



How to Break Free From Fatigue with Easy Homemade Hormone Balancing Elixirs That Work Like Magic

With
Dr. Ritamarie Loscalzo


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Chained and Drained

- ✓ 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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So Why Are You So Tired ?

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

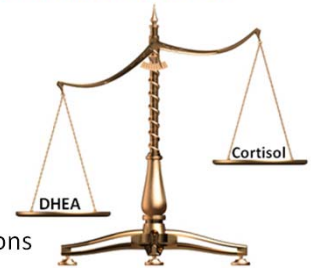


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Hormone Imbalance Causes

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



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Your Big Why: Your BIG vision

Why DO you want to break free from fatigue?

- ✓ to be healthy?
- ✓ to drop weight?
- ✓ to get fit?
- ✓ a trip around the world
- ✓ start a new passion-driven career
- ✓ write your first novel
- ✓ hike the Grand Canyon



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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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Let's Hit the EASY Button



- ✓ We often look at diet and lifestyle changes as "HARD"
- ✓ What if you could truly know and believe with all your heart that it's easy?
- ✓ How would that change things?
- ✓ It all starts with a belief
- ✓ And a desire
- ✓ And the right ACTIONS!

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Agenda – Resetting your Gas Gauge

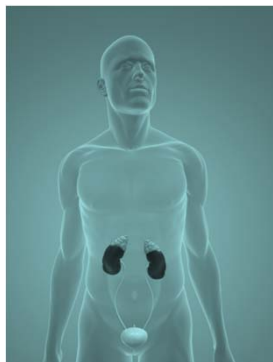
- ✓ What it takes to consistently implement habits that create and maintain vitality
- ✓ Techniques that make it easy to incorporate healthy habits in less than an hour a day
- ✓ My Secret Strategies that make it easy to maintain your commitment to your health in spite of temptations
- ✓ How to access simple tests you can do at home to assess your level of health — you'll know exactly what's out of balance and how to correct it
- ✓ And... why it's often so difficult to stick with the changes — and how YOU will be able to do it with ease and grace



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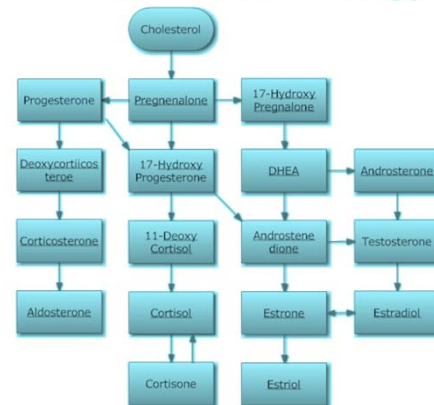
Your Hormonal Center



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Hormones and Energy



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- ✓ Mental and emotional stress
- ✓ Digestive imbalance – leaky gut, candida, parasites
- ✓ Inflammation
- ✓ Food stress – nutrient depleted foods high in toxic , high glycemic foods
- ✓ Obesity
- ✓ Immune system imbalance
- ✓ Injuries
- ✓ Toxic exposure
- ✓ Sleep quality and quantity
- ✓ Eating too close to bedtime



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- ✓ Breathe and Appreciate
- ✓ Move but not too much
- ✓ Repair and rebuild (Sleep)
- ✓ Nourish – foods, herbs and elixirs



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- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, chia gel, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao, essential oils,
- ✓ **Sweetener**
- ✓ **Salt:** or kelp

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.

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Adaptogenic Herbs for Adrenals

- ✓ Maca
- ✓ Ashwaganda
- ✓ Licorice
- ✓ Ginseng
- ✓ Rhodiola
- ✓ Schizandra
- ✓ Reishi
- ✓ Cordyceps
- ✓ Chaga
- ✓ Lemon Balm
- ✓ Chamomile
- ✓ Hops



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Adrenal and Immune Support Elixir

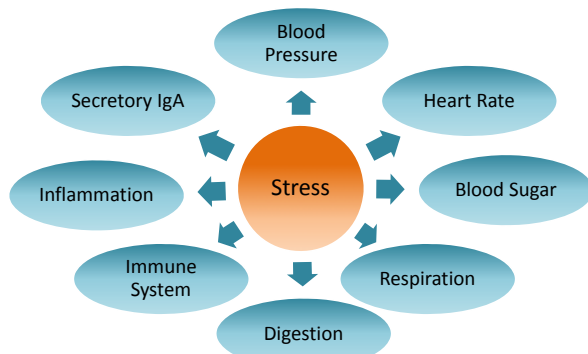
- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (Artisana) **OR**
2 tablespoons dried coconut
- ✓ 1/2 teaspoon Reishi powder (Mountain Rose Herbs)
- ✓ 1/2 teaspoon Cordyceps Mushroom powder
- ✓ 1/4 teaspoon Astragalus powder (Mountain Rose Herbs)
- ✓ 1/2 teaspoon Ashwaganda powder (Mountain Rose Herbs)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon Maca powder (Health Force Nutritionals)
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice
flavored Sweet Leaf Stevia (or 1 teaspoon Zero)



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Stress Effects



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Symptoms of Over Active Adrenals

- ✓ Cannot fall asleep
- ✓ Perspire easily
- ✓ Under high amounts of stress
- ✓ Weight gain when under stress
- ✓ Wake up tired even after 6 or more hours of sleep
- ✓ Excessive perspiration or perspiration with little or no activity



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Symptoms of Low Adrenals

- ✓ Low energy
- ✓ Frequent illness
- ✓ Poor recovery from exercise
- ✓ Dark circles under eyes
- ✓ Tendency to pallor, especially around mouth
- ✓ Ligament and tendon laxity
- ✓ Cold intolerance
- ✓ Craves salt
- ✓ Low blood pressure, especially upon arising
- ✓ Thin, fry, dull hair that tends to fall out
- ✓ Sparse hair on forearms or lower legs
- ✓ Light sensitivity
- ✓ Dry skin



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Things That Hurt Your Adrenals

- Stress
- Digestive imbalances
- Inflammation
- Poor nutrition status
- Obesity
- Immune system imbalance
- Injuries
- Toxic exposure
- Sleep quality and quantity

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Important Nutrients For Your Adrenal Glands

- ✓ Vitamin C
- ✓ B vitamins especially B6 and pantothenic acid, B2 and B3 (niacin)
- ✓ Zinc
- ✓ Chromium
- ✓ Tyrosine
- ✓ Bioflavonoids
- ✓ Potassium
- ✓ Phosphatidyl Serine



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Adrenal Nourishing Foods

- ✓ Green leafy vegetables
- ✓ Raw nuts and seeds
- ✓ Low glycemic fruits
- ✓ Whole, non-gluten grains, no flour (if tolerated by blood sugar)
- ✓ Sea vegetables
- ✓ Garlic, onions, and mushrooms – especially shitake mushrooms
- ✓ Omega-3 rich foods – hemp seeds, chia seeds, flax seeds, algae and deep ocean fish
- ✓ Probiotic and prebiotic rich foods – kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory
- ✓ Sunflower lecithin



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Resetting your Gas Gauge

- ✓ What it takes to consistently implement habits that create and maintain vitality
- ✓ Techniques that make it easy to incorporate healthy habits in less than an hour a day
- ✓ My Secret Strategies that make it easy to maintain your commitment to your health in spite of temptations
- ✓ How to access simple tests you can do at home to assess your level of health — you'll know exactly what's out of balance and how to correct it
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Assessing Your Health

- ✓ Surveys
- ✓ pH
- ✓ Nitric Oxide
- ✓ Minerals
- ✓ Adrenals
- ✓ Digestion
- ✓ Hormone Balance



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Reviving Your Energy For Life

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



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