



JUNE 17-19, 2016
**EMPOWER YOUR
INNER HEALER**
with Dr. Ritamarie Loscalzo

Day 1: Awaken



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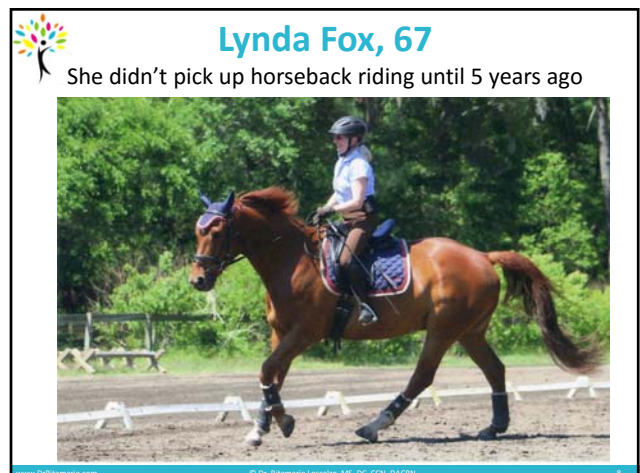
WHY?


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Ageless, Timeless, Boundless...


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 **Aleksander Doba, 67**
Paddled over 7,716 miles across the Atlantic




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 **Annette Larkins, 70**




Attributes her youthful glow to her raw vegan diet

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 **Dr. Jeffrey Life, 70**



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

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



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

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

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Lloyd Kahn, 79
Started at age 65



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Lynn Ruth Miller, 80
Stand Up Comedian



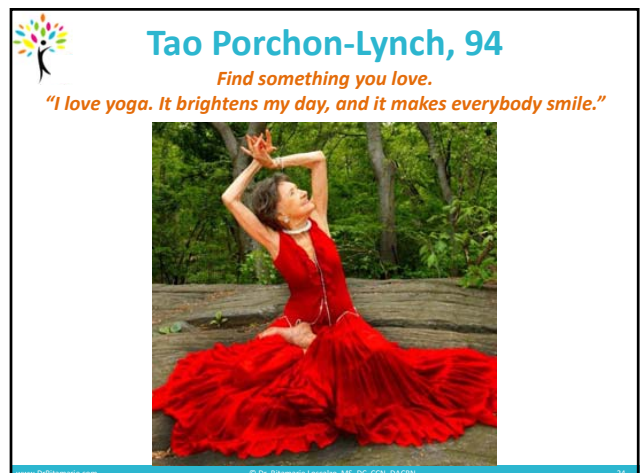
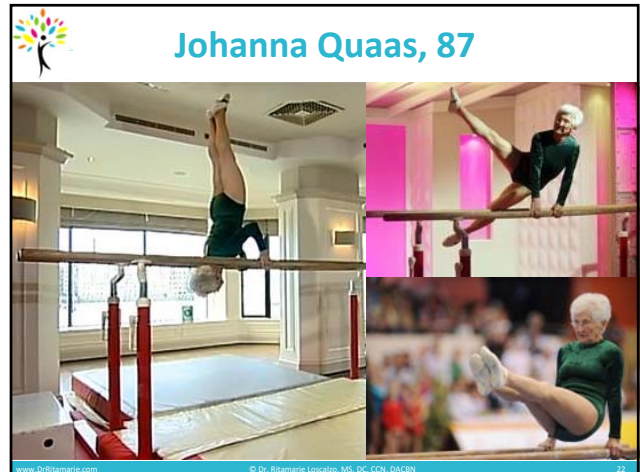
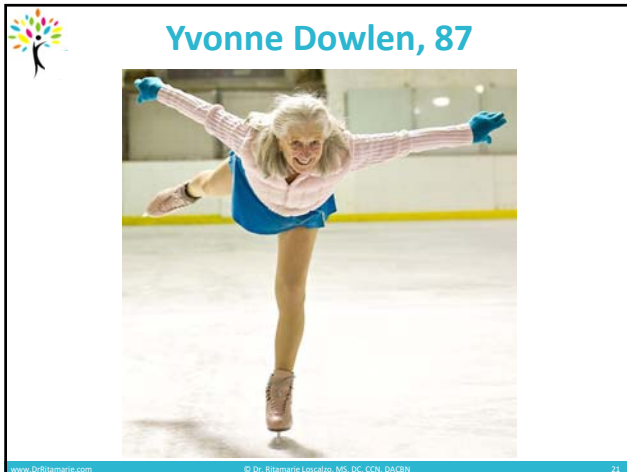
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Madonna Buder, 83
Marathon Runner



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

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



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Robert Marchand, 103



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Stanislaw Kowalski, 106
The World's Oldest Athlete




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Manoel De Oliveira, 107
the World's Oldest Active Film Director



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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?

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My Humble Beginnings





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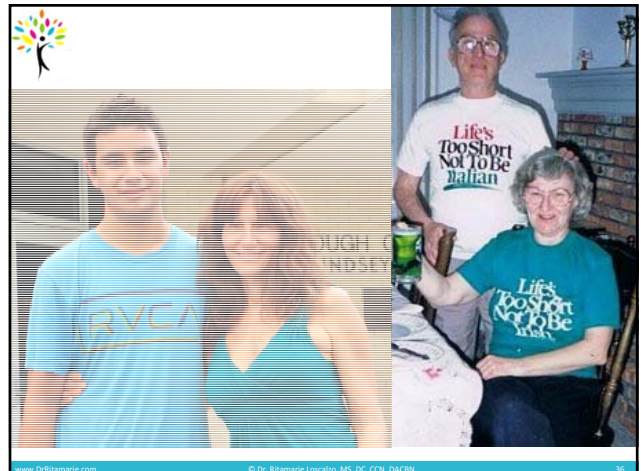
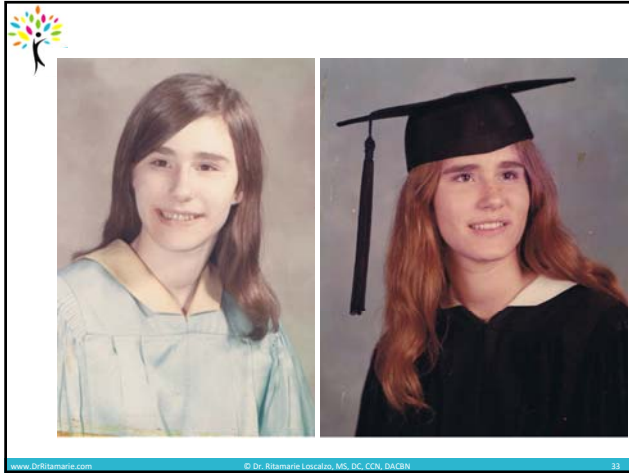
The Big Sister



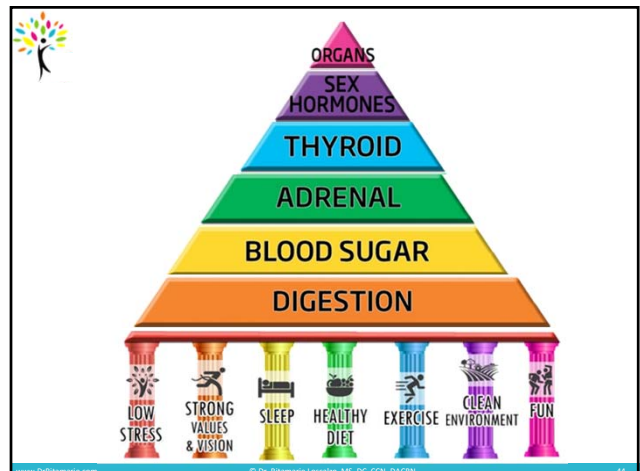
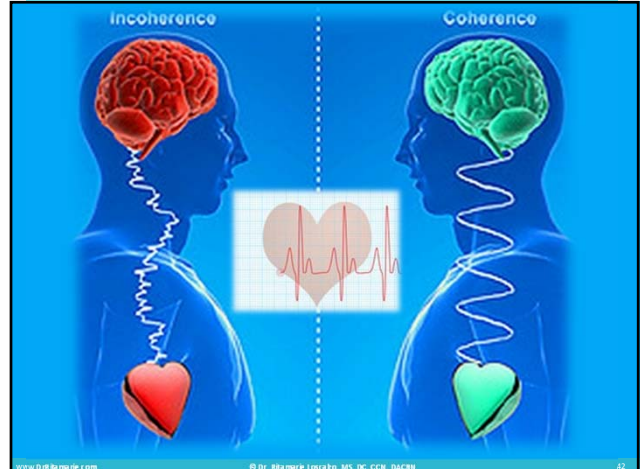
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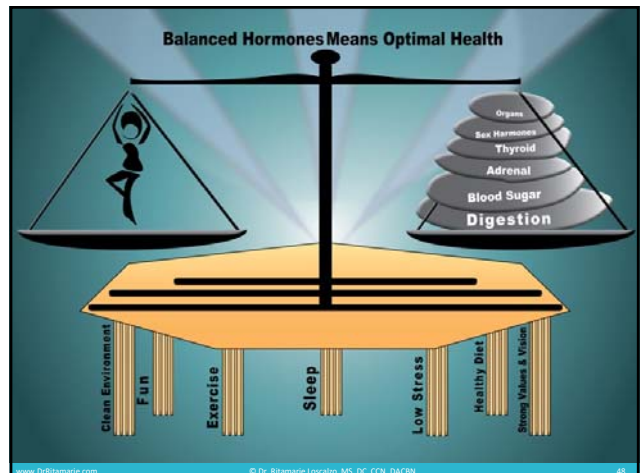
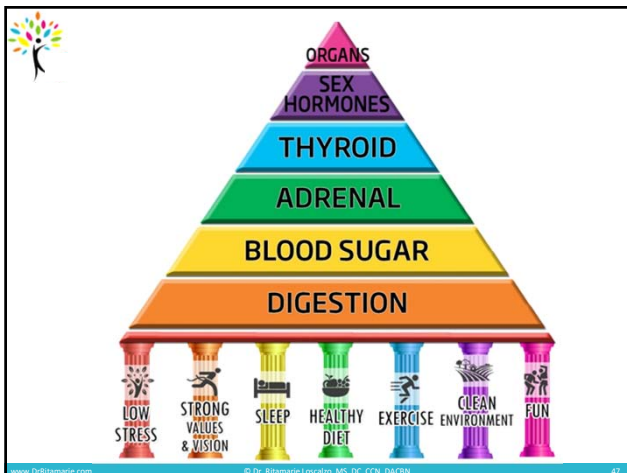
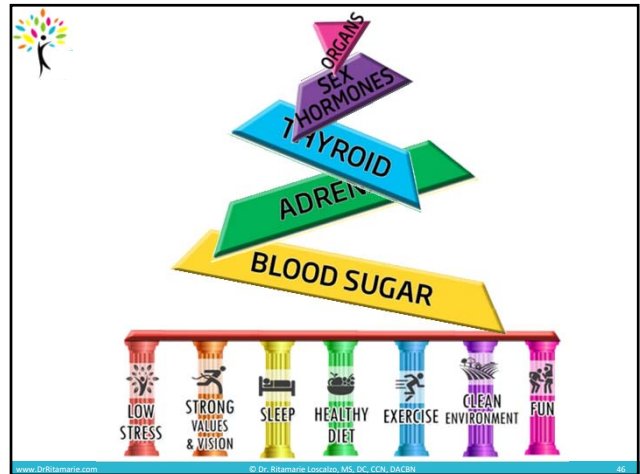
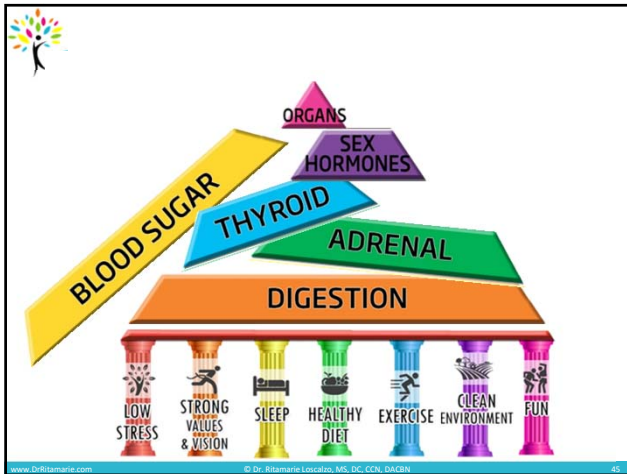


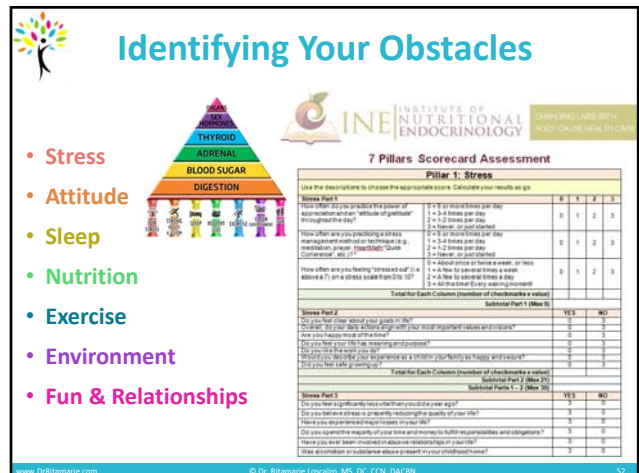
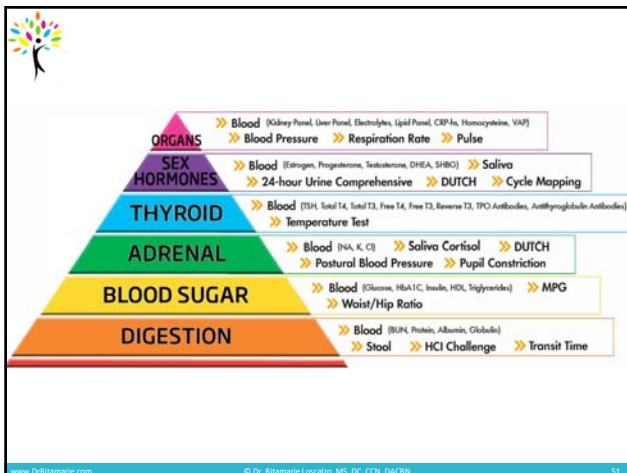
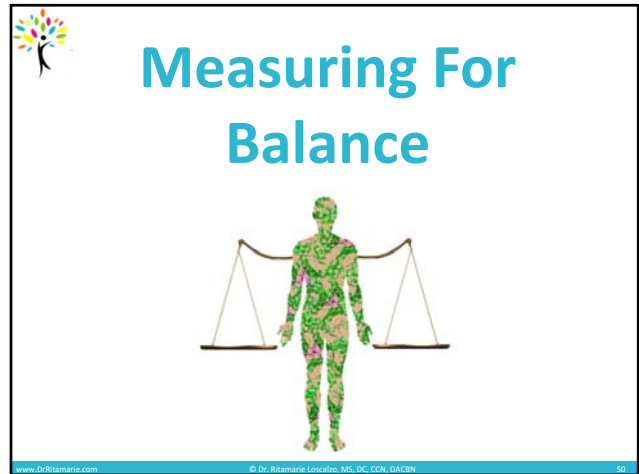
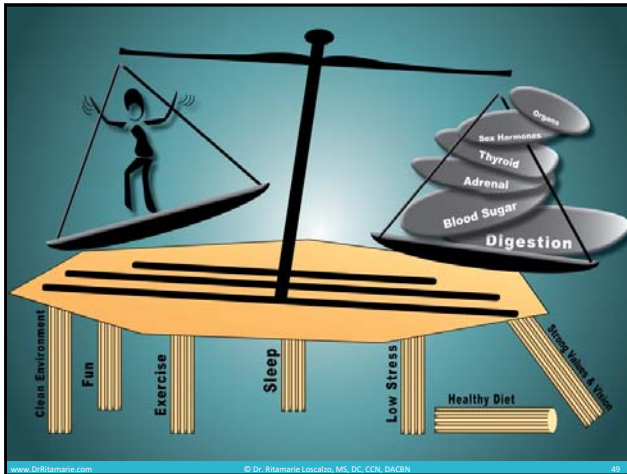
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7 Pillars Scorecard

Pillar	Max Score	Your Score	Priority:
Pillar 1: Stress	1556		
Pillar 2: Attitude and Beliefs	66		
Pillar 3: Sleep	51		
Pillar 4: Nutrition Part 1 - Negative Habits	126		
Pillar 4: Nutrition Part 2 - Positive Habits	66		
Pillar 5: Fitness	21		
Pillar 6: Environment	249		
Pillar 7: Fun	48		

1 = low (green)
 2 = medium (blue)
 3 = high (yellow)
 4 = very high (red)

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Your Health Tracker

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Habits and Obstacles	
Client Name	Coach Name
Habits and Obstacles	Positive Habits Negative Habits Challenges
Diet	
Movement	
Stress	
Sleep	
Schedule	
Environment	
Fun and Recreation	
Relationships	

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My UNSTOPPABLE HEALTH Roadmap

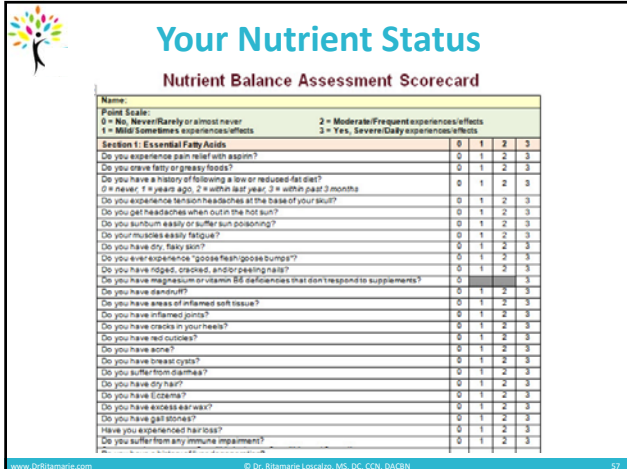
Name: _____ Date: _____

My Current Health Concerns Top Stressed Body Systems Top Nutrient Deficiencies Present/Past Health (Surgery, Trauma, etc.) My Positive Habits	Obstacles: Keeping Me From My Goals Stress, Schedule, Limiting Beliefs Sleep Diet Movement/Physical Limitations Environment Fun/Relationships	My Core Values My Goals <div style="border: 2px solid purple; border-radius: 50%; padding: 10px; text-align: center;"> My BIG Vision </div>	
	Lab Findings 		Physical Exam Findings
	My Plan to Take Me to My Goals Week 1 Month 1 90 Days 1 Year		

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Nutrient Scorecards

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Your Nutrient Status

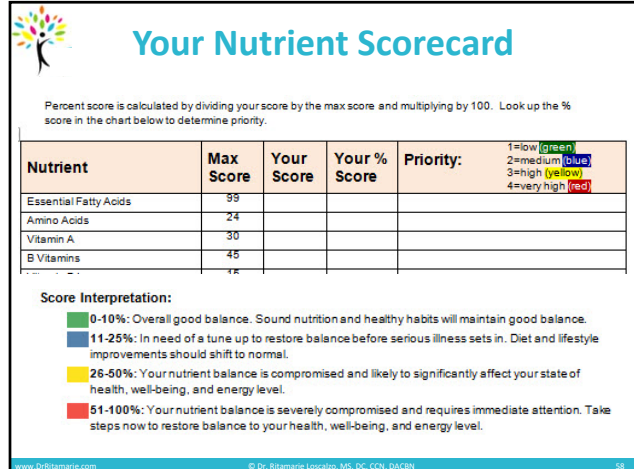
Nutrient Balance Assessment Scorecard

Name: _____

Point Scale:
 0 = No, Never/Rarely or almost never
 1 = Mild/Sometimes experiences/effects
 2 = Moderate/Frequent experiences/effects
 3 = Yes, Severe/Daily experiences/effects

Section 1: Essential Fatty Acids	0	1	2	3
Do you experience pain relief with aspirin?	0	1	2	3
Do you crave fatty or greasy foods?	0	1	2	3
Do you have a history of following a low or reduced fat diet?	0	1	2	3
0 = Never, 1 = years ago, 2 = within last year, 3 = within past 3 months	0	1	2	3
Do you experience tension headaches at the base of your skull?	0	1	2	3
Do you get headaches when out in the hot sun?	0	1	2	3
Do you burn easily or suffer sun poisoning?	0	1	2	3
Do your muscles easily fatigue?	0	1	2	3
Do you have dry, flaky skin?	0	1	2	3
Do you ever experience "goose flesh/goose bumps"?	0	1	2	3
Do you have ridged, cracked, and/or peeling nails?	0	1	2	3
Do you have magnesium or vitamin B6 deficiencies that don't respond to supplements?	0	1	2	3
Do you have constipation?	0	1	2	3
Do you have areas of inflamed soft tissue?	0	1	2	3
Do you have inflamed joints?	0	1	2	3
Do you have cracks in your heels?	0	1	2	3
Do you have red cuticles?	0	1	2	3
Do you have sores?	0	1	2	3
Do you have breast cysts?	0	1	2	3
Do you suffer from diarrhea?	0	1	2	3
Do you have dry hair?	0	1	2	3
Do you have eczema?	0	1	2	3
Do you have excess earwax?	0	1	2	3
Do you have gall stones?	0	1	2	3
Have you experienced hair loss?	0	1	2	3
Do you suffer from any immune impairment?	0	1	2	3

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Your Nutrient Scorecard

Percent score is calculated by dividing your score by the max score and multiplying by 100. Look up the % score in the chart below to determine priority.

Nutrient	Max Score	Your Score	Your % Score	Priority:
Essential Fatty Acids	99			
Amino Acids	24			
Vitamin A	30			
B Vitamins	45			

Score Interpretation:

- 0-10%: Overall good balance. Sound nutrition and healthy habits will maintain good balance.
- 11-25%: In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.
- 26-50%: Your nutrient balance is compromised and likely to significantly affect your state of health, well-being, and energy level.
- 51-100%: Your nutrient balance is severely compromised and requires immediate attention. Take steps now to restore balance to your health, well-being, and energy level.

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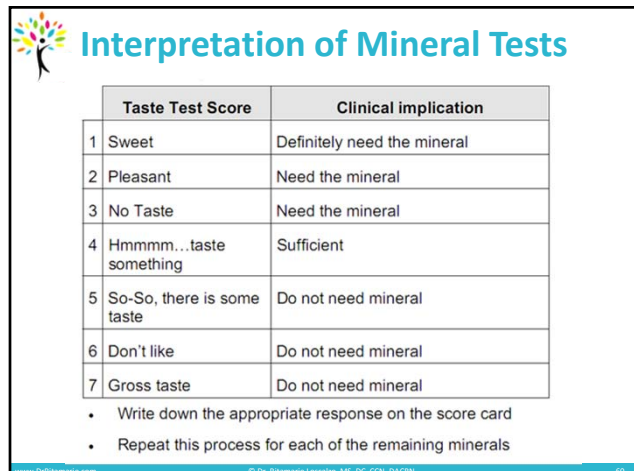
Mineral Test Kit

The test kits allow you to test for the following minerals:

1. Potassium	5. Chromium
2. Zinc	6. Manganese
3. Magnesium	7. Molybdenum
4. Copper	8. Selenium

<http://www.drritamarie.com/go/EmersonEcologics>
 Use code **fresh1** to access

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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

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Most Common Nutrient Imbalances

- ✓ B Vitamins
- ✓ Zinc
- ✓ Selenium
- ✓ Magnesium
- ✓ Vitamin C
- ✓ Iodine
- ✓ EFAs



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