



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

with Dr. Ritamarie Loscalzo

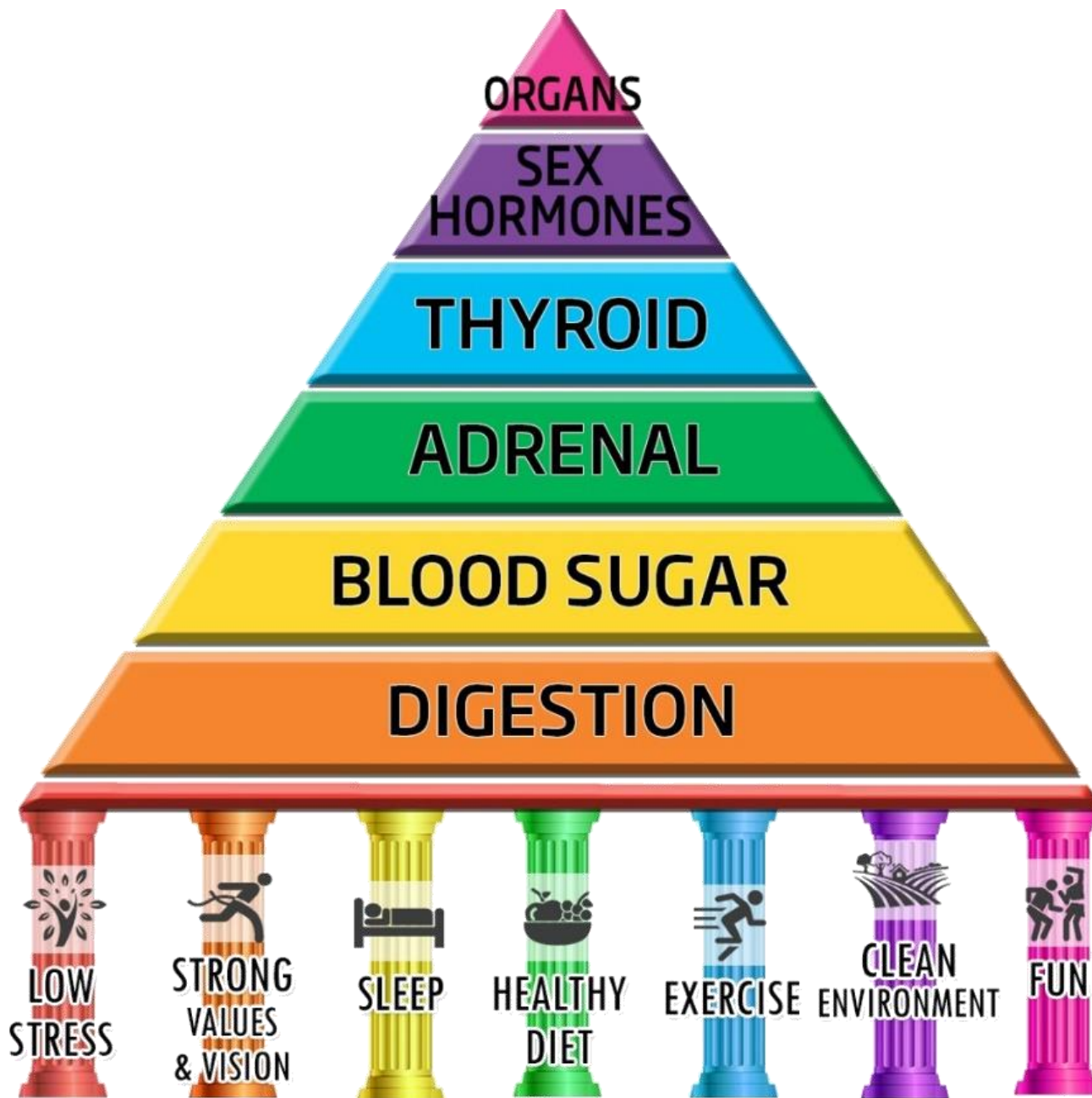
# Day 3: Empower





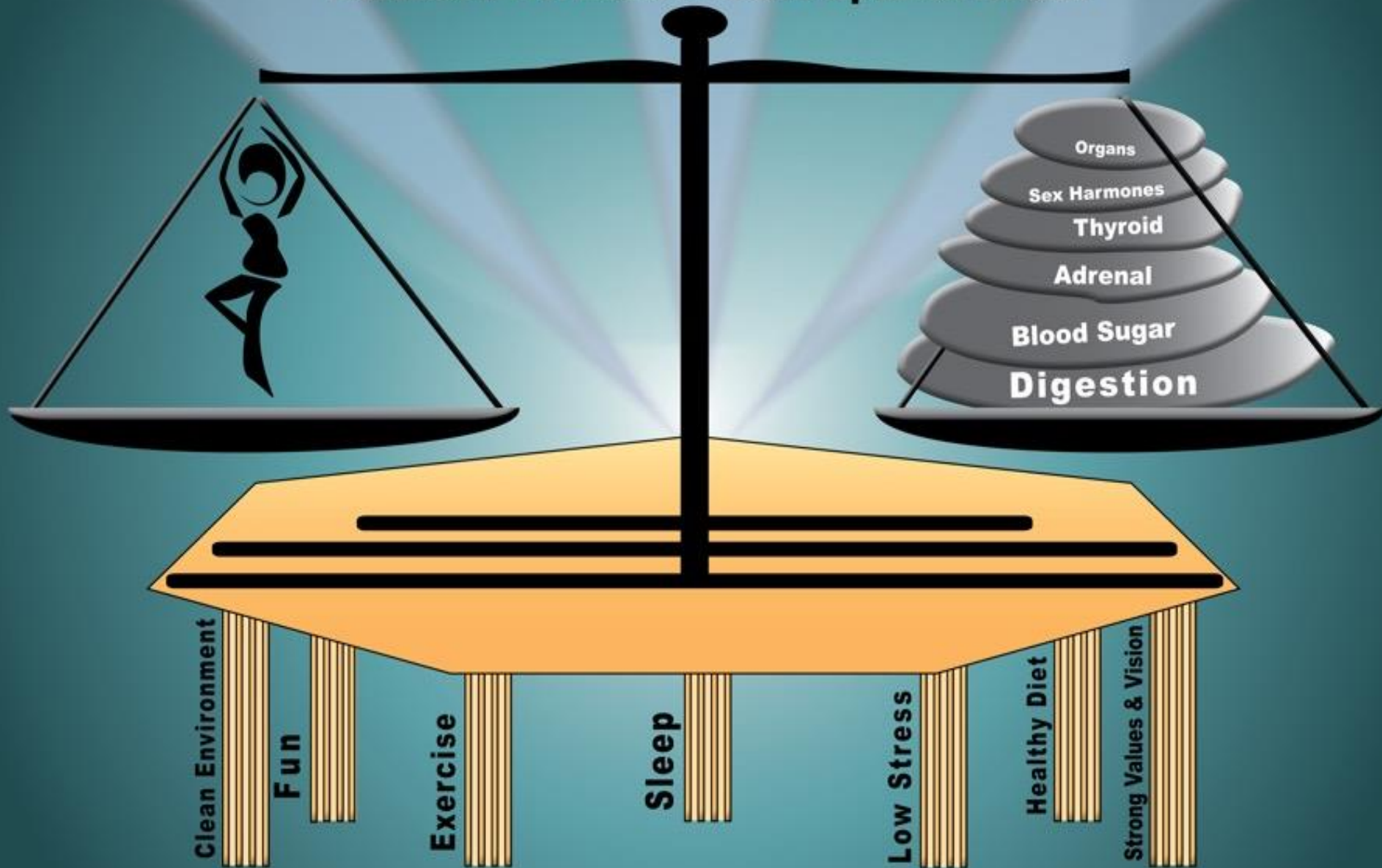


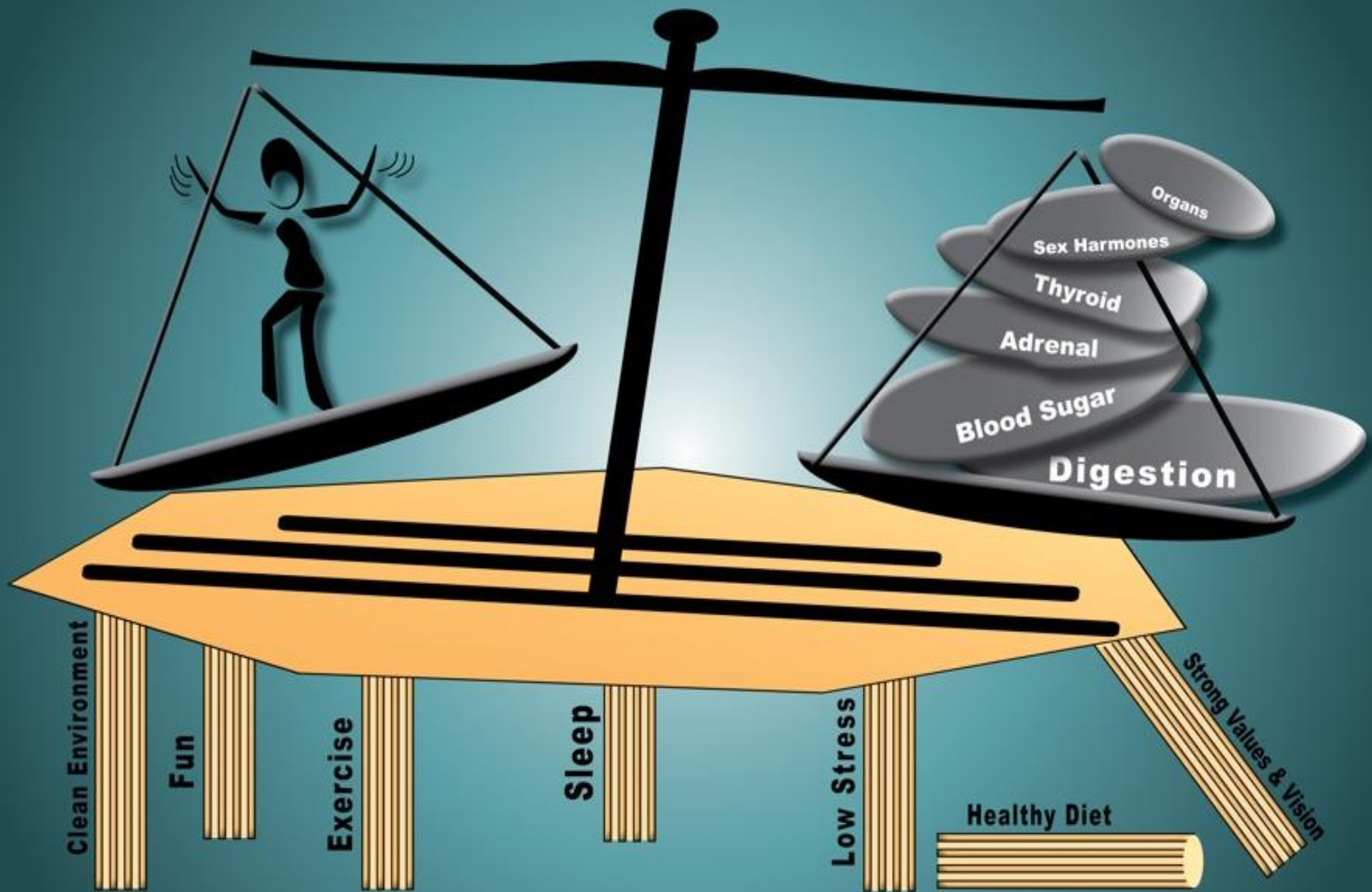
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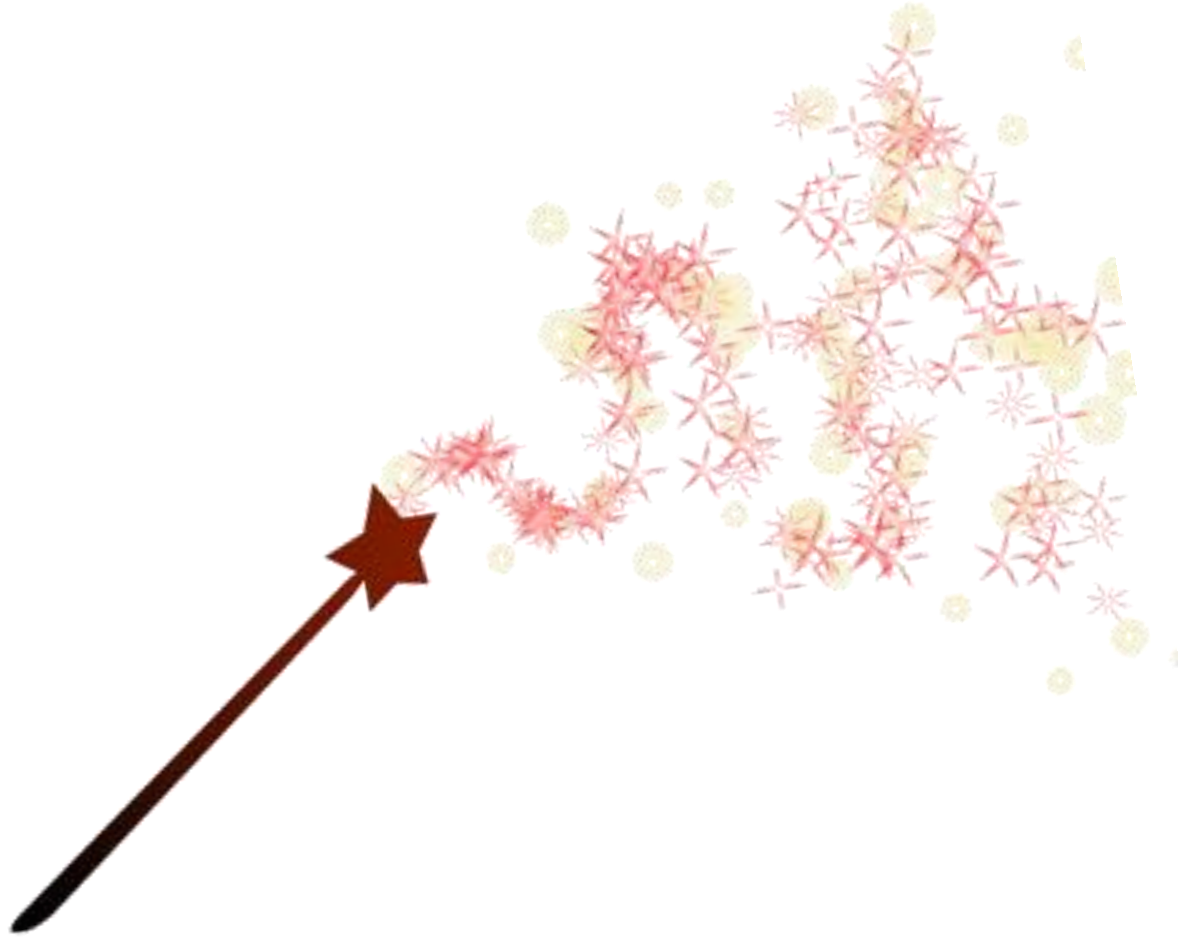
# Balanced Hormones Means Optimal Health







# Your Magic Wand





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

<http://www.drritamarie.com/go/WHFVitaminCharts>

<http://www.drritamarie.com/go/WHFMineralCharts>

<http://www.WHFoods.com>



### Nutrient Balance: General Assessment

Date of Assessment					
Essential Fatty Acid Needs					
Amino Acid Needs					

### Nutrient Balance: Vitamin Assessment

Date of Assessment					
Vitamin A					
B Vitamins					
Vitamin B1 - Thiamin					
Vitamin B2 - Riboflavin					
Vitamin B3 - Niacin					
Vitamin B5 - Pantothenic acid					
Vitamin B6 - Pyridoxine					
Vitamin B7 - Biotin					
Vitamin B9 - Folic Acid					
Vitamin B12 - Cobalamin					
Vitamin C					
Vitamin D					
Vitamin E					
Vitamin K					

### Nutrient Balance: Mineral Assessment

Date of Assessment					
Calcium					
Chromium					
Copper					
Iodine					
Iron					
Magnesium					
Manganese					
Phosphorus					
Potassium					
Zinc					



# Home Assessment

- ✓ Symptoms and Signs
- ✓ Nutrient Assessments
  - Minerals
  - Vitamin C
- ✓ pH Balance
- ✓ Nitric Oxide
- ✓ Blood Sugar
- ✓ Ketones
- ✓ Oxidata
- ✓ Urinalysis





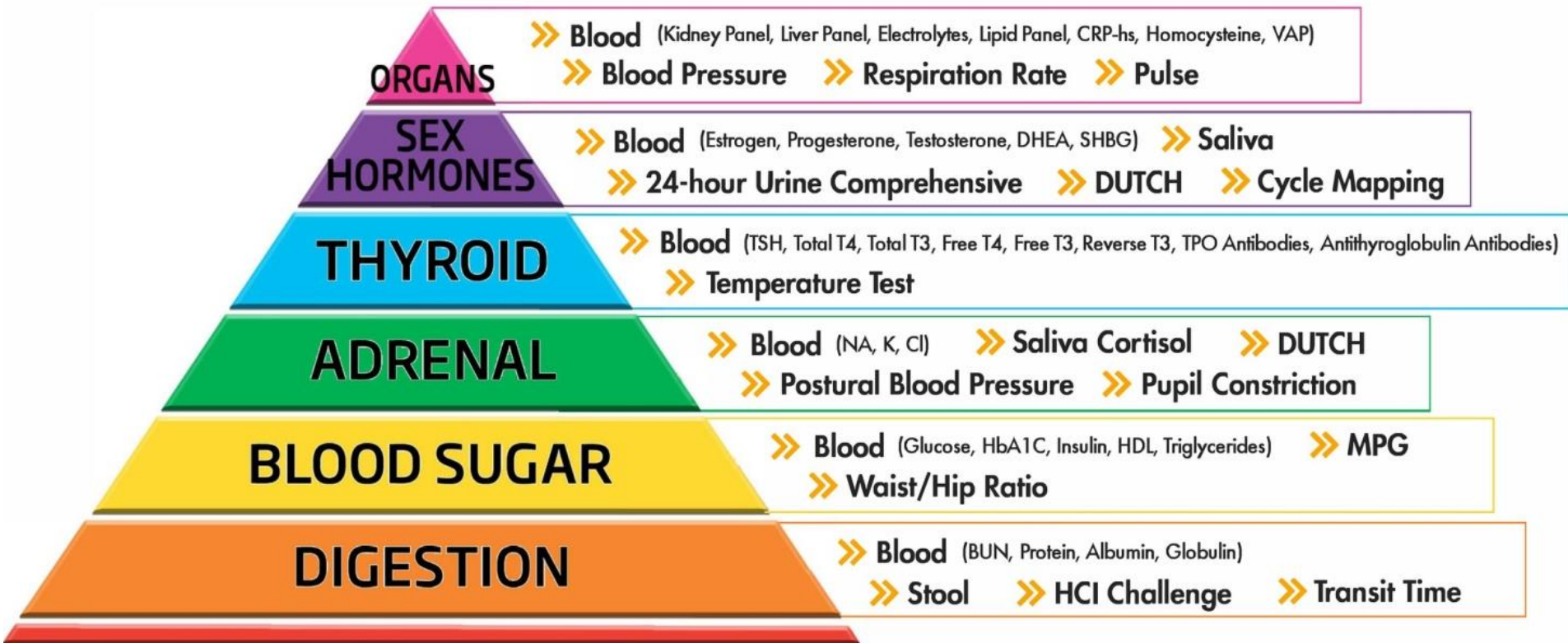


# Page 6 of Nutritional Evaluation Document

Date and Time									
<b>Nutrients</b>									
Potassium									
Zinc									
Magnesium									
Copper									
Chromium									
Manganese									
Molybdenum									
Selenium									
Vitamin C									
<b>Chemistry</b>									
pH - Saliva									
pH - Urine									
Nitric Oxide									
Blood Sugar									
Ketones									
<u>Oxidata</u>									
<b>Urinalysis</b>									
Glucose									
Ketones									
Bilirubin									
Protein									
Nitrite									
pH									
Blood									
Specific gravity									
Leukocytes									
Urobilinogen									



# Testing Your Gland and Organ Systems





DATE (mm/dd/yy):					
<b>Digestion</b>		<b>Note scores or abnormal findings here</b>			
HCL Challenge					
Transit Time					
Bristol Scale					
Stool Test					
Blood Test: BUN					
Blood Test: Protein					
Blood Test: Albumin					
Blood Test: Globulin					
Stool Test					
<b>Symptoms and Body Signs</b>		<b>Blank = absent, 1 = mild, 2 = moderate, 3 = severe</b>			
Acne					
Dandruff					
Yellow discoloration below bottom eyelids					
Yellow/brown sclera					
Facial color: yellow					
Tongue irritation/redness					
Ulcerations or canker sores					
Red tongue tip					
A "cottage cheese" growth or coating on tongue					
Scalloped edges and teeth marks on tongue					
Chronic coating and/or "furry" tongue					
Splitting cuticles					
Excessive vertical ridges on nails					
Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)					
Bad breath					
Urine-like breath smells					
Red and inflamed lips					
Excessive vertical ridges on nails					
Pitting of nails					
Deep horizontal ridges (Beau's lines) on nails					
Yellowish, bulging, bending, breaking nails					
Hemorrhoids					
<b>TOTAL Digestion</b>					
<b>Blood Sugar</b>		<b>Note scores or abnormal findings here</b>			
MPG: Range of your peak blood glucose, about 45 minutes after eating					
Blood Test: Fasting Glucose					
Blood Test: Hemoglobin A1C (HbA1C)					
Blood Test: Fasting Insulin					
Blood Test: Insulin 45 minutes after eating					
Blood Test: HDL					
Blood Test: Triglycerides					
Blood Test: HDL/Triglyceride Ratio					
<b>Symptoms and Body Signs</b>		<b>Blank = absent, 1 = mild, 2 = moderate, 3 = severe</b>			
Acetone-like breath smells					
Excessively shiny or smooth tongue					
Skin tags					
Wounds that take a long time to heal					
Waist/hip ratio: males - if ratio is >1, select score of "3" (otherwise "0")					
Waist/hip ratio: females: if ratio is >.8, select score of "3" (otherwise "0")					
<b>TOTAL Blood Sugar</b>					



# 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



# What Are Your Lack Of Energy, Poor Health, and Physical Challenges Costing You In Terms Of Your Quality Of Life?

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





# Self-Care Strategies in Daily Life

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










# The 7 Pillars of **VIBRANT** Health





Pillar	Notes and Action Plan
 <p>LOW STRESS</p>	
 <p>STRONG VALUES &amp; VISION</p>	
 <p>SLEEP</p>	



# Pillar 1: Low Stress



- ✓ Mini-vacations
- ✓ Qi gong
- ✓ Tapping
- ✓ Meditation
- ✓ Yoga
- ✓ Freeze-Frame
- ✓ Heart Lock-In
- ✓ Emotional Eating Strategy







# Get Out of Your Lizard Brain

- ✓ Shifts you into relaxed mode
- ✓ **Relaxed brains make logical comparisons and informed choices**
- ✓ Lizards can't compare and contrast, but high level thinking humans can





# Strategies for Dealing with Resistance



EMOTIONAL EATING  
STRATEGY





## Pillar 2: Attitudes and Beliefs



- ✓ Values, visions, and goals
- ✓ Let go of limiting beliefs
- ✓ Positive Aspects Journal
- ✓ Portable Anchor System





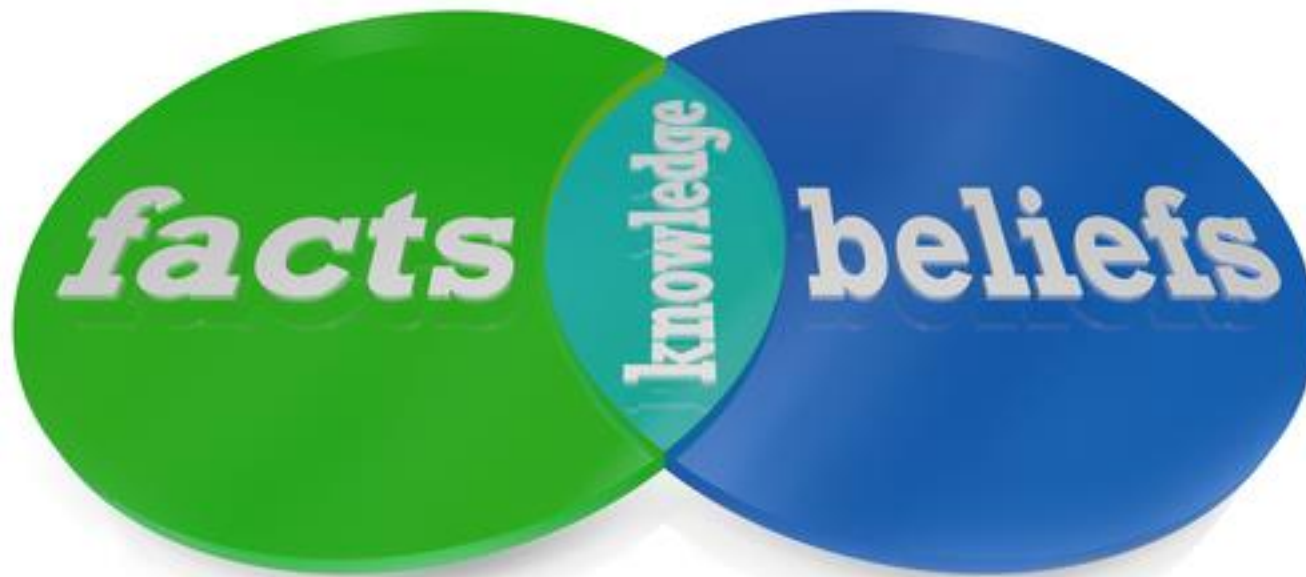


# Positive Aspects Journal



*“No matter how dark things seem to be or actually are, raise your sights and see the possibilities – always see them, for they're always there.”*

*~ Norman Vincent Peale*



*“Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them -- or one that can literally save their lives.” ~ Tony Robbins*





# Portable Anchor System





# Pillar 3: Sleep

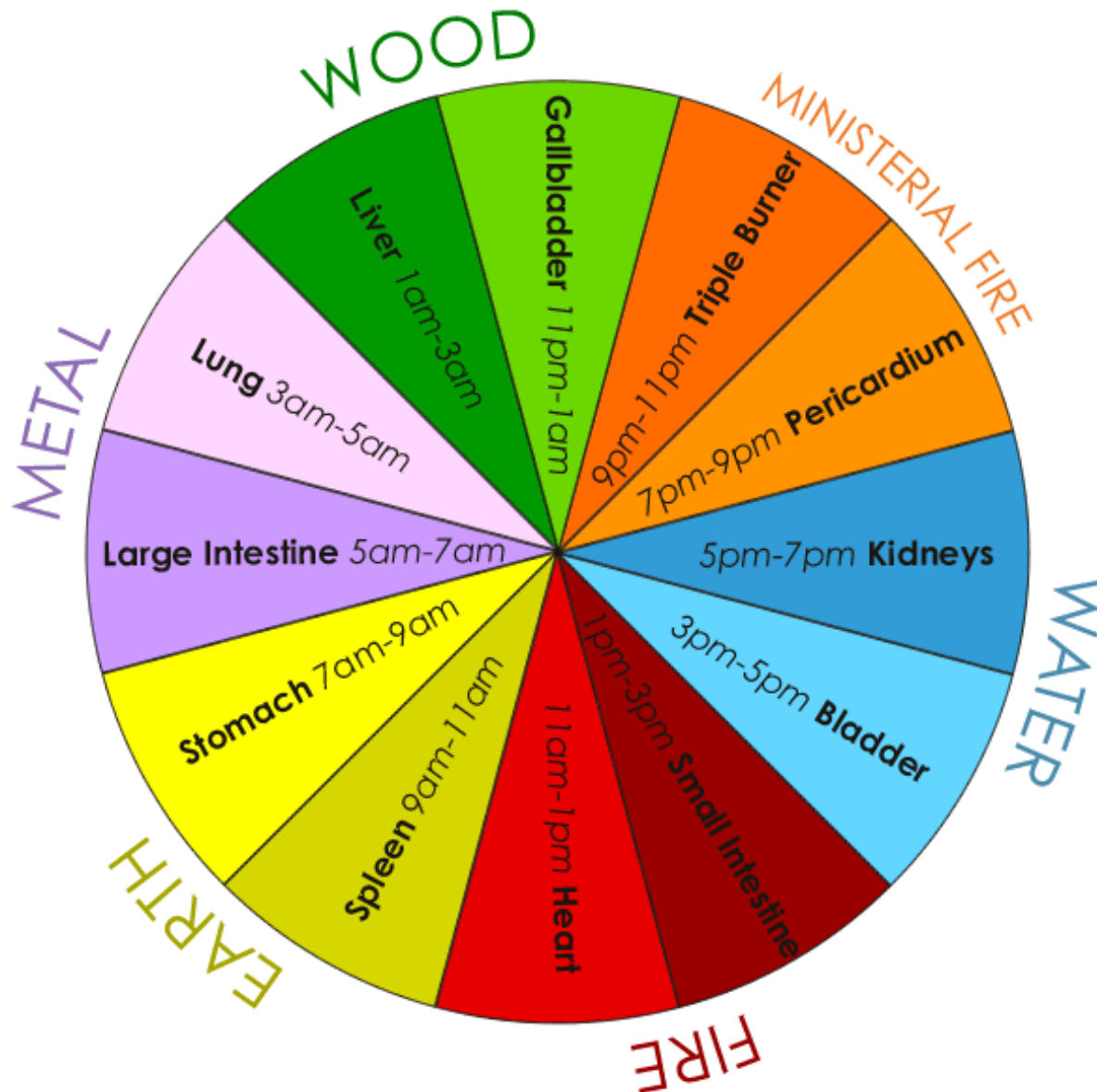


- ✓ Mini-vacation before bed
- ✓ Sleep “hygiene”
  - Stop eating before bed
  - Dim the lights
  - Turn off electronics
- ✓ Performance effects
- ✓ Hormones and sleep
- ✓ Relaxing herbs
- ✓ Supplements that can help with sleep





# Sleep





# Relaxing Herbs That Help with Sleep

- ☐ Lemon balm
- ☐ Chamomile
- ☐ Lavender
- ☐ Milky oat
- ☐ Valerian
- ☐ Hops
- ☐ Passion flower
- ☐ Magnolia
- ☐ Kava kava





# Supplements That Can Promote Good Sleep

- ☐ Magnesium
- ☐ Calcium
- ☐ Vitamin B6
- ☐ Melatonin
- ☐ Phosphatidylserine
- ☐ 5-HTP
- ☐ GABA
- ☐ Theanine





## Pillar 4: Nutrition



- ✓ Hormone balancing and energizing food
- ✓ Nutrients
- ✓ Fun recipes
- ✓ Kitchen setup for success





“If diet is **Wrong**  
medicine is of no use.

If diet is **Correct**,  
medicine is of no need.”



*~ Ancient Ayurveda Proverb*



# Inspiring Client Quotes

**“Nothing tastes as good as healthy feels.”**

**“Don’t exchange what you want in the moment for what you want most”**



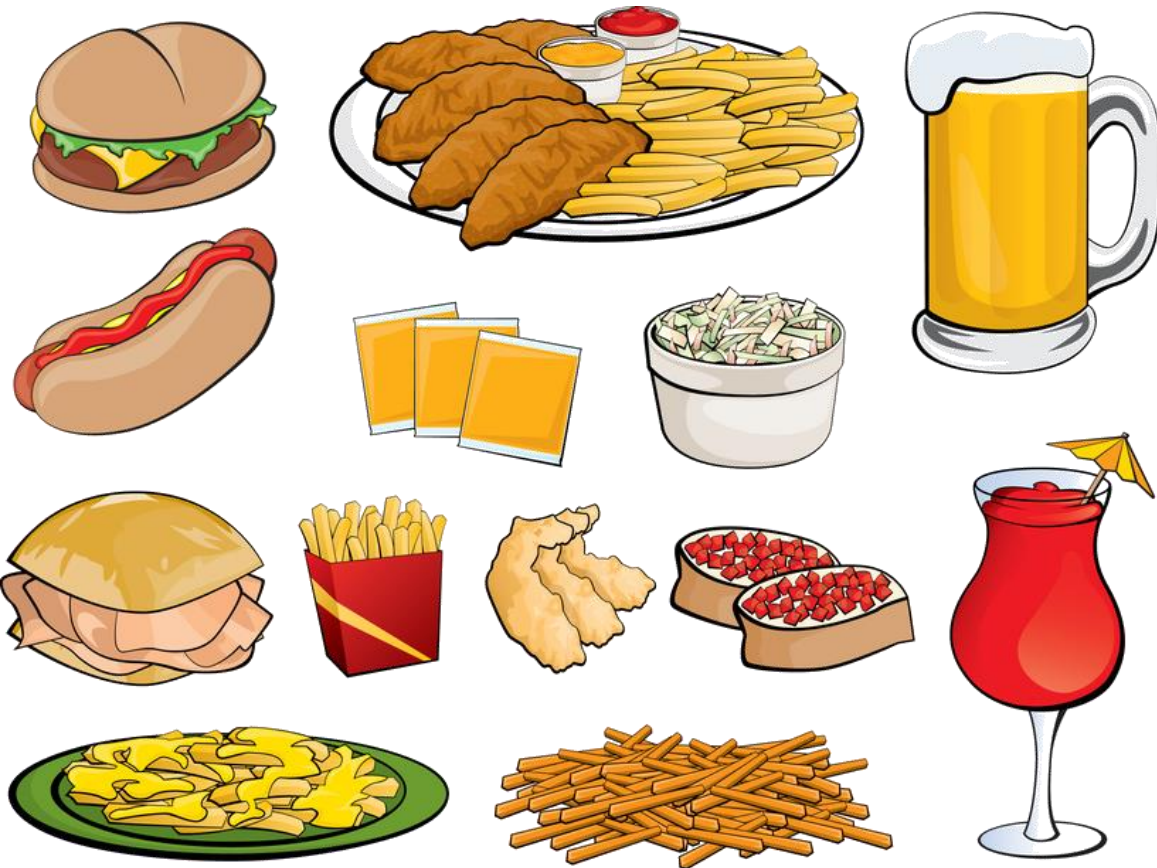
# Is Your Diet Creating Balance Or All-Out War?





# Food Religions

- ✓ Macrobiotics
- ✓ Ayurveda
- ✓ Paleo
- ✓ 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





# Planning Hormone Nourishing and Energizing Meals

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





# Foods That Inhibit Your Inner Healer

- ✓ Charred meat
  - heterocyclic amines
- ✓ Processed high-glycemic foods
  - flour, sugar, grains
- ✓ Chemical-laden foods
- ✓ Excess alcohol
- ✓ Caffeine
- ✓ Hydrogenated and oxidized fats
- ✓ Foods in cans and plastic
- ✓ Allergens and inflammatory foods: gluten, dairy





# Gluten vs Your Inner Healer

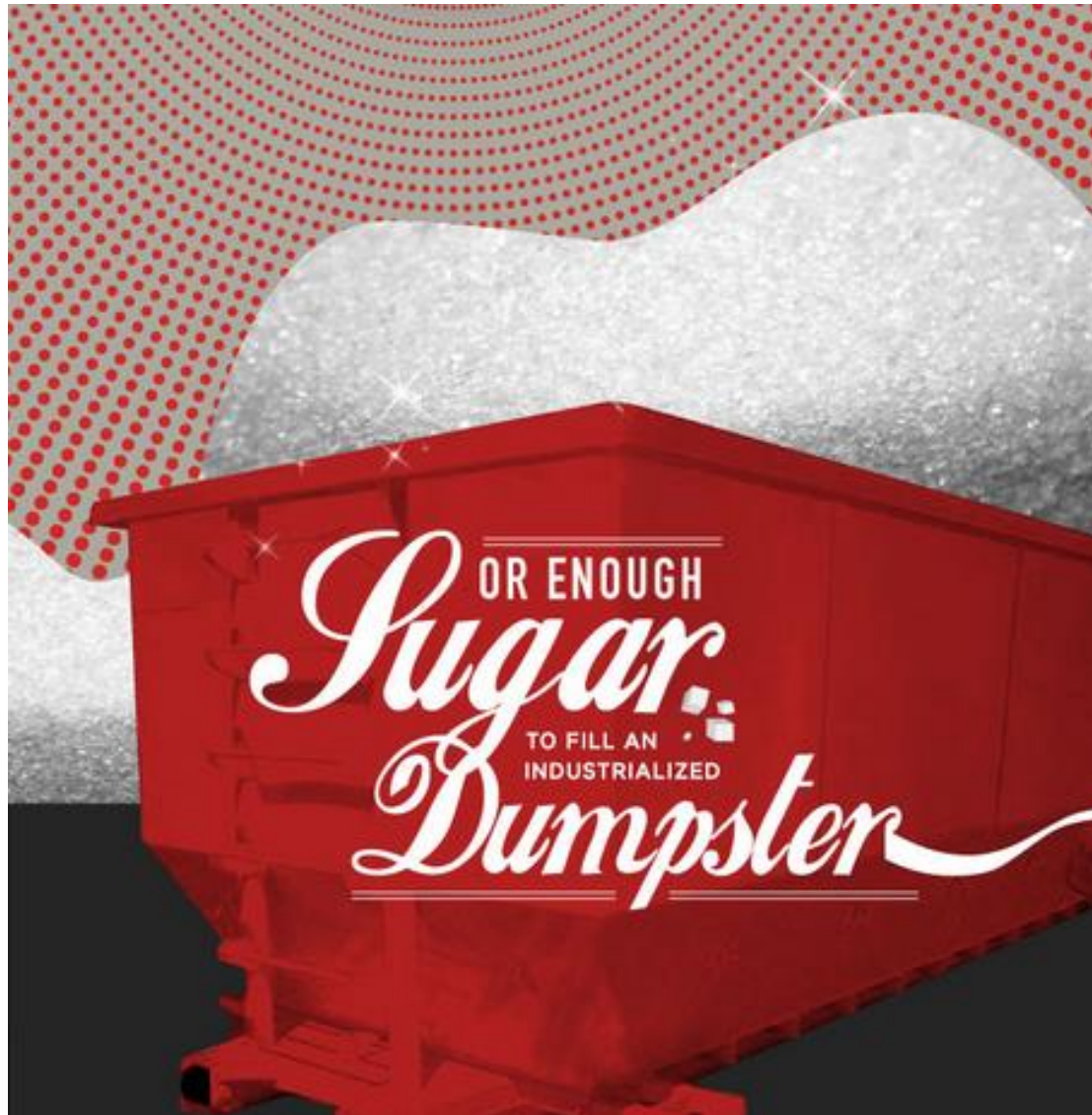
- ✓ Inflammation leads to adrenal stress
- ✓ Antibodies cross-react with thyroid
- ✓ Malabsorption leads to nutritional deficiencies
- ✓ Effects on estrogen and progesterone via adrenal exhaustion
- ✓ Effects on digestion and gut flora
- ✓ Effects on neurotransmitters
- ✓ Worsens at perimenopause







# Sugar Thwarts Your Inner Healer



# Foods That Support Your Inner Healer

- ✓ Green leafy vegetables
- ✓ Raw nuts and seeds
- ✓ Low-glycemic fruits
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
- ✓ Coconut oil
- ✓ Whole, non-gluten grains
- ✓ **Probiotic and pre-biotic foods:** Kefir, rejuvelac, sauerkraut, coconut yogurt, nut and seed yogurt, Jerusalem artichoke, and chicory root
- ✓ Garlic, onions, and mushrooms-especially shiitake and maitake
- ✓ **Herbs and spices:** Turmeric, ginger, cumin, oregano, thyme, rosemary, basil
- ✓ Sunflower lecithin





# Brassicas for Balance and Protection

- ✓ Bok choy
- ✓ Daikon
- ✓ Radish
- ✓ Wasabi
- ✓ Arugula
- ✓ Broccoli, sprouts
- ✓ Brussels sprouts
- ✓ Cabbages – red, green, Savoy, Napa
- ✓ Kale
- ✓ Cauliflower
- ✓ Kohlrabi
- ✓ Daikon
- ✓ Collards
- ✓ Watercress
- ✓ Mizuna
- ✓ Mustard greens
- ✓ Rutabaga
- ✓ Turnip







# Fat for Balance

- ✓ High saturated fat promotes dangerous estrogen metabolites
- ✓ Omega-3 fats reduce inflammation, reduce receptor resistance, and promote protective metabolites
- ✓ Omega-3 also reduce C-reactive protein
- ✓ Coconut protects digestion and the brain and supports omega-3 metabolism







# Most Common Nutrient Imbalances

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





# Mineral-Rich Foods

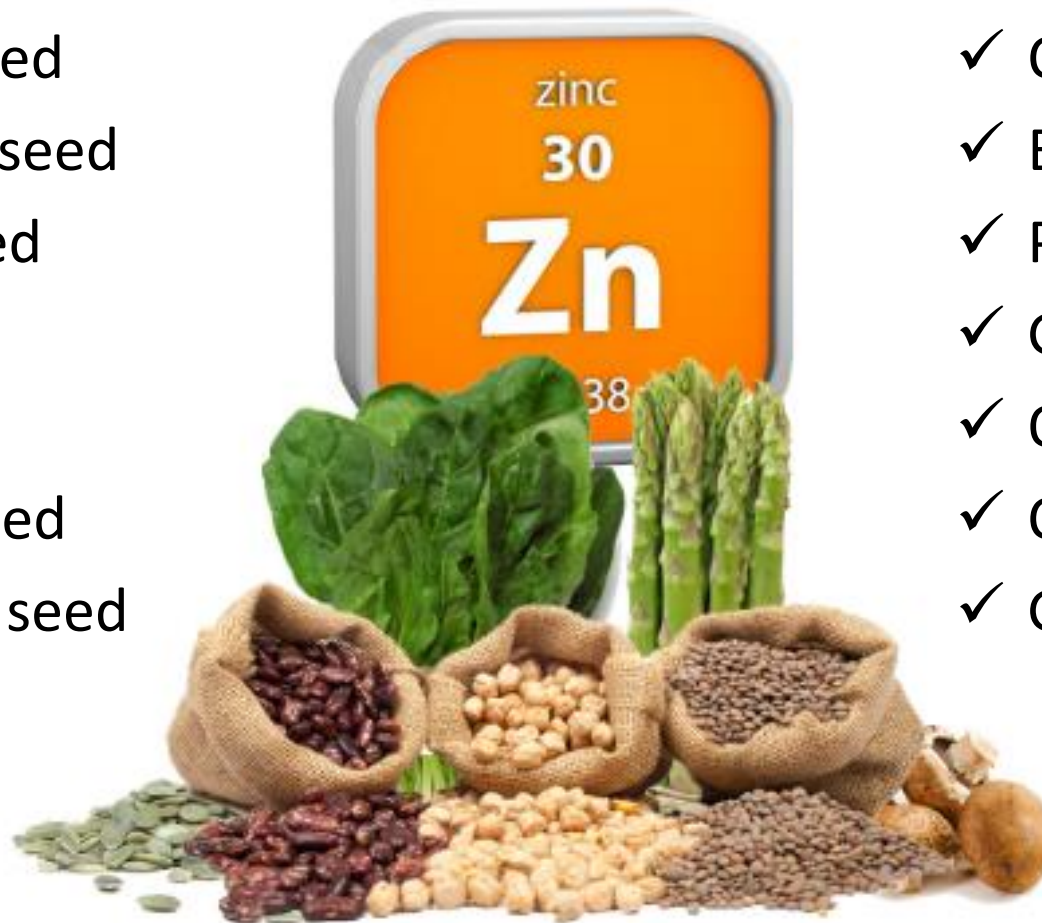
- ✓ Activate the essential fatty acid cascade
- ✓ Activate safe estrogen metabolism
- ✓ Co-factors for enzymes that run metabolic processes
- ✓ Help us make use of our energy
- ✓ Protect hormone receptors
- ✓ Activate favorable metabolic pathways





# Zinc-Rich Foods

- ✓ Poppy seed
- ✓ Mustard seed: yellow
- ✓ Celery seed
- ✓ Caraway seed
- ✓ Anise seed
- ✓ Dill seed
- ✓ Turmeric
- ✓ Cumin seed
- ✓ Pumpkin seed



- ✓ Fenugreek seed
- ✓ Thyme
- ✓ Curry powder
- ✓ Basil
- ✓ Paprika
- ✓ Ginger
- ✓ Oregano: ground
- ✓ Chili powder
- ✓ Garlic powder



# 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
- ✓ Elixirs







# Healing Elixir Base Recipe

## Ingredients

- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice, or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao, essential oils,
- ✓ **Sweetener**
- ✓ **Salt:** sea salt or kelp

## Directions

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener, and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.





# Elixir Herb Possibilities

Adrenal	Thyroid	Digestion	Reproduction	Liver / Detox	Blood Sugar
Maca Gynostemma Mucuna Pruriens Schizandra Reishi Cordyceps Shitake Astragalus Siberian Ginseng Licorice Rhodiola Tulsi Borage Ashwagandha Licorice ***	Ashwagandha Rosemary Sage He Shou Wu Black Cohosh Siberian Ginseng Gotu Kola Licorice *** Mushrooms Prickly Ash Rhodiola White willow Don Quai Brazil nuts	Pau d'Arco Cinnamon Ginger Turmeric Cayenne Peppermint Aloe Slippery Elm Marshmallow Licorice *** Fennel Chamomile	Maca Don Quai Black Cohosh Reishi Ashwagandha Gynostemma Turmeric Milky Oats Shilajit Chasteberry Saw Palmetto Pumpkin seeds	Milk Thistle Burdock Dandelion Turmeric Ginger Yellow Dock Broccoli seeds Garlic Hawthorne Berry Radish	Cinnamon Avocado Chia Carob Ginseng Gymnema Fenugreek Ashwagandha Oregon Grape (Berberine) Olive leaf Tulsi

**\*\*\* Caution with using licorice if you have high blood pressure.**



# Easy Energizing Elixir

- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (*Artisana*) **OR**  
2 tablespoons dried coconut
- ✓ 1/2 teaspoon reishi powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/4 teaspoon astragalus powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon ashwagandha powder (*Mountain Rose Herbs*)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon maca powder (*Health Force Nutritionals*)
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice  
flavored stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*





# Hormone Support Elixir

- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter **OR**  
2 tablespoons dried coconut
- ✓ 1/2 teaspoon kelp and/or blue green algae
- ✓ 1/2 teaspoon broccoli sprout powder
- ✓ 1/2 teaspoon reishi powder
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/2 teaspoon ashwagandha powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder or  
1 teaspoon vanilla
- ✓ 1 tablespoon maca powder
- ✓ 1/4 teaspoon stevia, green leaf powder, or 3-4 drops your choice  
flavored stevia (*Sweet Leaf*) or 1 teaspoon *Zero/Lakanto*







# Set Up Your Kitchen for Success

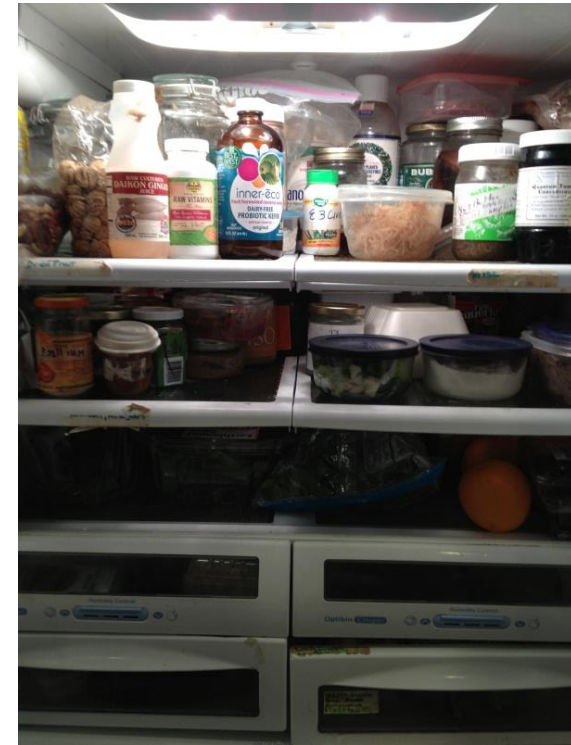
- ✓ Refrigerator
- ✓ Freezer
- ✓ Pantry shelves
- ✓ Herbs
- ✓ Essential oils





# Refrigerator Organization

- ✓ Each drawer has a theme
  - Salad stuff – lettuce, sprouts
  - Hearty veggies for steaming (or raw)
  - Roots, lemons, avocados
- ✓ Shelves have a purpose
- ✓ Shelves for overflow and leftovers







# Freezer Organization





# Pantry Organization

- ✓ Re-use jars from nut butter, tomato sauce, sauerkraut...
- ✓ Use mason jars of various sizes
- ✓ Clearly label
  - Cut out original label and tape on
  - Address labels work fine
- ✓ Organize by category
  - Grains
  - Beans
  - Sea veggies
  - Noodles
  - Spices







# Bulk Herb Organization

- ✓ Lazy Susan
- ✓ Rotating spice rack
- ✓ Baskets and Ball jars





# Essential Oil Organization

- ✓ Special boxes
- ✓ Silicon ice cube trays
- ✓ Lucite Cosmetic organizers
- ✓ Be Creative! Reuse!





# Ingredients to Avoid: Fats

- ✓ Hydrogenated oil
- ✓ Shortening
- ✓ Olestra
- ✓ Brominated vegetable oil
- ✓ Canola oil
- ✓ Vegetable oil
- ✓ Any oil that's not cold processed and stored in dark containers







# More Ingredients to Avoid

- ✓ Benzoate preservatives: BHT, BHA
- ✓ Natural flavor, MSG
- ✓ High fructose corn syrup, sugar, and all relatives
- ✓ Artificial colors and flavors
- ✓ Artificial sweeteners:  
Splenda, Aspartame, Sucralose
- ✓ Natural flavors
- ✓ Hydrolyzed vegetable protein
- ✓ Flour







# Staples

- ✓ Nuts and seeds and their butters
- ✓ Grains and legumes
- ✓ Herbs, spices, extracts, and flavorings
- ✓ Green powders
- ✓ Protein powders
- ✓ Low-glycemic sweeteners
- ✓ Cold-processed unrefined oils
- ✓ Konjac and kelp noodles
- ✓ Sea vegetables: kelp, dulse, nori, Irish moss, arame, hijiki, wakame
- ✓ Coconut wraps





## Extra Pantry Items Worth Noting

- ✓ Go Raw Sprouted Seeds
- ✓ Konjac Foods Root Fiber Powder
- ✓ Psyllium Seed Husks
- ✓ Ground Vanilla
- ✓ Thai Kitchen Red Curry Paste
- ✓ Himalayan Crystal Salt
- ✓ Coconut Aminos and Coconut Vinegar
- ✓ Navitas Naturals Products





# Be Careful About Sweet Stuff

- ✓ Honey
- ✓ Maple syrup
- ✓ Rice syrup
- ✓ Barley malt
- ✓ Agave
- ✓ Coconut nectar
- ✓ Molasses
- ✓ Fructose
- ✓ Cane sugar



# Choose Low-Glycemic Sweeteners

✓ Stevia

✓ Sugar alcohols

➤ Erythritol

➤ Xylitol

➤ Mannitol

➤ Sorbitol

✓ Luo han gao

✓ Inulin

➤ Jerusalem artichoke syrup

➤ Chicory root







# Pillar 5: Fitness



- ✓ Over-exercising and under-exercising
- ✓ Bursts
- ✓ T-Tapp: Has effects on specific hormones and muscles
- ✓ Aerobics
- ✓ Stretching
- ✓ Weights



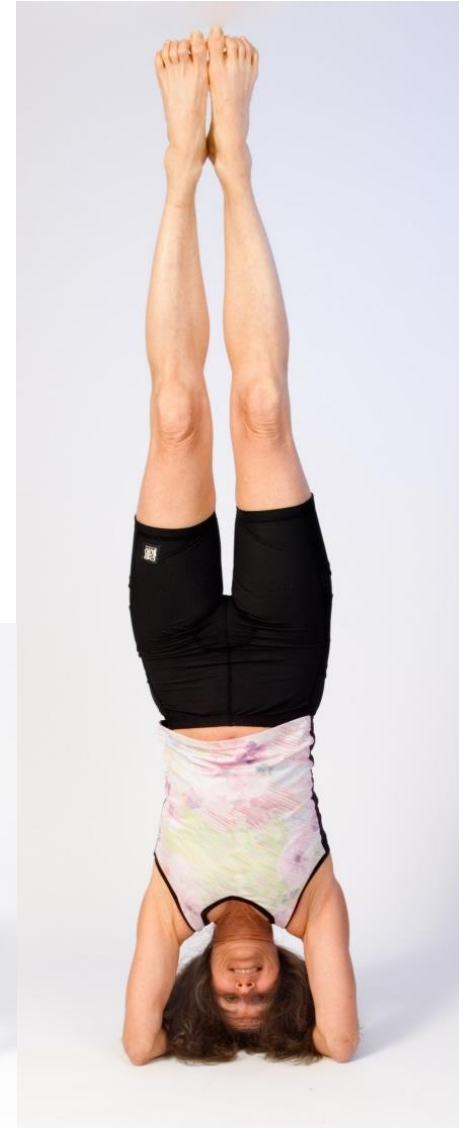
# 30-Second Exercises that Burn Fat for Hours





# Exercise Improves Hormones

- ✓ Increases testosterone
- ✓ Increases growth hormone
- ✓ Balances swings in estrogen and progesterone
- ✓ Balances blood sugar





# Exercise Guidelines for Maximum Results

- ✓ 2-3 minute burst-type exercise in AM on rising
- ✓ 30-second all-out bursts every 3-4 hours or add sprints to normal jogging, swimming, cycling routines
- ✓ 2 minute session of burst exercise 2 hours after your evening meal
- ✓ 10- to 15-minute intervals of brisk walking a few times a day
- ✓ No food after exercise or before bed



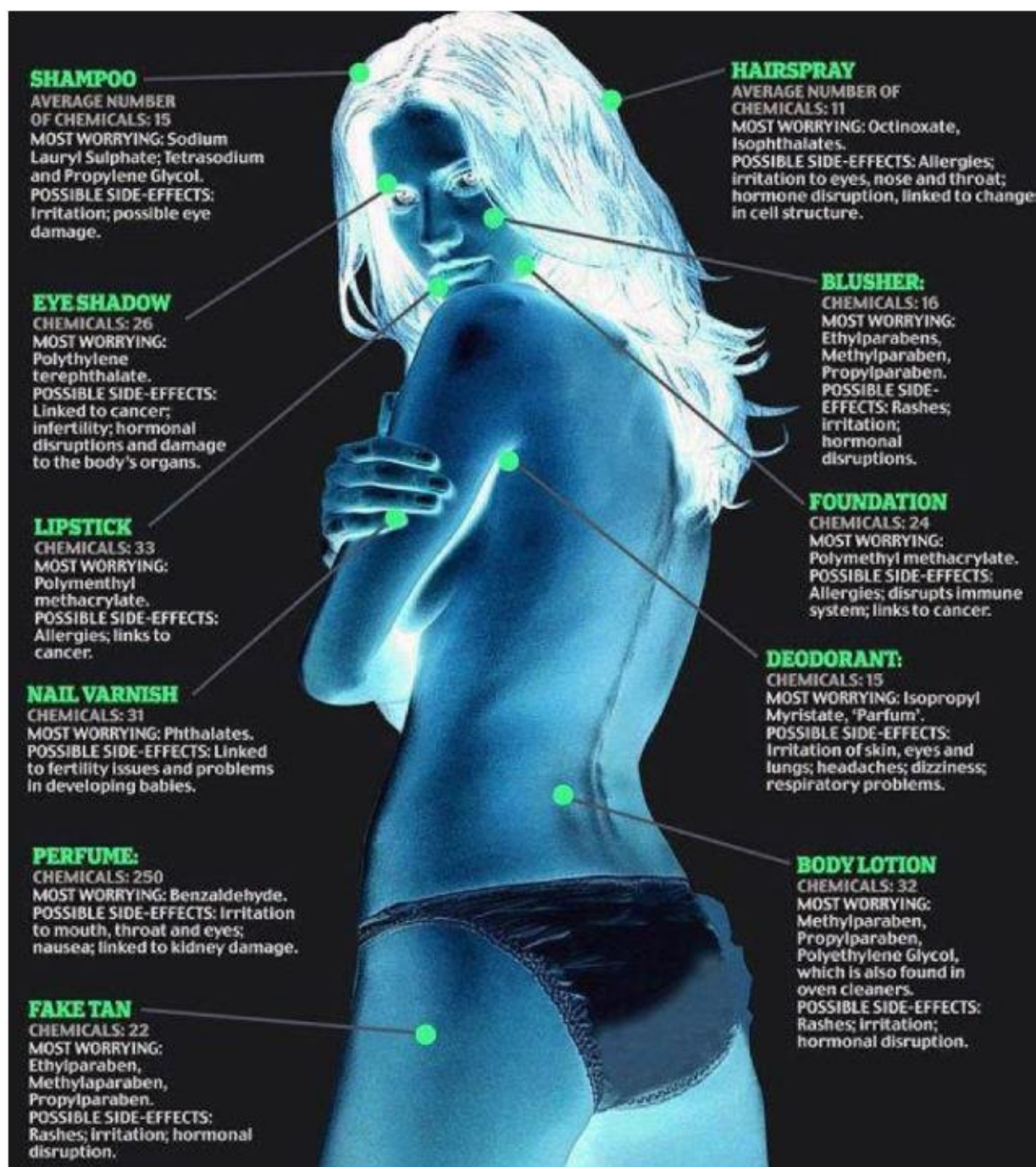




# Pillar 6: Environment



- ✓ Toxic Product Phase-out
  - Hormones disruptors
  - Cosmetics and personal care products
  - Home care and materials
- ✓ Clean air
- ✓ Clean water
- ✓ Avoidance of food allergens, additives, preservatives, and pesticides





# Toxic Product Phase Out Plan

My Products That Contain Toxic Ingredients	Alternative Products	Phase Out Plan Date



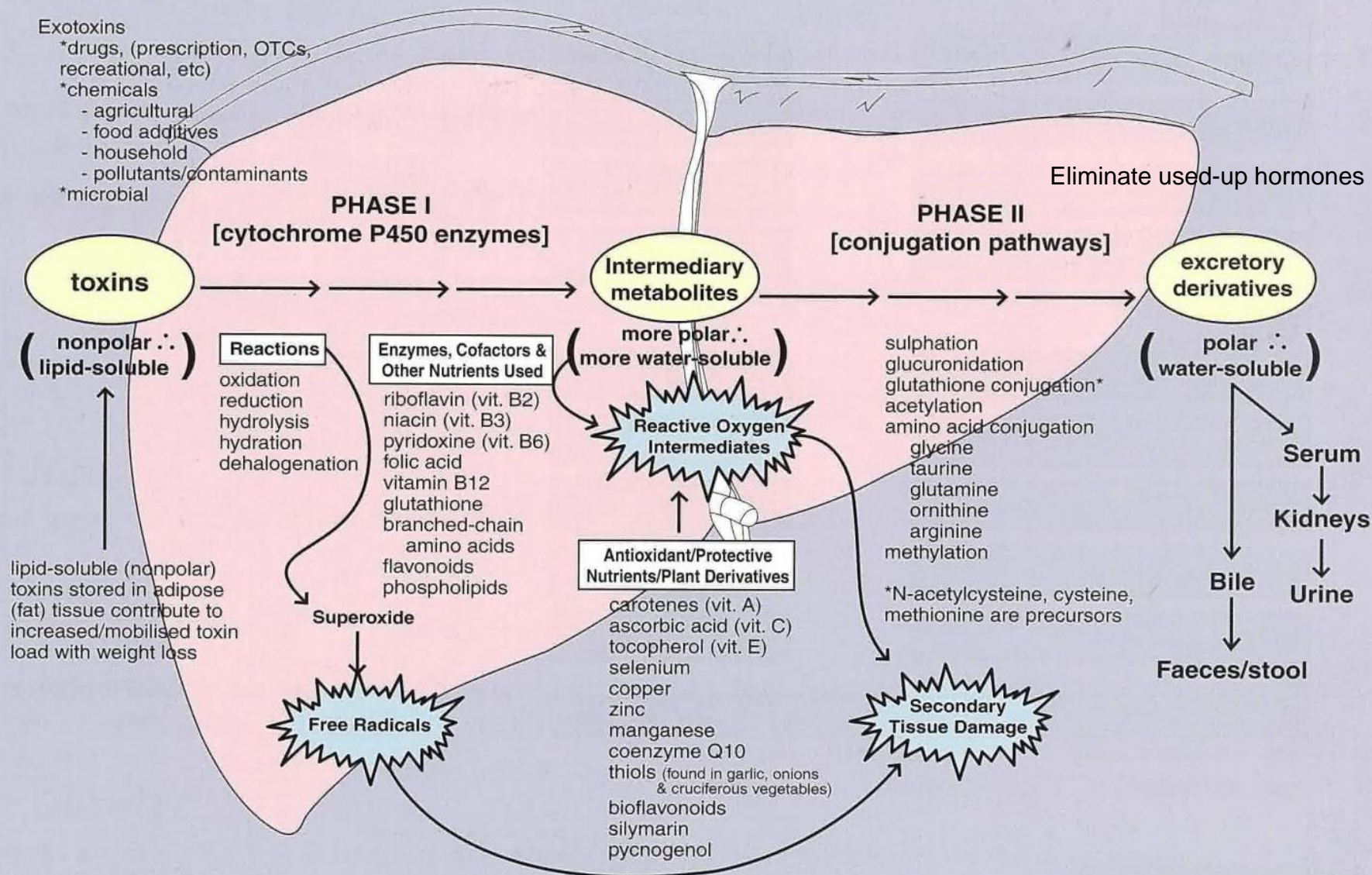
# Liver Detoxification Pathways & Supportive Nutrients

## Endotoxins

- \*end products of metabolism
- \*bacterial endotoxins

## Exotoxins

- \*drugs, (prescription, OTCs, recreational, etc)
- \*chemicals
  - agricultural
  - food additives
  - household
  - pollutants/contaminants
- \*microbial





# Support Detox and Methylation

## Gets Rid of:

- Steroid hormones, i.e., estrogen
- Dopamine
- Histamine
- Phenols
- Homocysteine
- Heavy metals
- Neuro-transmitters

## Foods and Nutrients Required:

- Choline: avocado, soy, sunflower
- Betaine: beets
- Methyl folate: greens
- Magnesium: greens
- Molybdenum: nuts, legumes
- B vitamins: greens
- Methionine: brassicas
- SAMe
- Methyl B-12
- Methyl donors: TMG, DMG, MSM





## Pillar 7: Fun



- ✓ Take the fun assessment (part of the 7 pillars assessment)
- ✓ Fun inventory
- ✓ Appreciation game
- ✓ Daily fun activities



# Fun Inventory

	Activity	Reason I Love It	Time it Takes	How Often I'd Like to Do It	How Often I Commit
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					



# Fun Ideas

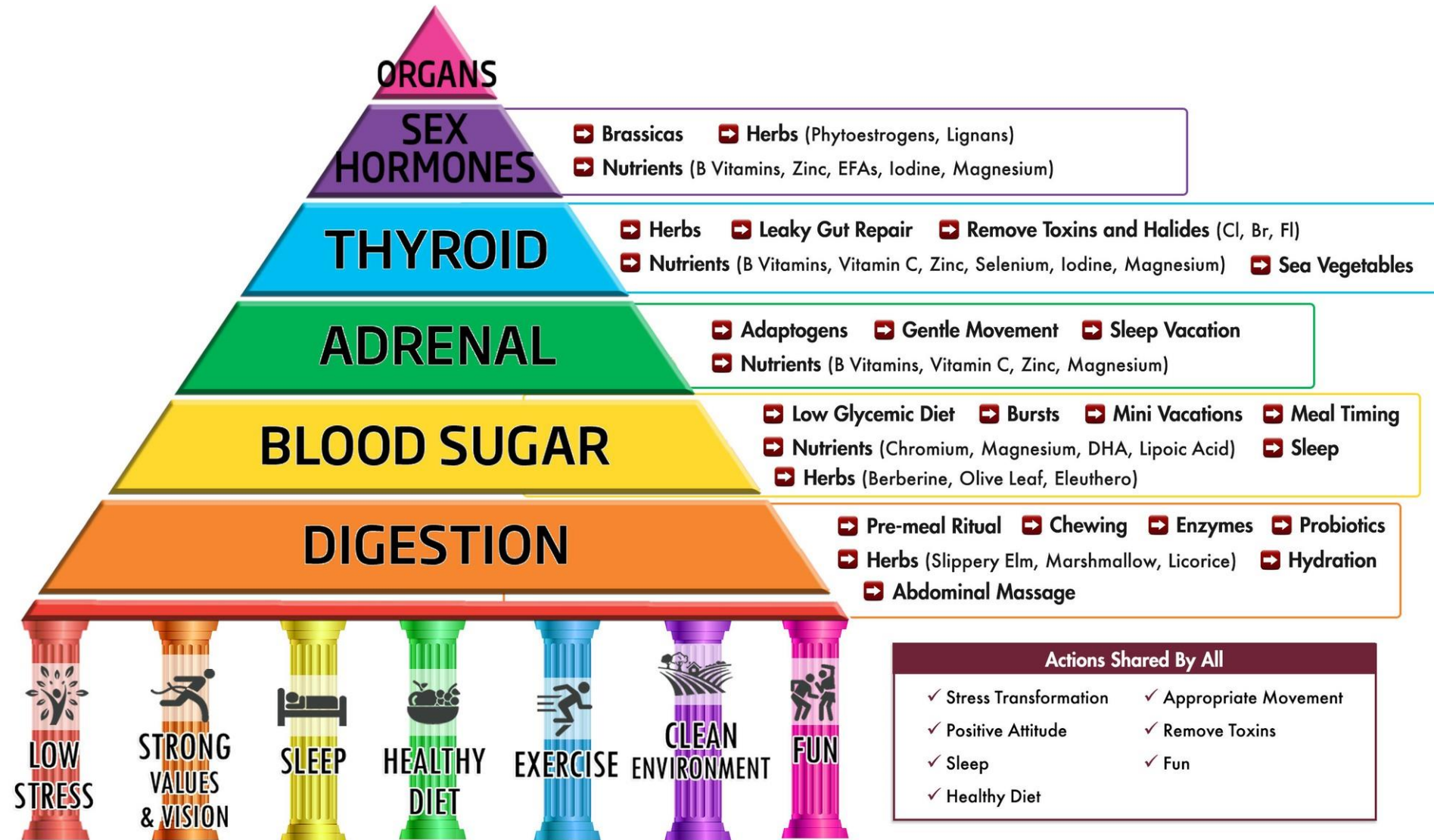
- ✓ **Appreciation game**
- ✓ **Stickers** to reward yourself for successes
- ✓ **Party favors** you can blow into or play with to celebrate successes or distract yourself from boredom
- ✓ **Breaks every hour** and read a joke or watch a quick and funny video
- ✓ **Be silly**







# Protocols



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## 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



