



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

With
Dr. Ritamarie Loscalzo

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, drritamarie.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.

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



The Cost of Being “Too Tired”

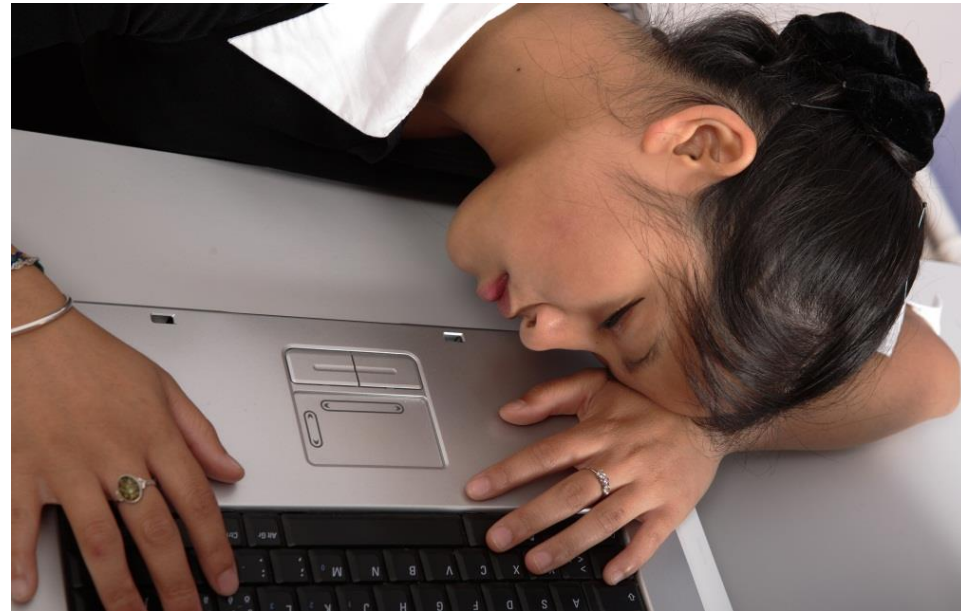
- ✓ Relationships suffer
- ✓ Can't keep commitments
- ✓ Stuck in a job beneath your true skill set
- ✓ Finances suffer
- ✓ Excess weight can pile on
 - Increased risk of disease
 - Loss of confidence
- ✓ Where's the fun?



So Why Are You So Tired ?

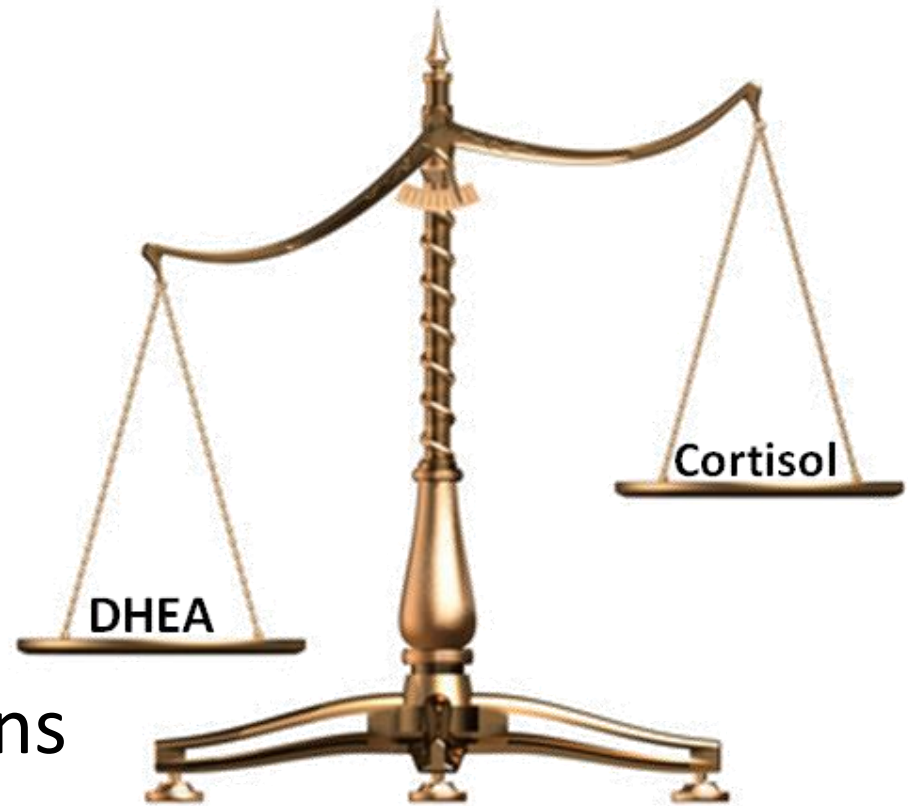
Top Ten Causes of Energy Deficiency and Waistline Excess

- ✓ 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



Hormone Imbalance Causes

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



Your Big Why: Your BIG vision

Why DO you want to break free from fatigue?

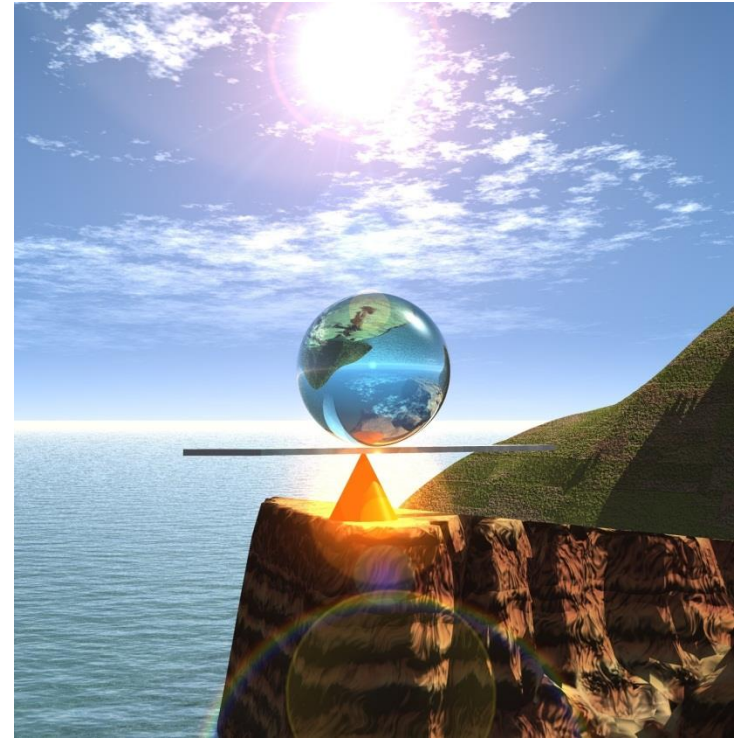
- ✓ to be healthy?
- ✓ to drop weight?
- ✓ to get fit?
- ✓ a trip around the world
- ✓ start a new passion-driven career
- ✓ write your first novel
- ✓ hike the Grand Canyon



Difficult Choices?



VS.



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

Let's Hit the EASY Button



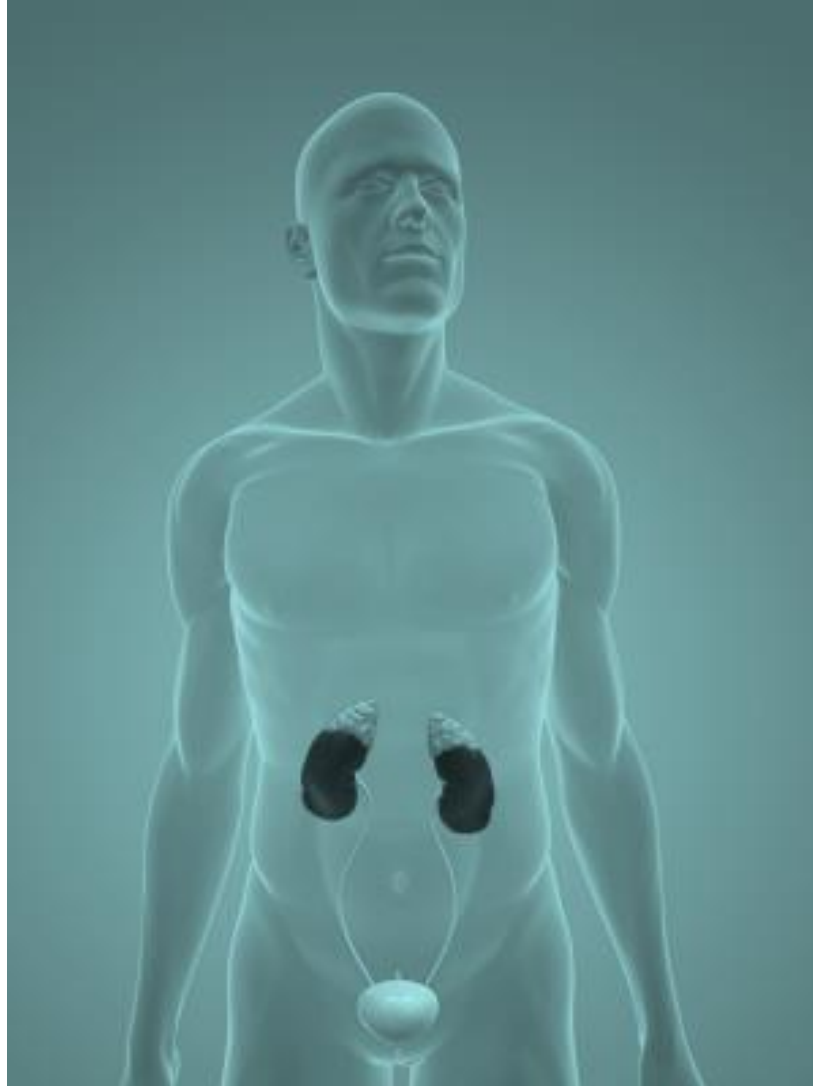
- ✓ We often look at diet and lifestyle changes as “HARD”
- ✓ What if you could truly know and believe with all your heart that it's easy?
- ✓ How would that change things?
- ✓ It all starts with a belief
- ✓ And a desire
- ✓ And the right ACTIONS!

Agenda – Resetting your Gas Gauge

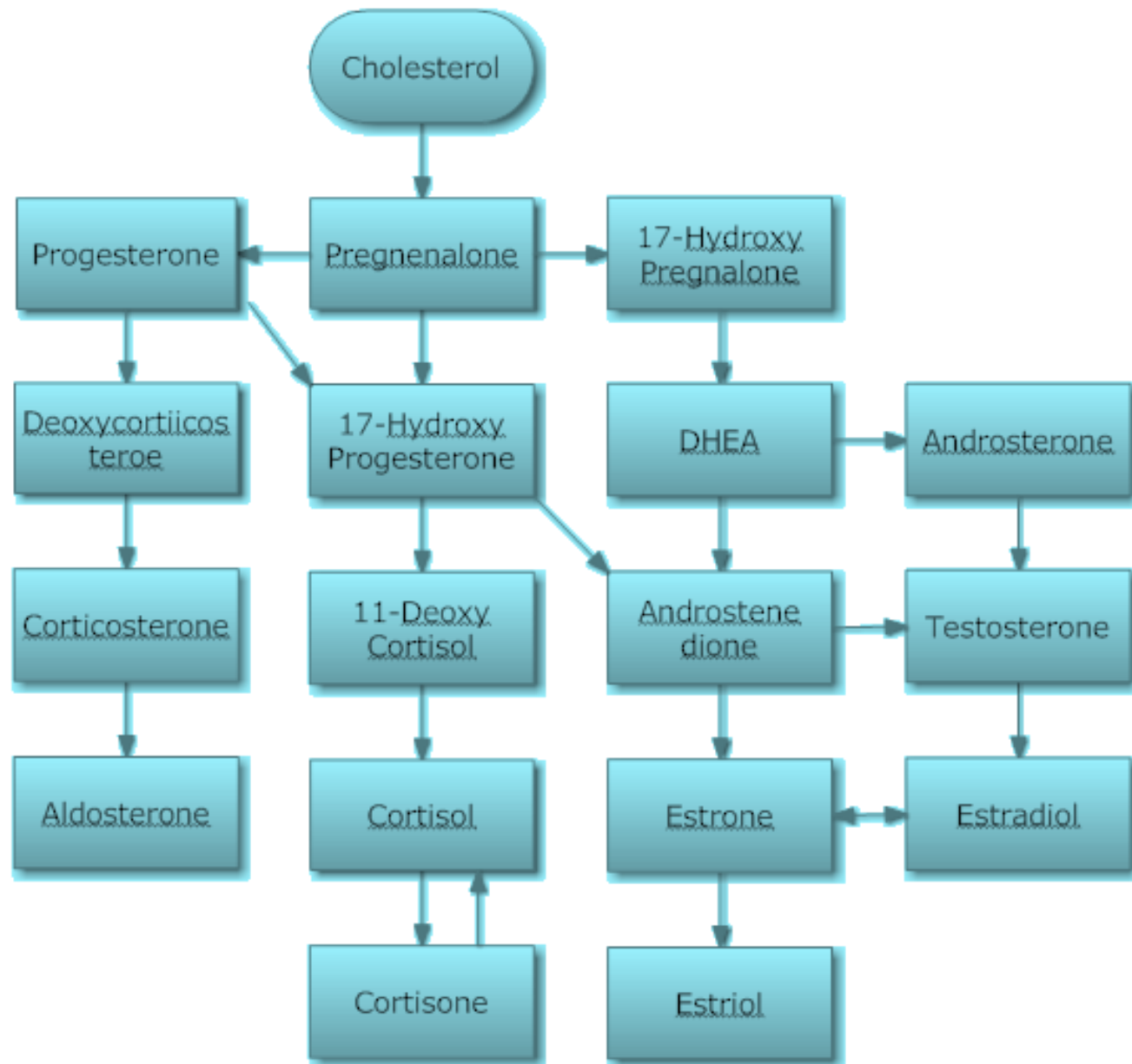
- ✓ **What it takes to consistently implement habits that create and maintain vitality**
- ✓ Techniques that make it easy to incorporate healthy habits in less than an hour a day
- ✓ **My Secret Strategies that make it easy to maintain your commitment to your health in spite of temptations**
- ✓ How 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**



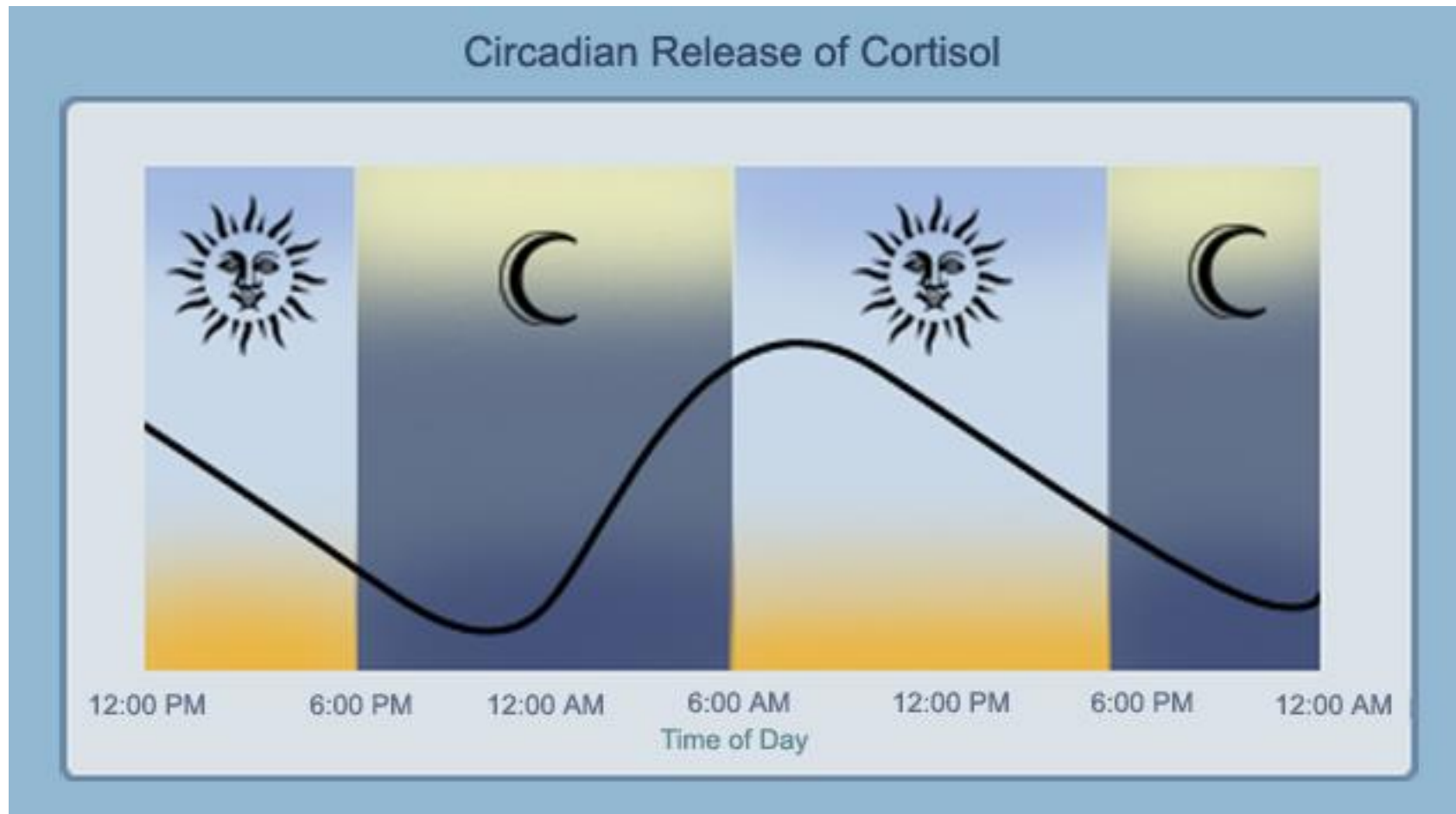
Your Hormonal Center



Hormones and Energy



Circadian Rhythm



Stressors That Trigger Adrenal Response

- ✓ 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



Repair Your Body and Skyrocket Your Energy Immediately

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



Bust through your obstacles and burn with new energy, passion, and vitality!

Healing Elixir Base Recipe

Ingredients

- ✓ **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

Directions

- ✓ 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.

Adaptogenic Herbs for Adrenals

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

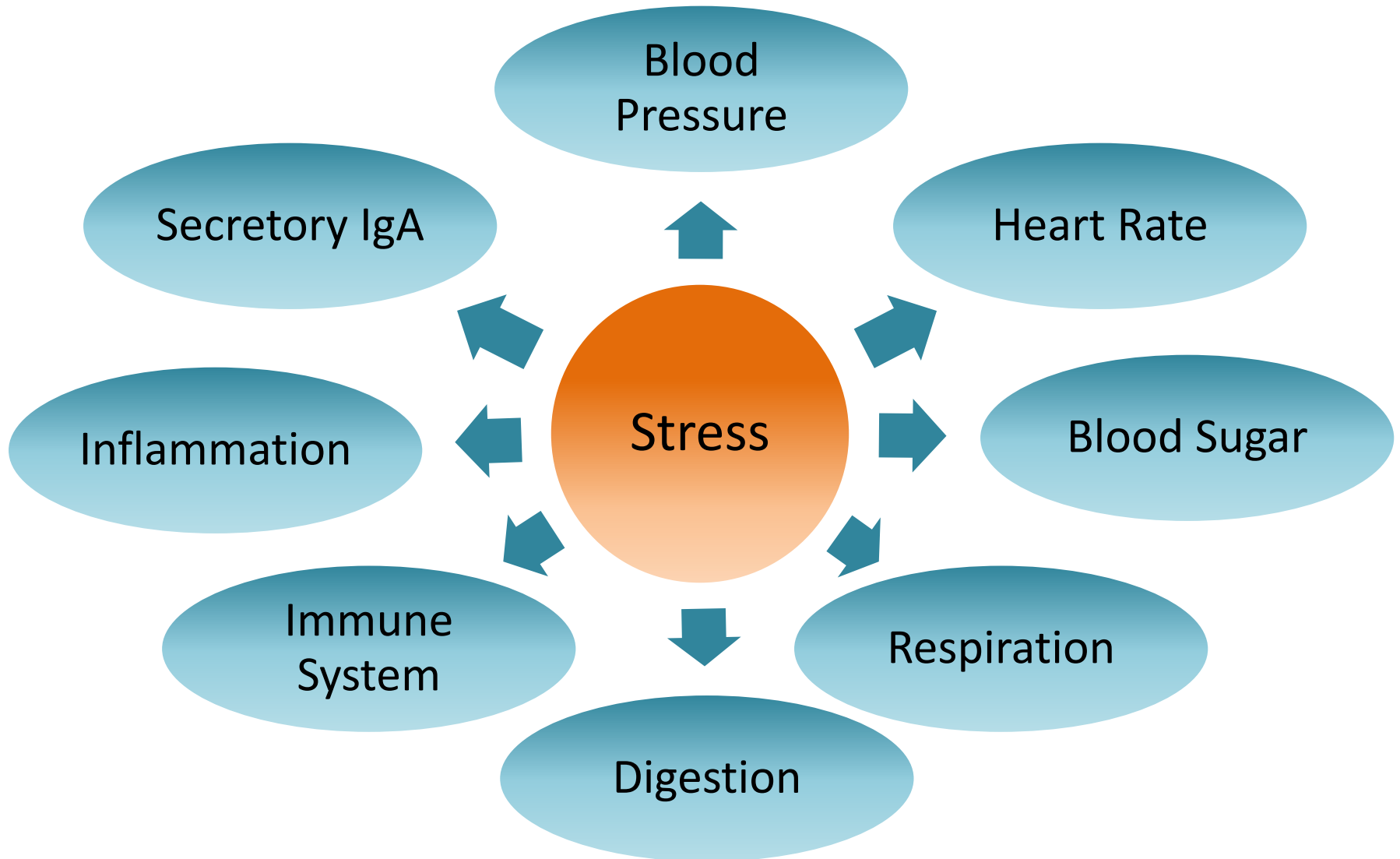


Adrenal and Immune Support Elixir

- ✓ 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)



Stress Effects

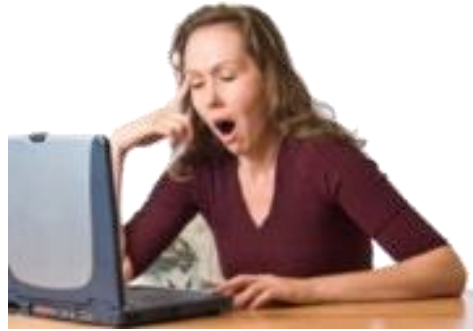


Symptoms of Over Active Adrenals

- ✓ 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



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

Things That Hurt Your Adrenals

Stress

Digestive imbalances

Inflammation

Poor nutrition status

Obesity

Immune system imbalance

Injuries

Toxic exposure

Sleep quality and quantity

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



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



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



Reviving Your Energy For Life

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



www.SpringIntoVitality.com

