

**How to Break Free From
Fatigue – Part 2
Customize Your Way
to Optimal Body
Chemistry and
Overflowing Energy**

**With
Dr. Ritamarie Loscalzo**


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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drmarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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**Review from Break Free Part 1 -
You're in the Right Place If:**

- ✓ Hard to get out of bed
- ✓ Needing a nap mid afternoon
- ✓ Lack of focus and poor performance at work
- ✓ No energy for fun with friends
- ✓ No energy or desire for romance
- ✓ Couch potato evenings



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The Cost of Being “Too Tired”

- ✓ Relationships suffer
- ✓ Can't keep commitments
- ✓ Stuck in a job beneath your true skill set
- ✓ Finances suffer
- ✓ Excess weight can pile on
 - Increased risk of disease
 - Loss of confidence
- ✓ Where's the fun?



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Top Ten Causes of Energy Deficiency and Waistline Excess

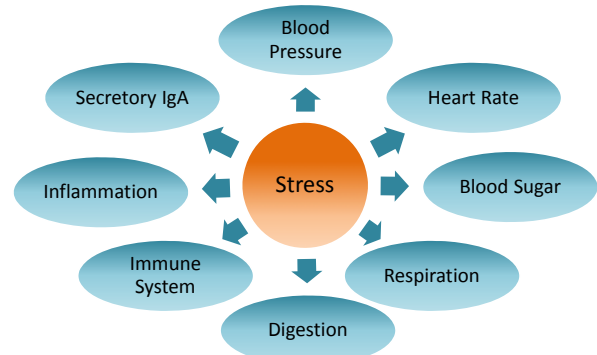
- ✓ Lack of sufficient sleep
- ✓ Burned out adrenal glands
- ✓ Low thyroid function
- ✓ Anemia
- ✓ Sluggish detoxification and/
or excessive toxin exposure
- ✓ Nutrient imbalances
- ✓ Hidden infections
- ✓ Blood sugar imbalances
- ✓ Food allergies
- ✓ Inflammation



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5

Stress Effects

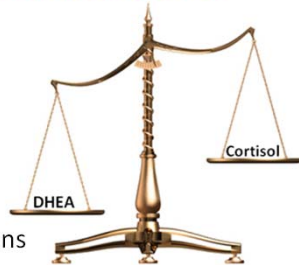


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6

Hormone Imbalance Causes

- ✓ Fatigue
- ✓ Bloating
- ✓ Swelling
- ✓ Weight gain
- ✓ Yo-yo weight fluctuations
- ✓ ...and so much more.



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7

Difficult Choices?



VS.



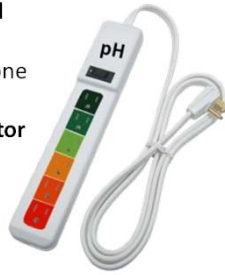
It's time to give your body what it needs in
order to give you what you desire most.

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8

Agenda – Test to Your Best

- ✓ Home tests that help you **personalize your health plan**
- ✓ Link between **body chemistry imbalances** and energy
- ✓ Where to get **the supplies you need** to monitor your balance at home
- ✓ **Labs** that identify underlying hormone and chemistry imbalances
- ✓ How to **get tests run without a doctor**
- ✓ And... how YOU will can get the support you need to **implement fatigue busting and hormone balancing strategies** with ease and grace



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9

Assessing Your Health at Home

- ✓ Surveys
- ✓ pH
- ✓ Nitric Oxide
- ✓ Vitamin C
- ✓ Minerals
- ✓ Blood Sugar
- ✓ Free Radicals
- ✓ Thyroid
- ✓ Adrenal

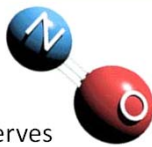


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10

Importance of Nitric Oxide

- ✓ Improves memory and behavior by transmitting information between nerves
- ✓ Improves sleep quality which increases energy
- ✓ Increases endurance and strength
- ✓ Assists in gastric motility and intestinal health
- ✓ Assists immune system at fighting off bacteria and defending against tumors
- ✓ Regulates blood pressure by dilating arteries
- ✓ Reduces inflammation



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11

Nitric Oxide Testing



Step 1 – Wash hands.

Step 2 – Place saliva on test strip.

Step 3 – Compare test strip to color indicator.

The deeper the red on the test strip, the more Nitric Oxide you have in your body

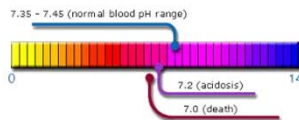
<http://www.neogenis.com>

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12

Importance of pH Balance

- ✓ Optimum immune function
- ✓ Strong bones and teeth
- ✓ Efficient digestion
- ✓ Joint health
- ✓ Decreased pain and inflammation
- ✓ Protection from disease
- ✓ Increased energy



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13

Measuring Your pH

pHydrion paper - range 5.5 to 8

✓ Saliva: 6.8 – 7.2

- First morning
- During day
- Acid challenge

✓ Urine: 6.5 – 6.8

- First morning
- Second morning
- Later in day



<http://www.drRitamarie.com/go/pHpaper>

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14

A.M. Saliva and Urine pH Results

The pH of the saliva and the urine, taken in the morning upon first voiding of the day can reveal much about the metabolic activity of the body. The following are optimal values for both the a.m. saliva and the a.m. urine:

Saliva: 6.8 to 7.2

Urine: 6.4 to 6.8

Please use the pH paper to record the first morning's saliva pH and urine pH in the chart below. Wait at least one hour and record a second urine pH reading. Eating during this time is allowed.

Date	Morning Saliva pH	1 st Morning Urine pH	2 nd Urine pH

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15

Mineral Test Kit



The test kits allow you to test for the following minerals:

- | | |
|--------------|---------------|
| 1. Potassium | 5. Chromium |
| 2. Zinc | 6. Manganese |
| 3. Magnesium | 7. Molybdenum |
| 4. Copper | 8. Selenium |

<http://www.drRitamarie.com/go/EmersonEcologics>

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16

Interpretation of Mineral Tests

	Taste Test Score	Clinical implication
1	Sweet	Definitely need the mineral
2	Pleasant	Need the mineral
3	No Taste	Need the mineral
4	Hmmm...taste something	Sufficient
5	So-So, there is some taste	Do not need mineral
6	Don't like	Do not need mineral
7	Gross taste	Do not need mineral

- Write down the appropriate response on the score card
- Repeat this process for each of the remaining minerals

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17

Blood Sugar Tracking

Glucometer

- ✓ **TrueResults** – desktop model
<http://www.drRitamarie.com/go/TrueResultStarterKit>
- ✓ **True2Go** – portable
<http://www.drRitamarie.com/go/True2GoPortableKit>



Hemoglobin A1C

- ✓ <http://www.drRitamarie.com/go/HemoglobinA1C>



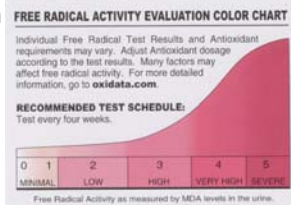
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18

Free Radical Testing at Home

- ✓ **Measures amount of free radicals in minutes**
- ✓ **Free radicals** have been implicated in countless disease processes.
- ✓ Any molecule can become a free radical by either losing or gaining an electron.

<http://www.drRitamarie.com/go/OxidataTest>



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19

Special Lab Tests You Can Order

<http://www.DirectLabs.com>

- ✓ **Blood Testing**
 - Comprehensive Wellness Profile
 - Specialty Tests
- ✓ **Adrenal**
 - Adrenal Stress, saliva - MetaMetrix KIT – 4x cortisol
 - Adrenal Stress – Sabre Science KIT – 6x cortisol
- ✓ **Digestion**
 - CDSA – Comprehensive Digestive Stool Analysis – Genova KIT
- ✓ **Hormone Balance**
 - **Blood hormone levels**
 - Circadian Profile (Male or Female ages 13 & over) – Sabre Sciences KIT

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20

Reviving Your Energy For Life

- ✓ Kick-Start
- ✓ Implementation Tools
- ✓ Food
- ✓ Movement
- ✓ Testing
- ✓ Fun
- ✓ Support



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21

www.SpringIntoVitality.com

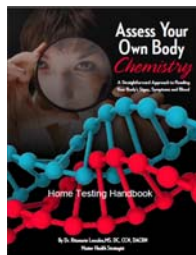


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22

Spring Into Vitality VIP Goodies

- ✓ Delicious whole fresh gluten-free meals
- ✓ Nitric Oxide test strips
- ✓ pH paper
- ✓ Food samples
- ✓ Coupons
- ✓ Surprises
- ✓ Home testing e-book
- ✓ Pre and Post event teleseminars



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23