



## Solving Complex Client Health Challenges That Most MDs Can't Solve: Part 1



*“Please **PRINT THESE PAGES** and use  
as your **ACTION GUIDE** to make it easier  
for you to follow-along during our time  
together...”*

~ **Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN**

### Dr. Ritamarie's Background

Dr. Ritamarie Loscalzo is fiercely committed to transforming our current broken disease-care system into a true health care 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 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 over 23 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events. Her wildly popular practitioner certification program empowers health and wellness professionals to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results.

## GREAT NEWS!

**By the end of this webinar series, you'll be savvy at...**

**How to \_\_\_\_\_ and allow your weight-loss-resistant clients to FINALLY shed the unwanted pounds.**

**Identifying the \_\_\_\_\_, \_\_\_\_\_, and how to put the results into action to restore balance and energy.**

**How to get your clients \_\_\_\_\_, so they can reset their hormones and achieve vibrant energy and vitality.**

**As a Superstar Health and Wellness Coach, you'll be able to...**

\_\_\_\_\_, and transform your \_\_\_\_\_, increase your \_\_\_\_\_, and \_\_\_\_\_.

## What do all these symptoms have in common?

- Fatigue
- Weight gain / weight loss (yo-yo)
- Brain fog
- Insomnia
- Depression, anxiety, and mood swings
- Skin lesions
- High cholesterol
- Hair loss
- Dry skin
- Aging skin
- Low libido

**Answer:** \_\_\_\_\_

## Complex health challenges tend to deflate your...

**Answer:** \_\_\_\_\_

## What's needed to solve complex health challenges?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

## What's at the heart of many of these tough cases is often...

**Answer:** \_\_\_\_\_

## 4 Key glands that contribute to weight gain, fatigue, brain fog, depression, and a myriad of complex health challenges are...

- 1.
- 2.
- 3.
- 4.

**Hormones of the \_\_\_\_\_:**

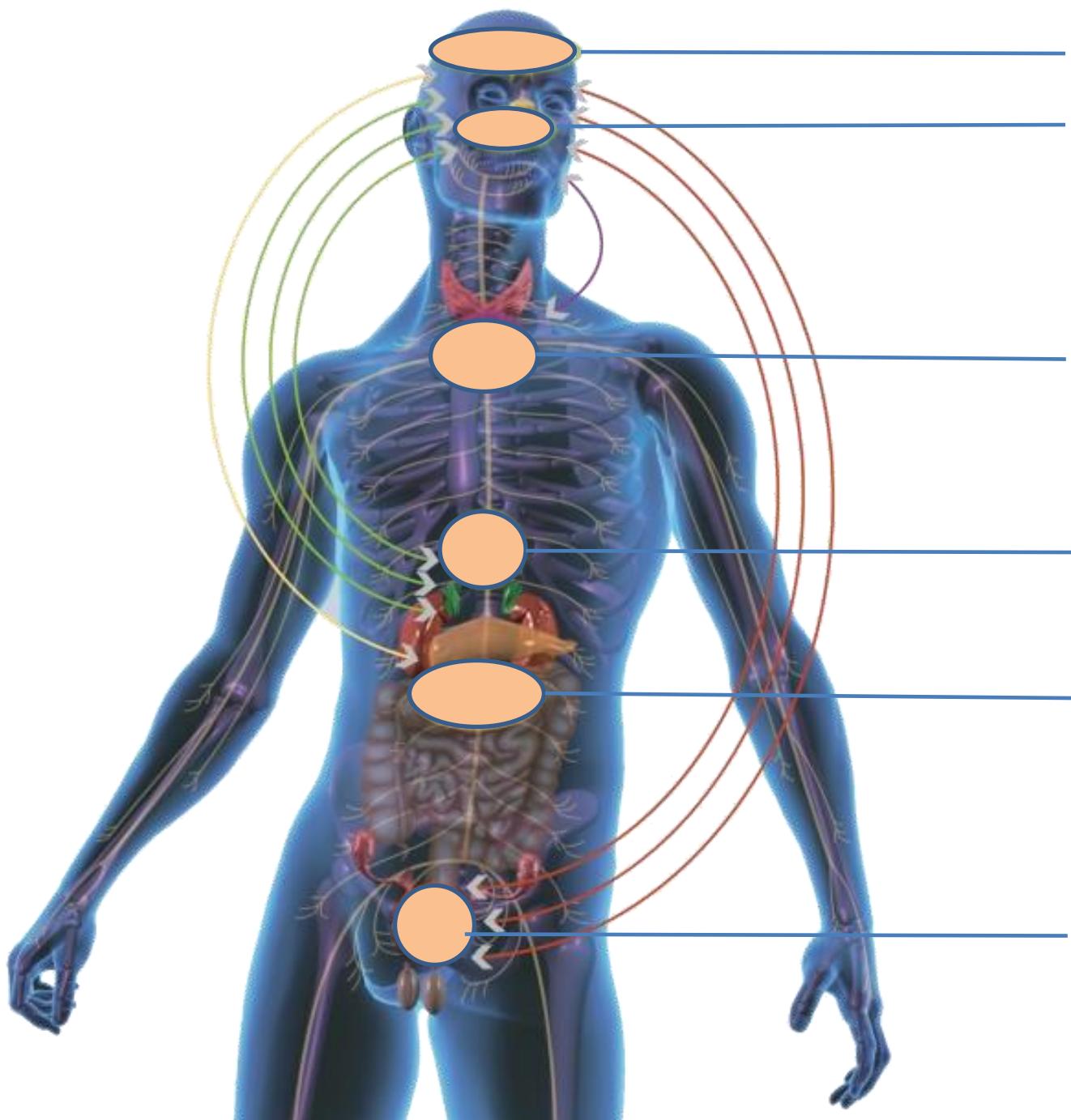
\_\_\_\_\_ (TRH)  
\_\_\_\_\_ (CRH)  
\_\_\_\_\_ (GnRH)  
\_\_\_\_\_ (GHRH)  
\_\_\_\_\_ (GH)  
\_\_\_\_\_ (OT)  
\_\_\_\_\_ (ADH)

**Hormones of the \_\_\_\_\_:**

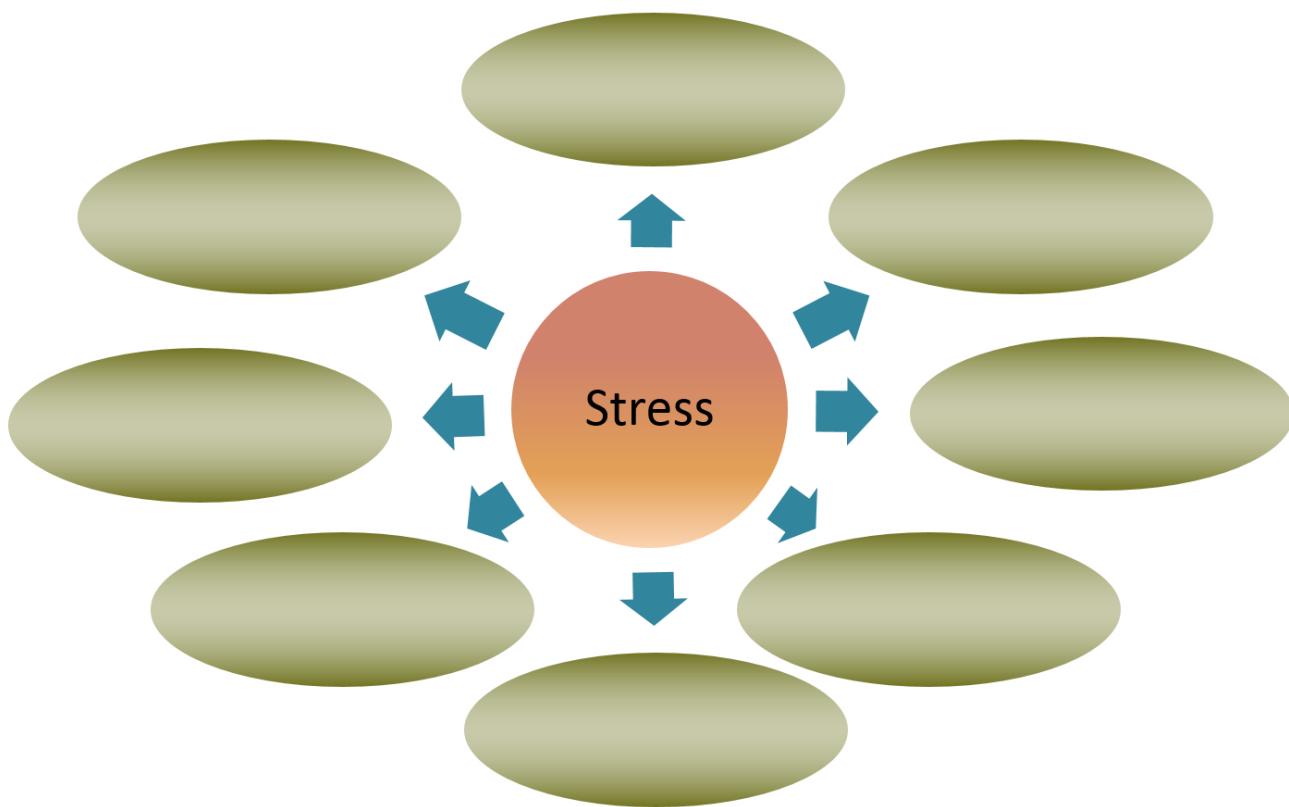
\_\_\_\_\_ (TSH)  
\_\_\_\_\_ (ACTH)  
\_\_\_\_\_ (FSH)  
\_\_\_\_\_ (LH)  
\_\_\_\_\_ (PRL)  
\_\_\_\_\_ (GH)  
\_\_\_\_\_ ( $\alpha$ -MSH)

### Posterior Lobe (Neurohypophysis)

\_\_\_\_\_ (ADH)  
\_\_\_\_\_ (OT)



## Adrenal Distress Dangers



### 10 Triggers for Adrenal Distress

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Assessing Your Clients for Adrenal Dysfunction

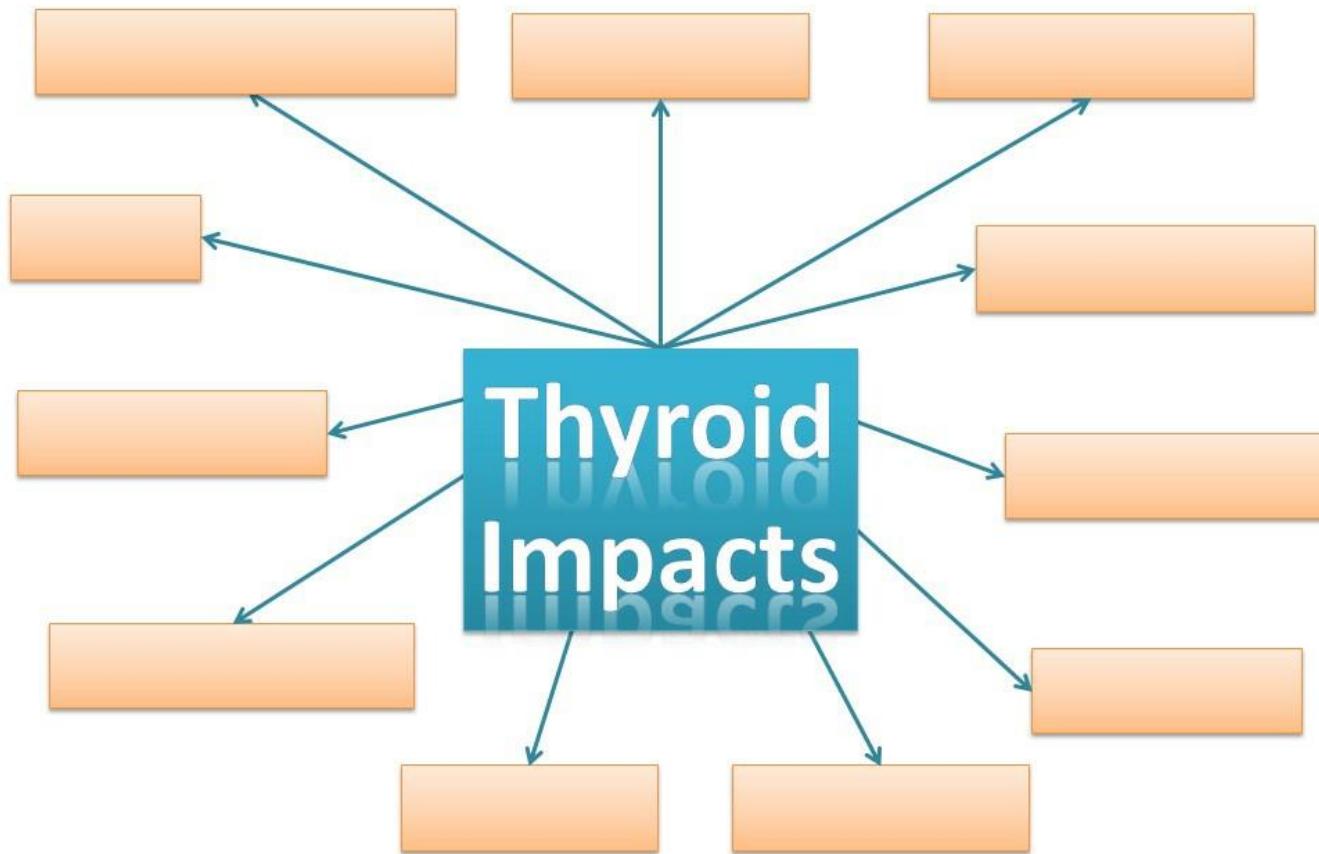
### **Excess**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### **Low**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.

## Thyroid Impacts



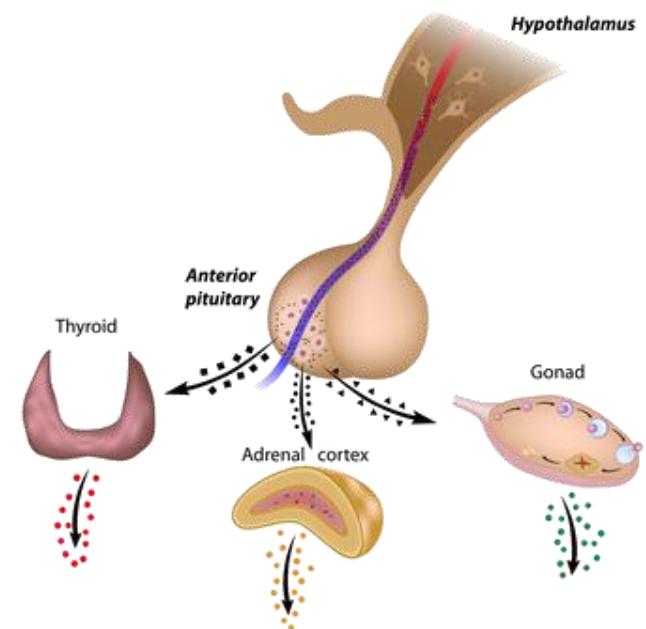
### Effects of Thyroid Dysfunction on...

Answer: \_\_\_\_\_

- **Decreased rate of** \_\_\_\_\_
- **Decreased rate of** \_\_\_\_\_
- **Slower response of** \_\_\_\_\_
- **Slower clearance of** \_\_\_\_\_

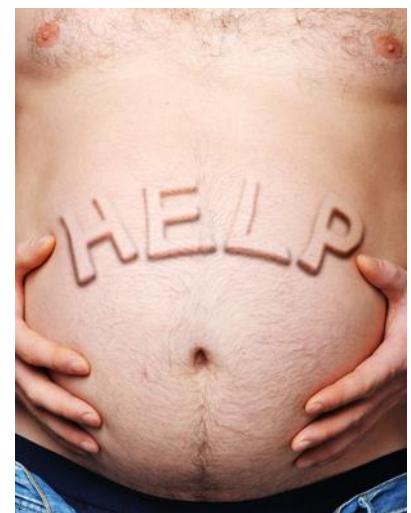
How \_\_\_\_\_ impact \_\_\_\_\_.

- 1.
- 2.
- 3.
- 4.
- 5.



## Fat Burning and Hormones

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



## Balancing the \_\_\_\_\_ with Nutritional Endocrinology

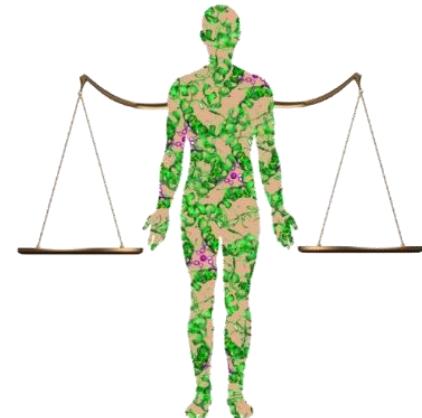
- **Understand the relationship between \_\_\_\_\_ and \_\_\_\_\_**
- **Know how \_\_\_\_\_ impact \_\_\_\_\_**
- **Be familiar with the relationship between \_\_\_\_\_ and \_\_\_\_\_**
- **Hierarchy of interventions**
  - 1.
  - 2.
  - 3.
  - 4.

## Assessment Tools for \_\_\_\_\_ Imbalances

- **Asking the \_\_\_\_\_**
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- **Assessments**
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.

**Tools to Balance** \_\_\_\_\_

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



**Foods That Disrupt** \_\_\_\_\_ **Balance**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Foods That Support** \_\_\_\_\_ **Function**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Effects of Gluten on** \_\_\_\_\_

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## The Best Way to Double Your Practice is to...

---

---

### Top 4 skills needed to get results with complex cases:

- 1.
- 2.
- 3.
- 4.

### Notes: