can see.

499

00:49:22.150 --> 00:49:25.079

Dr. Ritamarie Loscalzo: I'll pull the key points out of here and send it to you.

500

00:49:25.240 --> 00:49:28.210

Kathryn Schultz: Calcium is functionally optimal, 9.1.

501

00:49:28.210 --> 00:49:29.519

Dr. Ritamarie Loscalzo: Yeah, okay.

502

00:49:30.690 --> 00:49:37.030

Kathryn Schultz: The calcium albumin. Albumen ratio is awful, though.

503

00:49:37.420 --> 00:49:39.890

Dr. Ritamarie Loscalzo: How high is your albumin, high or low.

504

00:49:40.250 --> 00:49:41.015

Kathryn Schultz: My

505

00:49:43.310 --> 00:49:45.500

Kathryn Schultz: My albumin is high.

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00:49:46.360 --> 00:49:56.649

Kathryn Schultz: Yeah, I'm sorry. My albumin is low, like very low, like crazy low, like 4 point. Oh.

507

00:49:56.900 --> 00:49:57.540

Dr. Ritamarie Loscalzo: Hmm.

508

00:49:57.820 --> 00:50:06.710

Kathryn Schultz: And it's like on the odx. It's like markedly below green, like lots of white space.

509

00:50:06.710 --> 00:50:07.490

Dr. Ritamarie Loscalzo: Hmm.

510

00:50:09.910 --> 00:50:12.699

Kathryn Schultz: But all my proteins are really low.

511

00:50:14.260 --> 00:50:18.400

Kathryn Schultz: The protein, the albumin, and the globulin are all very low.

512

00:50:19.100 --> 00:50:21.869

Dr. Ritamarie Loscalzo: This is interesting, so the protein is low, too.

513

00:50:22.200 --> 00:50:22.990

Kathryn Schultz: Yeah.

514

00:50:26.170 --> 00:50:32.479

Kathryn Schultz: and I eat fairly. Protein rich foods. But I don't get

515

00:50:32.890 --> 00:50:36.890

Kathryn Schultz: as many grams of protein as they want me to have.

516

00:50:37.600 --> 00:50:42.080

Kathryn Schultz: I rather get about 60 grams. I apparently need about 90 grams.

517

00:50:43.648 --> 00:50:46.720

Dr. Ritamarie Loscalzo: What's your Gfr? Egfr.

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00:50:47.190 --> 00:50:48.930

Kathryn Schultz: My Egfr.

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00:50:49.220 --> 00:50:49.810

Dr. Ritamarie Loscalzo: So.

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00:50:53.600 --> 00:50:59.990

Kathryn Schultz: Let's see functionally dead in the middle 1. 0, 6.

521

00:51:00.520 --> 00:51:01.220

Dr. Ritamarie Loscalzo: Okay.

522

00:51:01.920 --> 00:51:08.151

Dr. Ritamarie Loscalzo: that's actually good. So you don't have to worry. I was going to caution you with too much protein.

523

00:51:09.200 --> 00:51:17.259

Dr. Ritamarie Loscalzo: if you had a low Gfr or it had been going down. But that's like Egfr. 106 is actually not functionally in the middle. It's like

524

00:51:17.550 --> 00:51:18.640

Dr. Ritamarie Loscalzo: phenomenal.

525

00:51:19.040 --> 00:51:22.299

Kathryn Schultz: Oh, at least something's phenomenal that and my blood sugar.

526

00:51:22.300 --> 00:51:22.840

Dr. Ritamarie Loscalzo: No, no.

527

00:51:23.590 --> 00:51:33.710

Dr. Ritamarie Loscalzo: yeah, yeah. Yeah. So I'm gonna look through this. And if you have, if you can send me your whatever your report is with your latest labs on it.

528

00:51:34.200 --> 00:51:40.619

Dr. Ritamarie Loscalzo: I'd like to think through some of this because it's it's interesting picture. And then we'd like to

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00:51:42.330 --> 00:51:46.939

Dr. Ritamarie Loscalzo: have they done organic acid texting or mycotoxins on you. Recently.

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00:51:47.780 --> 00:51:51.620

Kathryn Schultz: Not recently we did a Mycotoxin test, maybe about.

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00:51:52.130 --> 00:51:54.540

Kathryn Schultz: I'd say 2 years ago or so

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00:51:56.880 --> 00:52:02.579

Kathryn Schultz: And we'd done 2 mycotoxins. The 1st one came back positive in a couple of things.

533

00:52:02.700 --> 00:52:10.109

Kathryn Schultz: Then I did some very easy kind of

534

00:52:11.380 --> 00:52:15.910

Kathryn Schultz: detox, which was chlorella and charcoal.

535

00:52:16.170 --> 00:52:21.910

Kathryn Schultz: and you know something else. And next test all clean.

536

00:52:22.520 --> 00:52:25.460

Kathryn Schultz: So hopefully, that's still good.

537

00:52:25.460 --> 00:52:26.649

Dr. Ritamarie Loscalzo: Hopefully, it's still good. Yeah.

538

00:52:26.650 --> 00:52:33.029

Kathryn Schultz: And organic acids. It's been a while, nutravel. My last nutravel, was about a year ago.

539

00:52:33.973 --> 00:52:35.820

Kathryn Schultz: Maybe a year and a half ago.

540

00:52:37.170 --> 00:52:38.040

Kathryn Schultz: But

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00:52:38.520 --> 00:52:45.179

Kathryn Schultz: we're gonna look at doing another nutravel once I get through this latest round of testing, and we find out more.

542

00:52:45.600 --> 00:52:48.730

Dr. Ritamarie Loscalzo: And you've had an acth stimulation test right where they?

543

00:52:48.730 --> 00:52:52.519

Dr. Ritamarie Loscalzo: No, because they think that I would crash from it.

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00:52:53.080 --> 00:52:59.009

Kathryn Schultz: So we are done imaging to make sure there are no tumors.

545

00:52:59.010 --> 00:53:00.110

Dr. Ritamarie Loscalzo: Right.

546

00:53:00.596 --> 00:53:06.320

Kathryn Schultz: But the simulation test one doctor wanted to do it. The other doctors like

547

00:53:06.940 --> 00:53:13.330

Kathryn Schultz: you'll never handle it, and we can't afford a crash, because I'm so oh, already.

548

00:53:13.500 --> 00:53:14.130

Dr. Ritamarie Loscalzo: Yeah.

549

00:53:14.130 --> 00:53:17.109

Kathryn Schultz: And it doesn't take much for me to go lower.

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00:53:17.110 --> 00:53:18.510

Dr. Ritamarie Loscalzo: Yeah, okay.

551

00:53:18.510 --> 00:53:19.610

Kathryn Schultz: As you know.

552

00:53:20.260 --> 00:53:24.270

Dr. Ritamarie Loscalzo: Yeah. So I hope I didn't get you more confused with all these questions. But the.

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00:53:24.270 --> 00:53:25.140

Kathryn Schultz: No, no.

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00:53:25.140 --> 00:53:35.650

Dr. Ritamarie Loscalzo: Sodium channels are. You know, they're critical for this, and I think that High Renin is your body. Your kidneys are trying really hard to bring your blood pressure up, and for some reason

555

00:53:36.280 --> 00:53:40.780

Dr. Ritamarie Loscalzo: it's not responding. So the Angiotensin should be

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00:53:41.260 --> 00:53:45.350

Dr. Ritamarie Loscalzo: responding to that. But it doesn't seem to be so.

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00:53:45.350 --> 00:53:45.950

Kathryn Schultz: Hmm.

558

00:53:47.183 --> 00:53:50.420

Dr. Ritamarie Loscalzo: I have to look close more closely at that mechanism.

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00:53:51.330 --> 00:53:52.979

Dr. Ritamarie Loscalzo: Yeah, cool. Thank you.

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00:53:53.610 --> 00:53:57.020

Dr. Ritamarie Loscalzo: You're welcome. You're welcome, Rob.

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00:53:59.240 --> 00:54:05.129

Rob Vanderwal: And since you brought up since you're looking into re renology and kidney stuff, I have a

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00:54:05.680 --> 00:54:12.830

Rob Vanderwal: a burning question, is that okay? Yeah, well, not literally.

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00:54:13.010 --> 00:54:17.019

Rob Vanderwal: but so I've been kind of looking into that myself. And

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00:54:17.460 --> 00:54:20.740

Rob Vanderwal: so there's this, what alkaline reserves.

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00:54:21.608 --> 00:54:26.450

Rob Vanderwal: And so apparently there are, there's multiple places where

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00:54:27.610 --> 00:54:35.849

Rob Vanderwal: the reserves are located in multiple places, and kidneys are the one, and bones are another, and there's probably another one.

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00:54:36.860 --> 00:54:37.710

Rob Vanderwal: But

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00:54:38.660 --> 00:54:46.369

Rob Vanderwal: you know, just listening to another. Some of the other webinars. It seems like everybody talks about the bones being the main

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00:54:46.810 --> 00:54:53.819

Rob Vanderwal: alkaline reserve, but I would have thought that the kidneys would be the main falcon reserve.

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00:54:53.960 --> 00:54:58.780

Rob Vanderwal: So do you have any insight into the what do you consider.

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00:54:58.780 --> 00:55:02.540

Dr. Ritamarie Loscalzo: Yeah, that's a good question. But it you know the reason.

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00:55:05.390 --> 00:55:06.590

Dr. Ritamarie Loscalzo: Give me a second

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00:55:13.326 --> 00:55:16.660

Dr. Ritamarie Loscalzo: think about a kidney, right?

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00:55:16.960 --> 00:55:41.159

Dr. Ritamarie Loscalzo: That a lot of the alcohol. It doesn't have a lot of place to store. All those minerals like the alkaline reserves, are minerals bone. You got plenty of place to store it right, the matrix of the bone. It's loaded with places to store the alkaline minerals to be able to do that. And it's also easy to mobilize because of the mechanisms that the body has. The kidney is really a filtering agent.

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00:55:41.620 --> 00:55:47.469

Dr. Ritamarie Loscalzo: right? So the guilty kidney doesn't do a lot of storage of stuff it. Basically

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00:55:48.580 --> 00:56:09.130

Dr. Ritamarie Loscalzo: the urine, you know, but comes through like the liquids come through right. The blood comes through actually. And then the kidney filters out the stuff we want to get rid of, and puts it in the urine to get rid of, and just lets the kidney through the the nephrons to go circulating back into. So

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00:56:09.410 --> 00:56:14.730

Dr. Ritamarie Loscalzo: it doesn't have a good place really to store a lot of the reserves.

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00:56:15.660 --> 00:56:16.280

Rob Vanderwal: Yeah.

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00:56:16.580 --> 00:56:17.340

Dr. Ritamarie Loscalzo: That's my feeling.

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00:56:17.340 --> 00:56:17.860

Rob Vanderwal: Yeah.

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00:56:18.050 --> 00:56:26.779

Rob Vanderwal: yeah, it. It just seems like, bone issues are a big topic nowadays, and that people just assume just assume that that's the main source. But.

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00:56:27.790 --> 00:56:29.880

Dr. Ritamarie Loscalzo: Is that what your but your topic's going to be on.

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00:56:31.066 --> 00:56:33.053

Rob Vanderwal: Is kind of yes.

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00:56:33.720 --> 00:56:34.970

Dr. Ritamarie Loscalzo: I can't wait to hear it. Then.

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00:56:35.320 --> 00:56:38.230

Rob Vanderwal: Yeah, probably not that deep.

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00:56:38.933 --> 00:56:42.770

Rob Vanderwal: But you know it may not ever come up. But

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00:56:43.530 --> 00:56:47.459

Rob Vanderwal: yeah, cause you know, because the presentation is so short that.

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00:56:47.460 --> 00:56:48.060

Dr. Ritamarie Loscalzo: Yeah.

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00:56:48.350 --> 00:56:48.960

Rob Vanderwal: Business.

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00:56:48.960 --> 00:56:51.610

Dr. Ritamarie Loscalzo: Get to you. Don't get to do an hour and a half presentation.

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00:56:53.790 --> 00:56:54.839

Dr. Ritamarie Loscalzo: Let me see.

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00:57:01.910 --> 00:57:02.590

Dr. Ritamarie Loscalzo: Okay,

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00:57:11.040 --> 00:57:21.819

Dr. Ritamarie Loscalzo: begf increases vascular permeability, and it allows albumin and fluid to leak from blood vessels into the interstitial space.

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00:57:22.130 --> 00:57:25.530

Dr. Ritamarie Loscalzo: so that would be why, so your

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00:57:26.310 --> 00:57:31.510

Dr. Ritamarie Loscalzo: your vegf is causing the albumin to leak, and your albumin is low.

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00:57:32.710 --> 00:57:33.799

Dr. Ritamarie Loscalzo: Let me see

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00:57:39.370 --> 00:57:43.179

Dr. Ritamarie Loscalzo: just just about the alkaline reserves. And I'm looking.

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00:57:48.620 --> 00:57:49.840

Dr. Ritamarie Loscalzo: Okay, here we go.

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00:57:51.430 --> 00:57:52.250

Dr. Ritamarie Loscalzo: Okay,

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00:58:05.660 --> 00:58:13.020

Dr. Ritamarie Loscalzo: So the blood plasma. Right? That's circulating. You've got the bone. That's the largest reservoir of alkaline minerals

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00:58:15.010 --> 00:58:20.559

Dr. Ritamarie Loscalzo: and we've got interstitial fluid. The space between the cells

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00:58:23.250 --> 00:58:32.050

Dr. Ritamarie Loscalzo: intracellular and then kidneys is not a storage site, but it regulates the bicarbonate reabsorption and acid secretion.

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00:58:32.190 --> 00:58:40.160

Dr. Ritamarie Loscalzo: So you're not going to like? I said. You don't really store anything in the kidneys, but it's filtering. It's keeping an eye on it, so to speak.

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00:58:40.690 --> 00:58:41.560

Rob Vanderwal: Okay.

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00:58:42.500 --> 00:58:43.270

Rob Vanderwal: Hmm.

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00:58:44.600 --> 00:58:44.990

Dr. Ritamarie Loscalzo: Yeah.

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00:58:45.460 --> 00:58:50.600

Rob Vanderwal: That's what you know. The kidney had the ability to reabsorb calculator.

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00:58:51.130 --> 00:58:54.830

Dr. Ritamarie Loscalzo: Yeah, but it's reabsorbing from the blood.

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00:58:54.830 --> 00:58:55.819

Rob Vanderwal: From the blood. Yeah.

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00:58:55.820 --> 00:59:15.980

Dr. Ritamarie Loscalzo: Or yeah, and it's putting it back in circulation versus, I think of the kidneys the blood comes through has to make a decision. Do I eliminate this, or do I put it back into circulation? So it's you know the blood is flowing through the kidney tubules, and some of it goes out, some of it gets put back into circulation.

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00:59:16.200 --> 00:59:18.049

Rob Vanderwal: So it's a decision point.

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00:59:18.660 --> 00:59:19.480

Rob Vanderwal: Yeah.

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00:59:19.680 --> 00:59:21.660

Rob Vanderwal: So I thought it was interesting, like.

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00:59:22.690 --> 00:59:28.199

Rob Vanderwal: I always think that the bones would be secondary. Let the kidneys do the work of the balancing. First.st

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00:59:28.490 --> 00:59:32.470

Dr. Ritamarie Loscalzo: If if the kidney determines that

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00:59:32.850 --> 00:59:41.500

Dr. Ritamarie Loscalzo: we need alkaline minerals badly because the blood is starting to get more acidic, it's going to dry, it's going to find. Where's it stored?

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00:59:41.730 --> 00:59:48.630

Rob Vanderwal: Yeah, gonna 1st get whatever it came from the from the interstitial space or whatever. But phone is the biggest reserve.

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00:59:49.150 --> 00:59:51.769

Rob Vanderwal: Yeah, okay, yeah, that makes sense.

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00:59:51.770 --> 00:59:57.010

Dr. Ritamarie Loscalzo: Yeah, the kidneys decide you're right. The kidneys are important here, but

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00:59:57.690 --> 01:00:02.620

Dr. Ritamarie Loscalzo: they don't have a place to store it. I think of this little, this little bitty, you know.

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01:00:03.160 --> 01:00:10.099

Dr. Ritamarie Loscalzo: Fluffy thing. It's got all that work to do. It doesn't have place because minerals are hard right to store them.

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01:00:10.260 --> 01:00:19.529

Dr. Ritamarie Loscalzo: What are we going to have? I mean, certainly there are people who have calcifications in the kidneys, but that's a pathology versus a normal part of physiology.

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01:00:20.130 --> 01:00:20.810

Rob Vanderwal: Yeah.

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01:00:21.590 --> 01:00:22.230

Dr. Ritamarie Loscalzo: Okay.

625

01:00:22.810 --> 01:00:24.110

Rob Vanderwal: Okay. Thanks.

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01:00:24.380 --> 01:00:25.599

Dr. Ritamarie Loscalzo: All right, you're welcome.

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01:00:26.290 --> 01:00:32.409

Dr. Ritamarie Loscalzo: Are we doing on time? 4, 32. So, yeah, we have a little bit of time. If anybody has any other questions.

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01:00:32.890 --> 01:00:33.970

Dr. Ritamarie Loscalzo: comments.

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01:00:38.450 --> 01:00:47.710

Dr. Ritamarie Loscalzo: this is helpful. As I. As I get questions, I start to pop them in and get information, and I'm saving it. And then I can create new hands outs.

630

01:00:47.840 --> 01:00:49.170

Dr. Ritamarie Loscalzo: which is kind of fun.

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01:00:50.810 --> 01:00:51.640

Dr. Ritamarie Loscalzo: So.

632

01:00:55.802 --> 01:00:59.789

Rob Vanderwal: Wanted to ask you about the protein thing on since you're in.

633

01:01:00.330 --> 01:01:02.850

Rob Vanderwal: was it? Yesterday? I guess it was just yesterday.

634

01:01:02.850 --> 01:01:04.099

Dr. Ritamarie Loscalzo: This is yesterday.

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01:01:04.100 --> 01:01:07.709

Rob Vanderwal: Yeah. And I I didn't stay quite to the end.

636

01:01:07.900 --> 01:01:11.870

Rob Vanderwal: So was there a handout for the pro team.

637

01:01:12.000 --> 01:01:15.380

Rob Vanderwal: You know how to how to calculate what, how much protein.

638

01:01:16.110 --> 01:01:36.300

Dr. Ritamarie Loscalzo: Well, that cannot was not going to be given. That's gonna be given at the event. Because I still have work to do. I mean, I have it all in those little formulas like I showed but I want to make it easier. I want to take that and make it into a an excel spreadsheet, where you can put your numbers in, and then it'll calculate for you.

639

01:01:36.670 --> 01:01:38.349

Rob Vanderwal: Oh, okay, great. That's good to know.

640

01:01:38.350 --> 01:01:43.669

Dr. Ritamarie Loscalzo: That's what I'm working on. No, but what I did give. Let's see if I can find it here. I'm pretty sure it's still open.

641

01:01:44.600 --> 01:01:49.870

Dr. Ritamarie Loscalzo: Oh, I know where it is. Princess.

642

01:01:50.310 --> 01:01:55.579

Dr. Ritamarie Loscalzo: this will be sent out to everybody who stayed to the end, so I'm going to give it to you, anyway.

643

01:01:56.100 --> 01:02:07.800

Dr. Ritamarie Loscalzo: but I don't know how accurate our state of the end software is it? It calculates who's on the webinar? So there were 1,100 people signed up, or 1,200 or something, and 300 and something showed up.

644

01:02:08.206 --> 01:02:18.163

Dr. Ritamarie Loscalzo: That's what showed, but somebody could have come in and then left. Come in, you know, so I think there's a way that they're going to figure it out. Otherwise everybody who came will get it.

645

01:02:19.250 --> 01:02:20.590

Dr. Ritamarie Loscalzo: Let me just see.

646

01:02:22.870 --> 01:02:23.919

Dr. Ritamarie Loscalzo: Here we go.

647

01:02:24.230 --> 01:02:25.619

Dr. Ritamarie Loscalzo: I'll give you this link.

648

01:02:28.090 --> 01:02:30.490

Dr. Ritamarie Loscalzo: Francis turned it into a

649

01:02:34.560 --> 01:02:41.489

Dr. Ritamarie Loscalzo: Francis, turned it into a like a Pdf, but this is just a doc, and I'm gonna I'm gonna change this to say.

650

01:02:42.910 --> 01:02:43.840

Dr. Ritamarie Loscalzo: ass

651

01:02:52.890 --> 01:02:53.640

Dr. Ritamarie Loscalzo: oops.

652

01:03:10.590 --> 01:03:12.569

Dr. Ritamarie Loscalzo: let me just see if that's gonna work.

653

01:03:17.490 --> 01:03:21.540

Dr. Ritamarie Loscalzo: Let's see if it opens up. Yeah, you should get a thing that says, use template.

654

01:03:21.710 --> 01:03:24.570

Dr. Ritamarie Loscalzo: Oh, you know what it is. I have to go in.

655

01:03:24.910 --> 01:03:31.130

Dr. Ritamarie Loscalzo: Let me just click this. I think I have to change it to anybody with the link can view.

656

01:03:32.070 --> 01:03:35.279

Dr. Ritamarie Loscalzo: So I made it to get the team to send out.

657

01:03:35.720 --> 01:03:36.986

Dr. Ritamarie Loscalzo: Yeah, okay.

658

01:03:43.190 --> 01:03:46.850

Dr. Ritamarie Loscalzo: okay, try. Now, let's see if that works.

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01:03:49.230 --> 01:03:51.559

Rob Vanderwal: But did you put in the chat.

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01:03:51.560 --> 01:03:53.760

Dr. Ritamarie Loscalzo: Oh, wait. Yeah, yeah. It's in the chat.

661

01:03:54.050 --> 01:03:56.010

Rob Vanderwal: Oh, oh, okay, there it is.

662

01:03:57.730 --> 01:03:58.759

Dr. Ritamarie Loscalzo: Does it open.

663

01:03:58.980 --> 01:04:01.100

Rob Vanderwal: It does.

664

01:04:01.100 --> 01:04:02.809

Xiaoyun Pan: No, you can't. He doesn't work.

665

01:04:03.180 --> 01:04:04.960

Rob Vanderwal: Yeah. Couldn't preview the file.

666

01:04:04.960 --> 01:04:09.230

Dr. Ritamarie Loscalzo: Right, let me do this share. I'm just going to give it to you as a

667

01:04:12.120 --> 01:04:17.330

Dr. Ritamarie Loscalzo: anybody with the link. I'm gonna just say, copy the link, I'll copy it again. See if that works.

668

01:04:20.670 --> 01:04:21.559

Dr. Ritamarie Loscalzo: Try that.

669

01:04:24.660 --> 01:04:25.660

Xiaoyun Pan: This works.

670

01:04:26.070 --> 01:04:27.080

Dr. Ritamarie Loscalzo: Good. Okay.

671

01:04:27.410 --> 01:04:27.990

Rob Vanderwal: Yeah.

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01:04:28.720 --> 01:04:35.139

Dr. Ritamarie Loscalzo: And that's basically all the charts that I showed during it to calculate, not to calculate, but basically.

673

01:04:36.380 --> 01:04:36.980

Rob Vanderwal: Like not.

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01:04:36.980 --> 01:04:38.480

Dr. Ritamarie Loscalzo: What the sources were.

675

01:04:38.870 --> 01:04:46.990

Dr. Ritamarie Loscalzo: and there's quite a number of them. These are nice, nicer formatted than the ones I showed on the slides, because I oh, I'm going to fix this. There's a

676

01:04:47.250 --> 01:04:51.250

Dr. Ritamarie Loscalzo: spot where this goes down, and

677

01:04:51.830 --> 01:04:53.750

Dr. Ritamarie Loscalzo: there we go. There we go.

678

01:04:54.580 --> 01:04:55.090

Rob Vanderwal: Okay.

679

01:04:55.340 --> 01:04:56.470

Rob Vanderwal: Alright. Thank you.

680

01:04:56.470 --> 01:05:01.539

Dr. Ritamarie Loscalzo: The other will have all those other calculation things as well, that you have to come to the event to get that.

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01:05:01.780 --> 01:05:03.759

Rob Vanderwal: Right, perfect.

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01:05:04.400 --> 01:05:32.980

Dr. Ritamarie Loscalzo: Okay, next week we're doing another webinar again to promote people to to sign up for the event. But I give a lot of value on those webinars right? And it's going to be on like the whole, which diet is the best for you. Right, everybody. I do the keto do the carnivore or do this, I'm going to go through that and help people with the How do you know what's best for you? Going back

to you, Catherine with the 60? Why do you only get the 60 grams? Are you not able to add, like protein powders or other

683

01:05:33.040 --> 01:05:35.320

Dr. Ritamarie Loscalzo: higher protein things?

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01:05:35.952 --> 01:05:43.700

Kathryn Schultz: I just haven't been I need to add the protein powders. I don't do well with the

685

01:05:44.000 --> 01:05:47.060

Kathryn Schultz: you know the smoothies that everybody else does in the morning.

686

01:05:47.360 --> 01:05:52.800

Kathryn Schultz: It, and also multiple ingredient. Things like that don't sit well with me.

687

01:05:52.910 --> 01:05:55.450

Kathryn Schultz: especially in the morning, because the nausea.

688

01:05:55.450 --> 01:05:57.870

Dr. Ritamarie Loscalzo: Have this for you.

689

01:05:58.240 --> 01:06:09.289

Dr. Ritamarie Loscalzo: I started to create it, but I didn't get finished it in time for the event but yesterday. But it's basically a list of protein of companies that I like for protein pack

690

01:06:09.400 --> 01:06:11.140

Dr. Ritamarie Loscalzo: single ingredient.

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01:06:11.400 --> 01:06:12.170

Kathryn Schultz: Perfect.

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01:06:12.170 --> 01:06:33.619

Dr. Ritamarie Loscalzo: Ingredient, because all those ones with a gazillion ingredients is like. So I have a pumpkin seed, one. I have a sunflower fava bean, Chickpea Mung Bean Pea. A lot of people have digestive issues with. So you know, I don't usually use that. But the one thing I did try recently was peanut butter, protein.

693

01:06:34.310 --> 01:06:38.620

Dr. Ritamarie Loscalzo: and I usually don't recommend peanuts because of the aflatoxin.

694

01:06:38.850 --> 01:06:52.120

Dr. Ritamarie Loscalzo: and also because of the omega, 6 ratio. But the the fat has been removed from the peanut, and I found a company that does testing for pesticides and aflatoxin.

695

01:06:52.600 --> 01:07:00.199

Dr. Ritamarie Loscalzo: and it's not in there. So it has a nice flavor, and for the 1st time ever my husband is actually making a smoothie that has protein powder in it.

696

01:07:01.510 --> 01:07:04.040

Dr. Ritamarie Loscalzo: So I made one earlier today

697

01:07:04.380 --> 01:07:10.759

Dr. Ritamarie Loscalzo: because I've this tooth thing. I'm only drinking right? So I and I put I put water, and I put

698

01:07:11.020 --> 01:07:27.059

Dr. Ritamarie Loscalzo: pumpkin protein powder with a little pinch of the peanut protein powder, and then I put in a bunch of my different powders that I like to put in like my tart, sherry juice and and blue spirulina, etc. I put a handful of frozen zucchini.

699

01:07:27.320 --> 01:07:29.269

Dr. Ritamarie Loscalzo: gave it a nice texture.

700

01:07:30.930 --> 01:07:37.960

Dr. Ritamarie Loscalzo: and then I think I put a couple of drops of stevia to sweeten it, and it was delicious and creamy, very creamy.

701

01:07:38.180 --> 01:07:49.880

Dr. Ritamarie Loscalzo: He's been putting in almond butter in his because he really likes that you may not be able to do almond butter because of the oxalates. But if there's any nut butters you might be able to put in like Tahini, or

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01:07:50.610 --> 01:07:56.839

Dr. Ritamarie Loscalzo: I don't know what else you might be able to use. But other cat, other others that don't have high oxalates, which might be hard to find.

703

01:07:57.050 --> 01:08:01.690

Dr. Ritamarie Loscalzo: Anyway, the the zucchini gives it the creaminess

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01:08:02.180 --> 01:08:07.319

Dr. Ritamarie Loscalzo: so you might want to try something like that. That shake had

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01:08:08.720 --> 01:08:14.330

Dr. Ritamarie Loscalzo: probably close to 30 grams of protein in that along. Yeah.

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01:08:15.680 --> 01:08:20.189

Dr. Ritamarie Loscalzo: Yeah. And it was easy to drink. It wasn't like, Oh, my God, I'm full for the rest of the day

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01:08:21.950 --> 01:08:35.729

Dr. Ritamarie Loscalzo: so worthwhile. And the other thing about the these simple ingredient ones, you can put them into anything you want. It doesn't have to be into a shake so you can put them into a salad dressing. You can put them into a stew or a soup.

708

01:08:36.130 --> 01:08:43.950

Dr. Ritamarie Loscalzo: Right? I've made cookies. I put them into cookie recipes. So there's a lot of things you can put them into it because they're simple, and they're plain.

709

01:08:44.220 --> 01:08:49.229

Kathryn Schultz: Yeah, because of the fatiguing stuff. I'm not cooking.

710

01:08:49.640 --> 01:08:51.769

Kathryn Schultz: So that's 1 of the other challenges.

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01:08:51.770 --> 01:08:53.960

Dr. Ritamarie Loscalzo: But at what are you eating? You have to be eating.

712

01:08:54.200 --> 01:08:56.519

Kathryn Schultz: My housemate makes food.

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01:08:56.529 --> 01:08:59.709

Dr. Ritamarie Loscalzo: So you ask her to put a scoop of this into whatever she's making.

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01:08:59.710 --> 01:09:01.399

Kathryn Schultz: Yeah, that'd like to do.

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01:09:01.850 --> 01:09:10.590

Dr. Ritamarie Loscalzo: Yeah. Yeah. The one that Scott liked was it's called Norcal, NORC. A. L. And it's pumpkin protein.

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01:09:10.970 --> 01:09:18.510

Dr. Ritamarie Loscalzo: I wasn't able to get it on Amazon, or if I was, it was higher priced. But I got it on. I've got it on their website, Norcal, NORC. A. L.

717

01:09:19.580 --> 01:09:20.350

Dr. Ritamarie Loscalzo: Yes.

718

01:09:23.450 --> 01:09:28.890

Dr. Ritamarie Loscalzo: and then the the legume ones are green boy.

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01:09:29.050 --> 01:09:40.150

Dr. Ritamarie Loscalzo: and they're really cool because they come in these like innocuous, you know, not bleached paper bags, you know, so you don't get the plastic container and all that.

720

01:09:40.967 --> 01:09:48.240

Dr. Ritamarie Loscalzo: The pumpkin is. There's 2 different brands. I've tried both cold pressed and organic, and one is

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01:09:48.880 --> 01:09:53.559

Dr. Ritamarie Loscalzo: wilderness poet, and the other one is sprout living.

722

01:09:55.840 --> 01:10:00.919

Dr. Ritamarie Loscalzo: and they even found sunflower protein, which has a little hint of sunflower seed taste to it.

723

01:10:01.970 --> 01:10:03.540

Dr. Ritamarie Loscalzo: and that was sprout living.

724

01:10:04.430 --> 01:10:08.499

Dr. Ritamarie Loscalzo: So I put together a handout. I just haven't given it to the team to organize yet.

725

01:10:12.340 --> 01:10:13.040

Dr. Ritamarie Loscalzo: but

726

01:10:13.420 --> 01:10:27.629

Dr. Ritamarie Loscalzo: it's tools, right? You need tools. And you need to have tools to be able to give people. Because, you know, you're hearing Catherine, that's going to be something you're going to hear from a lot of your clients. Right? I'm too tired. I don't have the time. I'm working 12 h days, you know.

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01:10:27.780 --> 01:10:33.990

Dr. Ritamarie Loscalzo: How can you help them to incorporate the things they need in the easiest way possible.

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01:10:34.800 --> 01:10:38.170

Dr. Ritamarie Loscalzo: right? Without resorting to going to fast food.

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01:10:40.490 --> 01:10:41.410

Dr. Ritamarie Loscalzo: Great.

730

01:10:41.790 --> 01:10:46.042

Rob Vanderwal: Oh, I just had one thing I wanted to tell you that.

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01:10:46.560 --> 01:10:53.239

Rob Vanderwal: I watched your your interview with Dr. Eric Ozanski.

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01:10:53.240 --> 01:10:53.990

Dr. Ritamarie Loscalzo: Hmm.

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01:10:54.700 --> 01:10:58.299

Rob Vanderwal: When I was watching that, I think, Wow.

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01:10:58.500 --> 01:11:01.799

Rob Vanderwal: you are really at a role in that. It's like here.

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01:11:01.800 --> 01:11:02.870

Dr. Ritamarie Loscalzo: He's on a roll.

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01:11:02.870 --> 01:11:07.249

Rob Vanderwal: They just seem like, Wow! You were really on the top of your game in that. In that interview.

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01:11:07.480 --> 01:11:09.129

Dr. Ritamarie Loscalzo: Thank you. Thank you.

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01:11:09.130 --> 01:11:15.810

Rob Vanderwal: Wow! It's like, man. It was just like, boom, boom! It's like, Wow, there's.

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01:11:15.810 --> 01:11:17.550

Dr. Ritamarie Loscalzo: Thank you. I appreciate that feedback.

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01:11:17.550 --> 01:11:22.079

Rob Vanderwal: I wonder? Yeah, I wonder you're better, better interviews. It was amazing.

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01:11:22.850 --> 01:11:24.230

Dr. Ritamarie Loscalzo: Great. Thank you.

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01:11:24.430 --> 01:11:34.540

Dr. Ritamarie Loscalzo: I have to just do that all the time, you know. I try to squeeze in the metabolic health and the blood sugar wherever I can, and I especially it's ignored a lot with thyroid.

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01:11:35.100 --> 01:11:40.720

Dr. Ritamarie Loscalzo: I think that was why I was on a roll with that. I really wanted people to get it. So thank you for the feedback. I appreciate it.

744

01:11:41.260 --> 01:11:42.769

Rob Vanderwal: Yeah, that's great.

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01:11:43.870 --> 01:11:44.660

Dr. Ritamarie Loscalzo: Lisa.

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01:11:46.930 --> 01:12:01.640

Lisa Pressey: Okay, so this is more of a business question. Do you have some kind of a formula that you use when you're doing like, say, a group session with people to make sure you're not just breaking even. And you're actually gonna make something out of it.

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01:12:01.640 --> 01:12:04.240

Dr. Ritamarie Loscalzo: It's a good question, right? So you have to

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01:12:05.210 --> 01:12:21.489

Dr. Ritamarie Loscalzo: decide what you need your hourly to be right doing massage. You know. It's whatever the going rate is whether it's \$60, \$85, whatever it's based on time you have to think about. If you're going to be doing this to support yourself as a career.

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01:12:22.010 --> 01:12:36.929

Dr. Ritamarie Loscalzo: How much do you need to be making, and how many hours are you willing to make like with massage? It sounds like. It's a great, great career. You could make, you know, \$75 an hour. But, goodness gracious! You're not going to work 40 straight hours doing massage.

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01:12:36.930 --> 01:12:37.720

Lisa Pressey: Oh, actually.

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01:12:37.720 --> 01:12:40.020

Dr. Ritamarie Loscalzo: Right now, no sickly.

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01:12:40.020 --> 01:12:42.689

Lisa Pressey: 5 h in a day, is that's it.

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01:12:43.100 --> 01:12:44.050

Dr. Ritamarie Loscalzo: That's it.

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01:12:44.340 --> 01:13:01.550

Dr. Ritamarie Loscalzo: So you basically look at that and depends on the size of the group like you can do small group coaching or large group coaching. So you do have to figure, what is it that you need to be making? And then you have to think about? Well, the time you're going to spend with those people

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01:13:01.650 --> 01:13:19.819

Dr. Ritamarie Loscalzo: you're not going to just say, Oh, I'm good with \$100 an hour. So therefore, if I have 5 people in it. I'm going to charge each person \$20. It's more work to do stuff. There's more preparation. There's more customer support. There's more, you know, writing to people and getting them their information right?

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01:13:19.970 --> 01:13:25.639

Dr. Ritamarie Loscalzo: So I would say, depending on the number of people like, if I'm doing a sweet spot program

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01:13:26.030 --> 01:13:39.350

Dr. Ritamarie Loscalzo: and I'm gonna do it over the course of 8 weeks. I have to calculate. Okay, that's 8 weeks of hour plus calls, right? And it's usually more. It's more likely going to be an hour and a half, and you think about preparation, plus. I have to pay my team. And all this.

758

01:13:39.600 --> 01:13:47.039

Dr. Ritamarie Loscalzo: How much can I charge for that, you know, people would say, well, just adding 2 more people. Yeah, I can add 2 more people, and it's not going to add to my overhead.

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01:13:47.250 --> 01:13:52.030

Dr. Ritamarie Loscalzo: but I have to have the basics covered before that. So

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01:13:52.530 --> 01:13:55.329

Dr. Ritamarie Loscalzo: calculate what you want to be making for an hour.

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01:13:55.700 --> 01:13:59.399

Lisa Pressey: And then at least double it. If you're gonna do it in a group.

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01:13:59.870 --> 01:14:00.550

Lisa Pressey: Okay.

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01:14:00.550 --> 01:14:02.719

Dr. Ritamarie Loscalzo: Going to be a large group in Triplet

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01:14:02.940 --> 01:14:05.470

Dr. Ritamarie Loscalzo: at least double it. Okay? Right?

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01:14:05.920 --> 01:14:06.660

Dr. Ritamarie Loscalzo: Yeah.

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01:14:06.660 --> 01:14:07.240

Lisa Pressey: Okay, that makes.

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01:14:07.240 --> 01:14:17.650

Dr. Ritamarie Loscalzo: And and then go from there. And then, once you do that, and you do the, you know. Cut it out. Okay, I'm gonna have. I want to have 10 people, the likelihood of you having 10 people the 1st time you run it.

768

01:14:18.090 --> 01:14:35.709

Dr. Ritamarie Loscalzo: It's not going to be there right, because you don't have the momentum going. So it's how many people, realistically, what's the what's that minimum? Then, if you have more, you know you can, you have a better income from that right? But you have to. You don't want to be losing money or breaking even.

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01:14:35.710 --> 01:14:36.210

Lisa Pressey: Correct.

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01:14:36.210 --> 01:14:40.409

Dr. Ritamarie Loscalzo: Because, yeah, okay, so calculate it, and then add a little bit of a.

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01:14:40.970 --> 01:14:50.319

Lisa Pressey: Okay, cause we have a wellness center. That's like maybe 15 min, 20 min from my house, that they have a few things there. There is somebody who went to.

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01:14:51.090 --> 01:14:55.529

Lisa Pressey: as you would call it, one of those cookie cutter places for nutritional

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01:14:56.180 --> 01:15:05.049

Lisa Pressey: functional medicine, whatever she wants to call herself. So somebody like that. There's a massage therapist, there's yoga. So I thought, oh, this would be the perfect place.

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01:15:05.230 --> 01:15:05.865

Lisa Pressey: And

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01:15:06.600 --> 01:15:14.300

Lisa Pressey: I kind of want to go like maybe starting to teach people about plant-based eating because I'm going to take the forks over knives, ultimate cooking class.

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01:15:14.540 --> 01:15:14.880

Dr. Ritamarie Loscalzo: -

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01:15:15.590 --> 01:15:23.010

Lisa Pressey: So I just thought that would be a good way to kind of educate people, because people oh, vegetables are so gross, they taste terrible. What are you gonna be able to make.

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01:15:23.010 --> 01:15:27.230

Dr. Ritamarie Loscalzo: Yeah. So you mean, like doing a cooking demonstration type class where they get to eat it.

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01:15:27.380 --> 01:15:33.809

Lisa Pressey: Maybe. Yeah, I mean, like, maybe just something that starts with like basic tips on how to get started on doing it.

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01:15:34.120 --> 01:15:37.790

Lisa Pressey: What are some ways to help you switch things out, and then I.

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01:15:38.070 --> 01:15:45.689

Dr. Ritamarie Loscalzo: I would definitely, the 1st time you do it. At least incorporate at least one demo at each class, because that's gonna get them engaged.

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01:15:46.420 --> 01:15:47.150

Lisa Pressey: And.

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01:15:47.820 --> 01:15:55.389

Dr. Ritamarie Loscalzo: When I before I really went online big, I was doing classes here at my house and my 1st class.

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01:15:55.770 --> 01:16:06.989

Dr. Ritamarie Loscalzo: I offered it to my friends and my women's group. And I said, I'm just going to do just donate, you know, just donate whatever you want to. So it covers my food because it's expensive to do food.

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01:16:06.990 --> 01:16:07.379

Lisa Pressey: Oh, yeah.

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01:16:07.940 --> 01:16:18.039

Dr. Ritamarie Loscalzo: I got like 8 of them came. And they, I think I ended up making 50 bucks doing a class for 8 people. I mean you can't even pay for the food for 8 people. Right?

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01:16:18.040 --> 01:16:19.329

Lisa Pressey: No, no cause. I eat all organs.

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01:16:19.330 --> 01:16:33.819

Dr. Ritamarie Loscalzo: But then I started to charge for it, and I started to charge \$25 and then \$50 a person for a 2 h class, and they loved it. I mean, they loved it because they got to eat, and I'd make 4 or 5 dishes, and I would be explaining it to them.

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01:16:33.920 --> 01:16:50.079

Dr. Ritamarie Loscalzo: why we were doing it, why, we were going to blend cashews and macadamia nuts, or what other nuts you could use to make a cheese instead of using dairy. And what are the downsides of dairy? And you know, how are we going to make a cracker pizza crust without gluten? People love that.

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01:16:50.390 --> 01:16:53.989

Dr. Ritamarie Loscalzo: So think about what you want to teach them. But how can you show it?

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01:16:54.450 --> 01:17:09.489

Lisa Pressey: Right? Yeah. Cause that's what I was kind of thinking doing some sort of a demo. Because I recently just made with protein powder, by the way, and I am gluten free. So no gluten, no dairy, no soy. So I make my own tortilla shells, anyway, and I just

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01:17:09.780 --> 01:17:18.699

Lisa Pressey: flatten that out into a rectangle, cut them in strips and made triangles, and I didn't fry them. I brushed them with avocado oil, and I air fried them.

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01:17:19.140 --> 01:17:19.880

Dr. Ritamarie Loscalzo: Oh, nice!

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01:17:19.880 --> 01:17:30.119

Lisa Pressey: Came out really good. Even my kid was like, Wow! These are good. They were a little bit on the thicker side, but it was sturdy. If you wanted to like scoop something.

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01:17:30.120 --> 01:17:31.760

Dr. Ritamarie Loscalzo: Get paid into guacamole, or something.

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01:17:31.760 --> 01:17:32.999

Lisa Pressey: Yeah, yeah, I mean, we.

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01:17:33.000 --> 01:17:35.280

Dr. Ritamarie Loscalzo: And it was just protein powder, or what was the.

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01:17:35.280 --> 01:17:36.610

Lisa Pressey: No gluten free.

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01:17:36.610 --> 01:17:37.060

Dr. Ritamarie Loscalzo: Vaccine.

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01:17:37.060 --> 01:17:44.270

Lisa Pressey: Gluten, free flour, protein powder I don't use. I don't really use the milk for it. I just do with like water. I do.

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01:17:44.270 --> 01:17:44.680

Dr. Ritamarie Loscalzo: Order.

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01:17:44.680 --> 01:17:58.990

Lisa Pressey: Because the one that I have doesn't have Xanthan gum in it. But if I use the gluten free flour without Xanthan gum and then add it. I get a better pliability. So it's softer and like, if it's a tortilla shell, you can actually.

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01:17:58.990 --> 01:17:59.600

Dr. Ritamarie Loscalzo: We sold it.

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01:17:59.600 --> 01:18:01.139

Lisa Pressey: Hold it without it falling apart.

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01:18:01.140 --> 01:18:05.079

Dr. Ritamarie Loscalzo: Okay, take a look on the site at my dried and gone to heaven book.

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01:18:05.500 --> 01:18:06.290

Lisa Pressey: Okay.

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01:18:06.290 --> 01:18:14.480

Dr. Ritamarie Loscalzo: Tons of ideas for making tortillas and taco shells and pliable ones crisp ones, chips

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01:18:15.480 --> 01:18:34.450

Dr. Ritamarie Loscalzo: because I don't use any flour with Xanthan gum. I don't use flour at all. I don't use any flour. I'll use ground up nuts or seeds. I'll add some protein powder. Now I've now that I've got it. But in general no, or ground up almond flour is different, because it's just ground up almonds or ground up. Yeah.

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01:18:34.450 --> 01:18:35.100

Lisa Pressey: I've used that.

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01:18:36.030 --> 01:18:39.970

Lisa Pressey: I have made tortillas out of flax seeds, too. Those are really.

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01:18:39.970 --> 01:18:48.010

Dr. Ritamarie Loscalzo: Done it with black seeds. That's my most common black seeds, chia seeds, some kind of nutter seed, all blended up together until you make a ball. And then, yeah.

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01:18:48.010 --> 01:18:52.750

Lisa Pressey: Yup, and it was just like flax and hot water, and I think I added some spices to it, and just

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01:18:53.400 --> 01:18:56.940

Lisa Pressey: yep, and they're very pliable, and they hold up very, very well.

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01:18:56.940 --> 01:18:57.530

Dr. Ritamarie Loscalzo: Yep.

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01:18:57.530 --> 01:18:58.650

Lisa Pressey: So, okay.

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01:18:59.070 --> 01:19:08.360

Dr. Ritamarie Loscalzo: Teaching people opening people's minds to just because you're changing your diet and eating healthier foods. It doesn't mean you have to give up taste.

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01:19:09.110 --> 01:19:26.539

Lisa Pressey: Yeah, that's why I usually bring things to my church because they're like, Wow, this is really good. I made like, I called it green beans and greens, I think I called it. It was like arugula, black beans, red onion, a little apple cider, vinegar. I probably put a little bit of sugar in there.

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01:19:26.810 --> 01:19:28.240

Lisa Pressey: garlic.

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01:19:28.590 --> 01:19:55.730

Lisa Pressey: salt, pepper, and they were like, Wow, this is so good. And I said, Well, normally I put it on homemade pumpkin gnocchi, but I wasn't going to make that for everybody. So I just did a vegetable. And people are like, absolutely shocked and surprised that wow! These vegetables really taste good, and then they'll ask me, hey, can you print out a recipe? I really like that. So I just go home and type it up, and I usually try to throw a picture on there and then they have it, you know.

820

01:19:55.730 --> 01:20:06.969

Dr. Ritamarie Loscalzo: So keep doing that you're creating your handout collection, which you can create like an ebook which you can use as a lead Gen. Or you can make it heftier and actually use it to sell people

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01:20:07.200 --> 01:20:08.020

Dr. Ritamarie Loscalzo: for a study.

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01:20:08.020 --> 01:20:24.289

Lisa Pressey: That's kind of where I'm starting to go with that because I had my website, I lost all my information. So I have to. I'm gonna go back into Google docs and redo each one individually. So I actually have them save them on a flash drive so that I know where they are, and they're not going to disappear.

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01:20:24.550 --> 01:20:25.420

Lisa Pressey: So yeah.

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01:20:25.420 --> 01:20:27.120

Dr. Ritamarie Loscalzo: Yes, organize your stuff.

825

01:20:27.300 --> 01:20:27.890

Lisa Pressey: Yep.

826

01:20:30.840 --> 01:20:34.519

Dr. Ritamarie Loscalzo: Yeah, Ginger said. She looked at the site, the nor calbut

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01:20:34.660 --> 01:20:39.439

Dr. Ritamarie Loscalzo: she didn't see pumpkin pumpkin I get from wilderness poet or sprout, living.

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01:20:43.640 --> 01:20:44.710

Lisa Pressey: It sounds good.

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01:20:44.710 --> 01:20:49.869

Dr. Ritamarie Loscalzo: Good, alright guys, anything else before we close for the day.

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01:20:51.590 --> 01:20:56.880

Dr. Ritamarie Loscalzo: And, Jillian, you're gonna make an appointment with me. I thought I saw you on my calendar? I guess not. It was a couple of others.

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01:20:56.880 --> 01:21:03.729

Xiaoyun Pan: No, not yet. I. Yeah, I will. I will make it most likely. Either next week or a week after that.

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01:21:03.730 --> 01:21:06.469

Dr. Ritamarie Loscalzo: Great Great looking forward to it.

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01:21:06.830 --> 01:21:07.390

Xiaoyun Pan: Yep.

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01:21:07.880 --> 01:21:12.350

Dr. Ritamarie Loscalzo: All right. Everybody have an awesome rest of the day.

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01:21:13.170 --> 01:21:40.120

Dr. Ritamarie Loscalzo: Play with your food, teach people to play with your food, and you know you come up with an idea? Some. You're going to be coaching people. And they say, Well, I couldn't give up this, and you go. Okay, let me think about it. You go home, and you try to make you figure out how to make what they are going to miss. I've made everything cannolis. I loved cannolis growing up. Baklava loved it. I figured out how to make it gluten free, dairy, free sugar free the whole bit.

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01:21:40.440 --> 01:21:41.240

Dr. Ritamarie Loscalzo: Yeah.

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01:21:42.120 --> 01:21:48.700

Dr. Ritamarie Loscalzo: great great ginger! You're very welcome. Have a great time, and have a great weekend, and we'll talk to you soon. Bye, bye.