

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

Day 3



Medical Disclaimer: The information in this presentation is not intended to replace a one-onone 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





SHAMPOO

AVERAGE NUMBER OF CHEMICALS: 15 MOST WORRYING: Sodium Lauryl Sulphate; Tetrasodium and Propylene Glycol. POSSIBLE SIDE-EFFECTS: Irritation; possible eye damage.

EYE SHADOW

CHEMICALS: 26

MOST WORRYING: Polythylene terephthalate. POSSIBLE SIDE-EFFECTS: Linked to cancer: infertility: hormonal disruptions and damage to the body's organs.

LIPSTICK

CHEMICALS: 33 MOST WORRYING: Polymenthyl methacrylate. POSSIBLE SIDE-EFFECTS: Allergies; links to cancer.

NAIL VARNISH

CHEMICALS: 31 MOST WORRYING: Phthalates. POSSIBLE SIDE-EFFECTS: Linked to fertility issues and problems

in developing babies.

PERFUME:

CHEMICALS: 250 MOST WORRYING: Benzaldehyde. POSSIBLE SIDE-EFFECTS: Irritation to mouth, throat and eyes: nausea; linked to kidney damage.

FAKE TAN

CHEMICALS: 22 MOST WORRYING: Ethyiparaben, Methylaparaben, Propylparaben. POSSIBLE SIDE-EFFECTS: Rashes; irritation; hormonal disruption.

HAIRSPRAY

AVERAGE NUMBER OF CHEMICALS: 11 MOST WORRYING: Octinoxate. Isophthalates. POSSIBLE SIDE-EFFECTS: Allergies:

irritation to eyes, nose and throat; hormone disruption, linked to changes in cell structure.

BLUSHER:

CHEMICALS: 16

MOST WORRYING: Ethylparabens, Methylparaben, Propylparaben. POSSIBLE SIDE-**EFFECTS: Rashes;** irritation; hormonal disruptions.

FOUNDATION

CHEMICALS: 24 MOST WORRYING: Polymethyl methacrylate. POSSIBLE SIDE-EFFECTS: Allergies; disrupts immune system; links to cancer.

DEODORANT:

CHEMICALS: 15

MOST WORRYING: Isopropyl Myristate, 'Parfum'. POSSIBLE SIDE-EFFECTS: Irritation of skin, eyes and lungs; headaches; dizziness; respiratory problems.

BODY LOTION

CHEMICALS: 32 MOST WORRYING:

Methylparaben, Propylparaben, Polyethylene Glycol, which is also found in oven cleaners. POSSIBLE SIDE-EFFECTS: Rashes: irritation: hormonal disruption.



Pillar 4: Nutrition







Planning Hormone Nourishing Meals

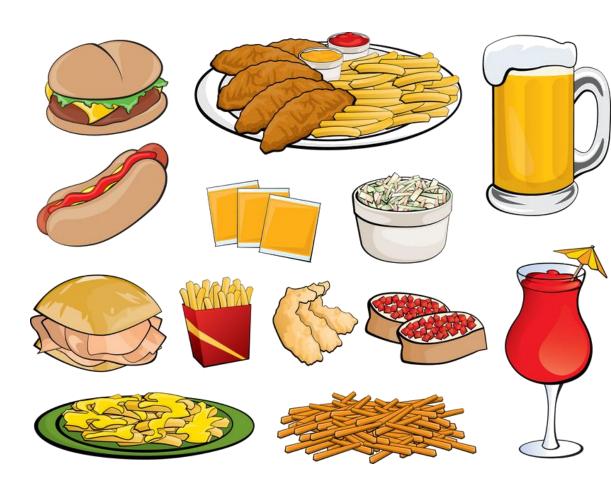
- √ Whole
- ✓ Fresh
- ✓ Plant strong
- ✓ Nutrient dense
- ✓ Organic
- ✓ Infused with herbal hormone balancers





Food Religions

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





Dogma vs Science vs Personal Nutrition Plan

- ✓ Biochemical individuality
- ✓ Life phases
- ✓ Previous trauma
- ✓ Exposures

- √ Genetics
- √ Gender
- ✓ Preferences
- ✓ Activity level





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





Pillar 6: Environment







Strategies for Dealing with Resistance



EMSTIONAL EATING
STRATEGY ***





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						
	Limiting 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					1 Year	My Big Vision
Present/Past Health (Surgery, Trauma, etc.)							
	~	~	~	~	~	~~	
My Positive Habits	Lab Findings			Physical Exam Findings			My Goals



Hormone Balancing Hierarchy



Thyroid

Adrenal

Blood Sugar

Digestion

















Your Path to Hormone Harmony

THE 7 PILLARS OF VIBRANT HEALTH



STRESS TRANSFORMATION



ATTITUDES & BELIEFS



SLEEP



NUTRITION



FITNESS



ENVIRONMENT



FUN

