

Delicious Ways to Get Your "D" and Other Bone Strengthening Minerals: Vitamin D, Calcium, and Mineral-Rich Dishes and Drinks

Dr. Ritamarie Loscalzo



Arugula & Green Soup

Ingredients:

- 1 1/2 cups water (filtered)
- 2 packed cups arugula
- 1/4 - 1/2 cup of avocado
- 1 teaspoon ume plum vinegar
- 2 heaping tablespoons sesame seeds
- 1 dash of chipotle spice (to taste)
- 1/2 tablespoon maca powder
- 1 teaspoon nettles (make it a tea and use in 1/2 cup water)
- 1 teaspoon horsetails
- 1 teaspoon alfalfa
- 1/2 teaspoon yellow dock
- 3 drops of orange essential oil (***Do Terra*** or ***Young Living***)

Directions:

Combine the ingredients in a blender.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

Bone Health Crackers/Pâté

Ingredients:

- 1 cup of *Chia Gel*
- 2 tomatillos
- 1 Roma tomato
- 1 teaspoon horsetail
- 1 teaspoon nettles
- 1 teaspoon alfalfa
- 1/4 - 1/2 teaspoon yellow dock
- 1 teaspoon kelp powder
- 2 tablespoons tahini
- 1-2 tablespoons lemon juice
- 1 bunch scallions
- 1 cup almonds, soaked

Directions:

Blend all ingredients well in a food processor.

Variations:

- **Pâté:** Enjoy on lettuce, hollowed out peppers, cucumbers, celery, zucchini, etc.
- **Burger:** Measure 1/4 cup and press into a canning lid to make a burger and place on a Paraflexx™ sheet.
- **Crackers:** Measure 1/8 cup and flatten onto a Paraflexx™ sheet. Smooth out to make crackers.
- **Dehydrating instruction options for both burgers and crackers:**
 - Dehydrate at 135°F for 40 minutes and turn down to 115°F for 6-8 hours. Flip when consistency allows on the dehydrating tray. Dehydrate for another 6-8 hours until desired consistency is reached.
 - Or dehydrator at 115°F for 10-12 hours. Flip, then dehydrate another 10-12 hours until desired consistency is reached.

Remineralizing Salad Dressing

Ingredients:

- 1/2 cup water
- 1 teaspoon sea salt and/or 1 stock celery if you cannot consume salt
- 1 teaspoon onion powder
- 2 teaspoons onion granules
- 2 tablespoons lemon juice
- 1/2 teaspoon sesame oil (toasted or untoasted)
- 1 teaspoon nettles
- 1/2 teaspoon alfalfa
- 1/4 teaspoon kelp powder
- 1/4 - 1/2 cup chopped cabbage
- 2 drops lime essential oil (**Do Terra** or **Young Living**) or 1/2 - 1 lime, juiced
- 1 - 2 teaspoons tahini (optional)
- 1 - 2 cloves garlic (optional)
- 1/2 - 1 whole lemon, juiced (optional)

Directions:

Blend on high speed in a high speed blender till desired constancy is reached.

Cocoa Balls

Ingredients:

- 3 packed cups of greens, your choice
- 1 cup walnuts
- 1/3 cup cacao
- 1/3 cup carob powder
- 1 cup coconut
- 1 cup hemp seeds
- 1 teaspoon horsetail
- 1 teaspoon nettles
- 1 teaspoon alfalfa
- 1/3 cup sesame seeds
- 2 teaspoons green powder
- 1 teaspoon vanilla powder or 1/2 - 1 teaspoon vanilla extract
- 1 tablespoon chaga or other mushroom extract
- 1 2 droppers full of English toffee liquid stevia (or flavor of your choice)

Directions:

1. Blend in a food processor until desired consistency.
2. Roll mix into desired sized balls and optionally coat with shredded coconut.
3. Alternatively, you can press the mix into a wax paper lined baking dish and score to desired sized and serve as brownies.
4. Freeze until firm, about a half hour.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

Energy Recharge Coaching Inner Circle: Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>