

Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

... and how to restore balance using my proven system for gut healing.



Dr. Ritamarie Loscalzo

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The Importance of Digestive Wellness



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You Are In The Right Place If

You're tired of having to unbutton your pants after eating because you're bloated and gassy



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You Are In The Right Place If

Your moods are unpredictable and you're finding it hard to focus



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You Are In The Right Place If

Your sex drive is gone and you'd like to have it back



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You Are In The Right Place If

You are having trouble losing weight in spite of eating a relatively clean diet



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What You'll Learn Today...

How to know if your gut is contributing to symptoms in other parts of your body and zapping your energy (even if you don't have obvious gut symptoms)



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What You'll Learn Today...

How your gut is connected to your brain (via the vagus nerve) and what impact that has on your mood, focus, and ability to digest your food



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What You'll Learn Today...

Which hormones control digestion (and how to keep everything in balance so you can look and feel great)



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What You'll Learn Today...

How leaky gut and digestive impairment affect your thyroid, adrenals, sex hormones, and blood sugar regulating hormones resulting in fatigue, weight gain, and loss of libido



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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

What You'll Learn Today...

My system for restoring digestive health so you can regain energy, balance, and joy (and fit in your clothes with comfort and confidence!)



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When You Stay Until...



Two tools to get you started!

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My Digestion Recovery Story

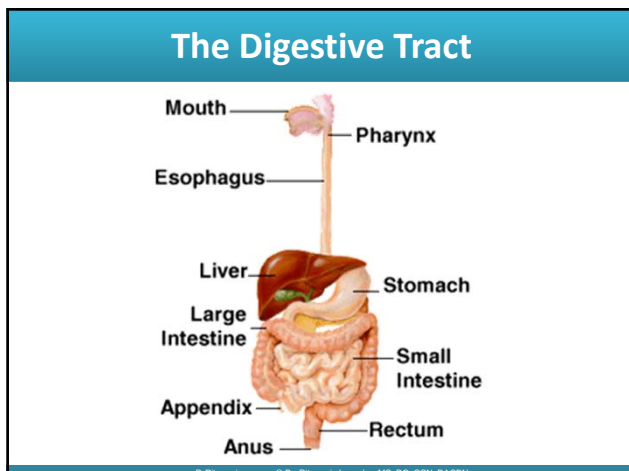
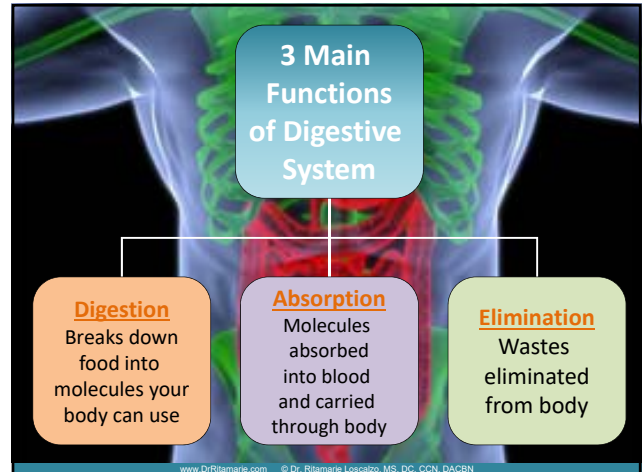


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How to Know if Your Gut is Contributing to Symptoms in Other Parts of Your Body

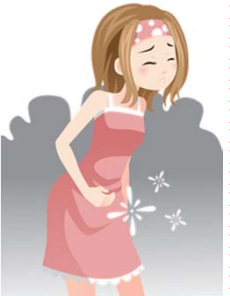
- Targeted questionnaires
- Blood testing
- Specialized testing
 - ✓ Lab tests
 - ✓ Home tests

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Does Your Digestion Need Help?

<u>Obvious</u>	<u>Not So Obvious</u>
➤ Bloating ➤ Gas ➤ Flatulence ➤ Burping ➤ Pain ➤ Hemorrhoids ➤ Irritable bowel ➤ Diarrhea ➤ Constipation ➤ Crohn's ➤ Diverticulitis ➤ Colitis ➤ Heartburn ➤ Ulcers	➤ Acne ➤ Eczema ➤ Brain fog ➤ Fatigue ➤ Depression and anxiety ➤ ADD ➤ Headaches ➤ Hormone swings ➤ Thyroid imbalance ➤ Adrenal fatigue ➤ Blood sugar imbalance ➤ Allergies ➤ Autoimmune disease ➤ Frequent illness ➤ Asthma ➤ Joint pain ➤ Fibromyalgia



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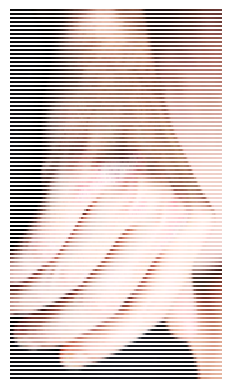
3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

1. Nutrient and toxin absorption



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Digestion Recovery Story



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Digestion and Your Brain

How your gut is connected to your brain (via the vagus nerve) and what impact that has on your mood, focus, and ability to digest your food

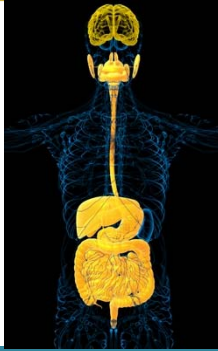


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How Your Gut Is Connected To Your Brain

- Vagus nerve
- Neurotransmitters
- Leaky gut
- Allergens
- Inflammation
- Mood, memory, and focus
- Ability to digest your food



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The Psychology of Digestion

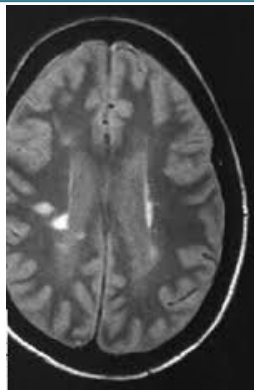
Digestion Begins in your HEAD and HEART
-- Not Your Gut!!!

- Impact of thoughts
- Fight/flight effects on digestion
- Relaxation effects on digestion
- Role of breathing on digestion
- Pre-meal ritual



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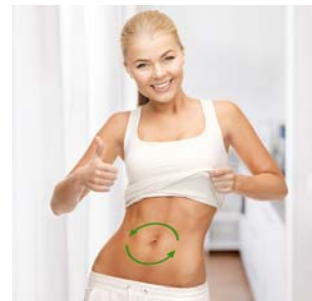
Digestion Recovery Stories



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Which Hormones Control Digestion

...and how to keep everything in balance
so you can look and feel great



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Hormones That Directly Control Digestion

Hormone	Produced by	Action
Leptin	Fat cells	Signals satiety
Ghrelin	Stomach lining	Signals hunger
Gastrin	Stomach	Production of stomach acid
Cholecystokinin (CCK)	Small intestine	Production of pancreatic juices and emptying of gall bladder
Secretin	Duodenum	Stimulates bicarbonate production by pancreas, bile production by liver, and pepsin by stomach
Peptide YY	Mainly ileum and colon, but a little in other parts of GI tract	Inhibits gastric motility, increases water and electrolyte absorption in colon, may suppress pancreatic secretion, increases efficiency of digestion
Incretins: GIP: Gastric Inhibitory Peptide and GLP: Glucagon-Like Peptide	Small intestine	Increases insulin, inhibits glucagon release, slows rate of absorption of nutrients by reducing gastric emptying
Somatostatin	Stomach, intestine, pancreas	Inhibits gastrin, CCK, secretin, GIP and also growth hormone, TSH, glucagon and insulin
Dopamine	Brain and GI mucosa	Reduces motility and protects mucosa
Serotonin	Brain and GI mucosa	Inhibits gastric acid and stimulates mucus

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Other Hormones Indirectly Involved in Digestion

- Thyroid
- Cortisol
- Insulin
- Estrogen
- Progesterone
- Growth Hormone
- Testosterone



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3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

1. Nutrient and toxin absorption
2. Hormone and neurotransmitter balance



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How Leaky Gut and Digestive Impairment Affect...

- Thyroid
- Adrenals
- Blood sugar regulating hormones
- Sex hormones

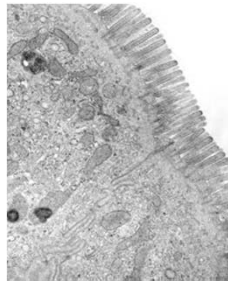
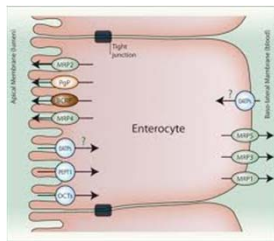


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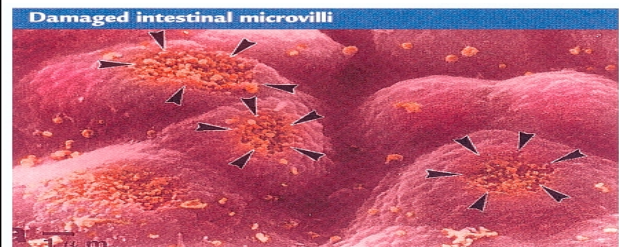
Intestinal Absorption

- Basic cells lining small intestine and colon



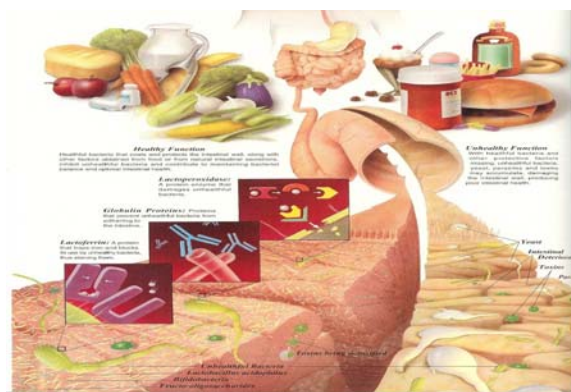
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Damaged Intestine



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Leaky Gut



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How Leaky Gut and Digestive Impairment Affect...

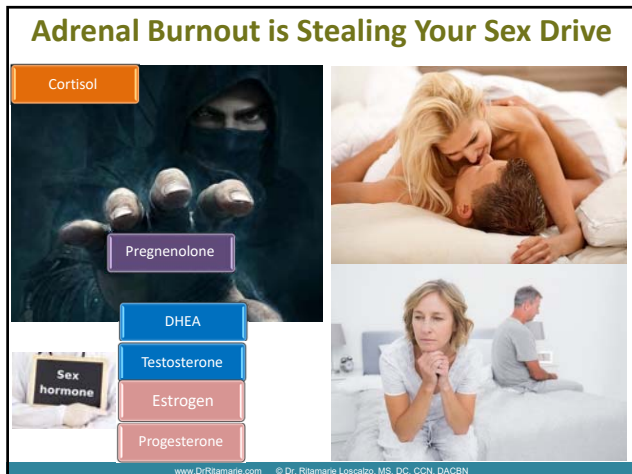
- Thyroid
- Adrenals
- Blood sugar regulating hormones
- Sex hormones



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Adrenal Burnout is Stealing Your Sex Drive



The diagram illustrates the adrenal axis, showing the flow from Cortisol down to Pregnenolone, DHEA, Testosterone, Estrogen, and Progesterone. A box labeled 'Sex hormone' encompasses Testosterone, Estrogen, and Progesterone. The background features a couple in bed and a person looking stressed.

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3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

1. Nutrient and toxin absorption
2. Hormone and neurotransmitter balance
3. Inflammation and immune stress



The image shows a person's midsection with a 'Blah!' sign and a red arrow pointing to the gut, indicating digestive issues.

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Restoring Digestive Health

Regain energy, balance, and joy (and fit in your clothes with comfort and confidence!)



The image shows a person holding a large white container with a digestive system diagram and hearts, symbolizing the restoration of digestive health.

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The 4R Process

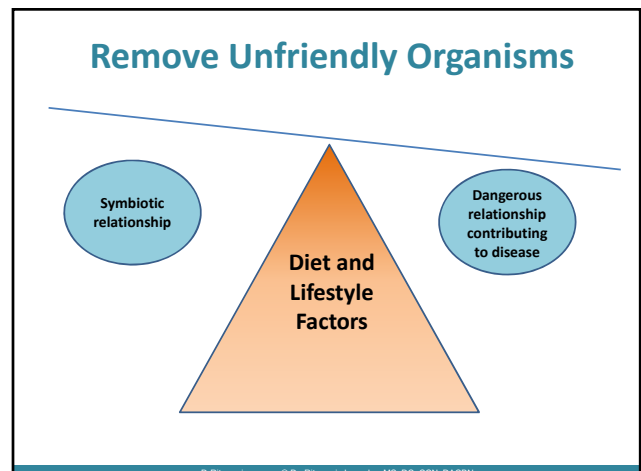
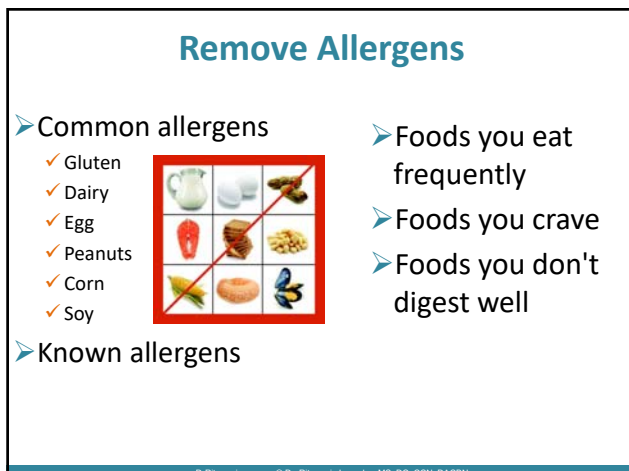
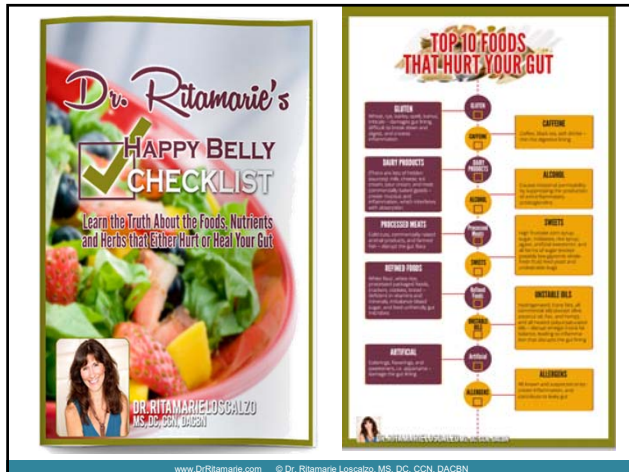


The image shows hands forming a heart shape over a person's midsection, representing the 4R process.

- Remove
- Replace
- Repair
- Reinoculate

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

Remove Stressors That Trigger Digestive Dysfunction

- **Mental and emotional stress**
 - ✓ Sleep quality and quantity
- **Inflammation and infection**
 - ✓ Digestive imbalance – leaky gut, candida, parasites
 - ✓ Immune system imbalance
- **Diet and lifestyle**
 - ✓ Nutrient depleted foods
 - ✓ Toxic, high-glycemic foods
 - ✓ Obesity
 - ✓ Late night eating
- **Environmental stresses**
 - ✓ Toxic exposures
 - ✓ Injuries



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My #1 most powerful tool for protecting yourself from the damaging effects of stress:



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The 4R Process



- Remove
- **Replace**
- Repair
- Reinoculate

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Foods and Herbs that Soothe and Heal

What They Do

- Rebuild the mucous layer
- Reduce inflammation
- Lubricate the digestive tract
- Nourish body fluids and tissues

The List Includes:

- Chlorophyll – greens
- Probiotic and prebiotic foods
- Chia seed
- Flax seed
- Cinnamon
- Licorice
- Slippery elm
- Aloe vera gel
- Marshmallow
- Irish moss
- Chamomile
- Fenugreek
- Plantain
- Calendula
- Yarrow



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Dr. Ritamarie's
HAPPY BELLY CHECKLIST
Learn the Truth About the Foods, Nutrients, and Herbs that Either Hurt or Heal Your Gut

DR. RITAMARIE LOSCALZO
MS, DC, CCN, DACBN

TOP 12 HERBS THAT HEAL YOUR GUT			
ALOE VERA Contains sulfonuronic acid which has been shown to soothe the lining of the gut, reduce inflammation, and support healthy gut flora.	GINGER Contains gingerols which help to soothe the gut, reduce inflammation, and support healthy gut flora.	TURMERIC Contains curcumin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	OREGANO Contains carvacrol which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
THYME Contains thymol which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	ROSEMARY Contains rosmarinic acid which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	CHAMOMILE Contains apigenin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	FENNEL Contains anethole which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
MUSTARD Contains allyl isothiocyanate which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	LICORICE Contains licorice root which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	SLIPPERY ELM Contains mucilage which helps to soothe the gut, reduce inflammation, and support healthy gut flora.	MARSHMALLOW Contains mucilage which helps to soothe the gut, reduce inflammation, and support healthy gut flora.

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THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

- BRASSICA** (Cauliflower, Broccoli, Brussels Sprouts, Kale, etc.) - Contains sulforaphane which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- CHICORY ROOT** - Contains inulin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- DANDELION** - Contains taraxacin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- BROCCOLI SPROUTS** - Contains sulforaphane which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- GERM-ALLEN ARTICHOKES** - Contains cynarin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- CHIA SEED** - Contains omega-3 fatty acids which help to soothe the gut, reduce inflammation, and support healthy gut flora.
- JICAMA** - Contains pectin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- FLAX SEED** - Contains omega-3 fatty acids which help to soothe the gut, reduce inflammation, and support healthy gut flora.
- CITRUS FRUIT PEELS** - Contains pectin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- GARLIC** - Contains allicin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- PUMPKIN SEEDS (RAW)** - Contains zinc which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- ONION** - Contains quercetin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- SPROUTS** - Contains folic acid which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- Green Leafy Vegetables** (Spinach, Kale, etc.) - Contains chlorophyll which helps to soothe the gut, reduce inflammation, and support healthy gut flora.
- VIRGIN COCONUT OIL** - Contains medium-chain triglycerides which help to soothe the gut, reduce inflammation, and support healthy gut flora.
- BURDOCK** - Contains inulin which helps to soothe the gut, reduce inflammation, and support healthy gut flora.

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Top 5 Gut Soothing Foods and Herbs

Slippery elm

Aloe vera

Licorice root

Omega-3 rich foods

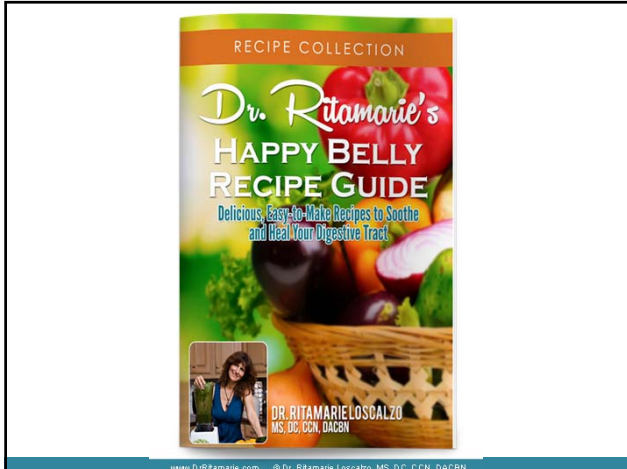
Probiotic and prebiotic rich foods

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Simple Meals That Leave You Feeling Balanced, Energetic, and Sexy

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Gut Healing Porridge

Ingredients:

- 2 tablespoon chia seed
- 1 teaspoon psyllium
- 1 tablespoon flax seed
- 16 ounces nut milk (e.g. sesame seed, coconut, almond or your choice) blended with 4 prunes and 1/2 cup blueberries

Directions:

- ✓ Soak chia, psyllium and flax seeds in 1/2 the nut milk for several hours, ideally overnight.
- ✓ Add remainder of nut milk mixture and serve.

❖ *This porridge increases gut healing SCFAs (short chain fatty acids)*



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The 4R Process



➤ Remove

➤ Replace

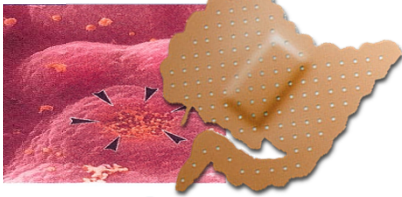
➤ **Repair**

➤ Reinoculate

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Repairing



Leaky Gut

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Repair Your Digestive Tract Lining

- Mucilagenous herbs and foods
- Therapeutic foods
- Gut healing supplements
- Anti-inflammatory herbs and foods
- Gut healing meal replacements
- Bitters
- Carminatives



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The 4R Process



- Remove
- Replace
- Repair
- **Reinoculate**

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Probiotics to Re-Inoculate Your Gut



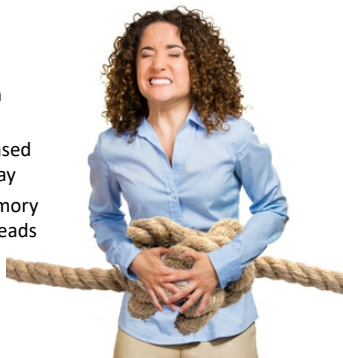
- Kim chee
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalec
- Miso
- Supplements

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The Cost Of Digestive Imbalance

- Comfort
- Relationships
- Side effects of medication
- Inability to fully participate in activities you love
- Cost of clothing due to increased waist size at the end of the day
- Impairment of focus and memory impacts job function, which leads to loss of financial freedom
- Loss of freedom in general



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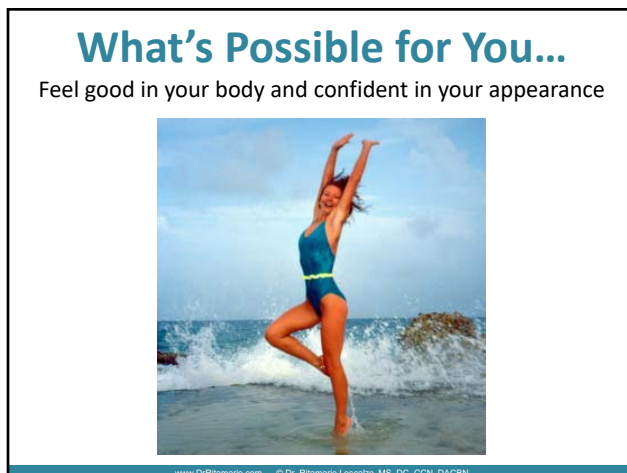
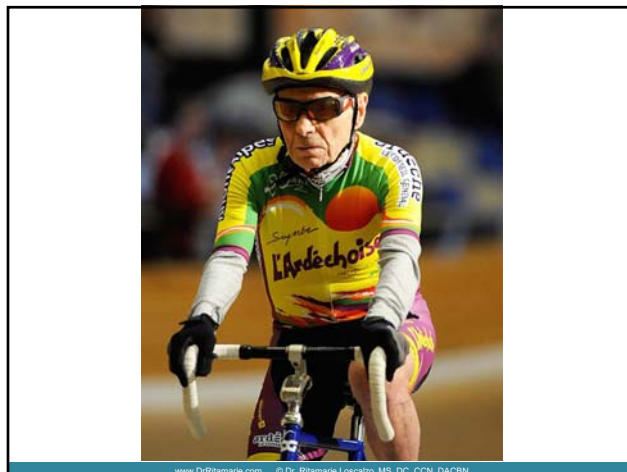


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What's Possible for You...

Be fully present for your loved ones



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What's Possible for You...

Have boundless energy for fun, family, and relationships



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What's Possible for You...

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



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What's Possible for You...

Experience true connection and intimacy that fosters deep and meaningful relationships



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What's Possible for You...

Know exactly what to eat and how to eat it, so that your gut feels comfortable, and you're energized and satisfied with your food



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Dr. Ritamarie's Happy Belly System



- **Stage 1:** Discover the Healing Power of **Your Second Brain**
- **Stage 2:** Optimize Your Fuel Generator for **Maximum Energy**
- **Stage 3:** Boost Your **Nutrient Absorption** So You Feel Amazing
- **Stage 4:** Break Free of Your Gut Bugs
- **Stage 5:** Boost Elimination and **Get Rid of Toxins**

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Make a Commitment to Yourself, to Your Vision, to Your Life, and to the World



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Implementing Dr. Ritamarie's Happy Belly System... Introducing GRAND Gut Repair and Alkalizing Nutrition for Digestion



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Results of Participation...

- Look forward to eating instead of dreading it.
- Feel energized after eating and throughout the day.
- Experience a sense of calmness and clarity.
- Enjoy better moods and improved relationships.
- Focus and perform better at work.
- Eliminate embarrassing sounds and odors from “down there.”
- Feel confident that you know exactly what to eat.



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The Precise Strategies You Need to Heal Your Gut So You Can Live Your Life Again!



Enjoy the Energy and Vitality That Reflect the Vibrant Individual You Truly Are!

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Dr. Ritamarie's Happy Belly System

- **Stage 1:** Discover the Healing Power of Your **Second Brain**
- **Stage 2:** Optimize Your Fuel Generator for **Maximum Energy**
- **Stage 3:** Boost Your **Nutrient Absorption** So You Feel Amazing
- **Stage 4:** Break Free of Your Gut Bugs
- **Stage 5:** Boost Elimination and **Get Rid of Toxins**



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Implementing Dr. Ritamarie's Happy Belly System...



5 Content Modules

Get guidance and instruction for **taking charge** of your digestive process.

Each module contains video, audio, digital versions of the slides, and full transcripts

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

Implementing Dr. Ritamarie's Happy Belly System...

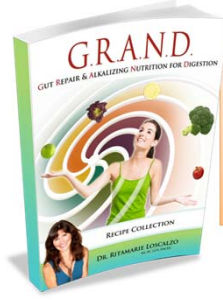


3 Months VLM Office Hours With Dr. Ritamarie

Or one of her personally trained practitioners (done once a month) to get your questions answered and to get guidance in personalizing the program to meet your specific needs.

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Implementing Dr. Ritamarie's Happy Belly System...

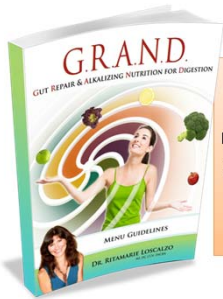


Recipe Collection

The digital recipe guide e-book includes over 100 pages of delicious, easy-to-make, gut-friendly, plant-based recipes. Mix and match recipes to make endless meal combinations.

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Implementing Dr. Ritamarie's Happy Belly System...



Menu Guidelines

Access helpful strategies for making meal-planning a breeze. Know how to plan your breakfast, lunch, and dinner and use a helpful template you can personalize to create gut healing and soothing meals.

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Implementing Dr. Ritamarie's Happy Belly System...



Program Action Guide

Know exactly what to do with a step-by-step action and implementation plan. Receive additional support from Dr. Ritamarie and her team of coaches through each of the helpful module progress journals.

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

PART 1

Discover the Healing Power of Your Second Brain

This is a broad overview of how your digestive system – also known as “the second brain” – works. Once you gain an understanding of how everything fits together, you can begin to put a healing regimen in place.

You'll learn:

- How to **assess the function of your digestive tract**, and why it's critical to do so even if you don't think you're experiencing any digestive issues.
- The **4R process for healing your digestion**: what it is and how to use it.
- The simple, **at-home method** to measure how effective your digestive system is... without drawing blood, enduring a colonoscopy, or a sending in a poop sample!
- And more...



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PART 2

Optimize Your Fuel Generator for Maximum Energy

The upper part of your digestive track breaks down your food into usable nutrients that supply fuel to your cells. We're taking a tour of your digestion from top to bottom! We begin with your mind and then move onto the health of your mouth and stomach.

You'll learn:

- The intimate dance between your gut and your brain, and what you can do to **maintain a healthy balance** between the two.
- A simple trick for making sure the important beginnings of digestion that occur in your stomach and duodenum **start out smoothly**.
- The #1 secret for **optimizing your nutrition naturally**, so you don't need to take a whole bunch of supplements to provide your cells with fuel.
- How to **heal your stomach** so you optimize the breakdown of foods into nutrients to fuel your cells and maximize your energy (remember, you can eat all the healthy food you want and still lack nutrition, if your body isn't digesting the nutrients properly).
- And more...



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PART 3

Boost Your Nutrient Absorption to Feel Amazing

Here you'll discover whether you may have leaky gut syndrome (in technical terms, increased “intestinal permeability”), where the mucosal barrier in your intestine breaks down and can allow food particles and germs to pass into your blood.

Leaky gut syndrome can cause bloating, gas, abdominal pain, vaginal infections, food allergies, asthma, and mood swings. Leaky gut can put you at risk for serious conditions, such as migraines, rheumatoid arthritis, and autoimmune diseases like Lupus, Crohn's, and Hashimoto's.

You'll learn:

- How to **determine whether or not your gut is “leaky”** and exactly what that means to you.
- How to **soothe and heal your digestive tract lining** and boost your absorption of the key nutrients needed for optimal energy and mental clarity.
- Which **common, everyday foods may be toxic** to your digestive system, and what to eat instead to optimize healing and nutrient absorption.
- And more...



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PART 4

Break Free of Your Gut Bugs

This is where the action happens! It's time to take everything you've learned to the next level and put it into practice so you can stop the war in your gut and feel good again.

You'll learn:

- How to **identify the villains** that are poking holes in your gut lining and keeping you feeling bloated, tired, and moody.
- **Advanced implementation strategies** for a 30-day intestinal repair protocol to kick-start your digestive tract into balance.
- How to **personalize your program** if the general gut-healing protocols are not working as well as expected, including a plant-based adaptation of the popular *Specific Carbohydrate* and *FODMAPS* food plans.
- How to **annihilate YOUR specific villains**, if you determine you have **SIBO** (Small Intestinal Bacterial Overgrowth), candidiasis, or parasites.
- And more...



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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

PART 5
Boost Elimination and Get Rid of Toxins

Elimination is absolutely critical in a healthy digestive system. If you don't eliminate waste on a regular basis, your body may reabsorb the toxins it's trying to get rid of and hold on to extra fat to buffer your vital organs from damage. Therefore, it's essential that you give your body everything it needs to eliminate these toxins properly.

You'll learn:

- The real reason your elimination gets sluggish and what to do to ensure it's working smoothly, so you feel lighter, stronger, and have more time and energy for the fun things in life.
- Cutting-edge strategies for effectively removing toxins, so your gut can heal and your energy can soar.
- How to optimize liver detoxification pathways, so you can shed unwanted fat and maximize your brainpower.
- And more...



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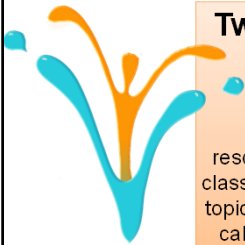
Dr. Ritamarie's Happy Belly System...
GRAND Program
Here's What You Get:



5 Core Training Modules (Value \$497)
3 Months Group Coaching and Q&A Calls (Value \$997)
Gut Healing Recipe Collection and Menu Guidelines (Value \$47)
Module-by-Module Action Steps and Progress Journals (Value \$197)
Assessments and a Step-by-Step Program Action Guide (Value \$197)
A Private, Members-Only Facebook Group (Value \$297)
Total Value: \$2232.00

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Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #1
Gut Repair and Alkalizing Nutrition for Digestion



Two Months FREE Access to Our VITAL Health Community

You'll get access to monthly online resources including a live food preparation class, an informative and empowering health topic webinar, an open forum Q&A coaching call with Dr. Ritamarie, and access to our active, VITAL Community Facebook Group.

Value: \$49.94

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Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #2
Gut Repair and Alkalizing Nutrition for Digestion



30-Day Transforming Stress System

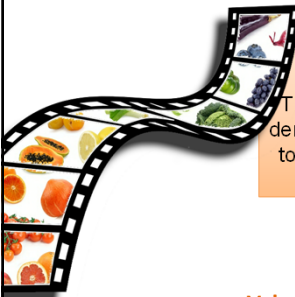
Transform stress into resourcefulness and achieve optimal hormone balance by accessing a 30-day series of short, guided audios that can take you on a restorative "mini-vacation" in as little as 1 minute.

Value: \$97.00

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #3
Gut Repair and Alkalizing Nutrition for Digestion

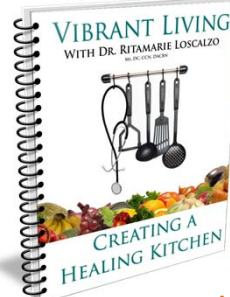


Food Preparation Video Library
These online videos contain actual demos of healthy and delicious foods to support you as you participate in the program.

Value: \$97.00

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Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #4
Gut Repair and Alkalizing Nutrition for Digestion

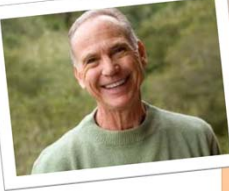


Creating a Healing Kitchen Guide e-Book
This digital e-book is a compilation of foods, supplements, and equipment that are Dr. Ritamarie-approved (and personally used in many cases) that you can use to access clean, organic, and reliable foods and nutrients.

Value: \$27.00

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Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #5
Gut Repair and Alkalizing Nutrition for Digestion



Eating Better, Spending Less: A Special Report from John Robbins
You'll receive a collection outlining 22 principles of inexpensive and healthy eating; these are strategies that can save you money and improve the quality of your life and health.

Value: \$37.00

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Dr. Ritamarie's Happy Belly System...
GRAND Program Bonus #6
Gut Repair and Alkalizing Nutrition for Digestion



Advanced Techniques for Boosting Energy Through the Microbiome
Access a recorded presentation from Steph Jackson, founder of the Core Reset Program. Learn how imbalanced flora can affect your immune system, hormones, and energy.

Value: \$97.00

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

Dr. Ritamarie's Happy Belly System...

Here's What You Get:

5 Online Digestive Repair and Optimization Modules (\$497)

3 Months Group Coaching and Q&A Calls (\$997)

Recipe Collection, Menu Guidelines, Program Action Guide, Facebook Group, Assessments, and Coach Monitored Journals (\$738)

Bonus #1: 2 month VITAL Community Membership (\$49.94)

Bonus #2: Dr. Ritamarie's 30-Day Transforming Stress System (\$97)

Bonus #3: The Food Preparation Video Library (\$97)

Bonus #4: The Creating a Healing Kitchen e-Book (\$27)

Bonus #5: Special Report from John Robbins (\$37)

Bonus #6: Boosting Energy Webinar with Steph Jackson (\$97)

Value: \$2636.94

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Investment TODAY, NOW

GRAND: The Happy Belly System

Value: \$2636.34

Get Started Today

\$497

or 3 easy payments of

\$197

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Case Study 1: Veronica



- Decades of chronic digestive issues
- Food allergies

"I am so impressed by Dr. Ritamarie! She has taught me way more than I ever knew and she made it so easy to understand. I am finally seeing improvements which have eluded me for decades. My only regret is that I didn't discover her programs sooner. I will forever be grateful for the huge health gains I am experiencing in my digestion and food allergies. Thank you Dr. Ritamarie!"

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Case Study 2: Patty



- Health coach with leaky gut
- Gas and bloating
- Trying for over a year to heal it
- Lost 10 pounds

"I have been trying to work on my leaky gut for over a year and could never seem to get myself organized enough to do the work. When I started this program with Dr. Ritamarie, everything clicked. I found the program very informative and laid out in a format that made the recommendations very easy to follow. I finally was able to heal my digestion and get rid of my bloating, stomach pains, and digestive upset. I have also lost 10 pounds. Very excited."

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Gut Healing: 3 Ways Your Digestive Health Affects Your Energy, Your Mood, and Your Sex Drive

Case Study 3: Heidi



- Health coach with digestive issues since mid 20's
- Bloating
- Constipation and diarrhea
- Gas
- *Ultrasounds, CT scans couldn't pinpoint problem* - trying for over a year to heal it

"Once I began following the protocols, the bloating and diarrhea went away. I started experiencing 2 – 3 bowel movements per day. Gas disappeared... I have also begun to share this information with clients, favorite part!! Thank you for all that you do, my life is definitely so much richer and healthier."

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*"Pollution in our world and toxins in our food supply are wreaking havoc on our guts. In fact, most of us are walking around with seriously compromised digestive tracts. Dr. Ritamarie's work can change all that. She'll hold your hand, walk you through the steps you can take to **heal your gut**, and help you to **heal your life**."*



Ocean Robbins CEO, The Food Revolution Network

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Dr. Ritamarie's Happy Belly System...

Investment

GRAND: The Happy Belly System

Value **\$2636.34**

Investment **\$497**



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\$497



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Dr. Ritamarie's Happy Belly System...

Investment **TODAY, NOW**

GRAND: The Happy Belly System
Value: \$2636.34

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\$497
or 3 easy payments of
\$197

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Dr. Ritamarie's Happy Belly System...

GRAND Program
30-Day Money Back Guarantee

You make this investment at no risk because you're covered by **my personal Satisfaction Guarantee**. I am so confident that if you apply the information in this program and if you give the strategies an honest effort, you'll see huge results in your life.

So I'd like you to spend the next month learning and applying the tools we're sharing. Complete the modules delivered during the first month, come to the live coaching calls and ask for help, and fill out the progress journals at the end of each module. If at the end of that month, you don't feel that the program is for you, I ask that you fill out our refund request form and send it to us along with your module progress journal entries, and I'll make every attempt to help you succeed.

If we both agree that this program is not for you, I'll issue you a prompt refund. I must receive your refund request form and progress journal entries within 30 days from the date of your purchase.

Register NOW at www.HappyBellySystem.com

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GRAND: The Happy Belly System

Get Started Today: Only \$497
or 3 easy monthly payments of \$197

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