



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.



Self Care Strategies in Daily Life

- ✓ Food to nourish and regenerate hormones
- ✓ Mini stress transformation breaks
- ✓ Appreciation game
- ✓ Portable Anchors
- ✓ Hydration
- ✓ Fun breaks
- ✓ Movement breaks
- ✓ Essential oils in your beverages and foods





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



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<http://www.functionalliving.com/blog/2012/05/looking-around-hormones.html>



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Pillar 4: Nutrition





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Planning Hormone Nourishing Meals

- ✓ Whole
- ✓ Fresh
- ✓ Plant strong
- ✓ Nutrient dense
- ✓ Organic
- ✓ Infused with herbal hormone balancers

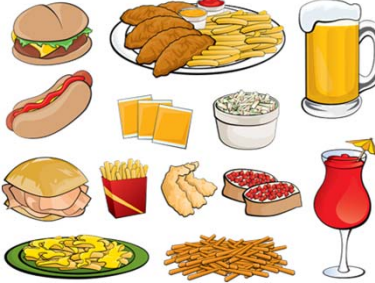


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Food Religions


- ✓ Macrobiotics
- ✓ Ayurveda
- ✓ Low Carb Diets
 - Atkins Diet
 - Zone Diet
 - South Beach Diet
- ✓ Raw Vegan
 - 80-10-10
 - Rainbow Green
- ✓ Raw Omnivorous



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Dogma vs Science vs Personal Nutrition Plan

- ✓ Biochemical individuality
- ✓ Life phases
- ✓ Previous trauma
- ✓ Exposures
- ✓ Genetics
- ✓ Gender
- ✓ Preferences
- ✓ Activity level



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Fun With Nourishing Foods

- ✓ The “Big Bowl”
- ✓ Combination salads
- ✓ Soups
- ✓ Cooked vegetables with raw sauces and dips
- ✓ Non-gluten grains with raw sauces and vegetables



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Pillar 6: Environment



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Strategies for Dealing with Resistance

EMOTIONAL EATING STRATEGY

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Your Roadmap to Recharge

My Current Health Concerns

My Vibrant Health Roadmap
Name _____ Date _____

My Core Values

Top Stressed Body Systems

Obstacles: Keeping Me From Goals

Living Beliefs	Stressors	Diet	Environment	Physical Limitations

Top Nutrient Deficiencies

Plans: 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

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Hormone Balancing Hierarchy

Sex

Thyroid

Adrenal

Blood Sugar

Digestion

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Your Path to Hormone Harmony

THE 7 PILLARS OF VIBRANT HEALTH

- STRESS TRANSFORMATION
- ATTITUDES & BELIEFS
- SLEEP
- NUTRITION
- FITNESS
- ENVIRONMENT
- FUN

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