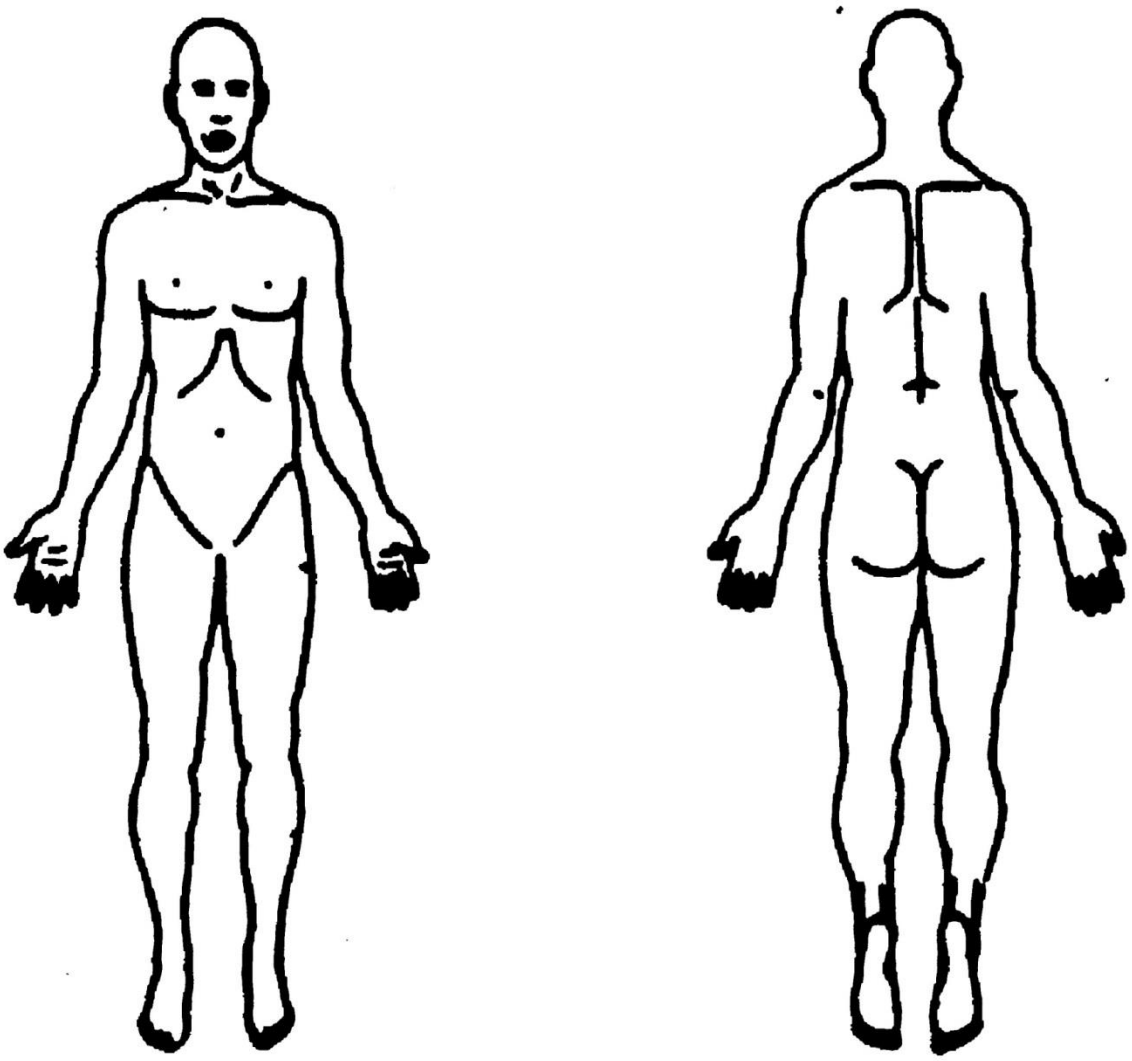
Body Scan

Mentally scan yourself from top to toe and pinpoint things that may be out of balance or not functioning as well as they could be. Scan your eyes, ears, nose, head, neck, chest, back, arms, and legs. Mentally scan and identify any areas that are bothering you in some way. A point of concern might be tight, painful, itchy, congested, or in some way not functioning as it should.

Mark areas you found on the diagram below. Also, note any areas of **rash, skin tag, discoloration, bumps, bruises, moles, or other abnormalities** of your skin.



Getting Clear on Outcomes

List the top 3 areas of concern for you regarding your health.

1.

2.

3.

How committed are you on a scale of 1-10 to addressing these challenged areas?

The Cost of Your Health Challenges

What is your lack of energy, poor health, or physical challenges identified on handout 1.0 costing you in terms of your quality of life?

Think about your relationships, your job, your social life and your recreational activities.

Jot down as many consequences as you can think of:

1.

2.

3.

4.

5.

6.

7.

8.

Visions and Goals – Waving My Magic Wand

If I could wave a magic wand and all your troubles would disappear, what would you be doing with your life?

Imaging that your **health is perfect**, you have an **unlimited energy supply**, and **money is not an issue**. Write whatever comes to mind. Don't filter or judge the thoughts as your write them. Allow yourself to write as if you are already in a state of perfect health and doing what you desire most. In other words, write in the present tense rather than the future tense. Say, "I am" rather than "I would."

I am…

Quick Coherence

The simple, yet powerful activity I outline below is among the most powerful tools at your disposal for transforming stressful moments into health-giving "mini-vacations". It is based on the principles of HeartMath™. We'll be practicing **Quick Coherence** after we return from breaks to help you access the calm part of your nervous system which facilitates learning and healing.

Preparation:

Recall a time when you felt really good inside. This could be a feeling of appreciation or care towards a special person or pet, a place you enjoy, or an activity that was fun. Recall as many of the details as you need to be able to recreate the good feeling of appreciation, care, or fun.

Repeat this 2 or 3 times and write a brief description of these positive feeling times so that you can memorize them. Refer to these memories when you are in a situation that you would like to transform.

_____

_____

_____

_____

_____

_____

Step 1: Shift Your Attention

Focus your attention on the area around your heart. If this sounds confusing, try this: focus on your right big toe and wiggle it. Now focus on your right elbow. Now gently focus in the center of your chest, the area of your heart. If you like, you can put your hand over your heart to help. If your mind wanders, just keep shifting your attention to your heart. Do this for 30 seconds to a minute.

Step 2: Directed Breathing

As you focus on the area of your heart, imagine that your breath is flowing in and out through that area. This helps your mind and energy to stay focused in the heart area and your breathing and heart rhythms to synchronize. Breathe slowly and gently "in through your heart" to a count of 5 or 6. Briefly hold the in-breath, and then breathe slowly and easily out through your heart to a count of 5 or 6. Do this until your breathing feels smooth and balanced, not forced.

You may discover that it is easier to find a slow and easy rhythm by counting “one thousand, two thousand” rather than "one, two". Continue to breathe with ease until you find a natural inner rhythm that feels good to you.

Step 3: Appreciation

Continue to breathe through the area of your heart. As you do so, recall one of the positive feelings you wrote down during the preparation stage. Be as vivid as you can in your recollection. Your goal is to re-experience the feeling, not just visualize the situation.

Feel it, taste it, hear it, and smell it. The more fully you bring it back to your experience, the deeper the experience of relief.

Your nervous system can't tell the difference between reality and recreating the experience. The same neural pathways are activated. The same chemistry is activated in your blood. Your heart rhythms synchronize the same whether it's real or imagined. Allow yourself to feel this and linger with this good feeling for as long as you can.

Follow-up: Repeat the Quick Coherence Process 5 Times a Day

1. **Before you get out of bed** in the morning to set the tone for your day.
2. **Right before you eat breakfast** to facilitate efficient production of digestive enzymes.
3. **Right before you eat lunch** to allow your food to fully nourish you.
4. **Right before you eat dinner** to take a break from the chaos and calm and relax your digestive tract.
5. **As you lay in bed at night,** ready to go to sleep, to encourage a peaceful and sound slumber.

Introduction to Nutritional Evaluations: Simple Self-Assessments You Can Do At Home

- pH
- Nitric Oxide
- Minerals

pH Testing

Urine pH

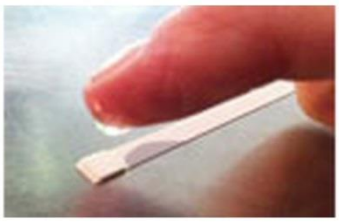
- Cut off a 1 or 2-inch piece of pH paper.
- Collect your first morning urine (or the urine sample) into a clean container.
- Dip the pH strip into the urine.
- Hold the pH strip against the color chart in the package and compare to determine your pH level.
- Mark the time and date along with the pH reading on your chart.
- Alternatively, you can urinate directly onto the strip. If you plan to do this, cut a slightly longer strip (like 3 inches) and only hold in urine stream for a second or two.

Saliva pH

- Do not eat for 2 hours before the test.
- Cut off a 1 or 2-inch piece of pH paper.
- Fill your mouth with saliva twice and swallow to ensure your mouth is clean.
- Fill it up again, and this time spit into a spoon. Dip the strip into the saliva. Hold the pH strip against the color chart in the package and compare to determine your pH level.
- Mark the time and date along with the pH reading on your chart.
- Alternatively, you can spit directly onto the strip and read the results.

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

Body Bio Mineral Testing Process

Mineral deficiencies are almost epidemic in today's world. Soil is depleted, food processing removes vital minerals, and stress depletes your reserves.

The test kit form ***Body Bio,*** www.BodyBio.com, uses a taste testing process to determine if you have a deficiency or excess of any of the 8 minerals listed below.

- Potassium
- Zinc
- Magnesium
- Copper
- Chromium
- Manganese
- Molybdenum
- Selenium

Pour a small amount of the mineral solution from the test bottle in a glass or cup and sip. Record the number that best fits how that mineral tastes.

RATING	BOTTLE	MINERAL
	1	Potassium
	2	Zinc
	3	Magnesium
	4	Copper
	5	Chromium
	6	Manganese
	7	Molybdenum
	8	Selenium

(4) is the goal. Your body is telling you that you are getting adequate amounts of this mineral.

RATING

1) Sweet
2) Pleasant
3) No Taste

4) Hmmm…Taste Something

5) So...So
6) Don't Like
7) Pretty Bad

Tracking Sheet for Spring Into Vitality Testing

Date and Time									
pH - Saliva									
pH - Urine									
Nitric Oxide									
Potassium									
Zinc									
Magnesium									
Copper									
Chromium									
Manganese									
Molybdenum									
Selenium									
Blood Sugar									

The Importance of Proper pH Balance

By Dr. Ritamarie Loscalzo

The internal environment of your body is maintained at a pH just above 7.0. Your blood pH must be maintained within a very narrow range or serious illness and death can result.

This means that your internal environment is slightly alkaline. Your enzymatic, immunologic, and repair mechanisms all function their best in an alkaline environment. Your metabolic processes (the processes of living, tissue repair, and the metabolism of food) produce a great deal of acid. In order to maintain your internal alkaline state, you need oxygen, water, and acid-buffering minerals available as you are eliminating waste products.

What Creates Acidity in Your Body:

For example, when you exercise or move you produce lactic acid and carbon dioxide. Lactic acid is by its nature acid, and the carbon dioxide becomes acidic, turning into carbonic acid in water. Digestion of foods generates acids. For example, phosphoric acid and sulfuric acid are produced from the metabolism of the phosphorus and sulfur contained in many foods, such as, meats, grains, and beans. Immune system responses, such as allergies and hypersensitivities, directly and indirectly generate substantial amounts of acidic products.

Many factors relating to lifestyle and environment also influence acid-alkaline balance. For example, when you are under tremendous stress, your acidity will likely increase because of the demands on your cells to become more active. Chronically hectic schedules, inadequate sleep and rushed, imbalanced meals can all contribute to this unhealthful condition. An underlying metabolic acidity is a common denominator among, and a likely contributing factor to, all degenerative and autoimmune diseases.

An acid condition has several adverse effects on cell metabolism including: impaired energy production, fluid accumulation and edema, and a likely increase in free radical production.

How Your Body Maintains an Alkaline State:

The countless chemical reactions necessary for life can only occur within a very specific pH range, thus the body has many checks and balances to maintain pH within a narrow range. Re-establishment of the health-promoting alkaline state is essential to the regeneration of your immune competence and your overall health.

To regain the life-supporting alkaline state, acids from all sources must be buffered or neutralized through combination with alkaline minerals. The alkaline minerals include calcium, magnesium, potassium, sodium, chromium, selenium, and iron. The most readily available pool of alkaline minerals is in the bone, and as your body works to maintain optimal blood pH, minerals are depleted from the bone, leading to increased risk of osteoporosis.

Dr. Susan Brown, leading researcher in the area of osteoporosis, and author of the book *Better Bones, Better Body*, has found that the single most important factor in changing your bone density and decreasing your osteoporosis risk is maintaining optimal pH through an alkaline diet and lifestyle.

When your dietary consumption patterns generate excessive acidic by-products, and provide insufficient buffering capacity, your body buffering mineral pools can be depleted and the intracellular environment becomes acidotic. Many organs and systems – especially the kidneys, adrenals, and lungs – play important roles in maintaining proper pH.

The Role of Your Diet:

Diet, however, is especially important. That's why a diet that is predominantly alkaline forming is essential to the maintenance of your good health. When you eat a balanced whole foods diet, your net acid/alkaline balance is maintained in proper proportion.

Foods that are high in protein, including milk, meat, and even whole grains, are acid forming. Most fruits are alkaline-forming but some, like prunes, plums, and cranberries, are acid-forming because your body can't break down the types of acids they contain. Highly refined foods, such as oils, sugars, soft drinks, and simple starches are acid forming.

If you are like most people in our society, you probably consume a very imbalanced diet high in acid-forming foods. This imbalanced diet pushes you towards an acid state, and your body responds by taking calcium and other alkalinizing minerals from the blood, bone and tissues.

The absorption of alkalinizing mineral salts from your diet or supplement program depends upon proper digestion in your stomach and upper small intestine. When long-term pH trends indicate depletion of alkaline reserves, it is also important that the status of your digestive function be assessed. Furthermore, overgrowth of certain abnormal bacteria can impair the lining of your stomach, and food allergy and other factors can impair the lining of your upper small intestine. These conditions can be harmful to your digestion and absorption of key nutrients. It is sometimes helpful to fortify your system with supplements of some or all of these alkalinizing mineral compounds when your body has a tendency toward acid accumulation.

Using the Acid/Alkaline Food Chart:

The table of acid/alkaline foods is a guide to show you what foods will help create a more alkaline, and therefore healthier, environment for your body. Your diet should be weighted in favor of the foods on the left-hand side of the chart. Usually, to regain an alkaline environment, 80-90% of your foods should be chosen from the alkaline side of the chart. Once you achieve optimal pH, you can usually maintain it by eating 60-80% of the diet as alkaline forming foods.

A good way to measure your average body pH is to measure the pH of your first morning urine. When your first morning urine is between 6.5 (slightly acidic) and 7.5 (slightly alkaline), it indicates that the overall cellular pH is appropriately alkaline. The best time to check pH is in the morning. Urine pH is tested on a specimen of your first morning urination.

You can also test your urine pH later in the day, and this will indicate the impact of foods and supplements which you have taken earlier in the day. You should check your morning saliva pH immediately after arising, before you think about or eat your breakfast, and while in a calm state of mind. After a meal, your saliva should normally become alkaline. Checking saliva pH after a meal can indicate whether or not this normal mechanism is intact. Optimal range for first morning saliva pH is 6.8 to 7.2.

NOTES

Saliva and Urine pH Tracking

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. Record later in the day as well and compare to determine the effects of your current lifestyle on your pH.

Date	Morning Saliva pH	1st AM Urine pH	2nd AM Urine pH	Afternoon Saliva pH (2 hours after food)	Afternoon Urine pH (before dinner)

NOTES

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Food & Chemical Effects on Acid / Alkaline Body Chemical Balance

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
• Baking Soda	Spices/Cinnamon Valerian Licorice • Black Cohash	• Herbs (most): Arnica, Bergamot, Echinacea, Chrysanthemum, Ephedra, Fevefew, Goldenseal, Lemongrass	White Willow Bark Slippery Elm Artemesia Annua	**Spice/Herb**	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt			*Sulfite*	**Preservative**	*MSG*	*Benzoate*	*Aspartame*	*Table Salt (NaCl)*
Mineral Water	• Kambucha	• Green or Mu Tea	Ginger Tea	**Beverage**	*Kona Coffee*	*Alcohol* Black Tea	*Coffee*	Beer; *'Soda'* Yeast/Hops/Malt
	Molasses	Rice Syrup	• Sucanat	**Sweetener**	Honey/Maple Syrup		*Saccharin*	Sugar/Cocoa
	Soy Sauce	Apple Cider Vinegar	• Umeboshi Vinegar	**Vinegar**	Rice Vinegar	Balsamic Vinegar		White/Acetic Vinegar
• Umeboshi Plum		• Sake	• Algae, Blue-Green	**Therapeutic**		*Antihistamines*	*Psychotropics*	*Antibiotics*
			• Ghee (Clarified Butter)	**Processed Dairy**	Cream/Butter	Cow Milk	• Casein, Milk Protein, Cottage Cheese	*Processed Cheese*
			Human Breast Milk	**Cow/Human**	Yogurt	Aged Cheese	New Cheese	Ice Cream
				Soy		Soy Cheese	Soy Milk	
				Goat/Sheep	Goat/Sheep Cheese	Goat Milk		
		• Quail Egg	• Duck Egg	**Egg**	Chicken Egg			
				Meat	Gelatin/Organs	Lamb/Mutton	Pork/Veal	Beef
				Game	• Venison	Boar/Elk/•Game Meat	Bear	
				Fish/Shell Fish	Fish	Shell Fish/Mollusks	• Mussel/Squid	Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	• Pheasant
			Oat		• Triticale	Buckwheat	Maize	Barley
			'Grain Coffee'	**Grain**	Millet	Wheat	Barley Groat	*Processed Flour*
			• Quinoa	**Cereal**	Kasha	• Spelt/Teff/Kamut	Corn	
			Wild Rice	**Grass**	• Amaranth	Farina/Semolina	Rye	
			Japonica Rice		Brown Rice	White Rice	Oat Bran	
	Poppy Seed	Primrose Oil	Avocado Oil	**Nut**	Pumpkin Seed Oil	Almond Oil	Pistachio Seed	• *Cottonseed Oil/Meal*
Pumpkin Seed	Cashew	Sesame Seed	Seeds (most)	**Seed/Sprout**	Grape Seed Oil	Sesame Oil	Chestnut Oil	Hazelnut
	Chestnut	Cod Liver Oil	Coconut Oil	**Oil**	Sunflower Oil	Safflower Oil	*Lard*	Walnut
	Pepper	Almond	Olive Oil		Pine Nut	Tapioca	Pecan	Brazil Nut
Hydrogenated Oil		• Sprout	Linseed/Flax Oil		Canola Oil	• Seitan or Tofu	Palm Kernel Oil	*Fried Food*
Lentil	Kohlrabi	Potato/Bell Pepper	Brussel Sprout		Spinach	Split Pea	Green Pea	Soybean
Brocoflower	Parsnip/Taro	Mushroom/Fungi	Beet	**Bean**	Fava Bean	Pinto Bean	Peanut	Carob
• Seaweed:	Garlic	Cauliflower	Chive/Cilantro	**Vegetable**	Kidney Bean	White Bean	Snow Pea	
Nori|Kombu|Wakame|Hijiki	Asparagus	Cabbage	Celery/Scallion		Black-eyed Pea	Navy/Red Bean		
Onion/Miso	Kale/Parsley	Rutabaga	Okra/Cucumber	**Legume**	String/Wax Bean	Aduki Bean	Legumes (other)	
• Daikon/• Taro Root	Endive/Arugula	• Salsify/• Ginseng	Turnip Greens	**Pulse**	Zucchini	Lima or Mung Bean	Carrot	
• Sea Vegetables (other)	Mustard Greens	Eggplant	Squash	**Root**	Chutney	Chard	Chick Pea/Garbanzo	
• Burdock/• Lotus Root	Ginger Root	Pumpkin	Lettuce		Rhubarb			
Sweet Potato/Yam	Broccoli	Collard Greens	Jicama					
Lime	Grapefruit	Lemon	Orange	**Citrus Fruit**	Coconut			
Nectarine	Canteloupe	Pear	Apricot		Guava	Plum	Cranberry	
Persimmon	Honeydew	Avocado	Banana		• Pickled Fruit	Prune	Pomegranate	
Raspberry	Citrus	Apple	Blueberry		Dry Fruit	Tomato		
Watermelon	Olive	Blackberry	Pineapple Juice	**Fruit**	Fig			
Tangerine	• Dewberry	Cherry	Raisin, Currant		Persimmon Juice			
Pineapple	Loganberry	Peach	Grape		• Cherimoya			
	Mango	Papaya	Strawberry		Date			

• Therapeutic, gourmet, or exotic items *Italicized items are NOT recommended.*

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Reprints available from ELISA/ACT Biotechnologies, 14 Pidgeon Hill, #300, Sterling, VA 20165. Sources include USDA food data base (Rev 9 & 10), *Food & Nutrition Encyclopedia*; *Nutrition Applied Personally*, by M. Walczak; *Acid & Alkaline* by H. Aihara. Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 6/01]

Spring INTO VITALITY

Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
www.DrRitamarie.com

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.

Assessing Your Health at Home

- ✓Nitric Oxide
- ✓pH
- ✓Minerals
- ✓Blood Sugar

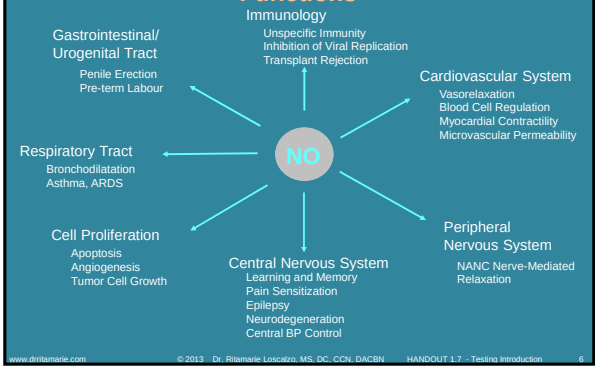
What is Nitric Oxide?

- ✓ Gas with chemical formula NO.
- ✓ It is an important signaling molecule in the body of mammals
- ✓ One of the few gaseous signaling molecules known.
- ✓ A toxic air pollutant produced by automobile engines and power plants.
- ✓ Not nitrous oxide (n_2o), a general anesthetic.
- ✓ Not nitrogen dioxide (no_2), a poisonous air pollutant.
- ✓ A free radical.
- ✓ It reacts with the oxygen to form nitrogen dioxide.

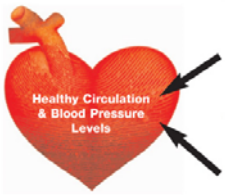
Importance of Nitric Oxide

- ✓ 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

Nitric Oxide and Regulation of Biological Functions

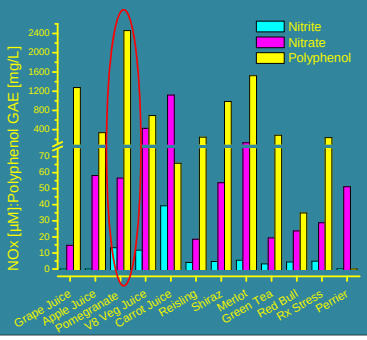


The Nitric Oxide Pathways



Pathway	Increased with	Affected by age?
Intake from salivary glands	Healthy diet having NO potential	No
Produced by endothelium	Regular exercise	Yes — Endothelial production declines to 50% of what one needs by age 40. Even exercise cannot restore it all.

NOx and Antioxidant Capacity of Common Beverages



Kale	6825
Swiss Chard	2055
Arugula	1452
Spinach	1123
Chicory	938
Wild Radish	814
Bok Choy	775
Collard Greens	697
Beets	632
Chinese Cabbage	499
Lettuce	388
Cabbage	312
Mustard greens	226
Cauliflower, Raw	167
Parsley	150
Kohlrabi	136
Carrot	127
Broccoli	122

What is your Nitric Oxide level?

Introducing the first and only saliva test to measure your body's Nitric Oxide level. Nitric Oxide is a critical molecule naturally produced in your body that helps maintain optimal circulation. Neo40™ Daily increases your Nitric Oxide levels which affects important cardiovascular risk factors. **Learn more at www.neogenis.com.**

Neogenis™ Test Strips 1 Sample Nitric Oxide Test

(µmol/L) <20 Depleted	25-100 Low	100-300 Normal	>300 Neo Optimal

Nitric Oxide Testing



Step 1 – Wash hands.

Step 2 – Place saliva on test strip.

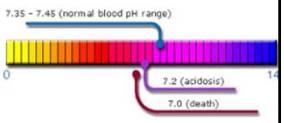
Step 3 – Compare test strip to color indicator.

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

http://www.neogenis.com

Importance of pH Balance

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



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

Mineral Test Kit

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

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

http://www.drritamarie.com/go/EmersonEcologics

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	Hmmmm…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

www.SpringIntoVitality.com

Spring INTO VITALITY

Measuring Your Blood Glucose

Knowing how your body responds to a particular food, meal, activity or even thought can be one of the most valuable skills you'll ever learn. Measuring your blood glucose will give you this feedback, and it's really easy to learn and do.

Getting a Testing Kit

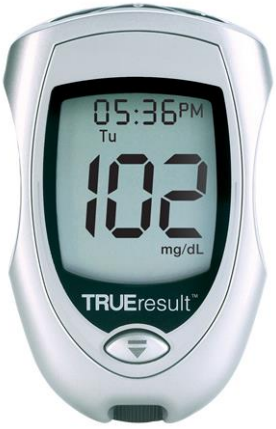
All you need is an inexpensive glucose meter (approximately $10 - $20 at most US discount pharmacy chains).

The replacement strips can be pricey, so before you decide which meter to buy, check out the price of the strips.

The meters I personally use for myself require the *TrueTest*st brand strips. If you purchase them locally, the cost is about $48 for 50 strips. Online you can find them for $23 for 100 strips.

Here's info on the ones we use:

- **TrueResults** – my desktop model
  http://www.drritamarie.com/go/TrueResultStarterKit
- **True2Go** – portable
  http://www.drritamarie.com/go/True2GoPortableKit
- **TrueTest Test Strips** – use for both Glucose Meters
  http://www.drritamarie.com/go/TRUEtestTestStrips50 or
  http://www.drritamarie.com/go/TRUEtestTestStrips100



There are several ways you can use your glucose meter to gather information. Each one is described in this document.

Directions for Measuring Blood Sugar

(Estimated time, start to finish: About 2 minutes)

1. Wash your hands. Invisible debris on your fingers can result in erroneous readings.

2. Avoid the use of alcohol hand cleaners/sanitizers, especially if you're checking regularly. It can dry your fingers and cause calluses.

3. Rinse your fingers under warm water to increase blood flow to the area.

4. Prepare your supplies.
    a. Spring loaded device with sterile lancet for sticking your finger
    b. Glucometer
    c. Test strips
    d. Tissue paper or cotton ball for blotting blood

5. Choose a location to get a blood sample. Rotate areas to prevent calluses.
    a. Back of your hand
    b. Fingers near your nails
    c. Between the first and second joints of any finger
    d. Fleshy pads of your fingertips

6. Collect blood sample.
    a. Cock the spring loaded device and prick any finger. Follow the specific instructions provided by the manufacturer.
    b. Gently squeeze your finger. Avoid using a pumping action.
    c. Touch the blood to the test strip.

7. Obtain the glucose reading.
    a. The Glucometer will blink or count down once the blood has been absorbed by the test strip.
    b. Record the number from the Glucometer on your form.

8. Cleanup.
    a. Discard used lancet.
    b. Discard any blood soaked tissues or cotton balls by flushing down the toilet to prevent contaminating any others with your blood.

Home Version of Glucose Tolerance Test Guidelines

Purpose:

The usual purpose of the glucose tolerance test is to see how your body responds to a glycemic load. It's usually done in a doctor's office and is very costly to do. After taking a fasting glucose reading, you would be asked to drink a sugar syrup concoction and your blood sugars would be tested for several hours afterwards. It's a great way to assess how your body handles a huge sugar load, but it doesn't measure how well your body handles your typical daily diet.

You can perform a glucose tolerance test of sorts at home with your glucose meter. Instead of glucose syrup, you'll test with a real meal…representative of the worst meal you'd typically eat in a week.

Process:

1. Measure your fasting blood sugar. Your fasting blood sugar is usually measured in the morning after about 12 hours of no food (water is permitted).
2. Eat a test meal. Write down the exact ingredients, including amounts of each food or beverage.
3. Measure your blood sugar immediately after the test meal.
4. Measure your blood sugar every 15 minutes for the first hour after the test meal.
5. Measure your blood sugar at 2, 3, 4, 5 and 6 hours after the test meal.
6. Be sure to write your findings on your "Glucose Tracking Chart".

Start with the worst meal you typically eat, including the most carbohydrate-rich foods you're likely to eat at a meal. Follow the process above with several representative test meals to see how your body handles different types of foods. This will help you design the diet that's just right for you.

Fill in your results in the "Glucose Tracking Chart."

In addition to measuring blood sugar, monitor how you feel and write it down. Record your symptoms, including light headedness, headache, dizziness, hunger, cravings, nausea, etc. Be sure to record the time the symptoms occurred.

Testing Individual Foods

It's helpful to know how your body responds to certain foods that you regularly eat or would like to eat. You can do a mini-test on each food. Simply:

1. Measure your blood sugar before eating the food.
2. Eat the food.
3. Measure your blood sugar immediately after eating.
4. Measure your blood sugar again at 15 minutes, 30 minutes, 45 minutes, 1 hour, 2 hours, and every hour until your next meal.

Your blood sugar level should stay at 110 or below and return to, or close to, baseline by two hours. It should never go above 140, no matter what you eat. If it does, you are showing clear diabetic tendencies and need to take this process very seriously to get back into balance.

In an optimally healthy person, blood sugar rarely if ever rises above 100. That's a target to shoot for in the future.

Rule of thumb: Avoid any foods that raise your blood sugar more than 25 points.

Daily pre-meal and post-meal glucose monitoring for a week is also a way to determine the foods that create glucose spikes.

Testing Individual Meals

It's helpful to know how your body responds to meals that you regularly eat. Testing meals is similar to testing individual foods. Simply measure your blood sugar before eating the meal. Note the time you started and finished the meal and list each food included in the meal. Quantities of each food are good to track too.

Steps:

1. Measure your blood sugar right before you start eating. Note the time.
2. Eat the meal.
3. Measure your blood sugar immediately after eating, then again at 15 minutes, 30 minutes, 45 minutes, 1 hour, 2 hours and every hour until you next meal.
4. See "Testing Individual Foods" section above for guidelines on results.

If your readings are higher than desired, one or more of the foods is suspicious. Further testing is required to isolate the problematic food.

NAME										Record glucose at the following intervals after meals							
										15 min	30 min	45 min	1 hour	2 hour	3 hour	4 hour	5 hour
Date	**Time**	**Energy (0-10)**	**Stress Level (0-10)**	**Glucose Before Eating**	**Foods and Beverages** (note food quantity & preparation)	**Glucose After Eating**	**Energy After**	**Emotional State**	**Any Symptoms** (list & rate 1-10)	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**	**Time/ Glucose**

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Snack Attack Strategy

It's inevitable. It's bound to happen. You're humming along, getting used to the idea of spacing your meals. Yeah, the science makes sense and you're so ready. And then it hits, about midway through the interval between lunch and dinner and you feel it coming on.

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong.

This is why I created the snack attack strategy that you're about to learn:

Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed in order from most to least favorable.

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense. 16 - 32 ounces is a good serving size.

"Snack Attack" Approved "Foods" *(The first 5 are drinks)*

- Green water made by blending a handful of greens with lots of water.
- Green juice without any fruit, except lemon or lime.
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- *A Chia Energy Drink* made from soaked chia seeds and water with flavorings
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds

Sources for Snacks and Dehydrated Raw Foods Similar to High-Carb Comfort Foods

- http://www.drritamarie.com/go/NaturalZingSnacks
- http://www.drritamarie.com/go/GoRawFlaxSnax
- http://www.drritamarie.com/go/LydiasOrganics
- http://www.drritamarie.com/go/GRPizzaFlaxSnax
- http://www.drritamarie.com/go/SVSauerkrautCrackers

Snack Attack Recipe Demo

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Head Heart Habits

The secret to healthy habits that last a lifetime.

FACT: You can't change your habits from the same mindset that created them in the first place.

Most diets fail because_____.

Many people start and stop on the journey to creating healthy habits that last because

_____.

Most people try to instill new habits onto an old belief system, and thus onto an old mindset and emotional terrain.

This rarely works.

- ✓ Experience + Beliefs = Thoughts.
- ✓ Thoughts trigger emotions.
- ✓ Emotions and thoughts are energy.
- ✓ Emotions benefit or harm your physiology via a series of molecular changes.
- ✓ When your head and heart are aligned, new beneficial habits can replace old destructive ones.

Under stress, your logical thought process often gets replaced by irrational and unreasonable thoughts, leading to unresourceful and potentially self-destructive behaviors.

- ✓ Chronic stress increases cortisol and decreases DHEA.
- ✓ Cortisol triggers muscle breakdown into blood sugar and increased insulin.
- ✓ Insulin inhibits fat burning and accelerates fat storage.
- ✓ DHEA significantly decreases fat and significantly increases insulin sensitivity

Self Reflection Exercise:

Think about what limiting beliefs might be holding you back? Write in the space below.

What thoughts do these beliefs lead you to have? Jot a few below.

What emotion(s) do you feel while or after you think these thoughts?

Does this lead you to take self-nourishing or self-sabotaging actions?

What is a new belief that can replace the limiting one?

If you believed this, what thoughts would you have instead?

And what feelings would the thoughts lead to?

And how would these actions support you?

The Benefits of Leafy Greens

Leafy greens are your most accessible super food!

- Greens are **packed with nutrients**, especially vitamin C, vitamin B6, calcium, iron, zinc, folate, lutein, beta carotene, chlorophyll and protein.
- Greens contain a large percentage of calories as **protein** because they are rich in essential amino acids, the building blocks of protein.
- Greens provide essential alkaline minerals such as **calcium and magnesium** that are not found in sufficient quantities in fruits, nuts and seeds.
- The **most important greens** are the ones that contain the most minerals such as kale, broccoli, mustard greens, and collards.
- For optimal health, include **green vegetables daily**, ideally several times a day, in a form that is easy for the body to assimilate. The regular consumption of blended greens in the form of green smoothies, blended salads, “raw soups”, dressings, and many other dishes is an important part of a healthy diet.
- Green vegetables have many life giving properties. They strengthen the blood and immune systems, prevent cancer, and fight depression naturally by supplying a plethora of nutrients needed to make neurotransmitters.
- The fiber in raw greens helps to **keep the digestive tract moving**, and many people report that greens are energy-giving foods, increasing mental clarity and sustaining energy.
- Greens contain a lot of **antioxidants** and are protective of many disease states. For example, it is a well-researched fact that the whole family of cruciferous vegetables helps to prevent cancer. Studies have shown that eating foods in this vegetable family speeds the liver's ability to detoxify ingested toxins.
- Based on my own experimentation and research, that of Victoria Boutenko in *Green For Life*, and Ann Wigmore in her book *The Blending Book*, **I recommend that everyone consume at least one 32 ounce green smoothie or soup per day -- ideally at least a pound of dark greens per day.**
- Green smoothies are **very nutritious and easy to digest.** When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients; the green smoothies literally start to get absorbed in your mouth.

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Green Food Recipe Demo

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Getting A Good Night Sleep

Sleep is super important for overall health and well-being. It's as important as good food, fresh air, sunshine, exercise, and managing your stress levels. Good quality sleep keeps your hormones balanced, your blood sugar balanced, and your blood clean.

Tips for Improving Your Sleep

- Stop eating at least 3 hours before bedtime to optimize growth hormone and promote fat burning.
- Turn off bright lights after sunset to encourage natural melatonin production.
- Turn off the TV and the computer at least an hour before bed to optimize melatonin production.
- Meditate, visualize, appreciate, or take a "mini-vacation" before bed.
- Enjoy a warm (not hot) lavender bath before bed.
- Get outside in the natural morning sun (before 1:00 p.m.) to suppress daytime secretion of melatonin and help establish a normal rhythm.
- Use relaxing herbs 30 – 60 minutes before bed, then again at bedtime. Here are a few to check out:
    - Chamomile
    - Milky Oat
    - Valerian
    - Hops
    - Passion Flower
    - Magnolia
    - Kava Kava
- Sleep in as dark an environment as possible and use a sleep mask if there are exterior lights shining in.
- Avoid intense mental activity within 2 hours of bedtime.
- Avoid intense exercise close to bedtime.
- Get horizontal for 30 - 60 minutes before sleep.