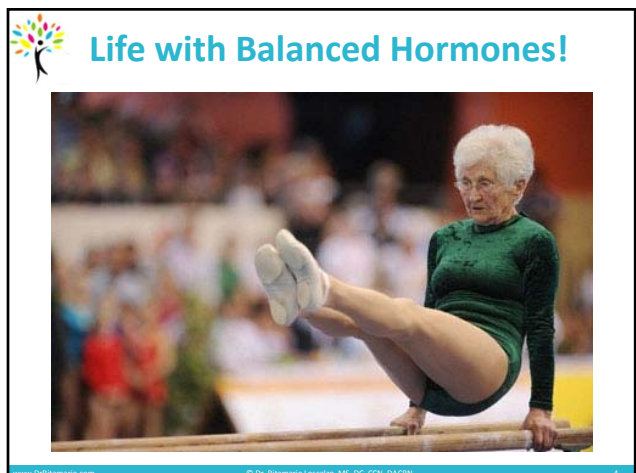





**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie 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.


www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 2



 **Ernestine Shepherd, 74**

*"If there was ever an anti-aging pill, I would call it exercise."*

- ✓ World's oldest female bodybuilder
- ✓ Started at age 56 after her sister died at a young age from a brain aneurysm
- ✓ Competed in her first bodybuilding competition at age 71, runs marathons, and teaches fitness classes




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN

 **Mimi Kirk eats a raw, natural plant based diet,**




**and she is 74 years young.**

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN


 **Tao Porchon-Lynch, 93**

*Find something you love.*  
*"I love yoga. It brightens my day, and it makes everybody smile."*


- ✓ World's oldest yoga instructor
- ✓ Has taught yoga for the past 61 years
- ✓ Also a competitive ballroom dancer



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN

 **Gabriel Cousens**  
**M.D., N.D., Age 71**

- ✓ Runs **Tree of Life Rejuvenation Center**
- ✓ Did 601 pushups on 60<sup>th</sup> birthday
- ✓ Raw vegan diet for over 30 years
- ✓ Diplomate Ayurveda
- ✓ Diplomate American Board of Holistic Medicine
- ✓ Juice cleanses regularly to keep toxins at bay
- ✓ Deep spiritual practice



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN



### Karyn Calebrese, Age 67

- ✓ Owner/operator of 2 restaurants in Chicago
- ✓ Runs raw foods detox programs
- ✓ Eats primarily plant-based raw foods
- ✓ Author




www.DrRitamarie.com© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN9




### Phyllis Sues, Age 90




www.DrRitamarie.com© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN10



### Robert Marchand, Still Cycling Strong at 102-Years-Old




www.DrRitamarie.com© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN11





### Lloyd Kahn, 79-Year-Old Skateboarder

Started at age 65



www.DrRitamarie.com© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN12

 **Yvonne Dowlen is Still Ice Skating at 87-Years-Old**



www.DrRitamarie.com © Dr. Ritamarie Loucatz, MS, DC, CCN, DACBN 13


 **Duan Tzinfu at 73-Years-Old**




Duan performs complex moves young athletes can't duplicate.




www.DrRitamarie.com © Dr. Ritamarie Loucatz, MS, DC, CCN, DACBN 14


 **Doris Long, Industrial Climber at 100-Years-Old**



Doris was 85-years-old when she first started industrial climbing.

www.DrRitamarie.com © Dr. Ritamarie Loucatz, MS, DC, CCN, DACBN 15



 **Dr. Jeffrey Life Looks Better Than Ever at 70**



It wasn't until he turned 60 that Dr. Jeffrey Life started to take fitness seriously. His current physique proves it's never too late!

www.DrRitamarie.com © Dr. Ritamarie Loucatz, MS, DC, CCN, DACBN 16







**Jim Morris,  
The 78-Year-Old  
Bodybuilder**

Morris became a vegetarian at the age of 50 and a vegan at the age of 65.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 17



**Madonna Buder  
is an  
83-Year-Old  
Nun and  
Marathon Runner**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 18



**Manoel De Oliveira is  
the World's Oldest Active Film  
Director at 106-Years-Old**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 19



**Stanislaw Kowalski is the Oldest  
Polish Sprinter at 104-Years-Old**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 20



**Paul Fegan is a 78-Year-Old Magician**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 21



**Polish Kayaker Aleksander Doba**  
Paddled over 7,716 miles across the Atlantic Ocean at 67-years-old



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 22



**Lynda Fox Competes in Dressage Competitions at 67-Years-Old**  
She didn't pick up horseback riding until 5 years ago



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 23



**Pat And Alicia Moorhead Enjoy Skydiving at 81 and 66-Years-Old**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 24



**Lynn Ruth Miller, Stand Up Comedian At 80**

www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 25




**Annette Larkins Looks 40, But She's Actually 70-Years-Old**  
Annette tributes her youthful glow to her raw vegan diet.

www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 26



**Greta Pontarelli, Still Pole Dancing at 61**


www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 27




**Magic Wand**


If I could wave a magic wand and you could have all the energy in the world, what would you be doing with your life?


www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 28

 **What's Possible for You...**  
Feel good in your body and confident in your appearance





www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 29

 **What's Possible for You...**  
To be fully present for your loved ones



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 30

 **What's Possible for You...**  
Have boundless energy for fun, family, and relationships



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 31

 **What's Possible for You...**  
Get your brain back to focused and clear  
and skyrocket your success



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 32





## My Big Why




www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 33



## Connecting to What's Most Important

Ability	Energy	Intimacy	Responsibility
Acceptance	Excitement	Justice	Risk
Accuracy	Fame	Kindness	Romance
Achievement	Family	Knowledge	Routine
Adventure	Forgiveness	Law-Abidance	Safety
Altruism	Freedom	Leaving a Mark	Security
Balance	Friendship	Love	Self-Control
Beauty	Fun	Mastery	Self-Esteem
Brotherhood	Glory	Maturity	Self-Interest
Charity	God	Money	Service
Children	Goodness	Nature	Sex
Comfort	Greatness	Optimism	Spirituality
Communication	Growth	Originality	Strength
Compassion	Happiness	Patience	Success
Competence	Health	Peace	Support
Conquest	Honesty	Pleasure	Surrender
Cooperation	Honor	Popularity	Talent
Courage	Hope	Power	Toys
Creativity	Humility	Prestige	Treasure
Culture	Independence	Pride	Trust
Dignity	Individuality	Privacy	Truth
Discovery	Innocence	Property	Wealth
Duty	Innovation	Purpose	Wisdom
Ease	Integrity	Reason	

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 34



## Top FIVE Core Values in Priority Order

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 35

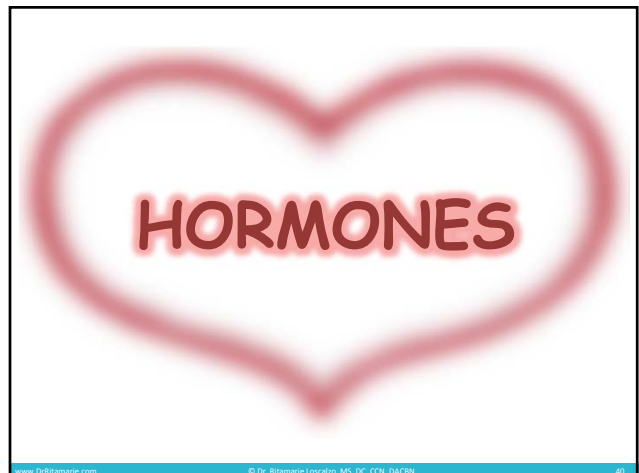
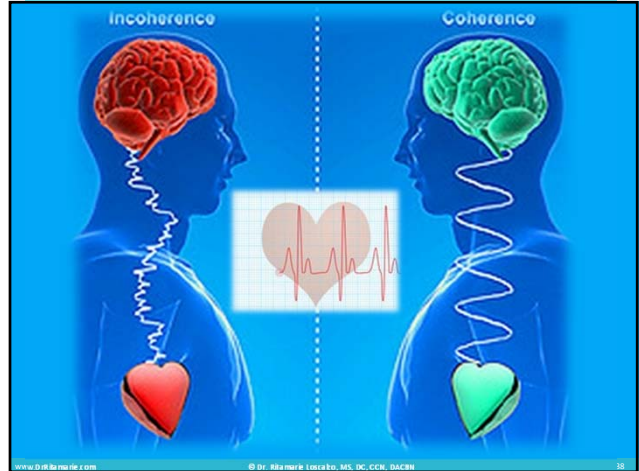


## What Does it Take to Succeed at Balancing Your Hormones and Recharging Your Energy?

- ✓ Desire
- ✓ Knowledge
- ✓ Willingness to make changes
- ✓ Support
- ✓ Accountability




www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 36

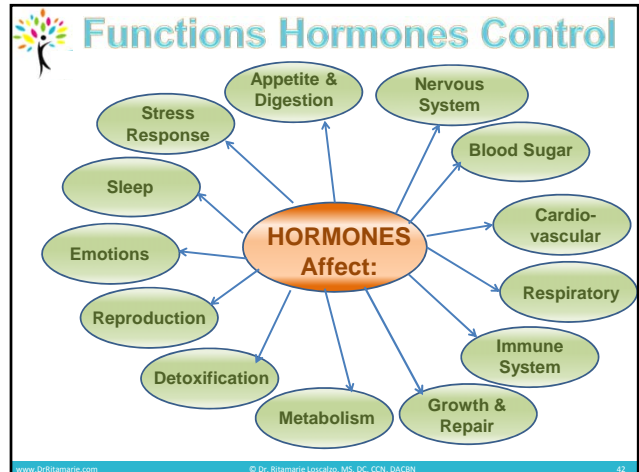


## Hormones The Messengers of Life

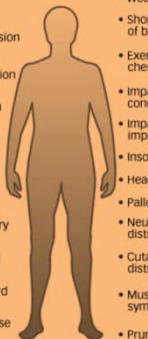
- ✓ **Chemicals secreted by glands:**  
usually directly into blood stream
- ✓ **Bind to receptors** located on cells
- ✓ **Control bodily functions:** digestion, metabolism, growth, reproduction, immune system, and mood



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 41



## Connection Between Hormones And Persistent Symptoms




<ul style="list-style-type: none"> <li>• Lethargy</li> <li>• Fatigue</li> <li>• Malaise/depression</li> <li>• Angina</li> <li>• Impaired cognition</li> <li>• Impaired immune system</li> <li>• Anorexia</li> <li>• Intolerance to cold</li> <li>• Endocrine/ metabolic abnormalities</li> <li>• Cardiorespiratory disturbances</li> <li>• Gastrointestinal disturbances</li> <li>• Tendency toward bleeding</li> <li>• Reduced exercise tolerance</li> </ul>	<ul style="list-style-type: none"> <li>• Weakness</li> <li>• Shortness of breath</li> <li>• Exertional chest pain</li> <li>• Impaired concentration</li> <li>• Impaired libido/ impotence</li> <li>• Insomnia</li> <li>• Headache</li> <li>• Pallor</li> <li>• Neuromuscular disturbances</li> <li>• Cutaneous disturbances</li> <li>• Musculoskeletal symptoms</li> <li>• Pruritus</li> </ul>	<ul style="list-style-type: none"> <li>▪ Weight gain / weight loss (yo-yo)</li> <li>▪ High cholesterol</li> <li>▪ Cancer</li> </ul>
---	--	---

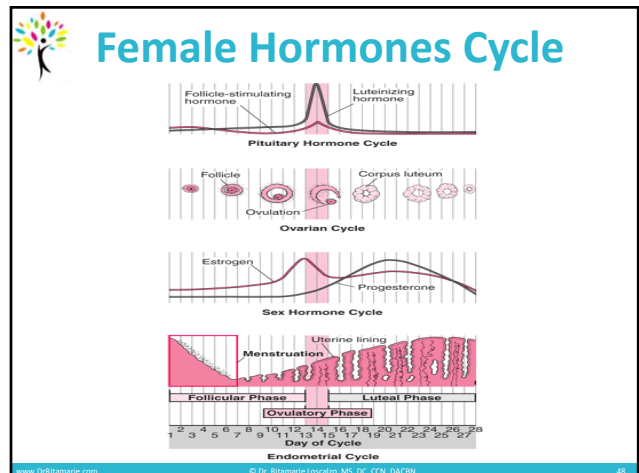
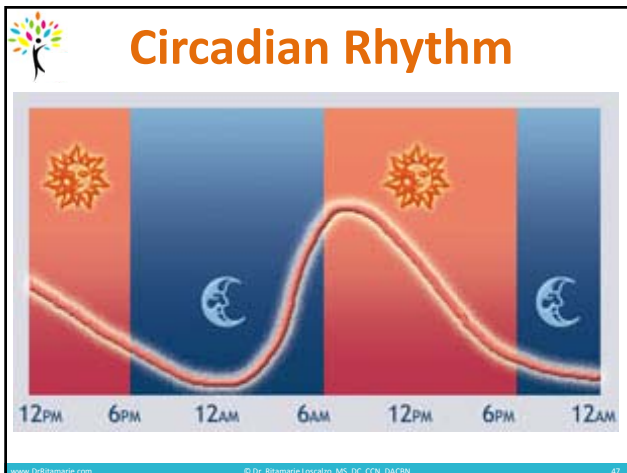
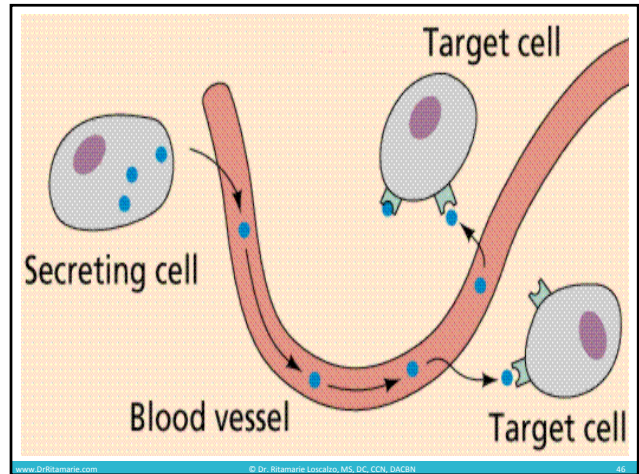
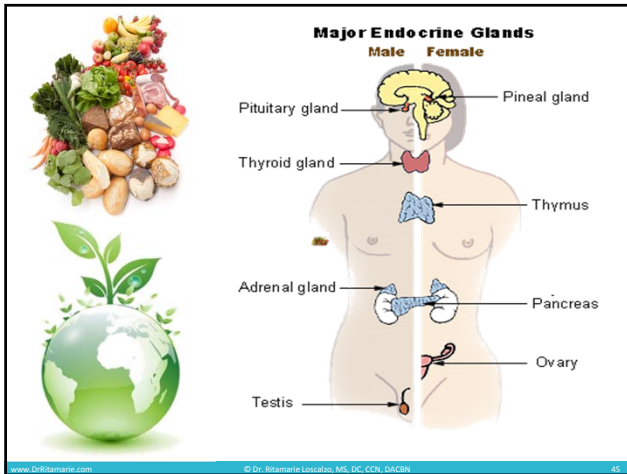
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 43

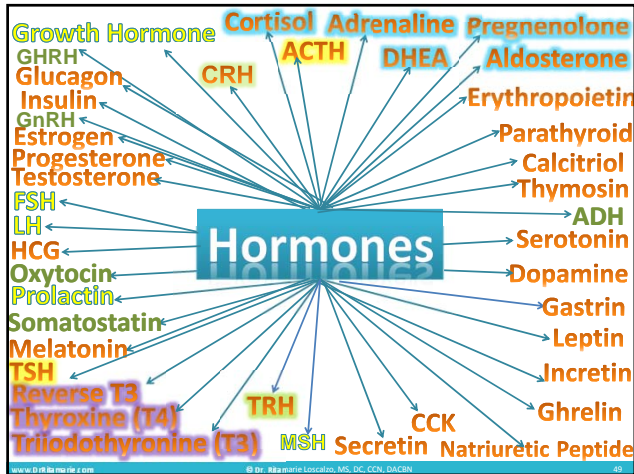
## Hormone Imbalance Triggers

- ✓ Nutrient imbalances
- ✓ Toxic exposures
- ✓ Obesity
- ✓ Stress and worry
- ✓ Lack of exercise
- ✓ Overeating, poor dietary choices, and faulty digestion
- ✓ Physical and emotional trauma
- ✓ Anger, resentment, and negative emotions
- ✓ Genetic factors



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 44





## Hormone Families

- ✓ Sleep, thoughts, and emotions
- ✓ Appetite and digestion
- ✓ Blood sugar balance
- ✓ Stress
- ✓ Metabolic rate
- ✓ Sex and reproduction
- ✓ Organ functions

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 50

## Appetite and Digestion Hormone Family

Hormone	Produced by	Action
Leptin	Fat cells	Signals satiety
Ghrelin	Stomach lining	Signals hunger
Gastrin	Stomach	Production of stomach acid
Cholecystokinin (CCK)	Small intestine	Production of pancreatic juices and emptying of gall bladder
Secretin	Duodenum	Stimulates bicarbonate production by pancreas, bile production by liver, and pepsin by stomach
Peptide YY	Mainly ileum and colon, but a little in other parts of GI tract	Inhibits gastric motility, increases water and electrolyte absorption in colon, may suppress pancreatic secretion, increases efficiency of digestion
Incretins: GIP: Gastric Inhibitory Peptide and GLP: Glucagon-Like Peptide	Small intestine	Increases insulin, inhibits glucagon release, slows rate of absorption of nutrients by reducing gastric emptying
Somatostatin	Stomach, intestine, pancreas	Inhibits gastrin, CCK, secretin, GIP and also growth hormone, TSH, glucagon and insulin
Dopamine	Brain and GI mucosa	Reduces motility and protects mucosa
Serotonin	Brain and GI mucosa	Inhibits gastric acid and stimulates mucus

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 51

## Sleep Hormone Family

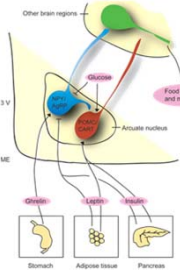
Hormone	Produced by	Action
Melatonin	Pineal	Promotes deep sleep, immune support
Growth Hormone	Anterior pituitary	Promotes growth and repair and fat burning
Cortisol	Adrenal cortex	High levels at night disrupt sleep
Leptin	Fat cells	Peaks in middle of night to promote fat burning
Progesterone	Ovaries, Adrenal cortex	Promotes sleep
Estrogen	Ovaries, Adrenal cortex	Improves quality of sleep
Testosterone	Gonads, Adrenal cortex	Lack of sleep lowers it
Insulin	Pancreas	Disrupts growth hormone and sleep pattern
Glucagon	Pancreas	Keeps blood sugar steady while sleeping

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 52



### The Hypothalamus Controls:

- ✓ Temperature
- ✓ Hunger
- ✓ Glucose and insulin levels
- ✓ Aspects of parenting and attachment behaviors
- ✓ Thirst
- ✓ Moods
- ✓ Energy and fatigue
- ✓ Sleep
- ✓ Circadian rhythms
- ✓ Blood pressure
- ✓ Heart rate
- ✓ Growth and repair
- ✓ Gut motility
- ✓ Sex drive

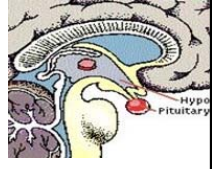


The diagram shows the hypothalamus (HYP) at the center, connected to the brain (Other brain regions) and the pituitary gland. It also shows connections to the stomach (Gastrin), adipose tissue (Leptin), and pancreas (Insulin). The hypothalamus is labeled as the 'Food intake and metabolism' center.

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 53

### Pituitary Hormones

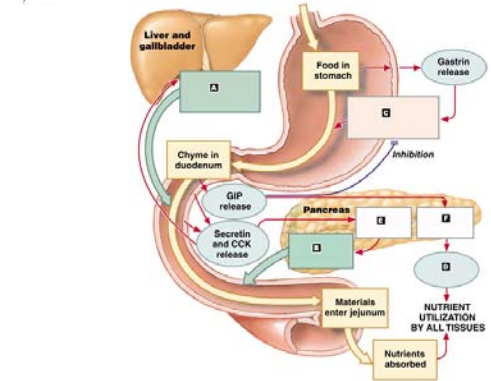
- ✓ Thyroid Stimulating Hormone
- ✓ Follicle Stimulating Hormone
- ✓ Luteinizing Hormone
- ✓ Adrenocorticotrophic Hormone
- ✓ Prolactin: Milk Letdown
- ✓ Growth Hormone
- ✓ Melanocyte-Stimulating Hormone: Pigment
- ✓ Antidiuretic Hormone aka Vasopressin
- ✓ Oxytocin



The diagram shows the pituitary gland (Pituitary) connected to the hypothalamus (HYP).

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 54

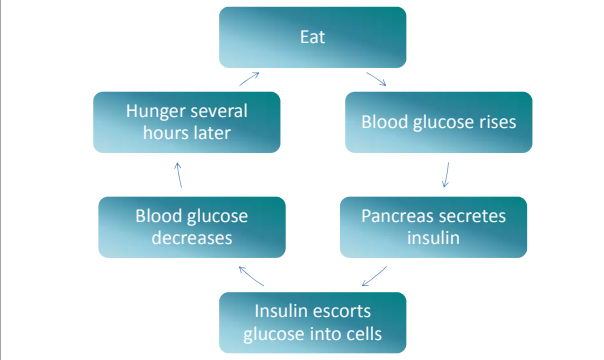
### Hormones of Digestion



The diagram illustrates the digestive system and the role of various hormones. It shows the liver and gallbladder, stomach, duodenum, pancreas, and jejunum. Hormones shown include Gastrin, Chyme, GIP, Secretin, and CCK. The process of food intake, digestion, and nutrient absorption is depicted.

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 55

### Normal Blood Sugar Cycle

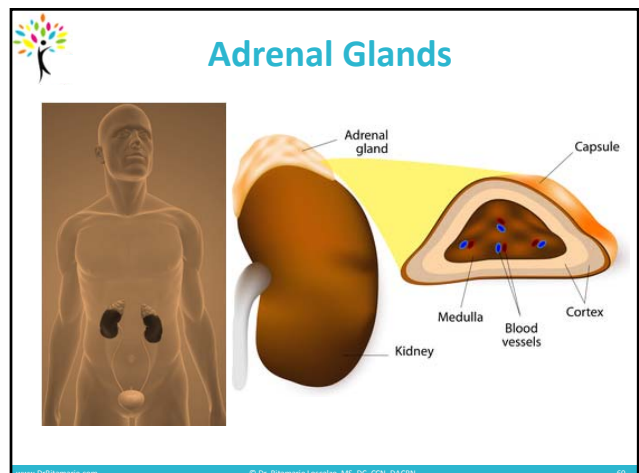
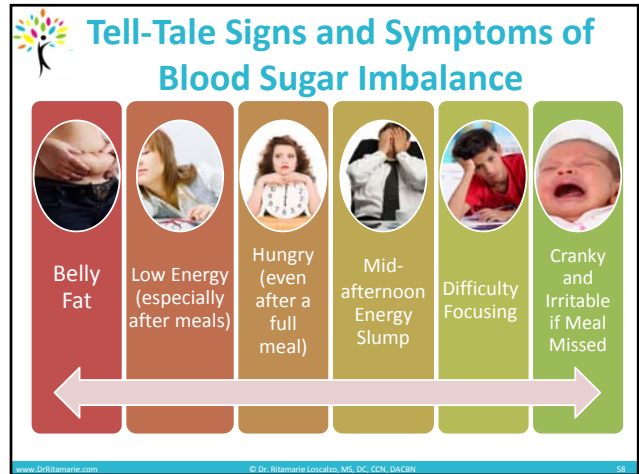
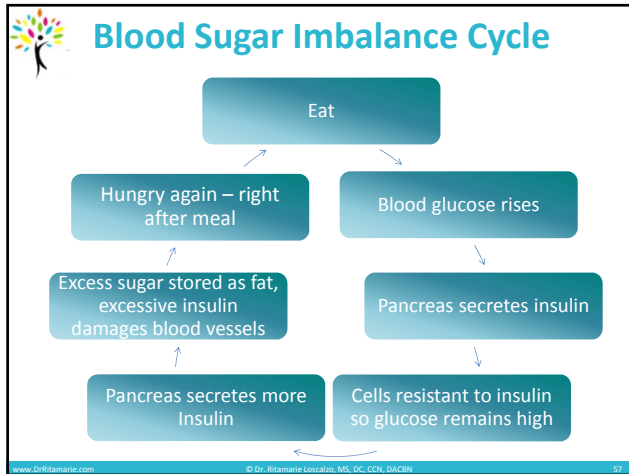


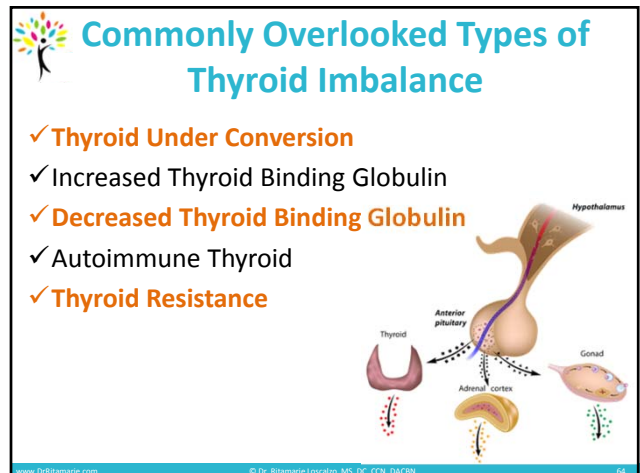
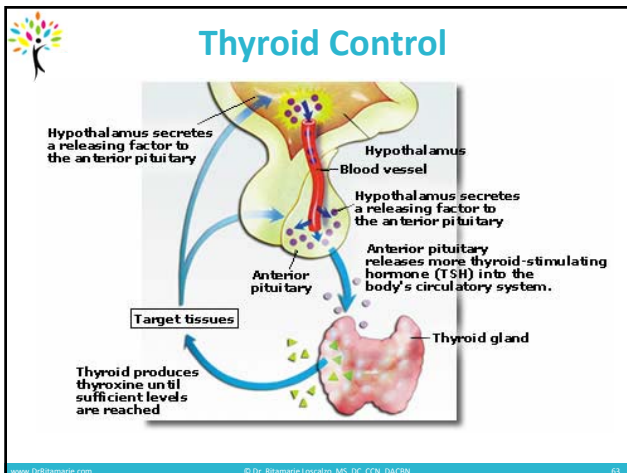
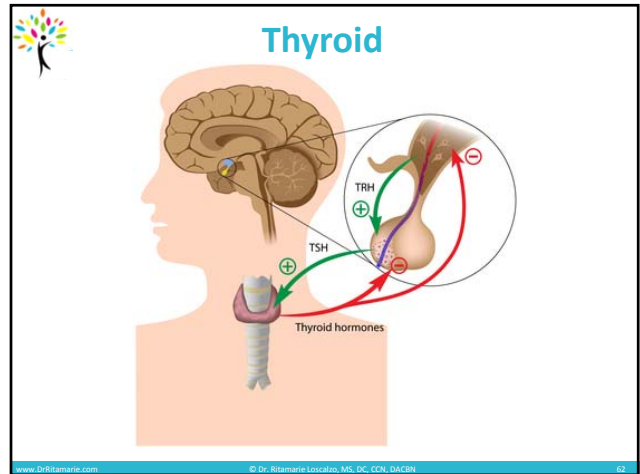
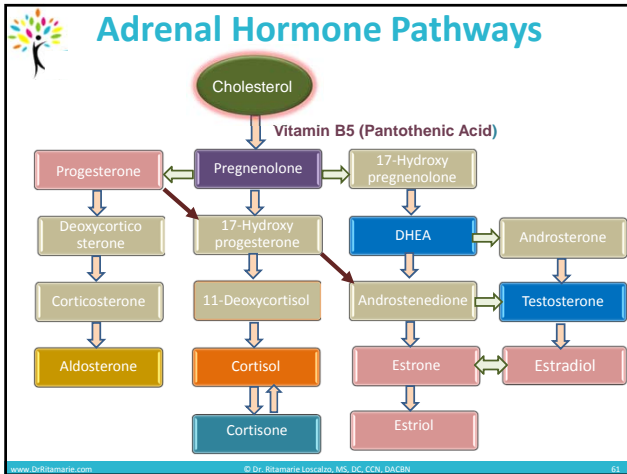
```

graph TD
    Eat --> Hunger[Hunger several hours later]
    Eat --> BloodRises[Blood glucose rises]
    BloodRises --> Pancreas[Pancreas secretes insulin]
    Pancreas --> InsulinEscorts[Insulin escorts glucose into cells]
    InsulinEscorts --> BloodDecreases[Blood glucose decreases]
    BloodDecreases --> Hunger
  
```

The flowchart illustrates the normal blood sugar cycle. It starts with 'Eat', which leads to 'Hunger several hours later' and 'Blood glucose rises'. 'Blood glucose rises' leads to 'Pancreas secretes insulin', which then leads to 'Insulin escorts glucose into cells'. 'Insulin escorts glucose into cells' leads to 'Blood glucose decreases', which then leads back to 'Hunger several hours later'.

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 56






## Reproductive Hormones

**Female**

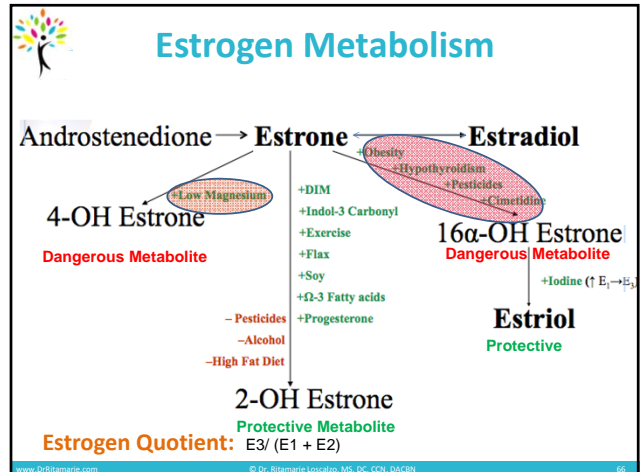
- ✓ Estrogen
- ✓ Progesterone

**Male - Androgens**

- ✓ Testosterone
- ✓ DHEA




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 65

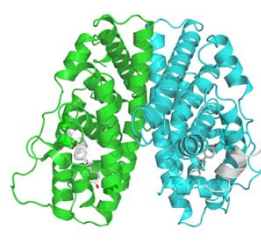


## Estrogen Receptors

**ER Beta**



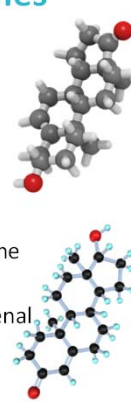
**ER Alpha**



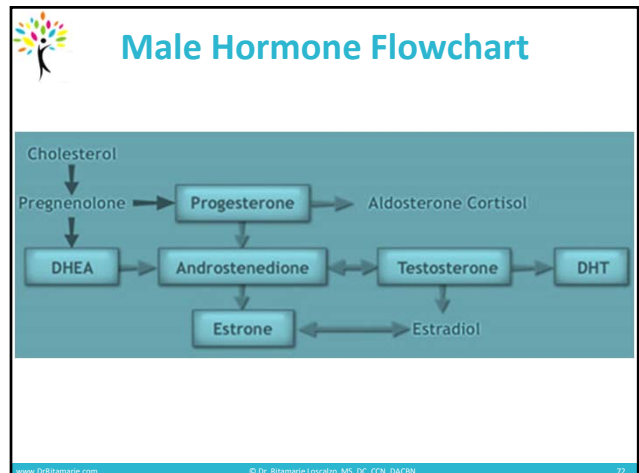
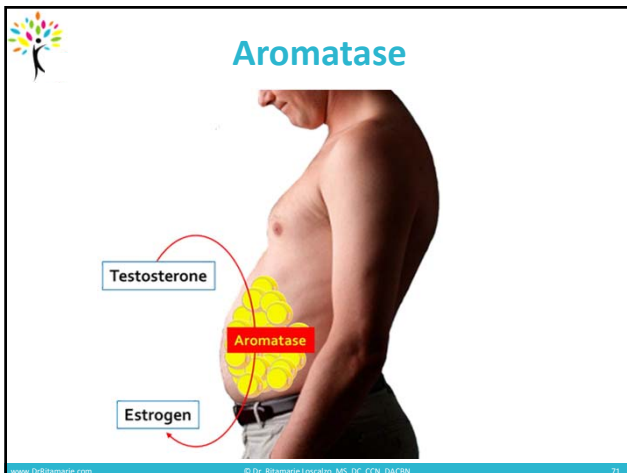
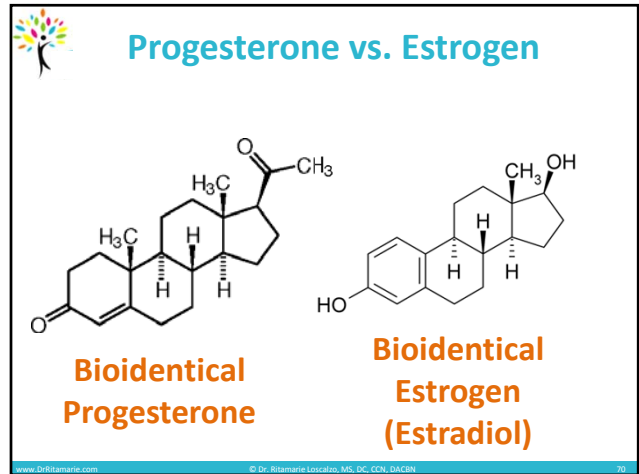
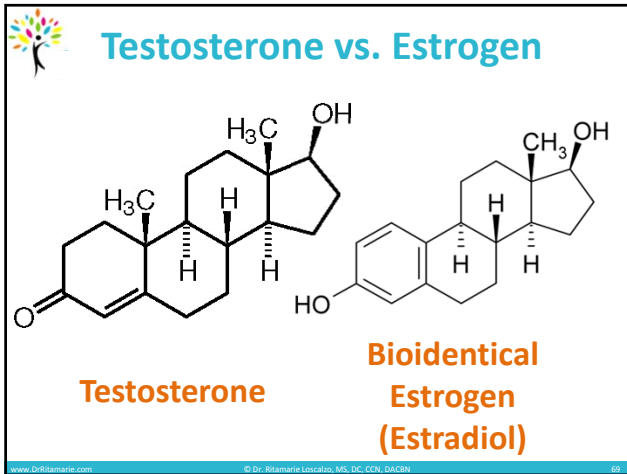
www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 67

## Androgens: Male Hormones


- ✓ **DHEA:** precursor for both male and female hormones; anti-stress hormone produced by adrenal glands
- ✓ **Androstenedione:** a weak male hormone and precursor of male and female hormones
- ✓ **Testosterone:** main testicular androgen – precursor to highly potent dihydrotestosterone
- ✓ **Dihydrotestosterone (DHT):** made from testosterone in testes, ovaries, prostate, adrenal and skin; responsible for male sex-specific characteristics




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 68








## Measuring Your Hormone Balance




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 73



## Home Assessment of Hormones

- ✓ Symptoms and Signs
- ✓ pH Balance
- ✓ Nutrient Assessments
- ✓ Blood Sugar
- ✓ Temperature




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 74



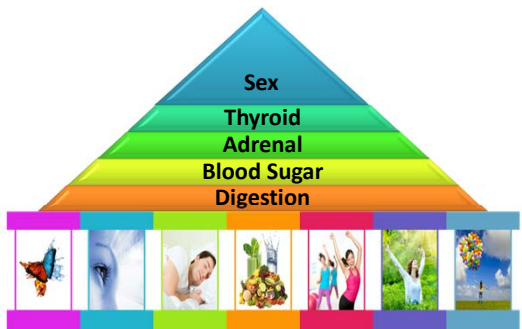
## Alkalinity and Your Hormones



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 75



## Hormone Balancing Hierarchy




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 76

## Measuring Your pH

pHydriion 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>



www.DrRitamarie.com © Dr. Ritamarie Locatelo, MS, DC, CCN, DACBN 77

## 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>  
Use code **fresh1** to access

www.DrRitamarie.com © Dr. Ritamarie Locatelo, MS, DC, CCN, DACBN 78


## 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

www.DrRitamarie.com © Dr. Ritamarie Locatelo, MS, DC, CCN, DACBN 79

## Nutrient Scorecards



www.DrRitamarie.com © Dr. Ritamarie Locatelo, MS, DC, CCN, DACBN 80

## Blood Sugar Measurement



**TRUE2go**  
Blood Glucose Test Strips

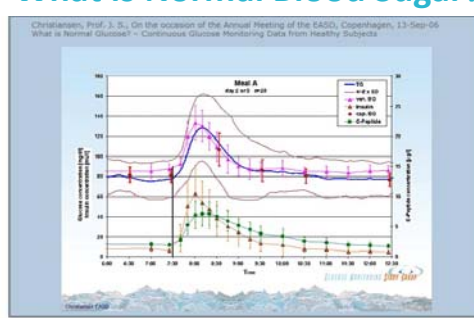
**Accu-Check**  
**DIABETES A1c TEST**  
Inform you if your diabetes treatment plan is working

Clinically accurate information you can use with your healthcare provider to assess your diabetes treatment plan.

- Test in the comfort of your home
- Simple, easy and affordable
- Certified Lab - results in as little as 2 days!

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 81

## What is Normal Blood Sugar?




Christiansen, Prof. J. S., On the occasion of the Annual Meeting of the EASD, Copenhagen, 13-Sep-06  
What is Normal Glucose? - Continuous Glucose Monitoring Data from Healthy Subjects

**What is a Normal Blood Sugar?**  
Normal blood sugars after a high carbohydrate breakfast eaten at 7:30 AM. The blue line is the average for the group. The brown lines show the range within which most readings fell (2 standard deviations). Bottom lines show Insulin and C-peptide levels at the same time. Graph is a screen shot from Dr. Christiansen's presentation cited below.

[What is Normal Glucose? Continuous Glucose Monitoring Data from Healthy Subjects, Professor J.S. Christiansen, presented at the Annual Meeting of the EASD.](#)  
© Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN

www.DrRitamarie.com 82

## Thyroid Self-Assessment



- ✓ **Symptom Survey**
- ✓ **Physical Signs**
  - Cold hands and feet
  - Loss of lateral 1/3 of eyebrow
  - Dry skin and hair
  - Scalloped edges and teeth marks on tongue
  - Eyes "bug-out"
- ✓ **Basal Body Temperature:**  
Broda Barnes
- ✓ **Average Body Temperature:**  
Wilson's Temperature Syndrome

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 83


## Your Roadmap to Recharge

My Current Health Concerns	<b>My Vibrant Health Roadmap</b> Name _____ Date _____		My Core Values
Top Stressed Body Systems	Obstacles: Keeping Me From Goals Learning Beliefs   Stressors   Diet   Environment   Physical Limitations		
Top Nutrient Deficiencies	Plan: Actions to Take Me to My Goals 1 Week   30 Days   90 Days   1 Year		
Present/Past Health (Surgery, Trauma, etc.)	My Big Vision		
My Positive Habits	Lab Findings	Physical Exam Findings	My Goals

www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN, Institute of Nutritional Neuroscience (INN)

## Lab Assessment of Hormones

- ✓ Blood: Free vs protein bound
- ✓ Saliva: Spot checks vs cyclic
- ✓ Urine: 24-hour vs dried cyclic



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 85

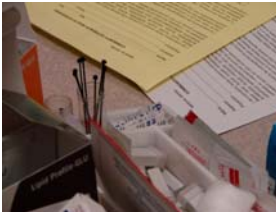
## Blood Glucose Lab Testing

	Normal	Insulin Resistance	Metabolic Syndrome	Diabetes
<b>Fasting Glucose</b>	75-89	90-119	$\geq 100$	$\geq 120$
<b>Triglycerides</b>	$>65$	$>90$	$>110$	$>110$
<b>HDL</b>	50-90	$<65$	$<55$	$<55$
<b>Fasting Insulin</b>	2-5	Normal or $>5$ – varies on stage	$>5$	$>5$
<b>Hemoglobin A1C</b>	4.5 – 5%	5.3-6.5%	$>5.7\%$	$>5.7\%$

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 86

## Adrenal Lab Analysis

- ✓ Adrenal Stress Index – Saliva Test
  - Cortisol x 4
  - DHEA x 2
  - Secretory IgA \*
  - 17-OH-Progesterone \*
- ✓ Blood Cortisol Levels
- ✓ Blood DHEA-S Levels
- ✓ Ratios of Blood Sodium, Potassium, and Chloride

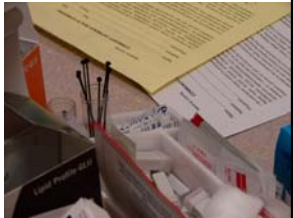


\* Some labs include these

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 87

## Thyroid Lab Analysis

- ✓ TSH
- ✓ Total T4 (thyroxine)
- ✓ Total T3 (triiodothyronine)
- ✓ Free T4
- ✓ Free T3
- ✓ Thyroid Antibodies
  - Thyroid Peroxidase
  - Antithyroglobulin
- ✓ Reverse T3
- ✓ Vitamin D
- ✓ Cholesterol



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 88


## Female Hormone Testing

### Blood Testing

- Progesterone
- Pregnenolone
- Estrogen
- Testosterones
- DHEA-S
- Thyroid
- Estriol

### Specialty Testing

- **Female Hormone Panel - Saliva**
  - Estradiol x 11
  - Progesterone x 11
  - Testosterone average
  - DHEA
  - LH x5 (expanded panel)
  - FSH x5 (expanded panel)
- **24-Hour Urine Comprehensive**
- **Dried Urine 4 Collection Test**
- **Fatty Acid Profile**
- **Adrenal Stress Index**



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 89


## Male Hormone Testing

### Blood Testing

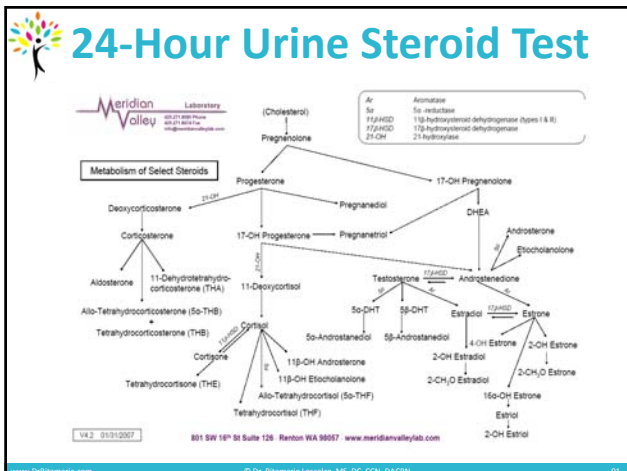
- DHEA-S
- Testosterone
- Dihydrotestosterone
- Creatinine +
- Monocytes +
- PSA
- Progesterone
- Estrogen
- Thyroid

### Specialty Testing

- **Male Hormone Panel - Saliva**
  - DHEA
  - Androstenedione
  - Testosterone
  - Dihydrotestosterone
  - Estrone
  - Progesterone
  - LH (expanded panel)
  - FSH (expanded panel)
- **24-Hour Urine Comprehensive**
- **Dried Urine 4 Collection Test**
- **Fatty Acid Profile**
- **Adrenal Stress Index**



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 90



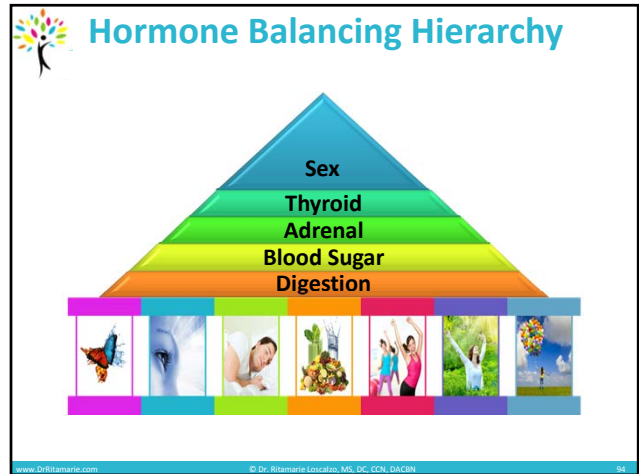
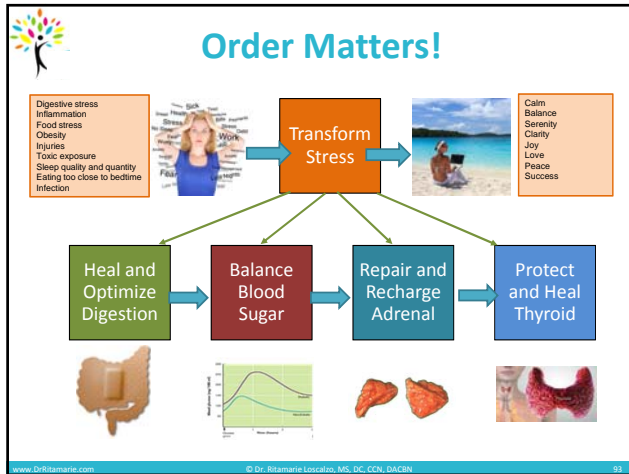
## Hormone Testing Resources



- **Blood Testing**
  - Direct Labs: <http://www.DirectLabs.com/drritamarie>
  - Thyroid
  - Blood sugar
  - Male and female
- **Saliva Adrenal Stress Testing**
  - Genova: <http://www.gdx.net>
  - Diagnos-Techs: <http://www.diagnotechs.com>
  - BioHealth: <http://www.biohealthlab.com>
- **24-Hour Urine**
  - Meridian Valley: <http://www.meridianvalleylab.com>




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 92








**"If diet is *Wrong* medicine is of no use.  
If diet is *Correct*,  
medicine is of no need."**

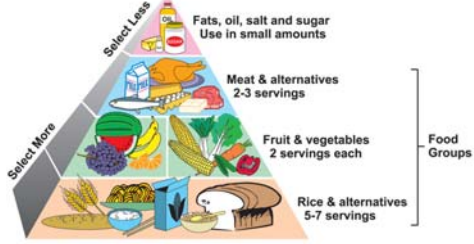


**-- Ancient *Ayurveda* Proverb**

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 97




**...The So-Called  
"Healthy Diet"  
– A Hormone Disaster!**




The pyramid is divided into four horizontal sections. From top to bottom: 1. A small pink section labeled 'Select Less' containing 'Fats, oil, salt and sugar' with the instruction 'Use in small amounts'. 2. A light blue section labeled 'Meat & alternatives' with '2-3 servings'. 3. A green section labeled 'Fruit & vegetables' with '2 servings each'. 4. A large yellow section labeled 'Rice & alternatives' with '5-7 servings'. A bracket on the right side groups the last three sections under the label 'Food Groups'. On the left side, a diagonal line separates the top section from the others, with 'Select More' written along it.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 98



**Is Your Diet  
Creating Hormone Harmony  
Or All-Out War?**



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 99




**Foods That Disrupt Hormones**

- ✓ Charred meat
  - heterocyclic amines
- ✓ Processed high-glycemic foods
  - flour, sugar, grains
- ✓ Chemical-laden foods
- ✓ Excess alcohol
- ✓ Caffeine
- ✓ Hydrogenated and oxidized fats
- ✓ Foods in cans and plastic
- ✓ Allergens and inflammatory foods: gluten, dairy




www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 100



## Gluten and Hormones

- ✓ Inflammation leads to adrenal stress
- ✓ Antibodies cross-react with thyroid
- ✓ Malabsorption leads to nutritional deficiencies
- ✓ Effects on estrogen and progesterone via adrenal exhaustion
- ✓ Effects on digestion and gut flora
- ✓ Effects on neurotransmitters
- ✓ Worsens at perimenopause



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 101



## US Sugar Consumption



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 102



## How to Choose Foods That Nourish Your Hormones and Protect You From the Dangerous Metabolites That Create Disease



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 103



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 104

### Foods That Support Hormones

- ✓ Green leafy vegetables
- ✓ Raw nuts and seeds
- ✓ Low-glycemic fruits
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
  - Hemp seeds, chia seeds
  - flax seeds, algae
- ✓ Whole, non-gluten grains
- ✓ Garlic, onions, and mushrooms-especially shiitake
- ✓ Probiotic and pre-biotic foods – kefir, rejuvelac, sauerkraut, coconut yogurt, nut and seed yogurt, Jerusalem artichoke, and chicory root
- ✓ Coconut oil
- ✓ Sunflower lecithin
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame, and pumpkin seeds, soybeans, broccoli, beans, and some berries
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, and chickpeas



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 105

### Meet the Brassicas

- ✓ Bok choy
- ✓ Daikon
- ✓ Radish
- ✓ Wasabi
- ✓ Arugula
- ✓ Broccoli, sprouts
- ✓ Brussels sprouts
- ✓ Cabbages – red, green, Savoy, Napa
- ✓ Kale




- ✓ Cauliflower
- ✓ Kohlrabi
- ✓ Daikon
- ✓ Collards
- ✓ Watercress
- ✓ Mizuna
- ✓ Mustard greens
- ✓ Rutabaga
- Turnip

www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 106


### Thyroid Nourishing Foods

- ✓ Sea vegetables: dulse, wakame, nori, bladderwrack, and kelp
- ✓ Nuts: almonds, walnuts, pumpkin seeds, and Brazil nuts
- ✓ Green leafy vegetables
- ✓ Low-glycemic fruit
- ✓ Coconut, especially coconut oil
- ✓ Algae-based oil
- ✓ Omega-3 foods: hemp seeds, chia seeds, flax seeds, and micro-algae like spirulina
- ✓ Probiotic and pre-biotic foods: sauerkraut and other fermented vegetables, kefir, nut and seed yogurts, Jerusalem artichoke, and chicory root
- ✓ Garlic and onions



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 107

### Adrenal Nourishing Foods



www.DrRitamarie.com © Dr. Ritamarie Loucatos, MS, DC, CCN, DACBN 108

### Foods To Boost Your Energy, Reawaken Your Libido, and Thicken Your Hair

- ✓ Nettle
- ✓ Broccoli sprouts
- ✓ Chia seeds
- ✓ Walnuts
- ✓ Green leafy vegetables
- ✓ Pumpkin seeds



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 108

### Fat and Hormone Balance


- ✓ High saturated fat promotes the dangerous estrogens
- ✓ Omega-3 fats reduce inflammation, reduce receptor resistance, and promote protective estrogen
- ✓ Omega-3 also reduce C-reactive protein
- ✓ Coconut protects digestion and the brain, and supports omega-3 metabolism



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 110

### Hormone Helpers

Minerals	Macro Nutrients	Vitamins	
<ul style="list-style-type: none"> <li>❑ Zinc</li> <li>❑ Magnesium</li> <li>❑ Iodine</li> <li>❑ Selenium</li> <li>❑ Potassium</li> </ul>	<ul style="list-style-type: none"> <li>❑ Protein</li> <li>❑ Carbohydrates</li> <li>❑ Fats: omega-3</li> <li>❑ Fiber</li> </ul>	<ul style="list-style-type: none"> <li>❑ B Vitamins:                             <ul style="list-style-type: none"> <li>❑ Vitamin B6</li> <li>❑ Vitamin B12</li> <li>❑ Natural folate</li> <li>❑ PABA</li> </ul> </li> <li>❑ Whole complex Vitamin E</li> <li>❑ Vitamin D</li> <li>❑ Whole food Vitamin C</li> </ul>	
	<th style="color: #E67E22;">Misc Nutrients</th> <td></td>	Misc Nutrients	
	<ul style="list-style-type: none"> <li>❑ Indole-3-carbinol, DIM</li> <li>❑ Sulforaphane</li> <li>❑ Saccharomyces boulardii</li> <li>❑ Alpha-lipoic acid with NAC</li> <li>❑ Lignans</li> <li>❑ Bioflavonoids</li> <li>❑ Isoflavones</li> </ul>		



www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 111


### Most Common Nutrient Imbalances

– Why You Stay Foggy, Unfit, and Unproductive

- ✓ B Vitamins
- ✓ Zinc
- ✓ Selenium
- ✓ Magnesium


**Runner's Up**

- ✓ Vitamin C
- ✓ Iodine
- ✓ EFAs




www.DrRitamarie.com © Dr. Ritamarie Locatelli, MS, DC, CCN, DACBN 112





## Mineral Rich Foods

- ✓ Activate the essential fatty acid cascade
- ✓ Activate safe estrogen metabolism
- ✓ Co-factors for enzymes that run metabolic processes
- ✓ Help us make use of our energy
- ✓ Protect receptors
- ✓ Activate favorable conversions



[www.DrRitamarie.com](http://www.DrRitamarie.com)
© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
113




## Zinc-Rich Foods

- ✓ Poppy seed
- ✓ Mustard seed: yellow
- ✓ Celery seed
- ✓ Caraway seed
- ✓ Anise seed
- ✓ Dill seed
- ✓ Turmeric
- ✓ Cumin seed
- ✓ Pumpkin seed




- ✓ Fenugreek seed
- ✓ Thyme
- ✓ Curry powder
- ✓ Basil
- ✓ Paprika
- ✓ Ginger
- ✓ Oregano: ground
- ✓ Chili powder
- ✓ Garlic powder

[www.DrRitamarie.com](http://www.DrRitamarie.com)
© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
114




## Hormone Balancing Foods to Include Regularly


- ✓ Broccoli sprouts and other brassicas
- ✓ Chia, flax, and hemp seeds for omega-3
- ✓ Micro-algae, sea vegetables, and marine phytoplankton for omega-3 and iodine
- ✓ Probiotic-rich foods: sauerkraut, coconut kefir
- ✓ Coconut for medium-chain triglycerides
- ✓ Mushrooms if tolerated: shiitake, maitake, and reishi



[www.DrRitamarie.com](http://www.DrRitamarie.com)
© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
115



## Simple Meals That Leave You Feeling Balanced, Energetic, and Sexy



[www.DrRitamarie.com](http://www.DrRitamarie.com)
© Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN
116





## Relaxing Herbs That Help with Sleep

- ☐ Lemon Balm
- ☐ Chamomile
- ☐ Lavender
- ☐ Milky Oat
- ☐ Valerian
- ☐ Hops
- ☐ Passion Flower
- ☐ Magnolia
- ☐ Kava Kava



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 121



## Supplements That Can Promote Good Sleep

- ☐ Magnesium
- ☐ Calcium
- ☐ Vitamin B-6
- ☐ Melatonin
- ☐ Phosphatidylserine
- ☐ 5-HTP
- ☐ GABA
- ☐ Theanine



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 122

