

3 Dangerous Mistakes Busy People Make that Keep Them Overwhelmed and Exhausted

(and what to do to restore your energy and focus)



Dr. Ritamarie Loscalzo

By the end of this webinar You'll discover

- ★ A simple everyday habit that can improve your digestion, balance your hormones, focus your brain and give you more **energy than you know what to do with**

By the end of this webinar You'll discover

- ★ Powerfoods that can double your energy practically overnight, and how to use them to make delicious dishes that make your mouth water

By the end of this webinar You'll discover

- ★ That there are some very common energy zapping elements in your environment, in your home, and even in your shampoo, and avoiding these can dramatically improve fatigue

By the end of this webinar You'll discover

- ★ Costly blunders even the most health savvy consumers make that steal away energy...and what you can do to avoid these common pitfalls

By the end of this webinar You'll discover

- ★ Steps you can take right away to put overwhelm and exhaustion behind you and step into the vibrant, energetic and focused life you deserve

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, 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.

What Brought You Here?

- ★ Hard to get out of bed
- ★ Needing a nap mid-afternoon
- ★ Lack of focus and poor performance at work
- ★ No energy for fun with friends
- ★ No energy or desire for romance
- ★ Couch potato evenings

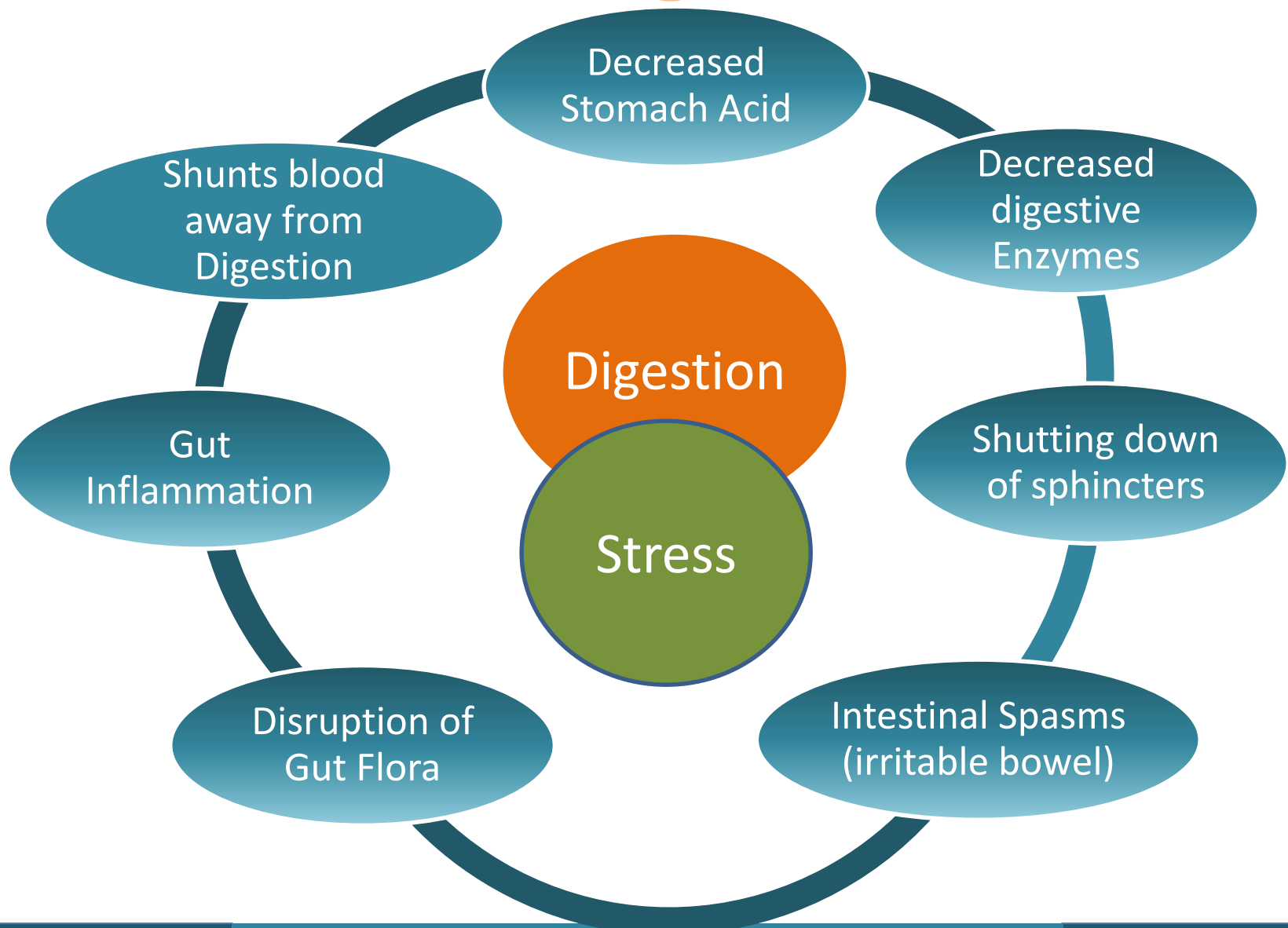


Mistake #1:

Meals on the Run



Effects of Eating under Stress



What to Do Instead: Pre-meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO this **EVERY** Time You Put Food
into Your Body

Mistake #2:

Colorblind Diet



What to Do Instead: Eat and Drink Greens



Fatigue Fighting Foods

- ★ Green leafy vegetables
- ★ Raw nuts and seeds
- ★ Low glycemic fruits
- ★ Whole, non-gluten grains, no flour (if tolerated by blood sugar)
- ★ Sea vegetables
- ★ Garlic, onions, and mushrooms – especially shitake mushrooms
- ★ Omega-3 rich foods – hemp seeds, chia seeds, flax seeds, algae and deep ocean fish
- ★ Probiotic and prebiotic rich foods – kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory
- ★ Sunflower lecithin



Mistake #3: Toxic Exposures



What to Do Instead: Clean up Your Act



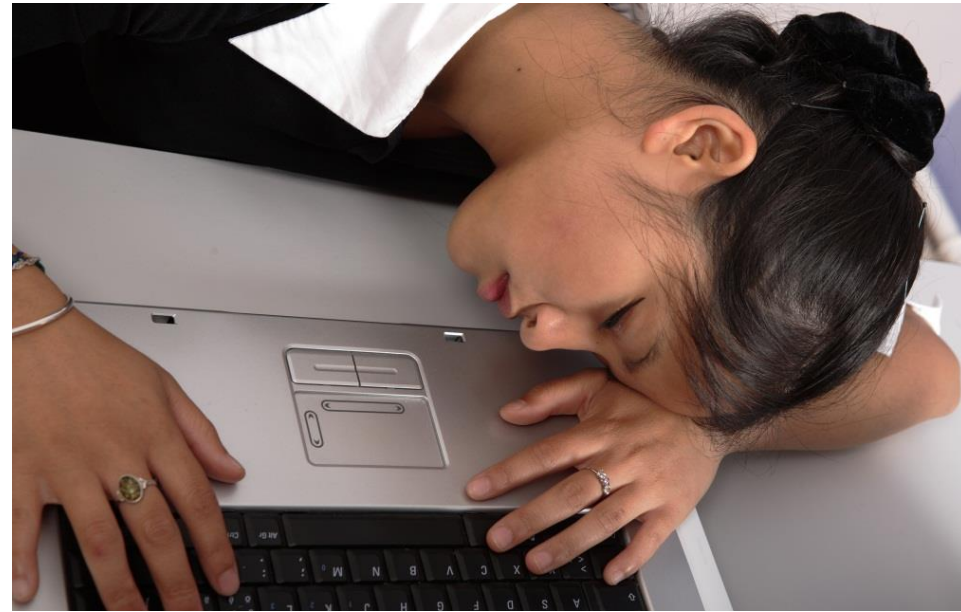
The Cost of Being “Too Tired”

- ★ Relationships suffer
- ★ Can't keep commitments
- ★ Stuck in a job beneath your true skill set
- ★ Finances suffer
- ★ Excess weight can pile on
 - ✓ Increased risk of disease
 - ✓ Loss of confidence
- ★ Where's the fun?



Why Else Might You Be So Tired ?

- ★ Lack of sufficient sleep
- ★ Burned out adrenal glands
- ★ Low thyroid function
- ★ Anemia
- ★ Nutrient imbalances
- ★ Hidden infections
- ★ Blood sugar imbalances
- ★ Food allergies
- ★ Inflammation
- ★ Toxic Emotions and Relationships



Your Big Why: Your BIG vision

Why DO you want to break free from fatigue?

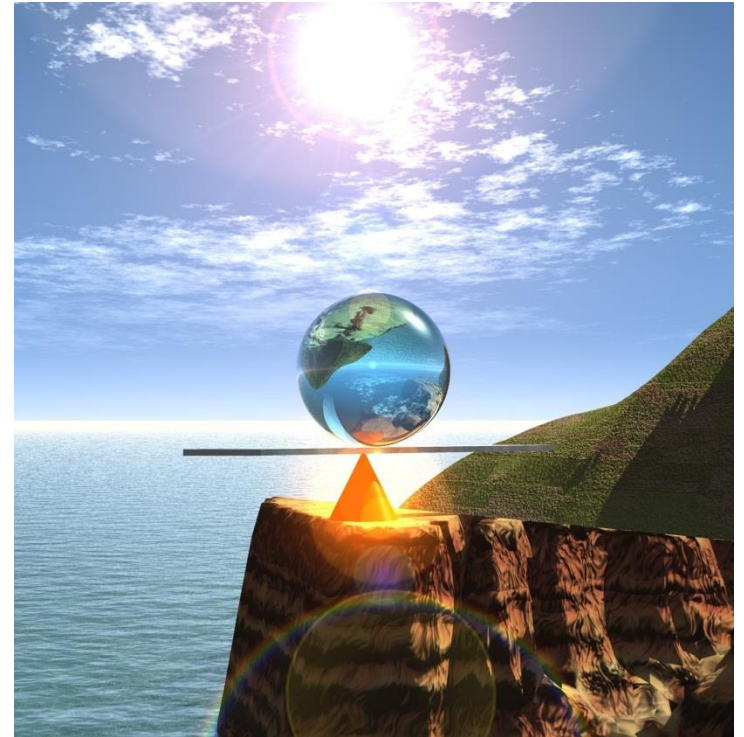
- ★ to be healthy?
- ★ to drop weight?
- ★ to get fit?
- ★ a trip around the world
- ★ start a new passion-driven career
- ★ write your first novel
- ★ hike the Grand Canyon



Difficult Choices?



VS.



**It's time to give your body what it needs
in order to give you what you desire most.**

www.SpringIntoVitality.com



Webinar Special: 48 Hours only

★ Register as A full VIP for Spring Into Vitality and Receive:

★ Correcting Adrenal Fatigue and Exhaustion Program Value \$297

★ Hormone Balancing Elixir Recipe Guide (Value \$15)

★ G.R.E.E.N. Cleanse Program in June (Value \$197)

★ \$100 coupon for any e-book or self study program

Total Value of Bonuses \$609

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.

Energy Boosting Adaptogenic Herbs

- ★ Maca
- ★ Ashwaganda
- ★ Licorice
- ★ Ginseng
- ★ Rhodiola
- ★ Schizandra
- ★ Reishi
- ★ Cordyceps
- ★ Chaga
- ★ Lemon Balm
- ★ Chamomile
- ★ Hops



Adrenal and Immune 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 (*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 Ashwaganda 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 *Sweet Leaf Stevia* (or 1 teaspoon *Zero*)

