



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

[www.DrRitamarie.com](http://www.DrRitamarie.com)

**Day 2**



**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](http://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.



# Hormone Balancing Hierarchy





# What Is Your Lack Of Energy, Poor Health, Or Physical Challenges Costing You In Terms Of Your Quality Of Life?

- ☐ Your relationships
- ☐ Your job
- ☐ Your social life
- ☐ Your recreational activities
- ☐ Your financial security





# Your Path to Hormone Harmony

## THE 7 PILLARS OF VIBRANT HEALTH



STRESS TRANSFORMATION

ATTITUDES & BELIEFS

SLEEP

NUTRITION

FITNESS

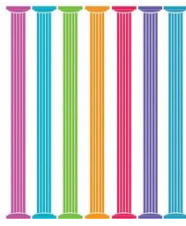
ENVIRONMENT

FUN





# Pillar 1: Stress Transformation



- ✓ Mini-vacations
- ✓ Qi gong
- ✓ Tapping
- ✓ Meditation
- ✓ Yoga
- ✓ Freeze-Frame
- ✓ Heart Lock-In





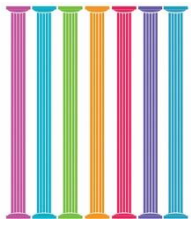
# Get Out of Your Lizard Brain

- ✓ Shifts you into relaxed mode
- ✓ **Relaxed brains make logical comparisons and informed choices**
- ✓ Lizards can't compare and contrast, but high level thinking humans can



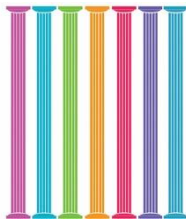


## Pillar 2: Attitudes and Beliefs



- ✓ Values, visions, and goals
- ✓ Positive aspects journal
- ✓ Let go of limiting beliefs





# Pillar 3: Sleep



- ✓ Mini-vacation before bed
- ✓ Sleep “hygiene”
  - Stop eating before bed
  - Dim the lights
  - Turn off electronics
- ✓ Performance effects
- ✓ Hormones and sleep
- ✓ Relaxing herbs
- ✓ Supplements that can help with sleep



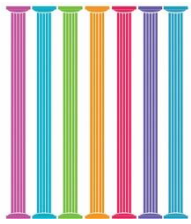
# Hormones and Sleep

- ✓ Insulin/Glucagon
- ✓ Cortisol/DHEA
- ✓ Growth Hormone
- ✓ Leptin/Ghrelin
- ✓ Melatonin
- ✓ Estrogen/Progesterone
- ✓ Testosterone

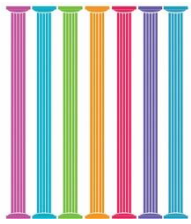




# Pillar 4: Nutrition



- ✓ Hormone balancing food
- ✓ Nutrients
- ✓ Fun recipes
- ✓ Kitchen setup for success



# Pillar 5: Fitness

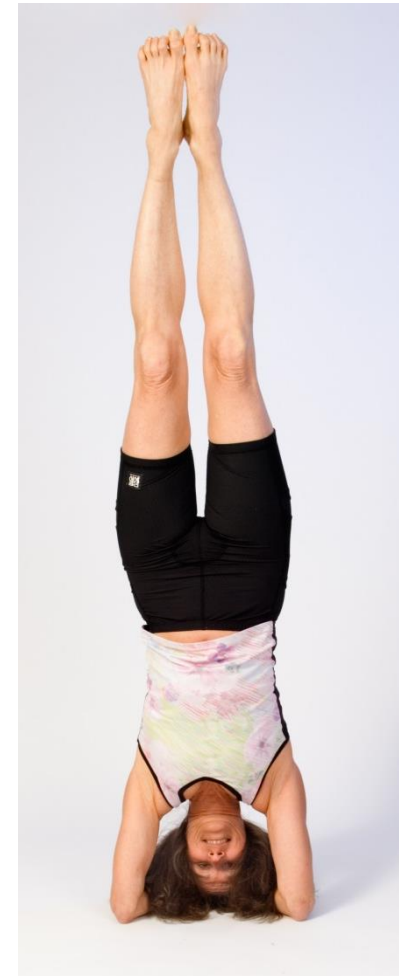


- ✓ Hormones balancing fitness
- ✓ Over-exercising and under-exercising
- ✓ Bursts
- ✓ T-Tapp: Has effects on specific hormones
- ✓ Aerobics
- ✓ Stretching
- ✓ Weights
- ✓ Fun



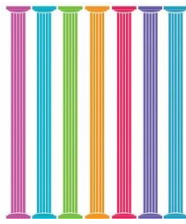
# Exercise Effects on Hormones

- ✓ Increases testosterone
- ✓ Increases growth hormone
- ✓ Balances swings in estrogen and progesterone
- ✓ Blood sugar balance





# Pillar 6: Environment

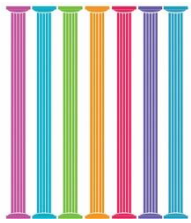


- ✓ Hormones disruptors
- ✓ Cosmetics and personal care products
- ✓ Home environment
- ✓ Clean air
- ✓ Clean water
- ✓ Avoidance of food allergens, additives, preservatives, and pesticides





# Pillar 7: Fun



- ✓ Take the fun assessment
- ✓ Fun inventory
- ✓ Daily fun activities





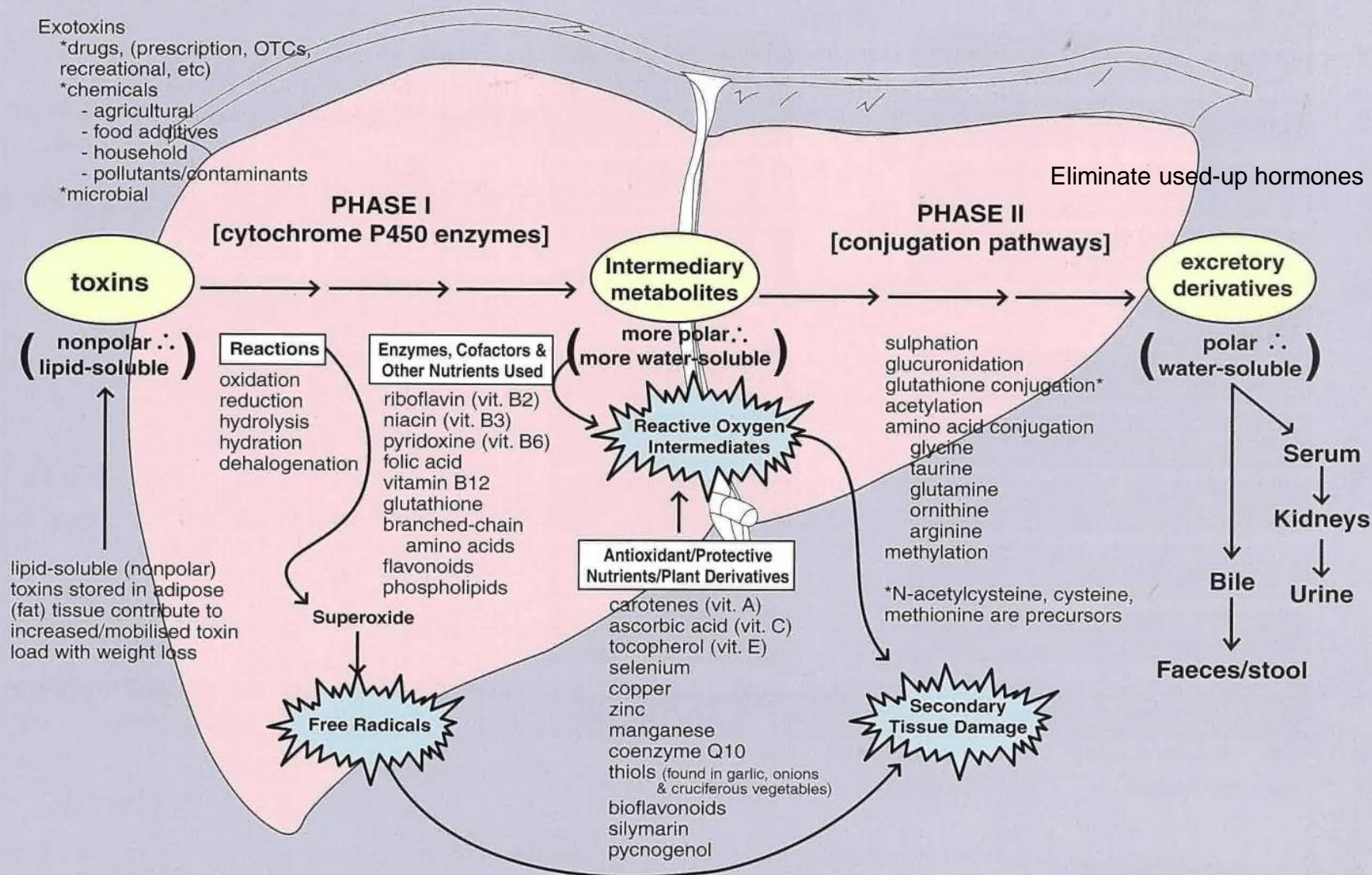
# Liver Detoxification Pathways & Supportive Nutrients

## Endotoxins

- \*end products of metabolism
- \*bacterial endotoxins

## Exotoxins

- \*drugs, (prescription, OTCs, recreational, etc)
- \*chemicals
  - agricultural
  - food additives
  - household
  - pollutants/contaminants
- \*microbial





# Methylation

## Gets rid of

- Steroid hormones, i.e., estrogen
- Dopamine
- Histamine
- Phenols
- Homocysteine
- Heavy metals
- Neurotransmitters

## Foods and Nutrients Required

- Choline: avocado, soy, sunflower
- Betaine: beets
- Methyl folate: greens
- Magnesium: greens
- Molybdenum: nuts, legumes
- B vitamins: greens
- Methionine: brassicas
- SAMe
- Methyl B-12
- Methyl donors: TMG, DMG, MSM





# Herbs and Spices That Enhance Detox

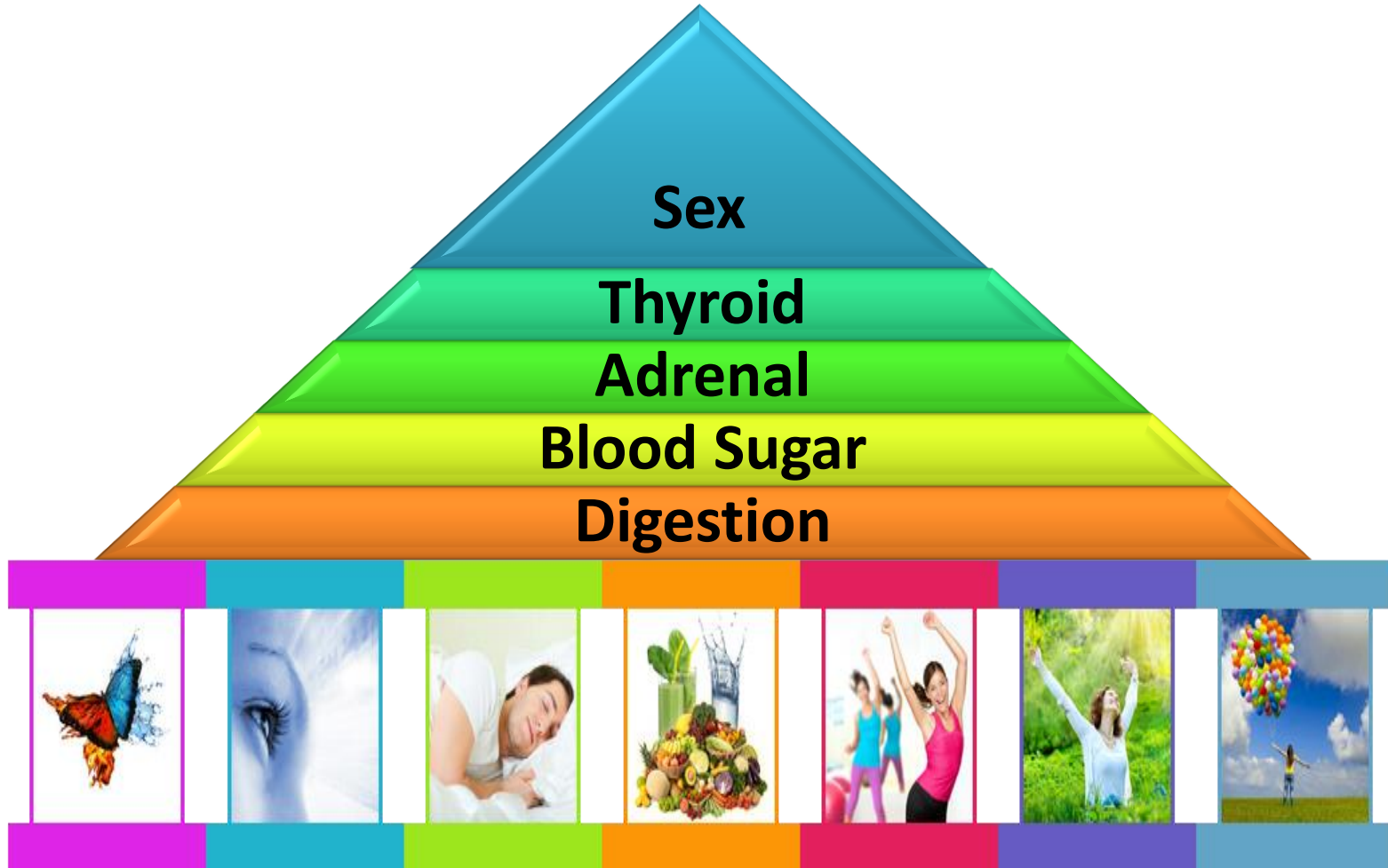
- ✓ Turmeric
- ✓ Cayenne
- ✓ Dill
- ✓ Caraway
- ✓ Basil
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Parsley
- ✓ Peppermint
- ✓ Rosemary
- ✓ Thyme







# Back to Basics







# 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, 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





# Hormone Balancing Ingredients

Adrenal	Thyroid	Digestion	Reproduction	Liver/Detox	Blood Sugar
Maca Gynostemma Mucuna Pruriens Schizandra Reishi Cordyceps Shitake Astragalus Siberian Ginseng Licorice Rhodiola Tulsi Borage Ashwagandha Licorice ***	Ashwagandha Rosemary Sage He Shou Wu Black Cohosh Siberian Ginseng Gotu Kola Licorice *** Mushrooms Prickly Ash Rhodiola White willow Don Quai Brazil nuts	Pau d'Arco Cinnamon Ginger Turmeric Cayenne Peppermint Aloe Slippery Elm Marshmallow Licorice *** Fennel Chamomile	Maca Don Quai Black Cohosh Reishi Ashwagandha Gynostemma Turmeric Milky Oats Shilajit Chasteberry Saw Palmetto Pumpkin seeds	Milk Thistle Burdock Dandelion Turmeric Ginger Yellow Dock Broccoli seeds Garlic Hawthorne Berry Radish	Cinnamon Avocado Chia Carob Ginseng Gymnema Fenugreek Ashwagandha Oregon Grape (Berberine) Olive leaf Tulsi

**\*\*\* Caution with Using Licorice if you have High Blood Pressure**



# 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:** sea 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.





# Easy Energizing 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 ashwagandha 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 stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*





# Hormone 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 **OR**  
2 tablespoons dried coconut
- ✓ 1/2 teaspoon kelp and/or blue green algae
- ✓ 1/2 teaspoon broccoli sprout powder
- ✓ 1/2 teaspoon reishi powder
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/2 teaspoon ashwagandha powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder or  
1 teaspoon vanilla
- ✓ 1 tablespoon maca powder
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice  
flavored stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*





# Hormone Balancing Herbs To Work Into Your Day-To-Day Diet

- ✓ Ashwagandha
- ✓ Mint
- ✓ Gynostemma
- ✓ Ginseng
- ✓ Reishi
- ✓ Maca
- ✓ Rosemary, thyme, and mint in a bath







# Herbs and Foods for Sex Drive

- ✓ Maca Root
- ✓ Cardamom
- ✓ Basil
- ✓ Saw Palmetto
- ✓ Pumpkin Seeds
- ✓ Ashwaganda
- ✓ Ginkgo Biloba
- ✓ Sarsaparilla
- ✓ Siberian Ginseng
- ✓ Saffron
- ✓ Fenugreek

