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Day 3



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

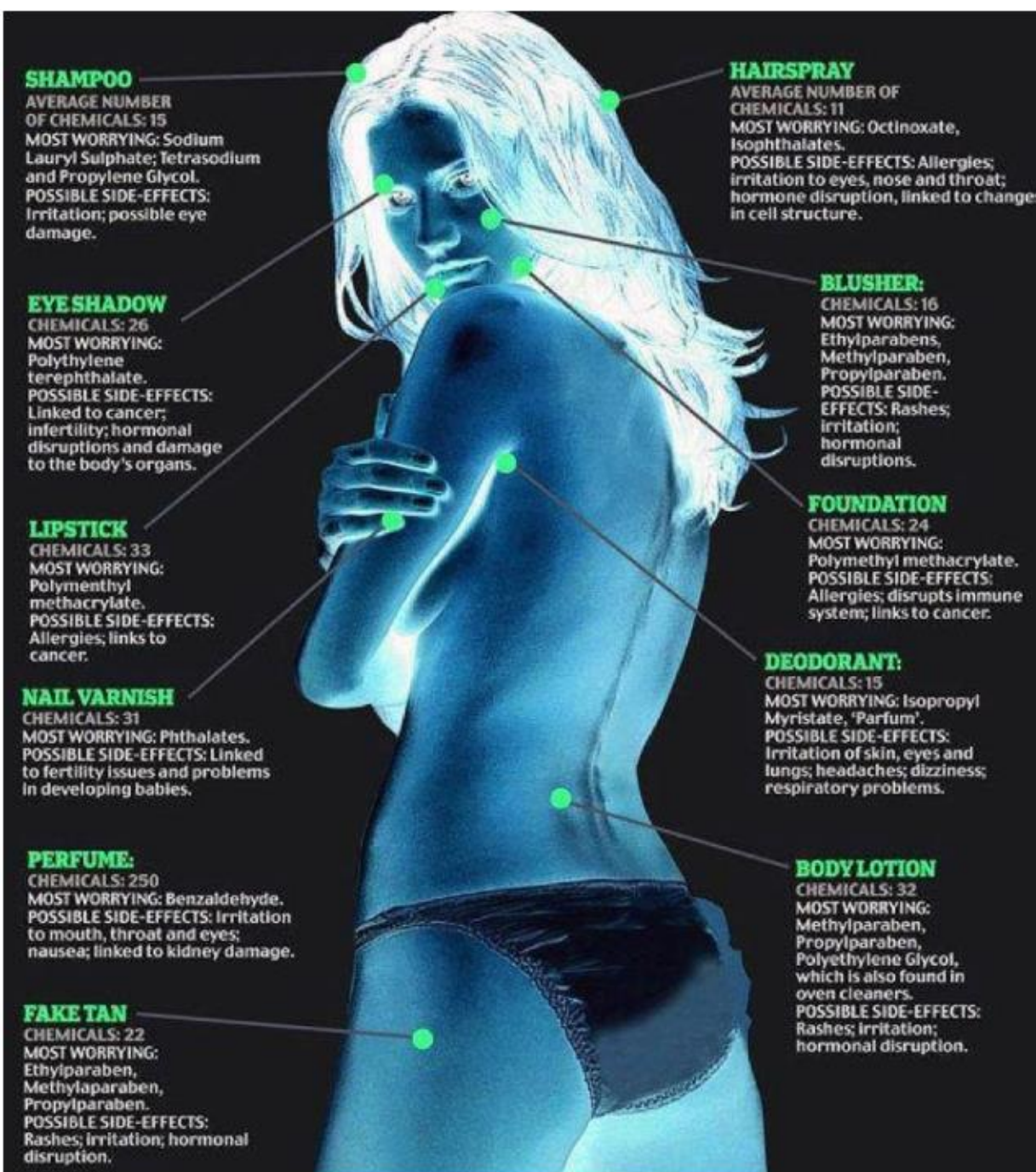




What Is Your Lack Of Energy, Poor Health, Or Physical Challenges Costing You In Terms Of Your Quality Of Life?

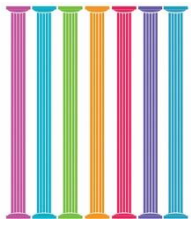
- ☐ Your relationships
- ☐ Your job
- ☐ Your social life
- ☐ Your recreational activities
- ☐ Your financial security







Pillar 4: Nutrition





Planning Hormone Nourishing Meals

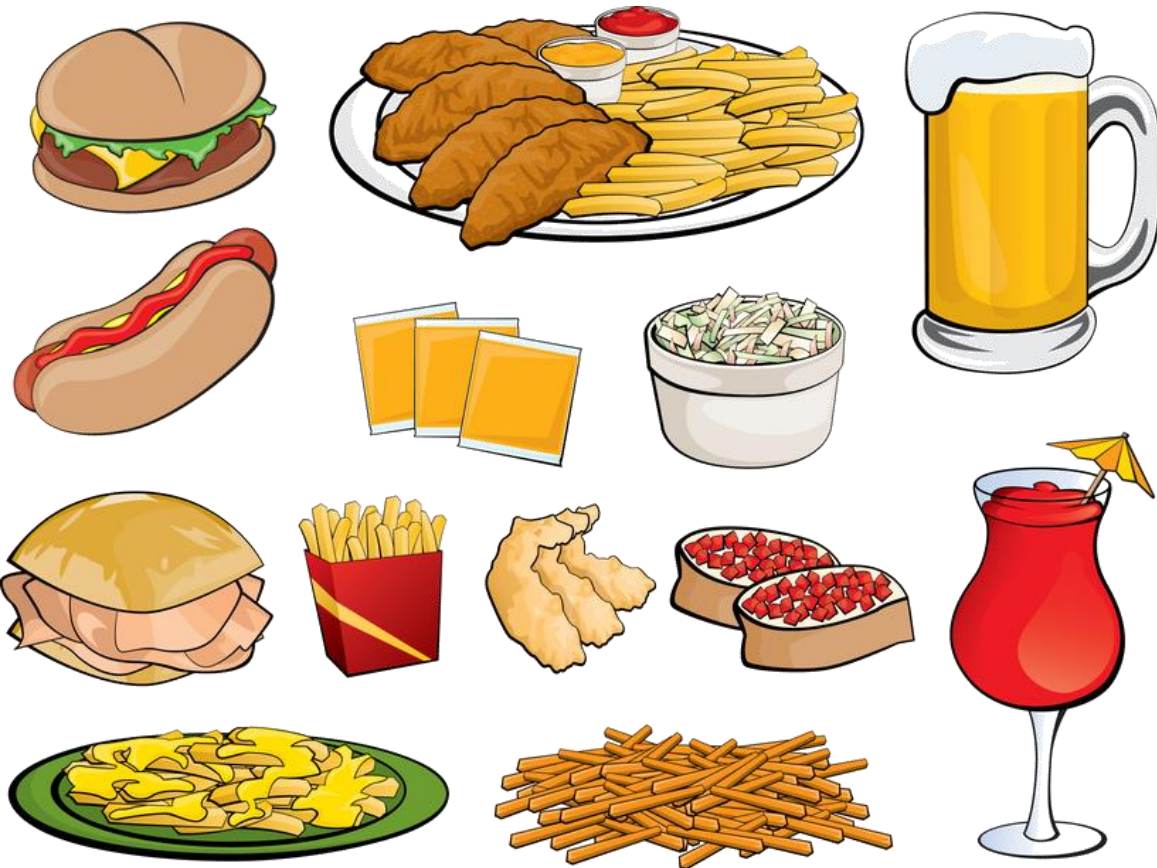
- ✓ Whole
- ✓ Fresh
- ✓ Plant strong
- ✓ Nutrient dense
- ✓ Organic
- ✓ Infused with herbal hormone balancers





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





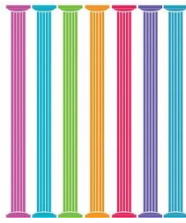
Fun With Nourishing Foods

- ✓ 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



EM[🍪]TIONAL EATING
STRATEGY 🍅🍅🍅



Your Roadmap to Recharge

My Current Health Concerns
Top Stressed Body Systems
Top Nutrient Deficiencies
Present/Past Health (Surgery, Trauma, etc.)
My Positive Habits



My Vibrant Health Roadmap

Name _____ Date _____

Obstacles: Keeping Me From Goals				
Limiting Beliefs	Stressors	Diet	Environment	Physical Limitations

Plan: Actions to Take Me to My Goals			
1 Week	30 Days	90 Days	1 Year

My Core Values



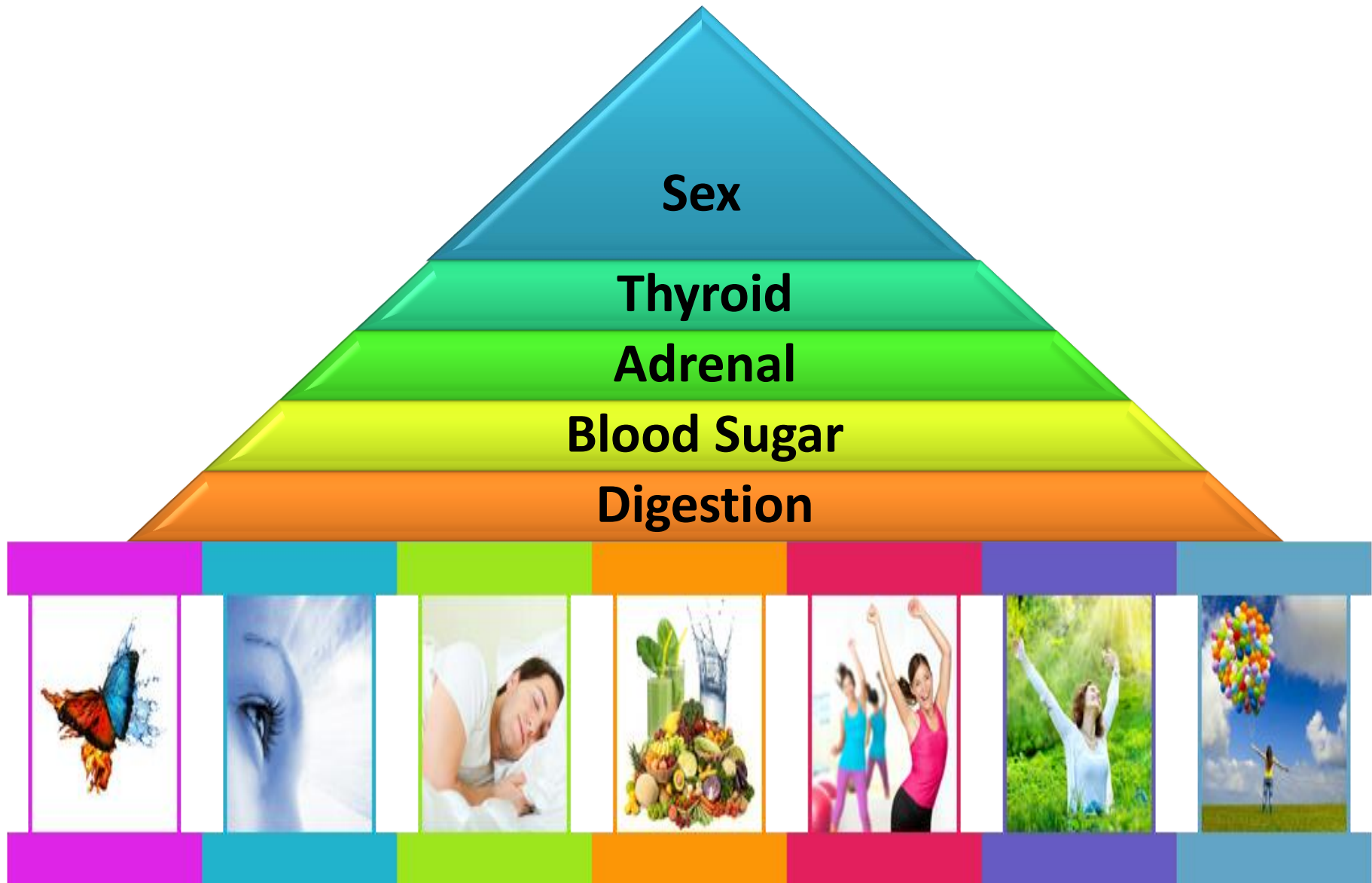
My Big Vision

Lab Findings	Physical Exam Findings

My Goals



Hormone Balancing Hierarchy





Your Path to Hormone Harmony

THE 7 PILLARS OF VIBRANT HEALTH



STRESS TRANSFORMATION

ATTITUDES & BELIEFS

SLEEP

NUTRITION

FITNESS

ENVIRONMENT

FUN

