



JUNE 17-19, 2016  
**EMPOWER YOUR  
INNER HEALER**

with Dr. Ritamarie Loscalzo

# Day 1: Awaken



**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. This presentation is provided for informational purposes only and no guarantees, promises, representations or warranties of any kind regarding specific or general benefits, have been or will be made by Dr. Ritamarie Loscalzo, her affiliates or their officers, principals, representatives, agents or employees. Dr. Ritamarie Loscalzo is not responsible for, and shall have no liability for any success or failure, acts and/or omissions, the appropriateness of the participant's decisions, or the use of or reliance on this information.



# WHY?

A woman in a white tank top and bright green pants is captured mid-jump on a sandy beach. She is holding a large, dense cluster of colorful balloons (orange, yellow, green, pink, white, blue, and red) that float high into the sky. The background shows the ocean and a clear blue sky.

# Ageless, Timeless, Boundless...



# Greta Pontarelli, 61





# Pat And Alicia Moorhead Enjoy Skydiving at 81 and 66-Years- Old





# Karyn Calebrese, 67

- ✓ Owner/operator of 2 restaurants in Chicago
- ✓ Runs raw foods detox programs
- ✓ Eats primarily plant-based raw foods
- ✓ Author





# Lynda Fox, 67

She didn't pick up horseback riding until 5 years ago





# Aleksander Doba, 67

Paddled over 7,716 miles across the Atlantic





# Annette Larkins, 70



Attributes her youthful  
glow to her raw vegan  
diet



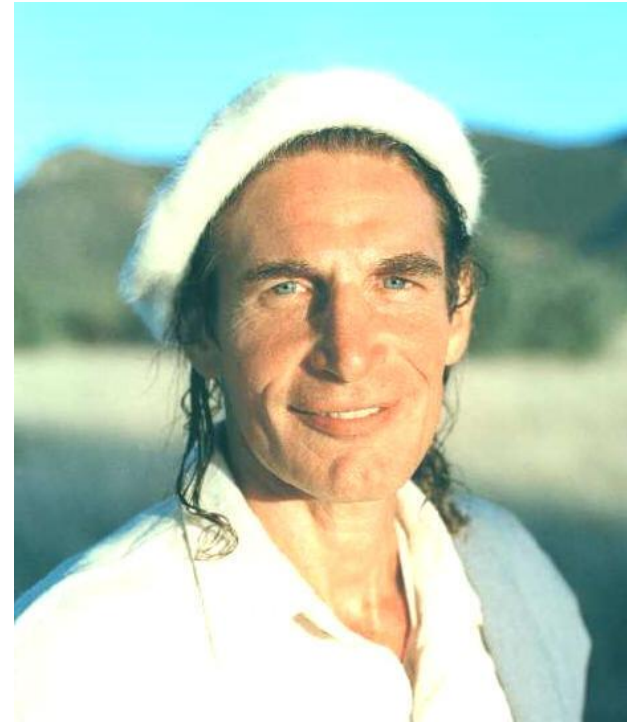
# Dr. Jeffrey Life, 70





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

- ✓ Runs ***Tree of Life Rejuvenation Center***
- ✓ Did 601 pushups on 60<sup>th</sup> 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





Mimi Kirk *eats a raw, natural plant based diet,*



*and she is 74 years young.*



# Duan Tzinfu, 73





# Ernestine Shepherd, 74

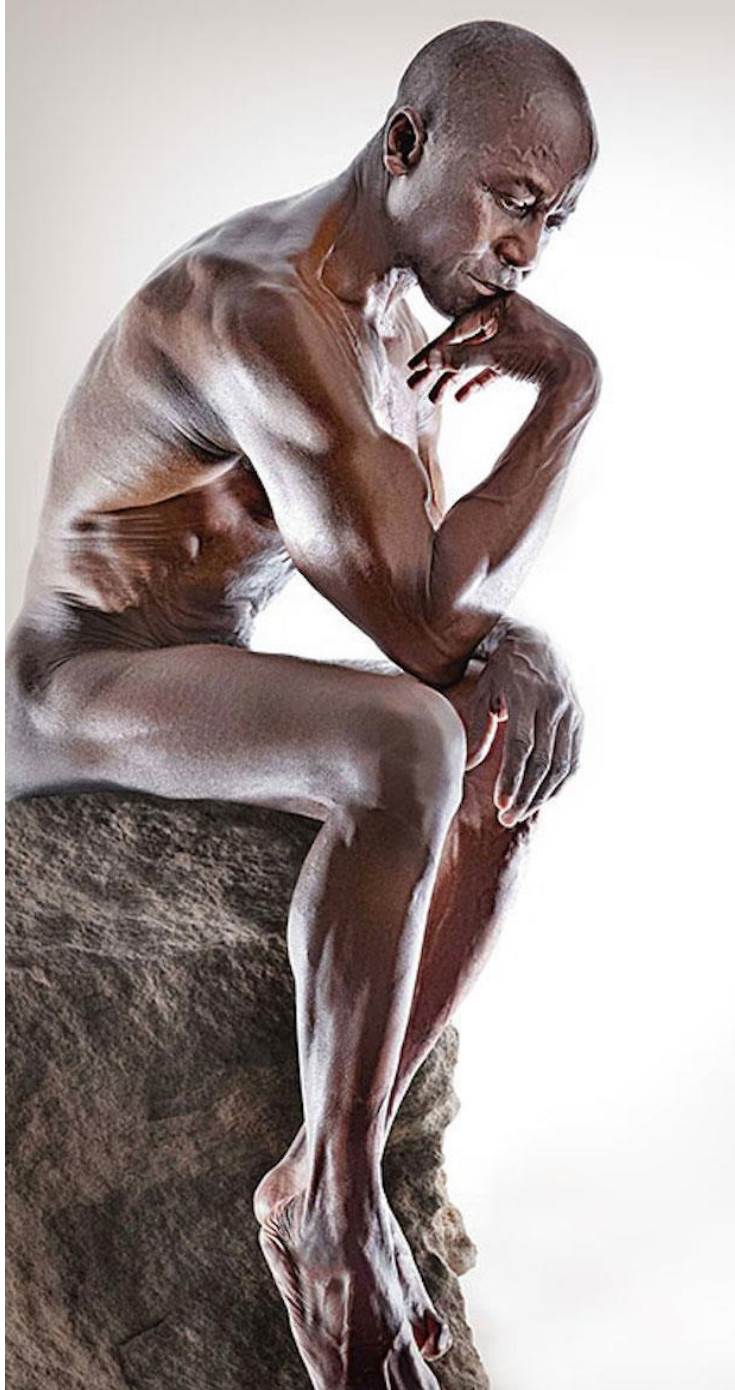
*“If there was ever an anti-aging pill, I would call it exercise.”*





# Paul Fegan is a 78-Year-Old Magician





# Jim Morris, The 78-Year-Old Bodybuilder

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



# Lloyd Kahn, 79

Started at age 65





# Lynn Ruth Miller, 80

## Stand Up Comedian





# Madonna Buder, 83

## Marathon Runner





# Yvonne Dowlen, 87





# Johanna Quaas, 87





# Phyllis Sues, 91





# Tao Porchon-Lynch, 94

*Find something you love.*

*“I love yoga. It brightens my day, and it makes everybody smile.”*





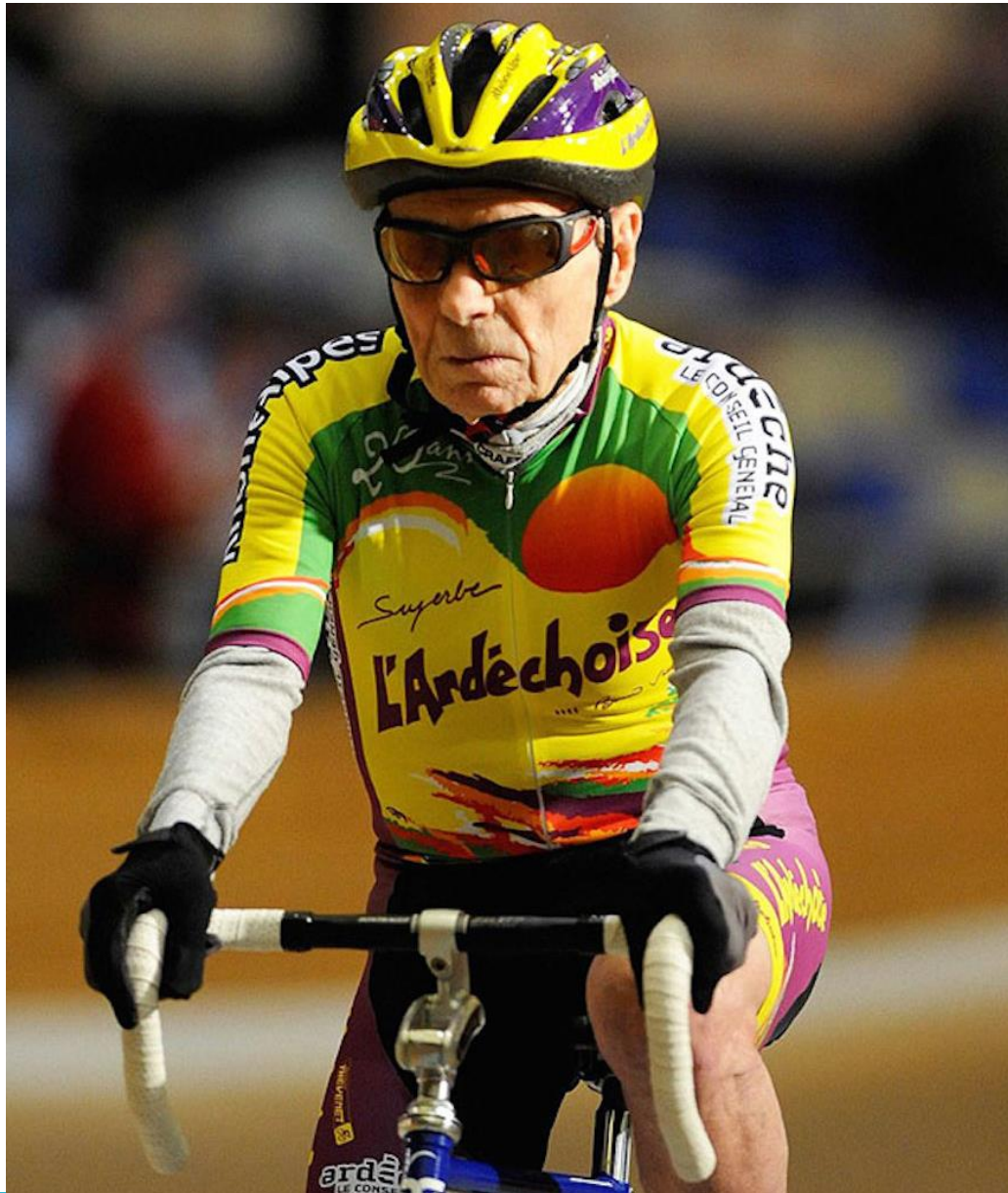
# Doris Long, Industrial Climber at 101-Years-Old

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





# Robert Marchand, 103





# Stanislaw Kowalski, 106

## The World's Oldest Athlete





# Manoel De Oliveira, 107

## the World's Oldest Active Film Director





# 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?**



# My Humble Beginnings

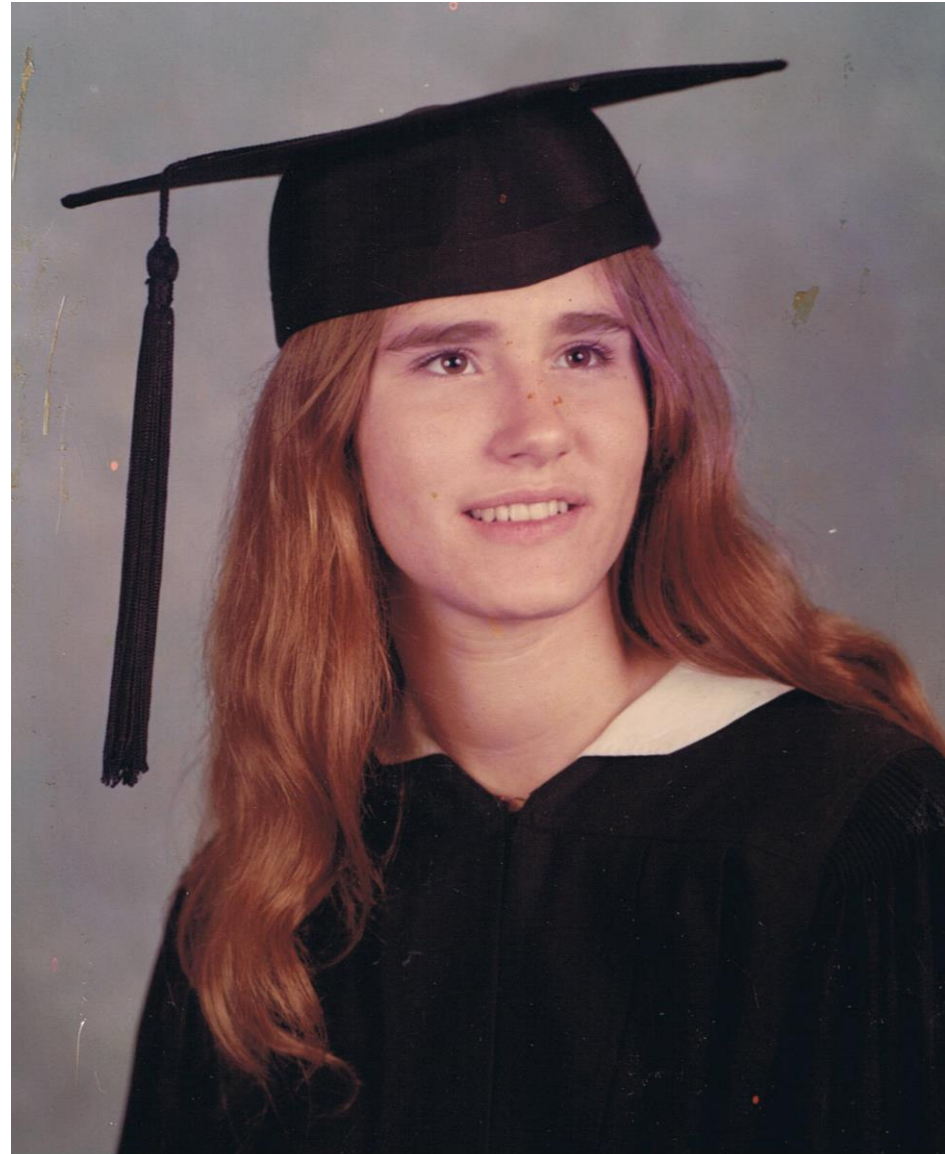




# The Big Sister

















# The Last Full Family Photo





# My Big Why?



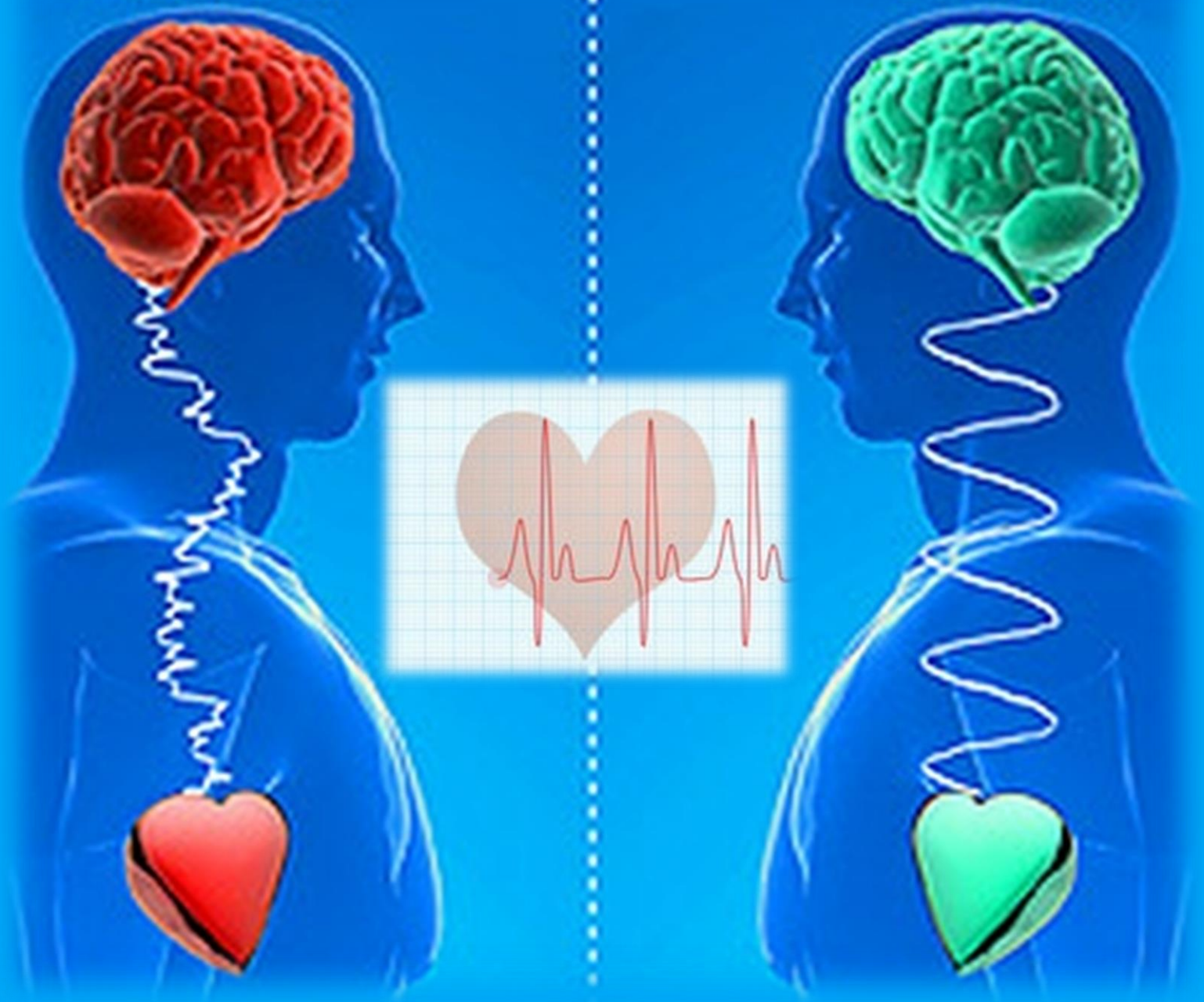


06.04.2016



Incoherence

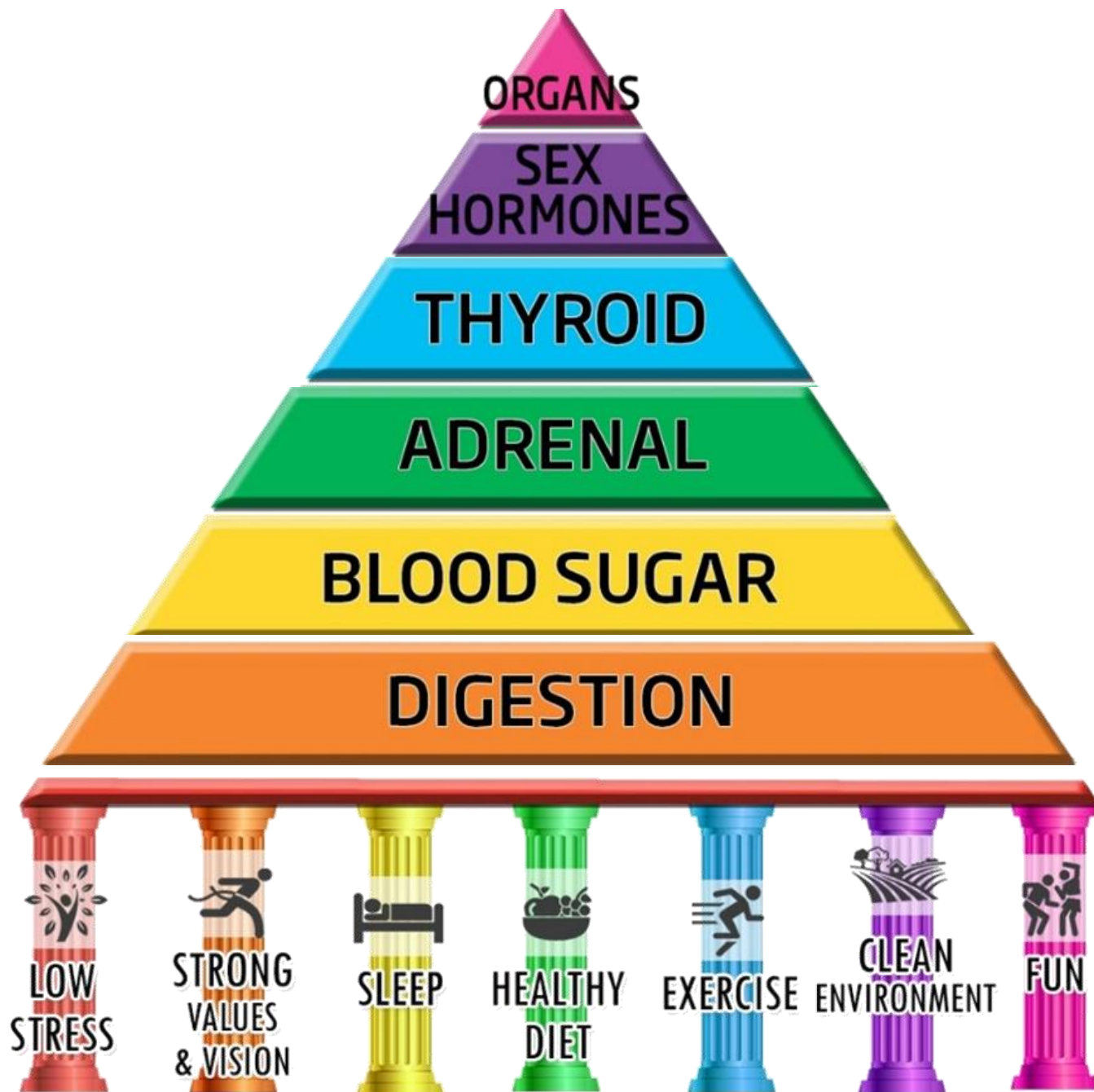
Coherence

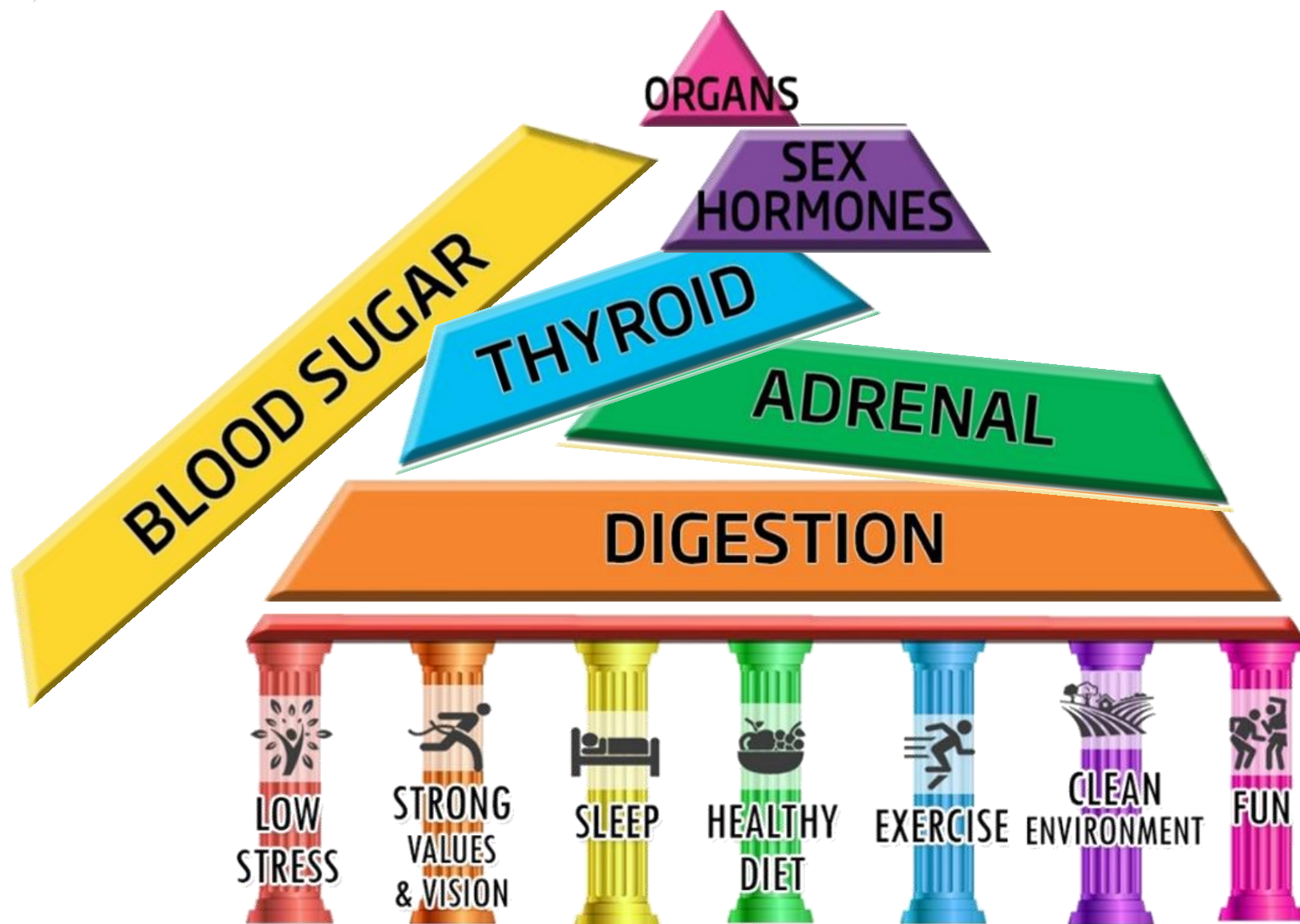


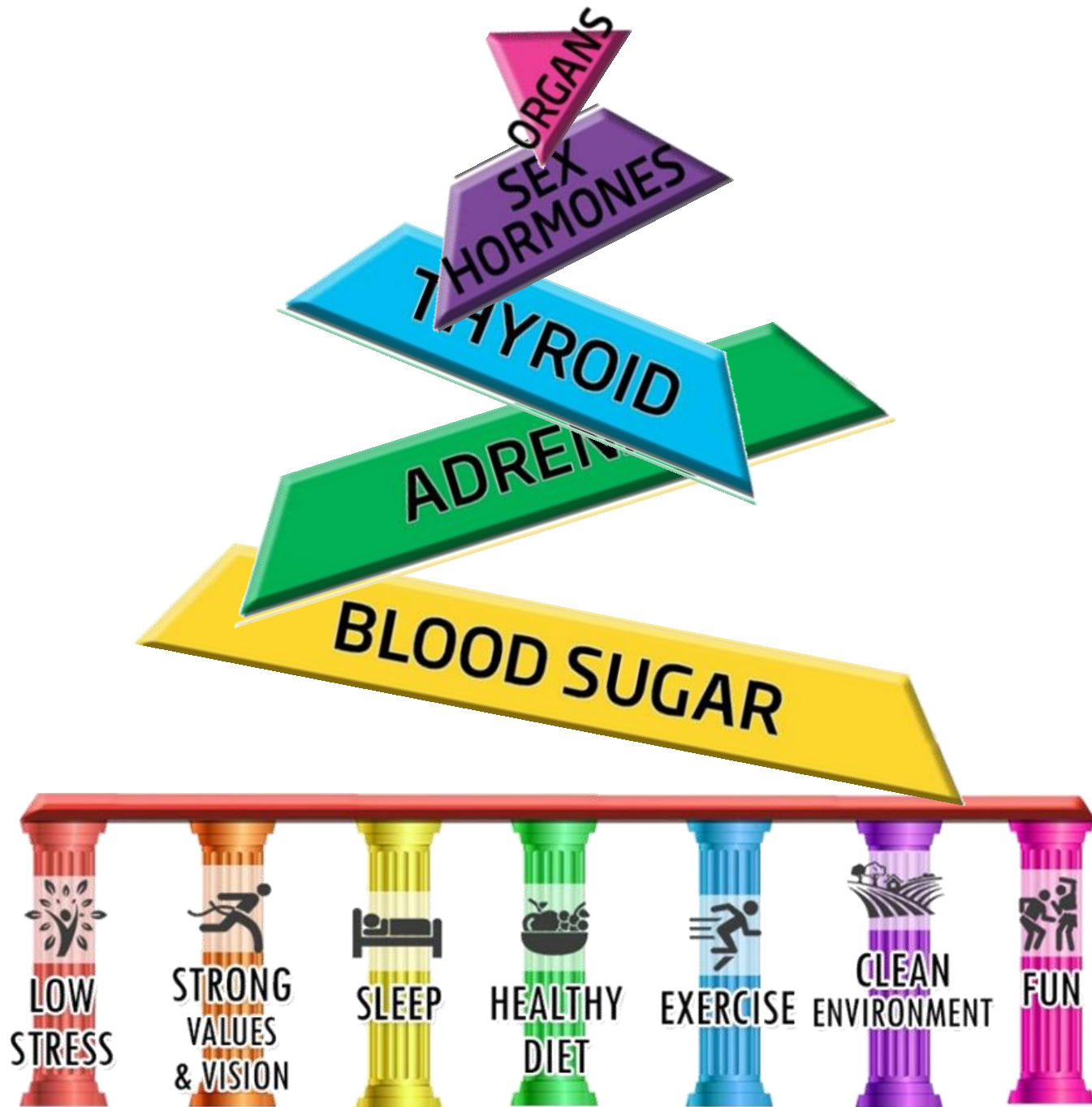


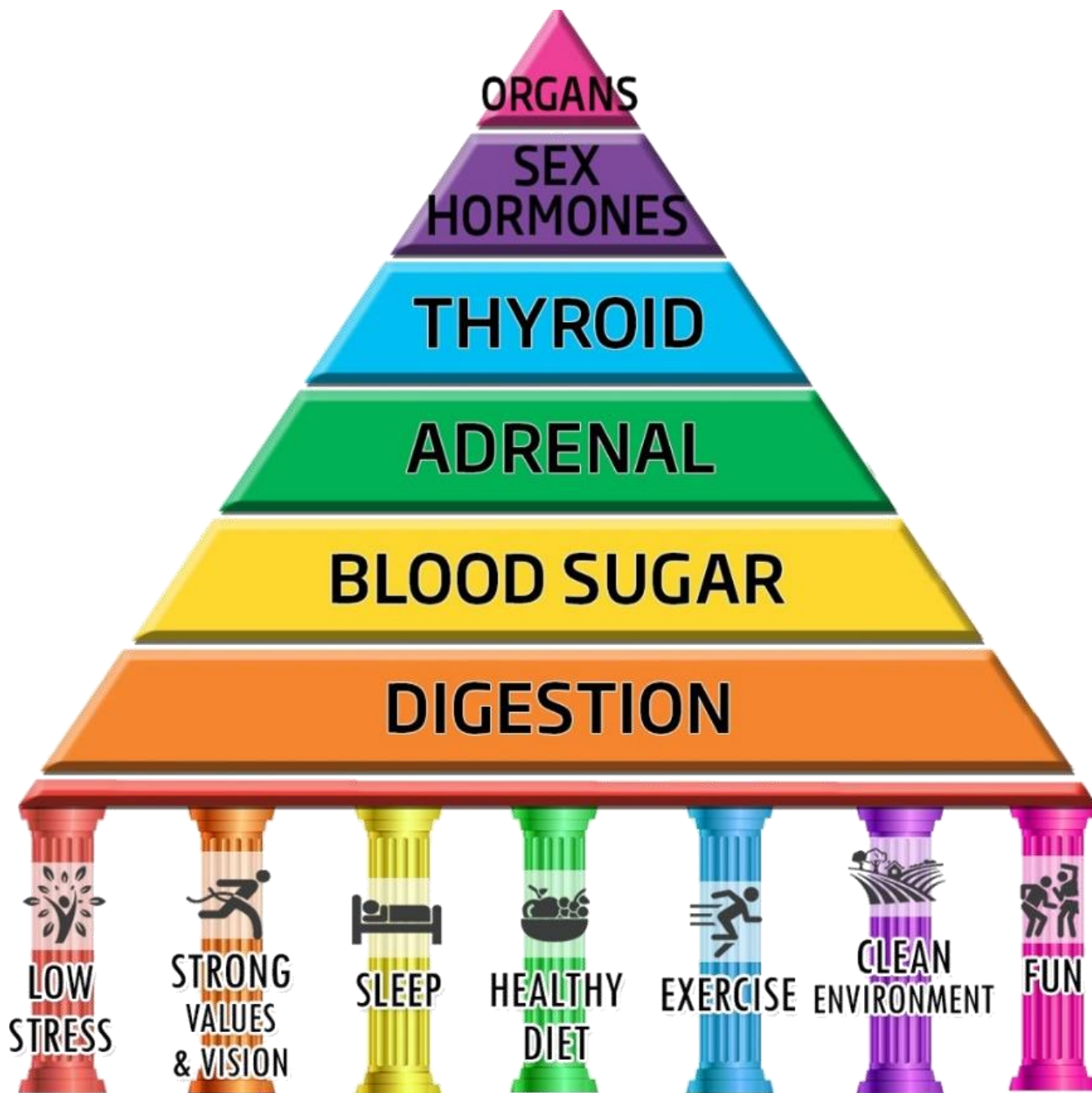
[www.SpringIntoVitality.com](http://www.SpringIntoVitality.com)



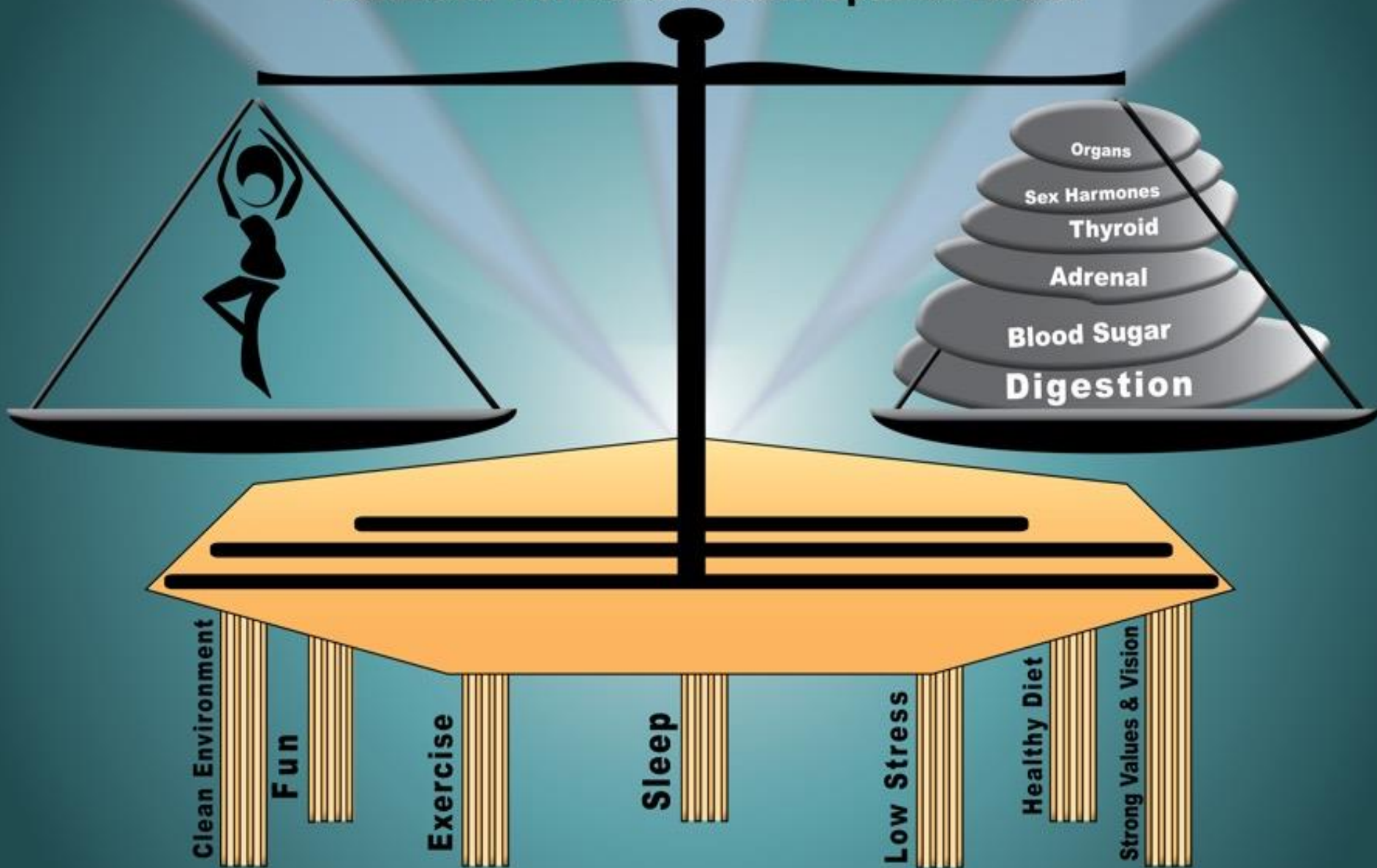


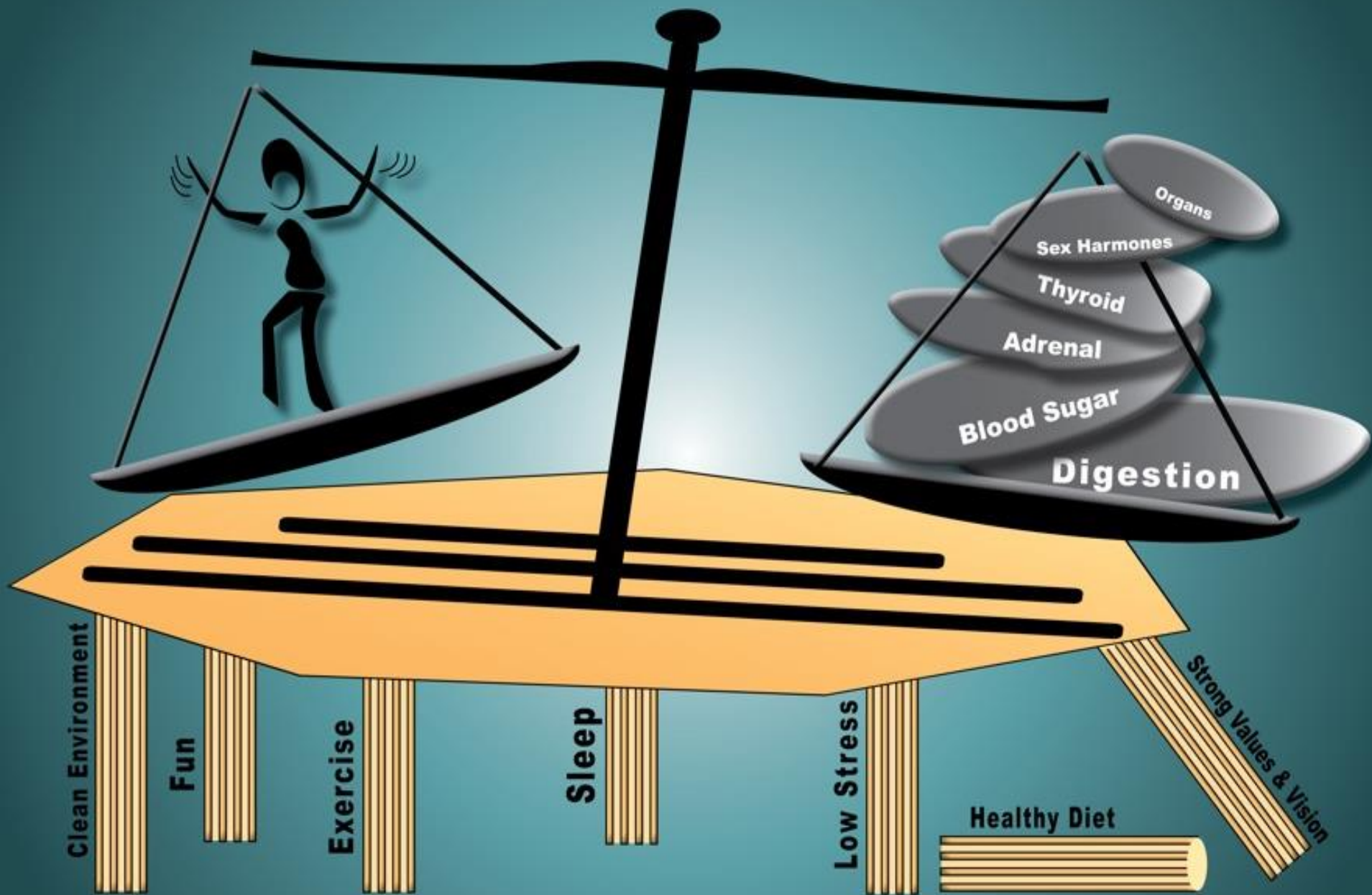






# Balanced Hormones Means Optimal Health

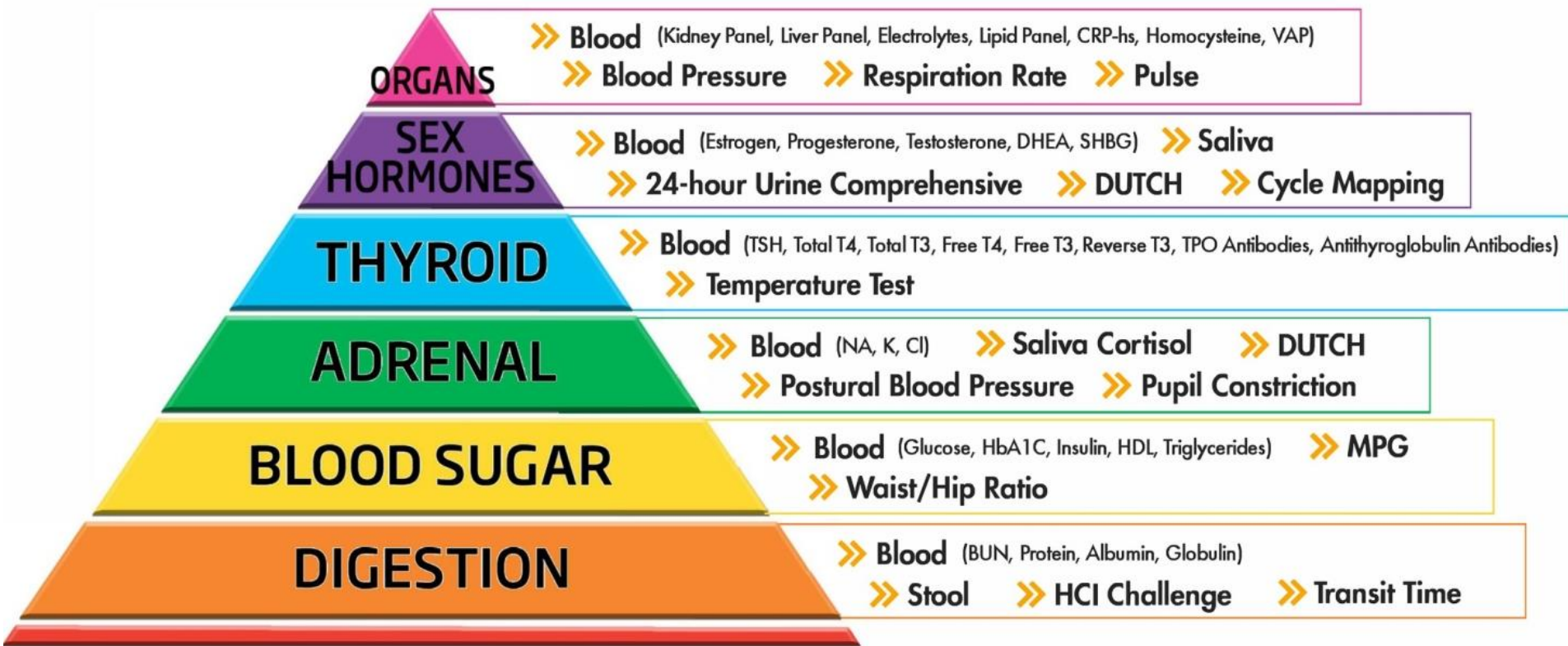






# Measuring For Balance

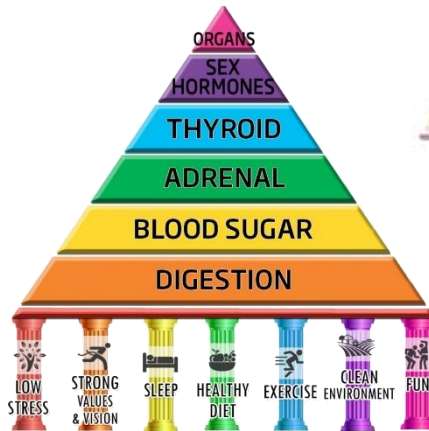






# Identifying Your Obstacles

- Stress
- Attitude
- Sleep
- Nutrition
- Exercise
- Environment
- Fun & Relationships



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CHANGING LIVES WITH  
ROOT CAUSE HEALTH CARE

## 7 Pillars Scorecard Assessment

Pillar 1: Stress					
Use the descriptions to choose the appropriate score. Calculate your results as go.					
<b>Stress Part 1</b>		0	1	2	3
How often do you practice the power of appreciation and an "attitude of gratitude" throughout the day?	0 = 5 or more times per day 1 = 3-4 times per day 2 = 1-2 times per day 3 = Never, or just started	0	1	2	3
How often are you practicing a stress management method or technique (e.g., meditation, prayer, HeartMath "Quick Coherence", etc.)? *	0 = 5 or more times per day 1 = 3-4 times per day 2 = 1-2 times per day 3 = Never, or just started	0	1	2	3
How often are you feeling "stressed out" (i.e. above a 7) on a stress scale from 0 to 10?	0 = About once or twice a week, or less 1 = A few to several times a week 2 = A few to several times a day 3 = All the time! Every waking moment!	0	1	2	3
Total for Each Column (number of checkmarks x value)					
Subtotal Part 1 (Max 9)					
<b>Stress Part 2</b>		YES	NO		
Do you feel clear about your goals in life?		0	3		
Overall, do your daily actions align with your most important values and visions?		0	3		
Are you happy most of the time?		0	3		
Do you feel your life has meaning and purpose?		0	3		
Do you like the work you do?		0	3		
Would you describe your experience as a child in your family as happy and secure?		0	3		
Did you feel safe growing up?		0	3		
Total for Each Column (number of checkmarks x value)					
Subtotal Part 2 (Max 21)					
Subtotal Parts 1 – 2 (Max 30)					
<b>Stress Part 3</b>		YES	NO		
Do you feel significantly less vital than you did a year ago?		3	0		
Do you believe stress is presently reducing the quality of your life?		3	0		
Have you experienced major losses in your life?		3	0		
Do you spend the majority of your time and money to fulfill responsibilities and obligations?		3	0		
Have you ever been involved in abusive relationships in your life?		3	0		
Was alcoholism or substance abuse present in your childhood home?		3	0		



# 7 Pillars Scorecard

Pillar	Max Score	Your Score	Priority:	1 = low (green)
				2 = medium (blue)
				3 = high (yellow)
				4 = very high (red)
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			



# Your Health Tracker



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DIABETES & MS WITH  
HEALTHY LIVING & WELL-BEING

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			

# 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

## Lab Findings

## Physical Exam Findings

## My Plan to Take Me to My Goals

Week 1	Month 1	90 Days	1 Year

## My Core Values

## My Goals

## My BIG Vision



# Nutrient Scorecards





# Your Nutrient Status

## Nutrient Balance Assessment Scorecard

<b>Name:</b>				
<b>Point Scale:</b> 0 = No, Never/Rarely or almost never 1 = Mild/Sometimes experiences/effects 2 = Moderate/Frequent experiences/effects 3 = Yes, Severe/Daily experiences/effects				
<b>Section 1: Essential Fatty Acids</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
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? <i>0 = never, 1 = years ago, 2 = within last year, 3 = within past 3 months</i>	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 sunburn 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			3
Do you have dandruff?	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 acne?	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 ear wax?	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



# 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:	1=low (green)
					2=medium (blue)
Essential Fatty Acids	99				3=high (yellow)
Amino Acids	24				4=very high (red)
Vitamin A	30				
B Vitamins	45				
	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.



# 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



# Interpretation of Mineral Tests

	<b>Taste Test Score</b>	<b>Clinical implication</b>
1	Sweet	Definitely need the mineral
2	Pleasant	Need the mineral
3	No Taste	Need the mineral
4	Hmmmm...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



# Most Common Nutrient Imbalances

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







# Sleep

