

THE SWEET
SPOT SOLUTION



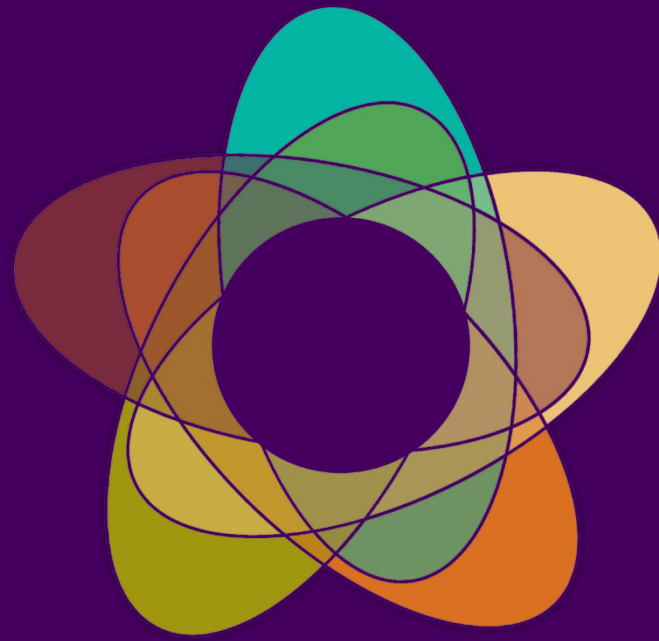
**Your
Next
Steps**



Your Sweet Spot

- That place of perfect balance where you feel
 - Energetic
 - Clear
 - Focused
 - Unstoppable
- The union of balance among 5 key lifestyle elements





**Consistent
Movement**

**Balanced
Nutrition**

**Low
Stress**

**Restful
Sleep**

**Optimal
Timing &
Rhythms**

Your Next Stage Goals

- Maintain improvements
- Continue the progress you've made
- Identify lifestyle habits you haven't fully embraced
- Make a commitment to creating new habits
- Look at more advanced strategies in each of the 5 categories
- Identify and begin to correct other metabolic imbalances either in digestion, other hormones, or detoxification pathways





Criteria for Transitioning Out of the Metabolic Reset Phase

- At least 3 weeks of stable glucose
- Blood sugar peak below 110 most of the time?
- Blood sugar rarely, if ever more or less by 10 points of your beginning of meal level within two hours
- Consistently taking the basic supplements
- Fairly consistent on the lifestyle areas
- Noticing definite improvements - waistline shrinking, more energy, brain fog lifting, pain decreasing, digestion better

Continue to Follow the Lifestyle Protocols

- Bursts
- **Moderate intensity aerobics**
- Breathing and appreciation breaks **at least 5 times a day**
- Identify early on **when you are going into “autopilot”**
- **Sleep Hygiene**
 - Get to bed **by 11:00 p.m.**
 - Stay in bed **at least 8 hours**
 - **Turn down the activity intensity** starting a couple of hours before bedtime.
- Stop eating at least **3 hours before bedtime**
- Allow at least **12 hours** before eating breakfast.
- Space your **meals 4-6 hours apart** with no snacking.





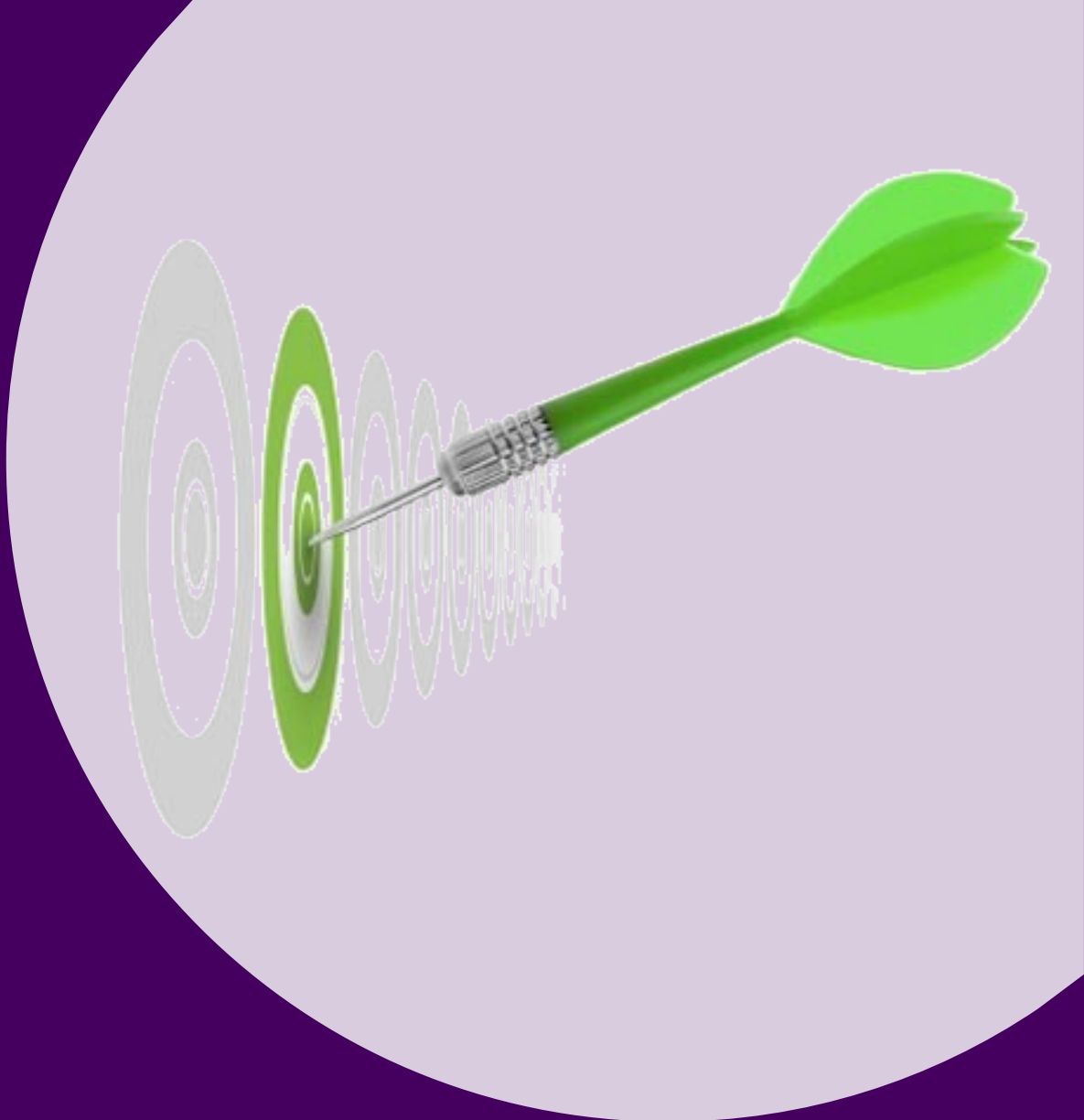
**When Ready to Transition:
Begin Testing, Tracking, and
Reintroducing Foods
Cautiously Using the
Transition Food Guidelines,
Charts and Tracker**

Foods to Consume Regularly			Foods to Use Cautiously - Only if Sugar Stays < 110		Tiny Amounts / Rare Occasions	Never
<p>Unlimited Non-Starchy Vegetables <i>Raw or cooked</i></p> <ul style="list-style-type: none"> • All non-starchy vegetables / greens • Arugula • Bok choy • Broccoli • Cabbage • Cauliflower • Celery • Chard • Collard greens • Cucumber • Herbs • Jicama • Kale • Kelp noodles • Konjac noodles • Lettuce • Peppers • Radish • Spinach • Sprouts • Tomato <p><i>** All foods in the Sweet Spot Recipe Collection recipes are allowed unless they raise your blood sugar above 110.</i></p>	<p>Moderate Amounts <i>Watch omega-6:3 ratio and saturated fat</i></p> <ul style="list-style-type: none"> • Almond • Avocado • Brazil • Cashew • Chia • Coconut • Filbert (hazelnut) • Flax • Hemp • Macadamia • Pecan • Pine nut • Pumpkin • Sesame • Sunflower • Walnut • Other raw nuts and seeds <p>Animal Foods <i>(optional)</i></p> <ul style="list-style-type: none"> • Deep ocean fish (limit to 1-2 times a week, 3 ounce serving) • Organic, free-range, pastured or wild lean meat (3 oz) 	<p>Include Often <i>to help blood sugar regulation</i></p> <ul style="list-style-type: none"> • Alfalfa • Algae and seaweed • Avocado • Basil • Bitter melon • Blueberries • Broccoli • Brussel sprouts • Cabbage • Cardamom • Carob • Cinnamon • Citrus peel extract • Cucumber • Fenugreek • Garlic • Ginger • Greens • Jerusalem artichoke • Maitake mushroom • Onion • Prickly pear or nopal cactus • Stevia • Turmeric 	<p>Gluten-Free Grains</p> <ul style="list-style-type: none"> • Brown rice • Buckwheat • Millet • Quinoa • Teff • Wild rice • Other non-gluten grains <p>Legumes</p> <ul style="list-style-type: none"> • Adzuki beans • Black beans • Kidney beans • Lentils • Mung beans • Peas • Pinto beans • Red beans • White beans <p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Beets • Carrot • Parsnip • Rutabaga • Sweet potato • Turnip • Yam 	<p>Fruits <i>Best eaten with greens in smoothies or salads</i></p> <ul style="list-style-type: none"> • Apples • Apricots • Banana • Blackberry • Blueberry • Cherimoya • Guava • Mango • Papaya • Passion fruit • Peaches • Pears • Persimmon • Pineapple • Plums • Pomegranate • Raspberry • Star fruit • Strawberry • Other fruits and berries <p>Dried Fruit</p> <ul style="list-style-type: none"> • Dates • Goji Berry • Prunes • Raisins • Others 	<p>High-Glycemic Foods</p> <ul style="list-style-type: none"> • Flour products - whole grain, unrefined, non-gluten • Fresh fruit juice in combination with vegetable juice or in a vegetable-based dish • Sweeteners - whole: honey, maple syrup, raw dehydrated cane juice, agave • Vegetable oil - small amount in a big stir-fry, on occasion when out • White potato • Yellow potato <p>Allergens <i>- Only if Tested with No Reaction</i></p> <ul style="list-style-type: none"> • Dairy • Corn • Eggs • Soy • Peanuts 	<p>Processed Foods</p> <ul style="list-style-type: none"> • Alcohol • Animal products - commercial • Coffee • Deep fried food • Gluten • High-fructose corn syrup • Hydrogenated oils • Margarine • Mayonnaise • Pasteurized fruit juice • Processed polyunsaturated oils <i>(they come in glass jars and are already oxidized)</i> • Refined flour • Refined grains <i>(i.e. white rice)</i> • Shortening • Sweeteners - artificial • White sugar <p>Allergens</p> <ul style="list-style-type: none"> • Gluten unless tested (via enterolabs.com or cyrexlabs.com) • Your personal allergens

Metabolic Reset Transition: Food Reintroduction Tracking

Eat Freely	Eat Cautiously	Don't Eat Yet

Continue the progress you've made until you reach your goal



**Maintain
Your
Improvements**



Optimize Lifestyle Habits

- ✓ Identify those you haven't fully embraced
- ✓ Implement more advanced strategies in each of the 5 categories

Consistent
Movement

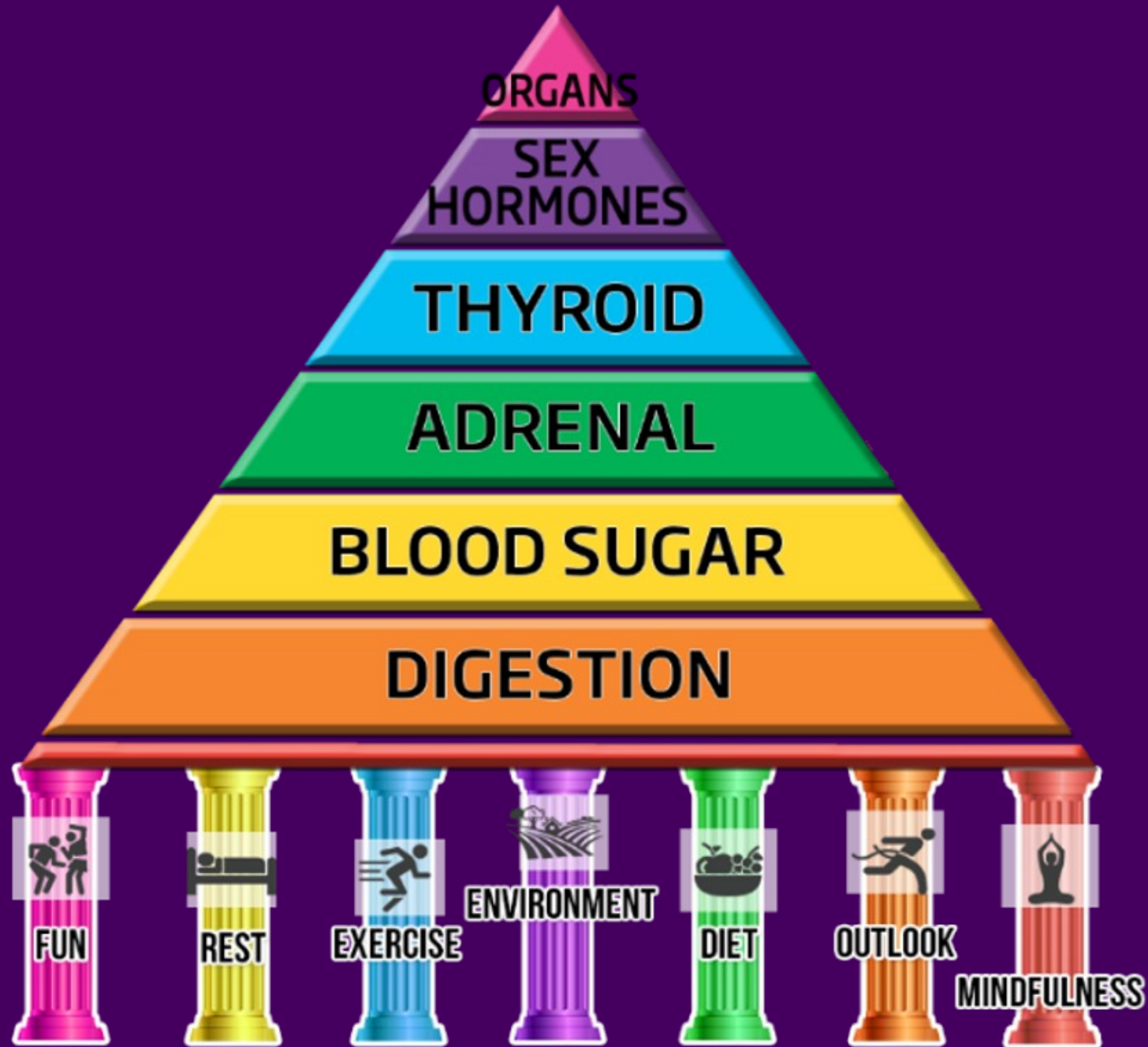
Balanced
Nutrition

Low
Stress

Restful Sleep

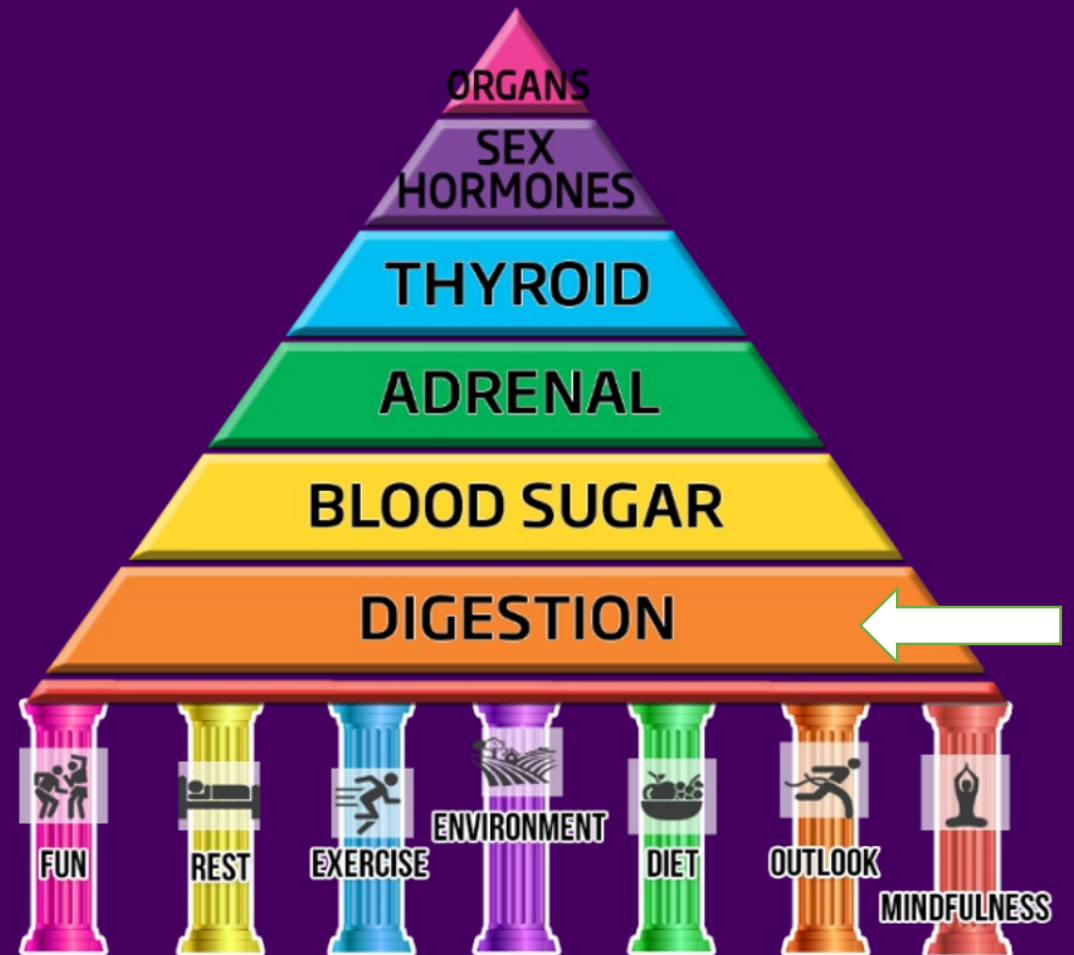
Optimal
Timing &
Rhythms

**Identify Other
Metabolic
Imbalances
That May Be
Interfering**



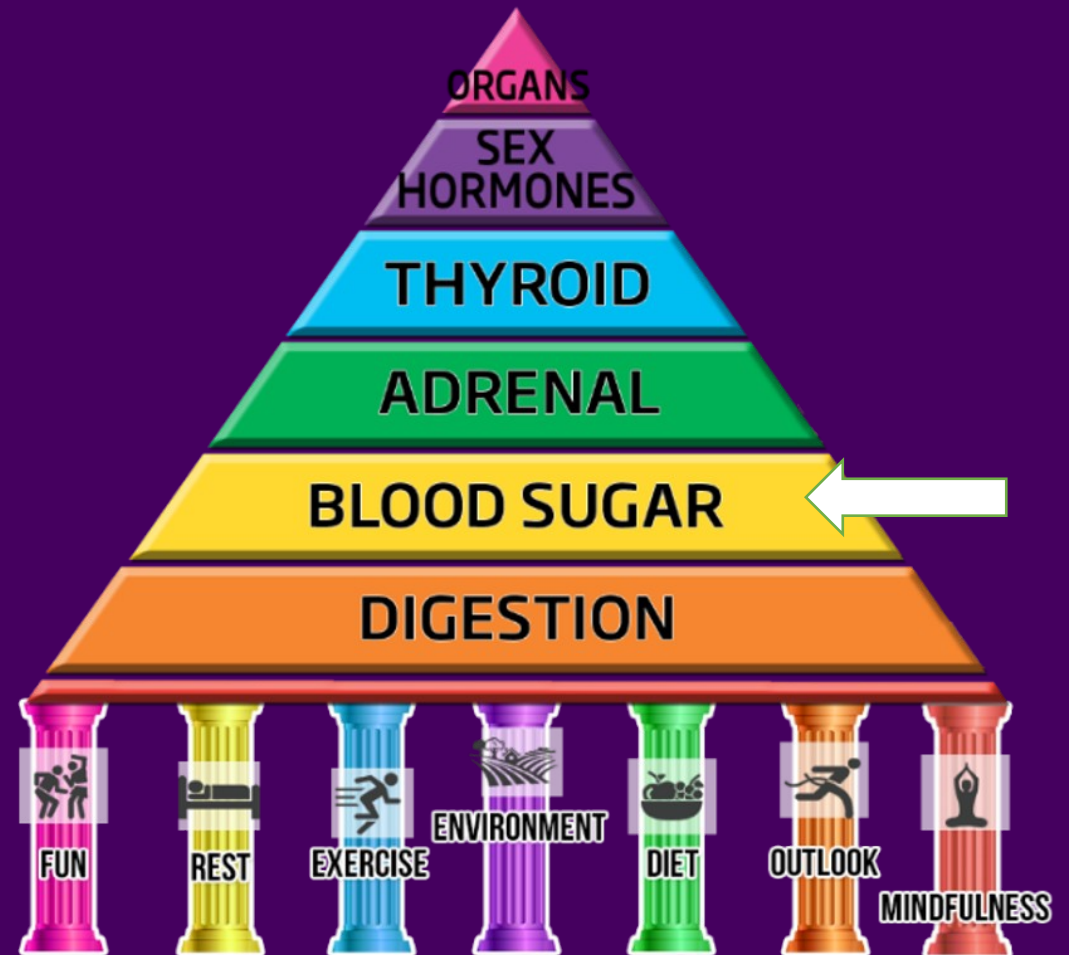
Digestive Challenges

- Stressful mealtimes
- Leaky gut
- Dysbiosis

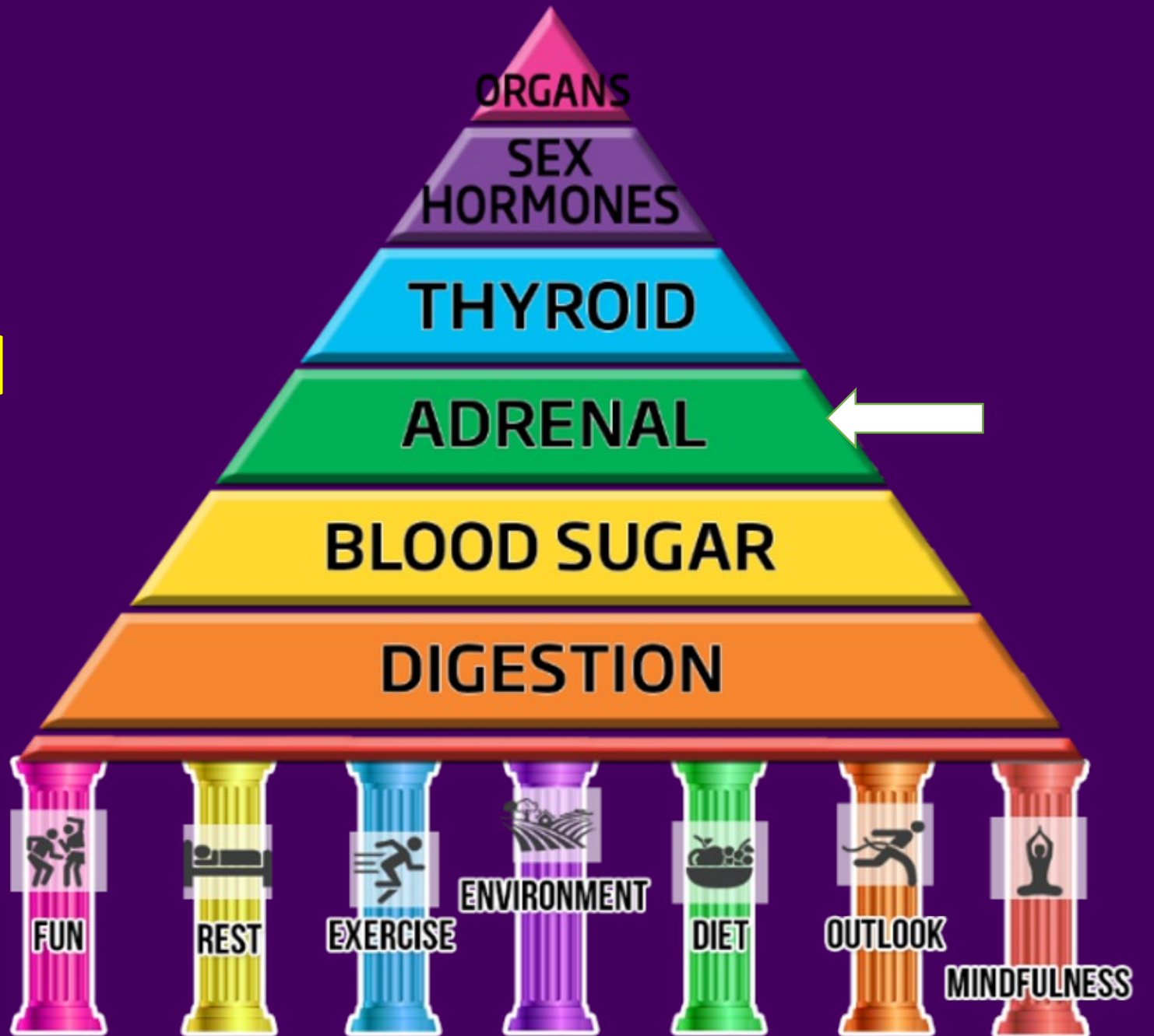


Chronic Blood Sugar Dysregulation

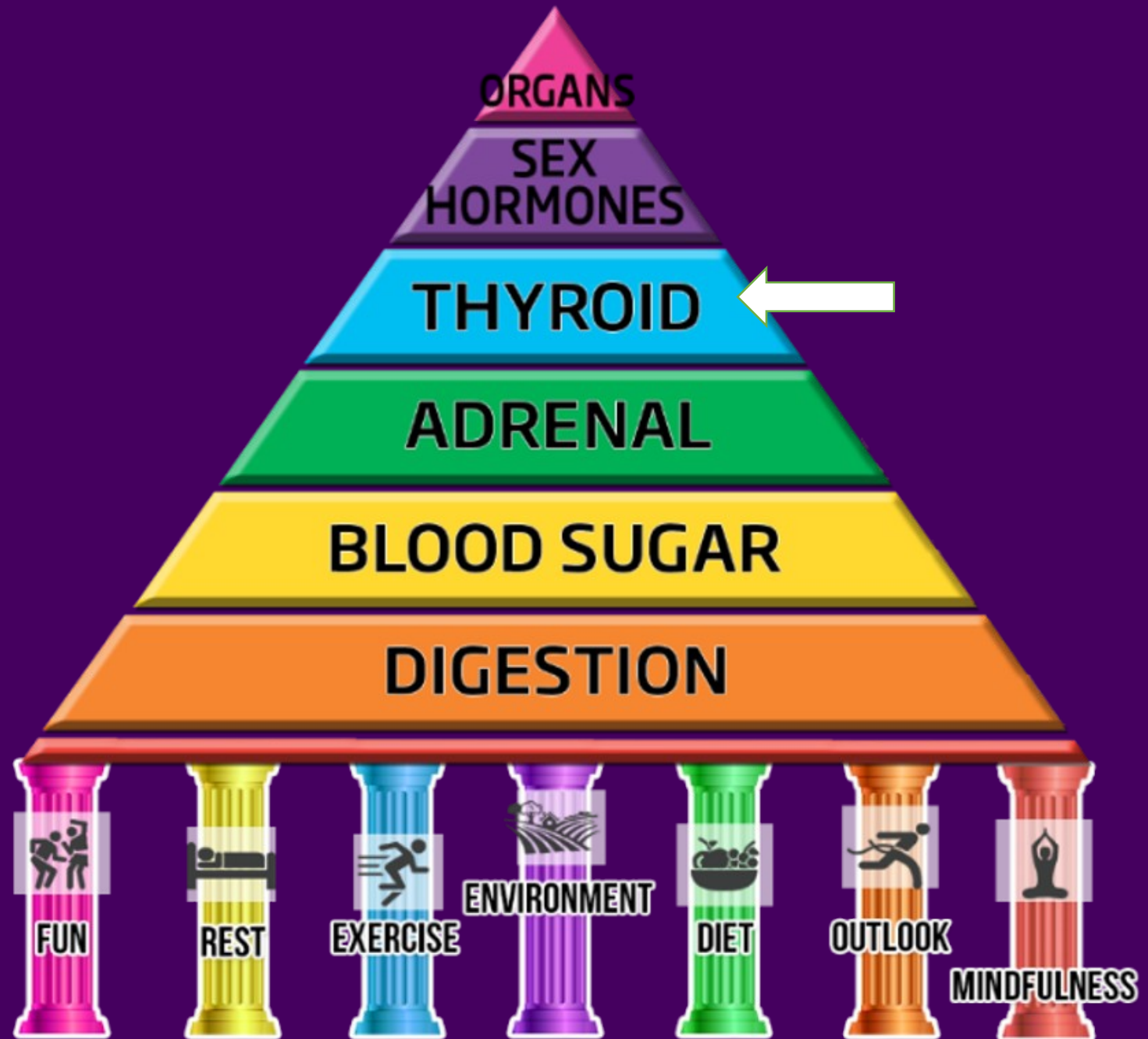
- Were diagnosed with
 - Diabetes
 - Metabolic syndrome
 - Long-term insulin resistance
- Been that way for many years
- Damage may take longer than 30 days to heal - Be patient



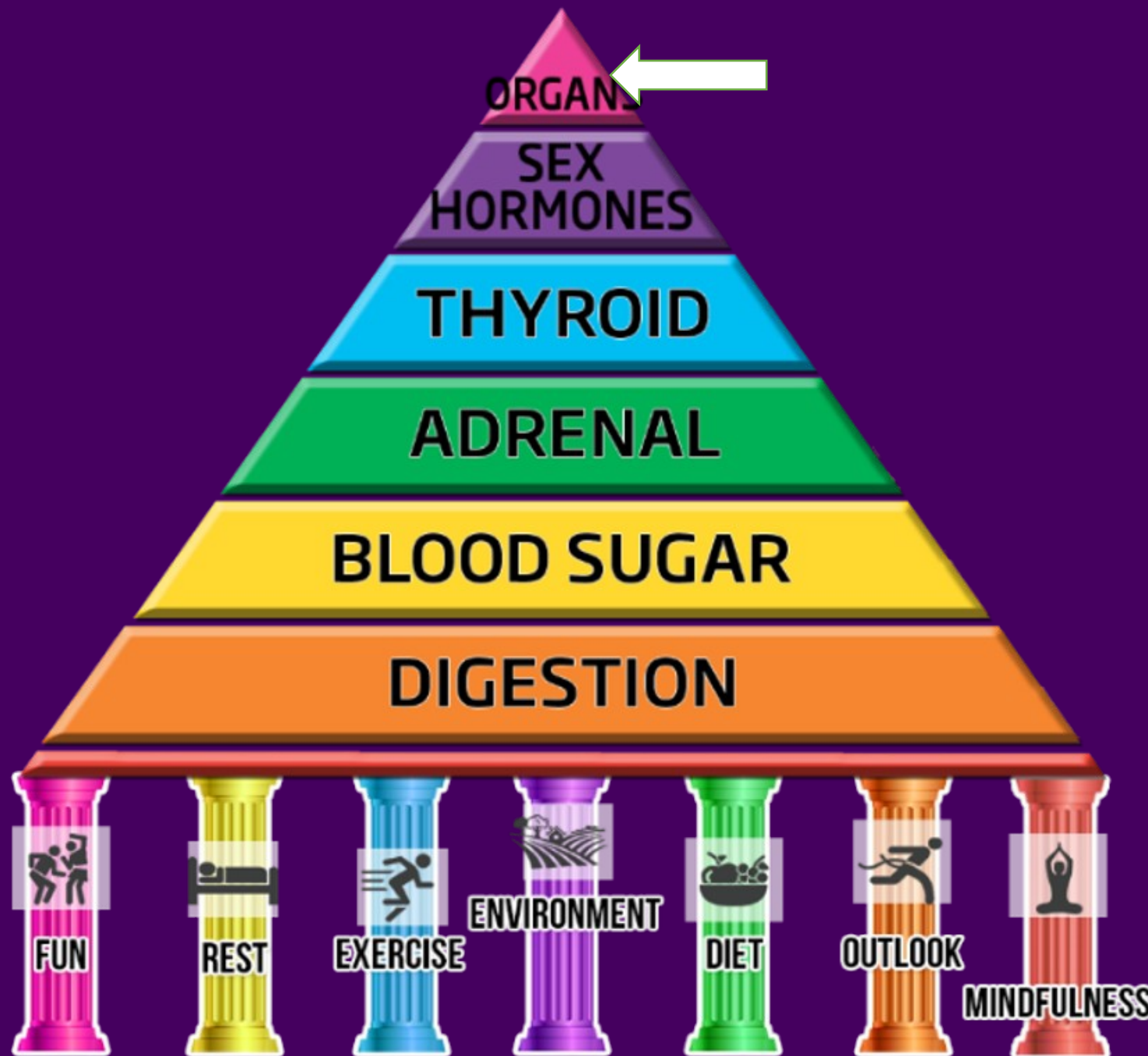
Chronic Stress and Adrenal Dysfunction



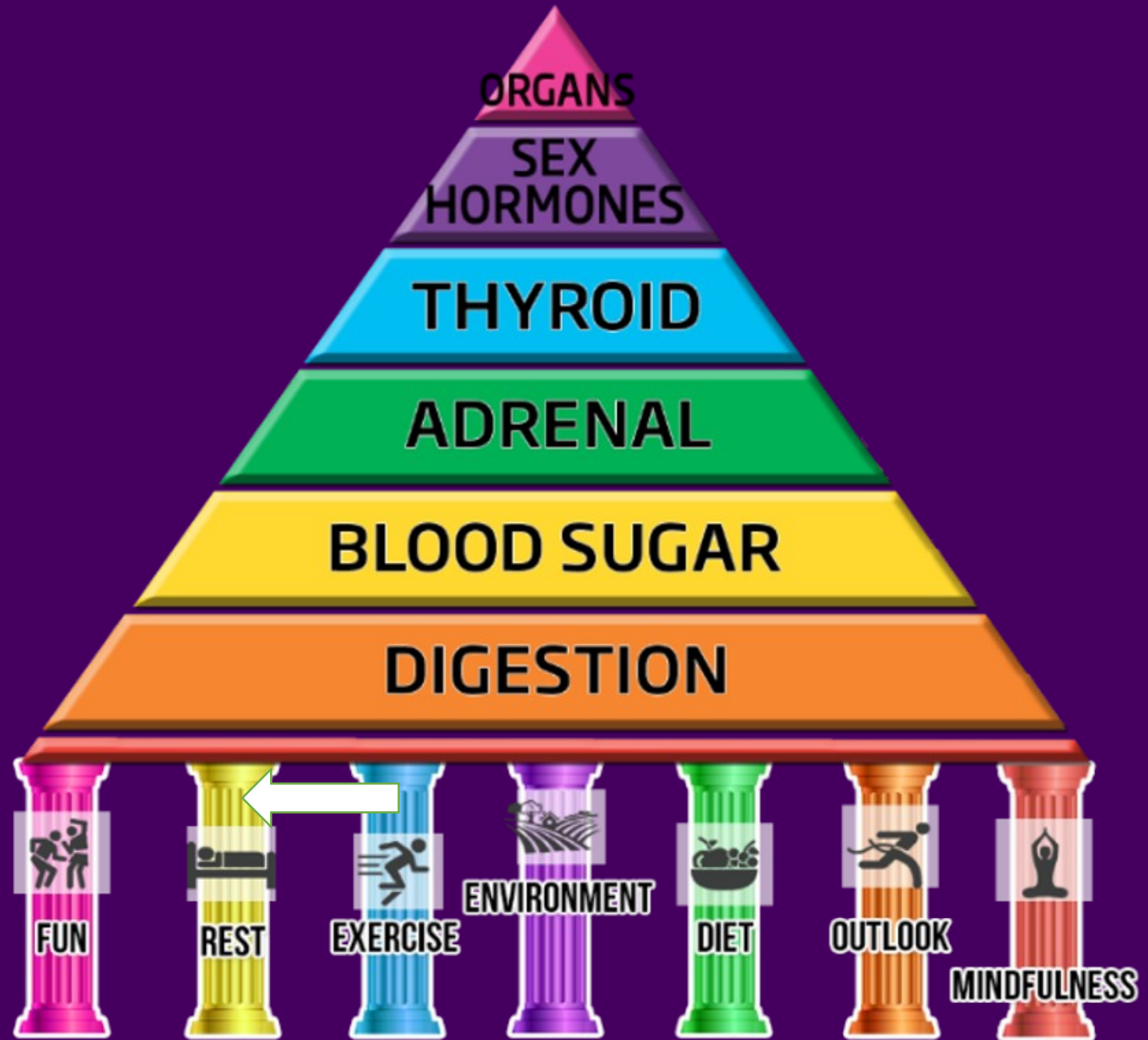
Thyroid Dysfunction with Long-Term Medication Use



Fatty Liver and Sluggish Detoxification



Long Standing Sleep Difficulties and Chronic Sleep Deprivation





Assess Your Body Balance

- Hormones and Glands Assessment
- Body Systems and Organs Assessment

Hormones and Glands Assessment Scorecard

Name				
Based upon your health profile for the past 30 days , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.				
Point Scale: (Please adjust your understanding as needed for health questions that are NOT symptom related.) 0 = NEVER (also: least, no, never tried/experienced) 1 = MILD (also: occasionally; symptom occurs rarely - i.e. a couple of times a month at most) 2 = MODERATE (also: some severity/intensity, and/or frequency, often; symptom occurs weekly) 3 = SEVERE/ABSOLUTE (also: frequent, intense, most, always, yes) For all yes/no questions, 0 = no and 3 = yes				
Section 1 – Adrenal General Function	0	1	2	3
Do you tend to be a "night person"?	0	1	2	3
Do you have difficulty falling asleep?	0	1	2	3
Are you a slow starter in the morning?	0	1	2	3
Do you tend to be keyed up, and/or have trouble calming down?	0	1	2	3
Is your blood pressure above 120/80?	0	1	2	3
Do you experience headache(s) after exercising?	0	1	2	3
Do you feel wired or jittery after drinking coffee?	0	1	2	3
Do you clench or grind your teeth?	0	1	2	3
Are you calm on the outside, but troubled on the inside?	0	1	2	3
Do you have chronic low back pain that worsens with fatigue?	0	1	2	3
Do you become dizzy when standing up suddenly?	0	1	2	3
Do you have difficulty maintaining manipulative correction?	0	1	2	3
Do you experience pain after manipulative correction?	0	1	2	3
Do you have arthritic tendencies?	0	1	2	3
Do you crave salty foods?	0	1	2	3
Do you salt foods before tasting?	0	1	2	3
Do you perspire easily?	0	1	2	3
Do you have chronic fatigue and/or get drowsy often?	0	1	2	3
Do you have bouts of afternoon yawning?	0	1	2	3
Do you experience afternoon headache(s)?	0	1	2	3

Point Scale:

(Please adjust your understanding as needed for health questions that are NOT symptom related.)

0 = NEVER (also: least, no, never tried/experienced)

1 = MILD (also: occasionally; symptom occurs rarely - i.e. a couple of times a month at most)

2 = MODERATE (also: some severity/intensity, and/or frequency, often; symptom occurs weekly)






3 = SEVERE/ABSOLUTE (also: frequent, intense, most, always, yes)

For all yes/no questions, 0 = no and 3 = yes

Do you have asthma, wheezing, and/or difficulty breathing?	0	1	2	3
Do you experience pain on the medial or inner side of the knee?	0	1	2	3
Do you have a tendency to sprain ankles or experience "shin splints"?	0	1	2	3
Do you have a tendency to need sunglasses?	0	1	2	3
Do you have allergies and/or hives?	0	1	2	3
Do you ever suffer from weakness and/or dizziness?	0	1	2	3
Total for Each Column (number of checkmarks x value)				
Adrenal General Function Subtotal				
% Score for Adrenal General Function - Subtotal /78 * 100				

Score Interpretation

Use each section's percentage score to determine which hormones/glands need to be addressed more urgently than others.

-  **0-10%** - Overall good balance. Sound nutrition and healthy habits will maintain good balance.
-  **11-20%** - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.
-  **21-35%** - Things are out of balance and need attention.
-  **36-50%** - Very compromised and likely to significantly affect your state of health, well-being and energy level.
-  **51-100%** - Severely compromised and requires immediate attention.

4

Transfer Your Scores to the Tracker

Use the sheet below to track your assessment scores.

You can use the below google spreadsheet – make a copy before you use it.

[Access Score Card Tracker on Google Drive](https://drritamarie.com/AssessmentsTracker) <https://drritamarie.com/AssessmentsTracker>

If you're not familiar with google drive, and not comfortable with spreadsheets, we have you covered. Download the PDF below and fill it in with your favorite writing implement. The benefit of using our spreadsheet is that the columns change color based on whether your score is in optimal, suboptimal, or dangerous level.

[Download Score Card Tracker as a PDF](#)



Copy document

Would you like to make a copy of **Sweet Spot Body and Nutrient Scorecard - TEMPLATE - Download or Make a copy to Edit ?**

Make a copy



Symptom and Nutrient Scorecards

Your Name	
Coach Name	

INSTRUCTIONS: This form gives you a place to keep track of all of your "Present Health - Symptom Survey" assessment results. There is a column for the initial score and 4 additional ones so you can reassess quarterly and keep track of your progress throughout the year. Be sure to put the date of the test in the light purple column header.

Assessment	Score				
------------	-------	--	--	--	--

Body System and Organ Assessment

Date of Assessment:	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Digestion - Low Stomach Acid					
Digestion - Excess Stomach Acid					
Digestion - Liver and Gallbladder					
Digestion - Small Intestine and Pancreas					
Digestion - Large Intestine					
Cardiovascular System					
Kidney and Bladder					
Immune System					

Hormone and Gland Assessment

Date of Assessment	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Adrenal – General					
Adrenal Hypofunction					
Adrenal Hyperfunction (Cortisol high)					
Blood Sugar Dysregulation					
Blood Sugar Handling - Insulin Resistance					
Blood Sugar Handling - Blood Glucose Fluctuation					
Thyroid Low (Hypo)					
Thyroid Excess (Hyper)					
Pituitary					
Male - Prostate					
Male - Hormones					
Female - Hormones					
Female - Menopausal					

Symptom and Nutrient Scorecards

Your Name

Coach Name

INSTRUCTIONS: This form gives you a place to keep track of all of your "Present Health - Symptom assessment results. There is a column for the initial score and 4 additional ones so you can reasonably keep track of your progress throughout the year. Be sure to put the date of the test in the light header.

Assessment

Score

Body System and Organ Assessment

Date of Assessment:

5/29/20

mm/dd/yy

mm/dd/yy

mm/

Digestion - Low Stomach Acid

33

Digestion - Excess Stomach Acid

19

Digestion - Liver and Gallbladder

27

Digestion - Small Intestine and Pancreas

40

Digestion - Large Intestine

28

Cardiovascular System

20

Kidney and Bladder

13

Immune System

9

Symptom and Nutrient Scorecards

Your Name

Coach Name

INSTRUCTIONS: This form gives you a place to keep track of all of your "Present Health - Symptom Survey" assessment results. There is a column for the initial score and 4 additional ones so you can reassess quarterly and keep track of your progress throughout the year. Be sure to put the date of the test in the light purple column header.

Assessment

Score

Body System and Organ Assessment

Date of Assessment:	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Digestion - Low Stomach Acid					
Digestion - Excess Stomach Acid					
Digestion - Liver and Gallbladder					
Digestion - Small Intestine and Pancreas					
Digestion - Large Intestine					
Cardiovascular System					
Kidney and Bladder					
Immune System					

Hormone and Gland Assessment

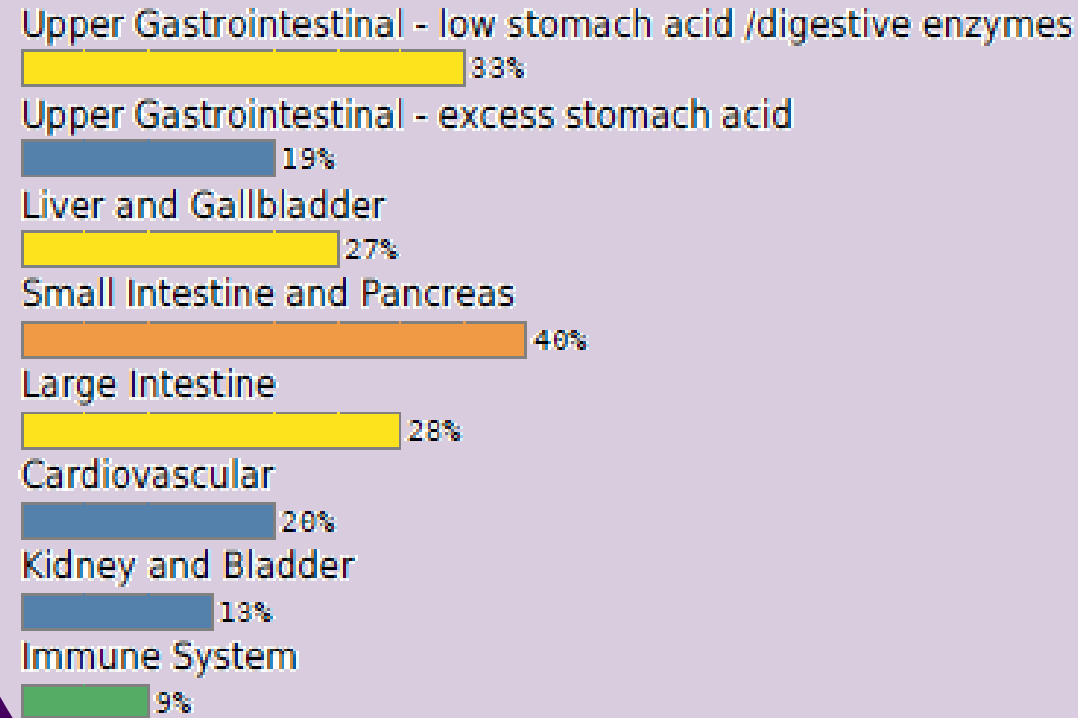
Date of Assessment	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Adrenal - General					
Adrenal Hypofunction					
Adrenal Hyperfunction (Cortisol high)					
Blood Sugar Dysregulation					
Blood Sugar Handling - Insulin Resistance					
Blood Sugar Handling - Blood Glucose Fluctuation					
Thyroid Low (Hypo)					
Thyroid Excess (Hyper)					
Pituitary					
Male - Prostate					
Male - Hormones					
Female - Hormones					
Female - Menopausal					

Hormone and Gland Assessment

Date of Assessment	5/29/20	mm/dd/yy	mm/dd/yy	m
Adrenal – General	31			
Adrenal Hypofunction	46			
Adrenal Hyperfunction (Cortisol high)	44			
Blood Sugar Dysregulation	33			
Blood Sugar Handling - Insulin Resistance	19			
Blood Sugar Handling - Blood Glucose Fluctuation	37			
Thyroid Low (Hypo)	35			
Thyroid Excess (Hyper)	30			
Pituitary	25			
Male - Prostate	0			
Male - Hormones	0			
Female - Hormones	28			
Female - Menopausal	28			

What to Do About Areas with High Scores

- Address Digestion if any scores above 10
- List all areas where you scored above 10 in order from highest to lowest
- Balance those areas



Nutrient Scorecards


- Nutrient Balance:
General, Fatty Acids, and
Amino Acids
- Vitamin Assessment
- Mineral Assessment




Nutrient Balance: Vitamin Assessment Scorecard


Name				
<p>Based upon your health profile for the past 30 days, please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.</p>				
<p>Point Scale: (Please adjust your understanding as needed for health questions that are NOT symptom related.)</p> <p>0 = Never or almost never have the symptom 1 = Minor or mild symptom occurs rarely, ie; a couple of times a month at most 2 = Moderate symptom that occurs weekly 3 = Frequently or severe symptom, occurs daily or almost daily</p> <p>For all yes/no questions, 0 = no and 1 = yes</p>				
Section 1 - Vitamin A	0	1	2	3
Do you have poor night vision?	0	1	2	3
Do you have "chicken skin" on the backs of your arms?	0	1	2	3
Do you have acne?	0	1	2	3
Do you suffer from dry eyes?	0	1	2	3
Do you have food allergies?	0	1	2	3
Do you notice any loss of appetite?	0	1	2	3
Are you prone to infections and colds?	0	1	2	3
Have you noticed reduced hair growth?	0	1	2	3
Do you have a history of ulcers? <i>0 = never</i> <i>1 = years ago</i> <i>2 = within last year</i> <i>3 = within past 3 months</i>	0	1	2	3
Have you experienced any hair loss?	0	1	2	3
Total for Each Column (number of checkmarks x value)				
Subtotal /30				

Nutrient Scoring Scale

 **0-10%** - Overall good balance. Sound nutrition and healthy habits will maintain good balance.

 **11-20%** - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.

 **21-35%** - Things are out of balance and need attention.

 **36-50%** - Very compromised and likely to significantly affect your state of health, well-being and energy level.

 **51-100%** - Severely compromised and requires immediate attention.

Nutrient Balance: General Assessment

Date of Assessment	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Vitamin & Mineral Needs					
Essential Fatty Acid Needs					
Amino Acid Needs					

Nutrient Balance: Vitamin Assessment

Date of Assessment	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
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	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Calcium					
Chromium					
Copper					
Iodine					
Iron					
Magnesium					
Manganese					
Phosphorus					
Potassium					
Zinc					

Nutrient Balance: Vitamin Assessment

Date of Assessment	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy	mm/dd/yy
Vitamin A	10				
B Vitamins	7				
Vitamin B1 - Thiamin	7				
Vitamin B2 - Riboflavin	10				
Vitamin B3 - Niacin	11				
Vitamin B5 - Pantothenic acid	13				
Vitamin B6 - Pyridoxine	12				
Vitamin B7 - Biotin	14				
Vitamin B9 - Folic Acid	8				
Vitamin B12 - Cobalamin	11				
Vitamin C	7				
Vitamin D	8				
Vitamin E	17				
Vitamin K	44				

What to Do About Nutrient Imbalances

- Track “usual” diet for 5 days in Cronometer
- Look at nutrients that scored above 10
- Determine foods to add to diet to make up balance
- Supplement as needed





We've barely scratched the surface of the five blood sugar balancing lifestyle factors.

GOAL

1. _____

2. _____

3. _____

4. _____

If you haven't
reached your
goals or want
to continue
your
results....



GOAL

1. _____

2. _____

3. _____

4. _____

You need
to learn
more
about...



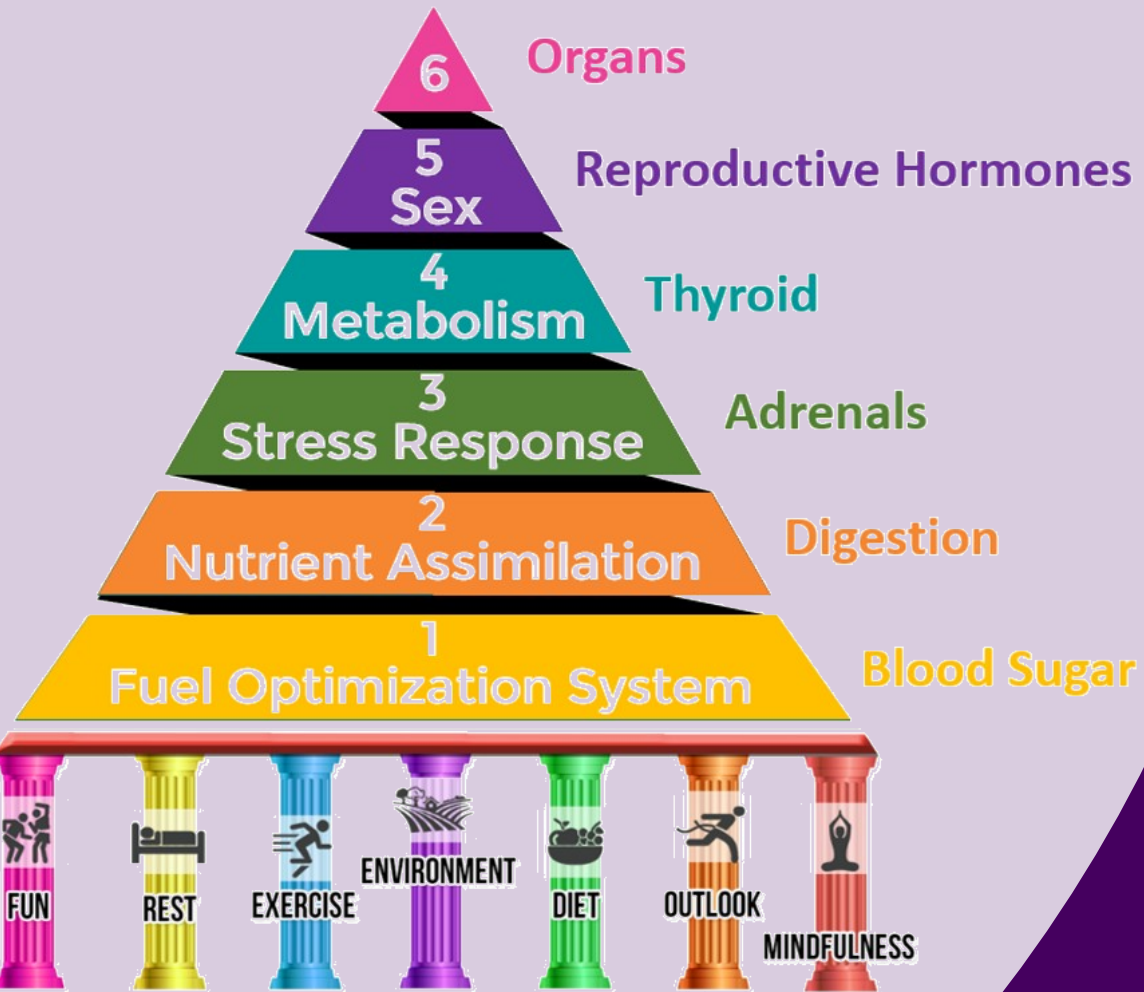
How to Manage Your Fasting/Feasting Cycles



How to Master Your Parasympathetic Nervous System



How to Get Restorative Sleep



How to Balance your Body Systems and Hormones

What's Possible for You...

Have plenty of energy for fun, family, and relationships



What's Possible for You...

Get your brain back to focused and clear so you can skyrocket your success



What's Possible for You...

To be fully present for your loved ones



THE SWEET
SPOT SOLUTION



**Stay in the
Sweet Spot**

If You Have Had Difficulty With Follow Through On The Diet And Lifestyle Recommendations

Consistent
Movement

Balanced
Nutrition

Low
Stress

Restful Sleep

Optimal
Timing &
Rhythms

Get Ongoing Support



A vibrant blue underwater scene with numerous bubbles rising from the bottom. The water is clear and bright, with light rays filtering through. A semi-transparent white circle is overlaid on the right side of the image.

**Go
Deeper**

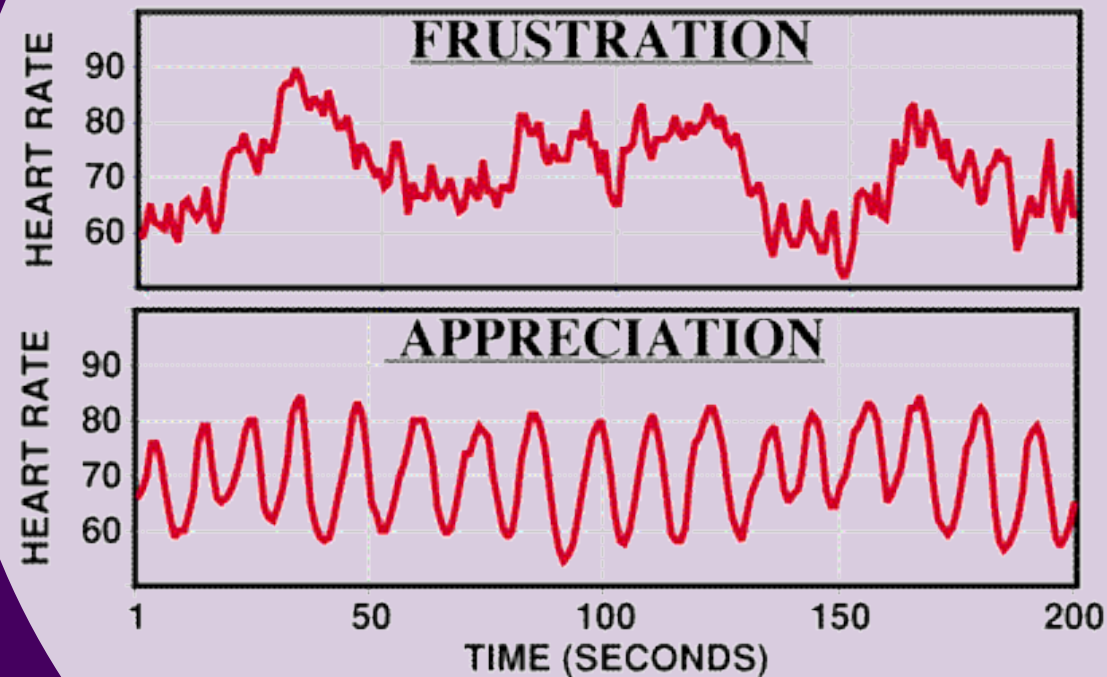
Intermittent Fasting

- Determining fasting/eating window is a science
 - Optimal # of meals
 - AM vs PM fast
- How to preventing down regulating of your metabolism
- Special considerations for women - especially if premenopausal
- What to do when you think you've done it all



Parasympathetic Dominance Takes Years to Master

- Adaptive stress response
- Vagus nerve activation - anxiety, fear, and elevated cortisol burn away at your muscles to create glucose.
- Overfocus on nutrition when the stress piece is actually holding you back
- Control is not outside factors but your learned response



Overcoming Struggles with Restorative Sleep

- Even 7 hours can be too little if you haven't mastered parasympathetic
- To achieve blood sugar balance, most need 8-9 hours of uninterrupted sleep.
- Impact of environment – EMF, toxins etc. often overlooked
- If you struggle with this, you really need to Stay In The Sweet Spot.





**Personalizing
Exercise and
Exercise
Timing for
Optimizing
Your
Hormones**

Why Strive to Achieve and Stay in Your Sweet Spot

- Achieve that flat belly you've always wanted and have a body you are proud of – no matter your age
- Have the energy to do the fun stuff in life.
- Think clearly so you are more effective at work.
- Be free of doctors and medications.

THE SWEET
SPOT SOLUTION



Stay in

THE SWEET
SPOT



Lab Test Order Page

[Access Now](#)



Supplements: Register
RL1511 Coupon code
HCPC1511WELCOME
for 10% off

[Access Now](#)



Week 10
Managing
Fasting/Feasting Cycles

[Access Now](#)



Week 11
Implementing Fasting
While Feasting

[Access Now](#)



Week 12
Access the Healing
Power of Your Vagus
Nerve

[Access Now](#)



Week 13
Optimizing
Parasympathetic
Balance and Managing
Stress

[Access Now](#)



Week 14
Identifying and
Correcting Obstacles to
Restorative Sleep

[Access Now](#)



Week 15
Optimizing Sleep Cycles
and Advanced Sleep
Strategies

[Access Now](#)



Week 16
Personalizing Exercise
and Exercise Timing for
Optimizing Your
Hormones

[Access Now](#)



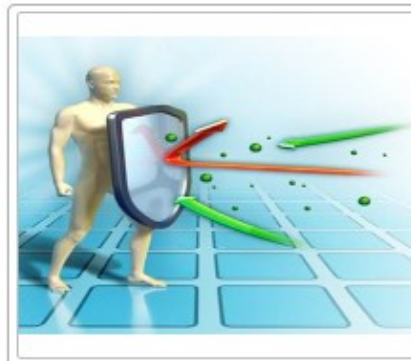
Week 17
Herbs and Foods for
Optimal Blood Sugar
Balance

[Access Now](#)



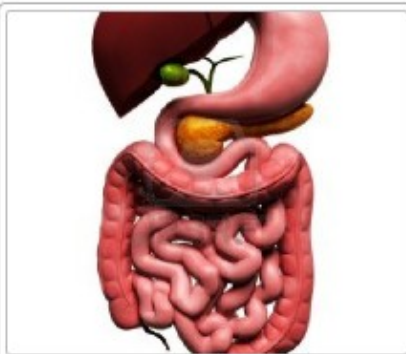
Week 18
Correcting Nutrient
Imbalances

[Access Now](#)



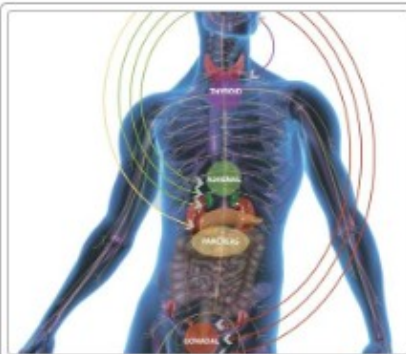
Week 19
Modulating Your
Immune System

[Access Now](#)



Week 20
Repairing Digestion and
Optimizing
Detoxification

[Access Now](#)



Week 21
Identifying and
Correcting Thyroid &
Adrenal Imbalances

[Access Now](#)

Who Ongoing Support with Us is NOT for you if

- You're a whiner or complainer.
- You're not ready to take charge of their own health.
- You wanting other people to do it for you.
- You're not willing to do the work.
- You'd prefer to just take a pill.
- You don't believe in your inherent power to heal or have completely given up on yourself.

THE SWEET
SPOT SOLUTION





Options

- Empowered Self Care Lab Membership
- Energy Recharge Inner Circle (ERC)
- Private Coaching



THE
EMPOWERED
SELF-CARE LAB



Unstoppable Health™

ENERGY RECHARGE

INNER CIRCLE

Opens once
a year only

Limited
Spots

ORGANS

- » Blood (Kidney Panel, Liver Panel, Electrolytes, Lipid Panel, CRP-hs, Homocysteine, VAP)
- » Blood Pressure
- » Respiration Rate
- » Pulse

SEX HORMONES

- » Blood (Estrogen, Progesterone, Testosterone, DHEA, SHBG)
- » Saliva
- » 24-hour Urine Comprehensive
- » DUTCH
- » Cycle Mapping

THYROID

- » Blood (TSH, Total T4, Total T3, Free T4, Free T3, Reverse T3, TPO Antibodies, Antithyroglobulin Antibodies)
- » Temperature Test

ADRENAL

- » Blood (NA, K, Cl)
- » Saliva Cortisol
- » DUTCH
- » Postural Blood Pressure
- » Pupil Constriction

BLOOD SUGAR

- » Blood (Glucose, HbA1C, Insulin, HDL, Triglycerides)
- » MPG
- » Waist/Hip Ratio

DIGESTION

- » Blood (BUN, Protein, Albumin, Globulin)
- » Stool
- » HCl Challenge
- » Transit Time

ORGANS

SEX HORMONES

- Brassicas
- Herbs (Phytoestrogens, Lignans)
- Nutrients (B Vitamins, Zinc, EFAs, Iodine, Magnesium)

THYROID

- Herbs
- Leaky Gut Repair
- Remove Toxins and Halides (Cl, Br, Fl)
- Nutrients (B Vitamins, Vitamin C, Zinc, Selenium, Iodine, Magnesium)
- Sea Vegetables

ADRENAL

- Adaptogens
- Gentle Movement
- Sleep Vacation
- Nutrients (B Vitamins, Vitamin C, Zinc, Magnesium)

BLOOD SUGAR

- Low Glycemic Diet
- Bursts
- Mini Vacations
- Meal Timing
- Nutrients (Chromium, Magnesium, DHA, Lipoic Acid)
- Sleep
- Herbs (Berberine, Olive Leaf, Eleuthero)

DIGESTION

- Pre-meal Ritual
- Chewing
- Enzymes
- Probiotics
- Herbs (Slippery Elm, Marshmallow, Licorice)
- Hydration
- Abdominal Massage



Actions Shared By All

- ✓ Stress Transformation
- ✓ Positive Attitude
- ✓ Sleep
- ✓ Healthy Diet
- ✓ Appropriate Movement
- ✓ Remove Toxins
- ✓ Fun



BEST Next Step

Schedule a
Complimentary Next
Steps Strategy
Session

<https://drritamarie.com/SSSNext>