

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

The Importance of Digestive Wellness



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. This presentation is provided for informational purposes only and no guarantees, promises, representations or warranties of any kind regarding specific or general benefits, have been or will be made by Dr. Ritamarie Loscalzo, her affiliates or their officers, principals, representatives, agents or employees. Dr. Ritamarie Loscalzo is not responsible for, and shall have no liability for any success or failure, acts and/or omissions, the appropriateness of the participant's decisions, or the use of or reliance on this information.

You Are In The Right Place If

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



You Are In The Right Place If

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



You Are In The Right Place If

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



You Are In The Right Place If

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



What You



Will Learn

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)



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



What You'll Learn Today...

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



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



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!)



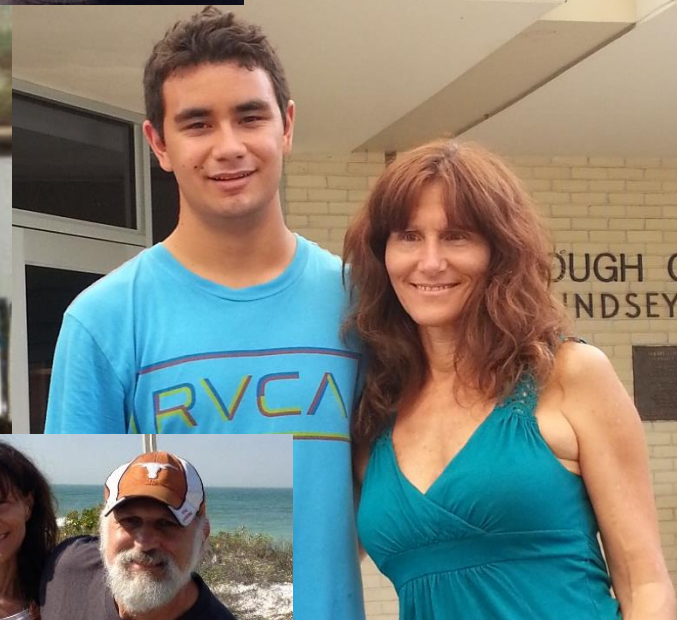
When You Stay Until...



Two tools to get you started!

My Digestion Recovery Story



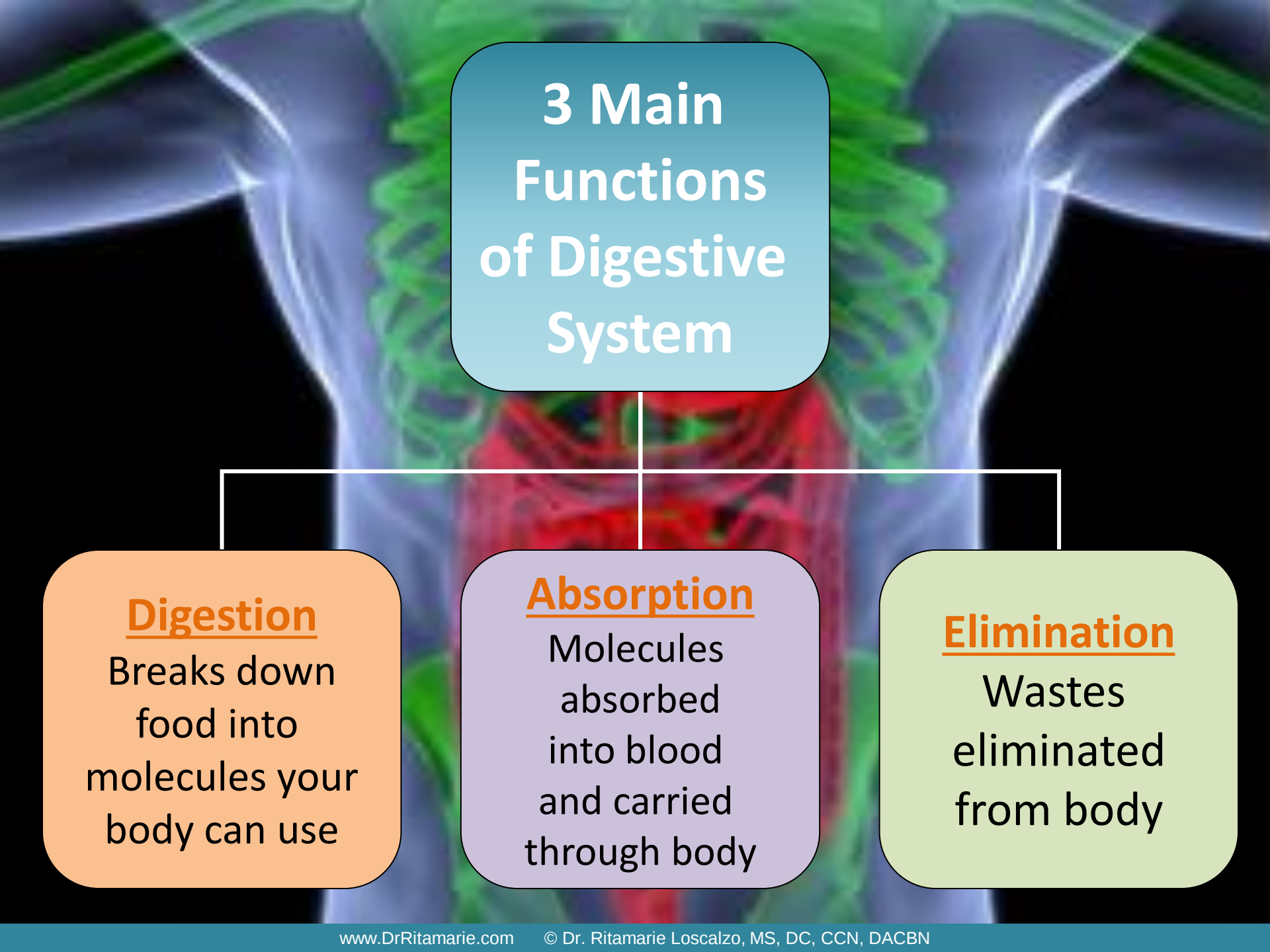


Your Digestive Tract's Job



The role of your digestive system is to take nutrients from the foods you eat so that the cells of your body can use them.





3 Main Functions of Digestive System

Digestion

Breaks down
food into
molecules your
body can use

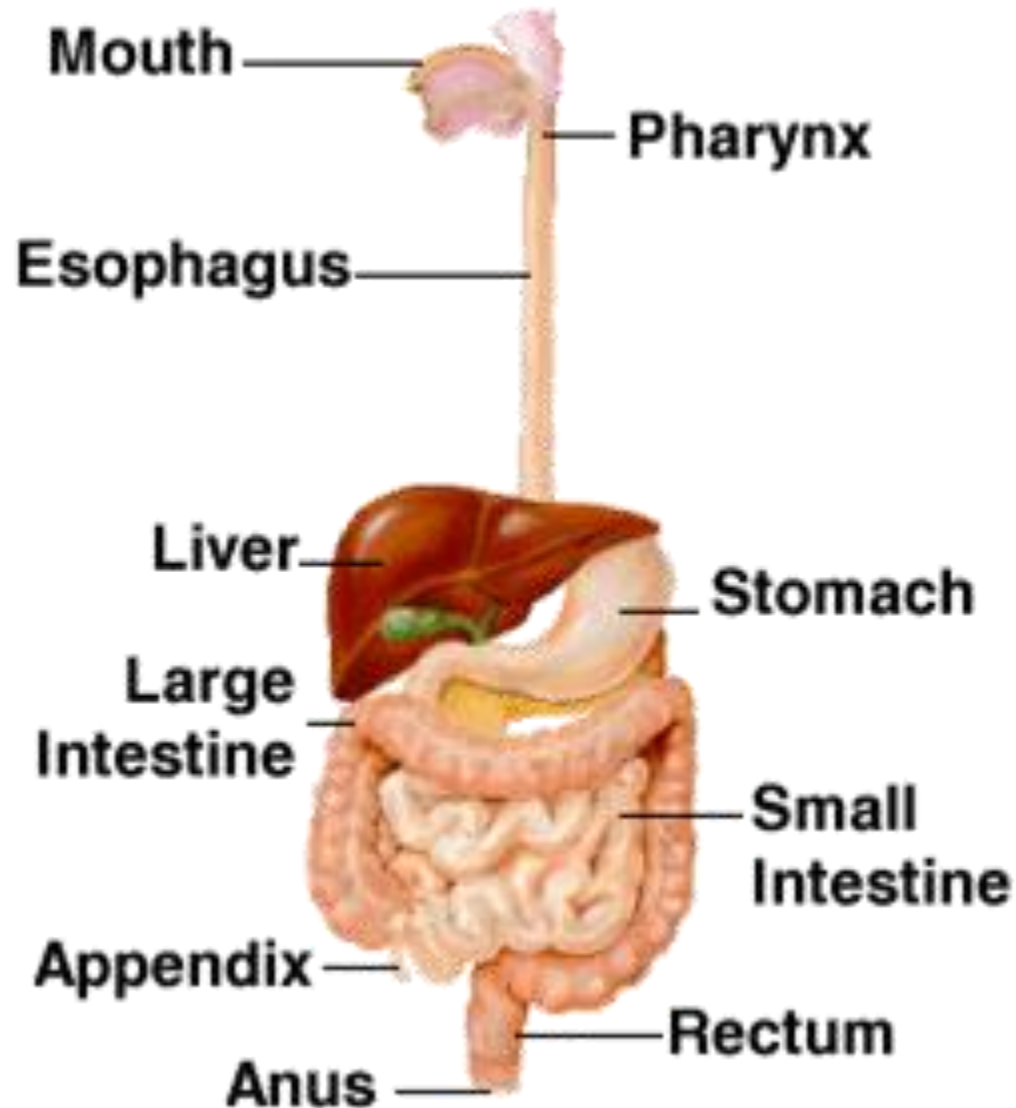
Absorption

Molecules
absorbed
into blood
and carried
through body

Elimination

Wastes
eliminated
from body

The Digestive Tract



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



Does Your Digestion Need Help?

Obvious

- Bloating
- Gas
- Flatulence
- Burping
- Pain
- Hemorrhoids
- Irritable bowel
- Diarrhea
- Constipation
- Crohn's
- Diverticulitis
- Colitis
- Heartburn
- Ulcers



Not So Obvious

- 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

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

1. Nutrient and toxin absorption



Digestion Recovery Story



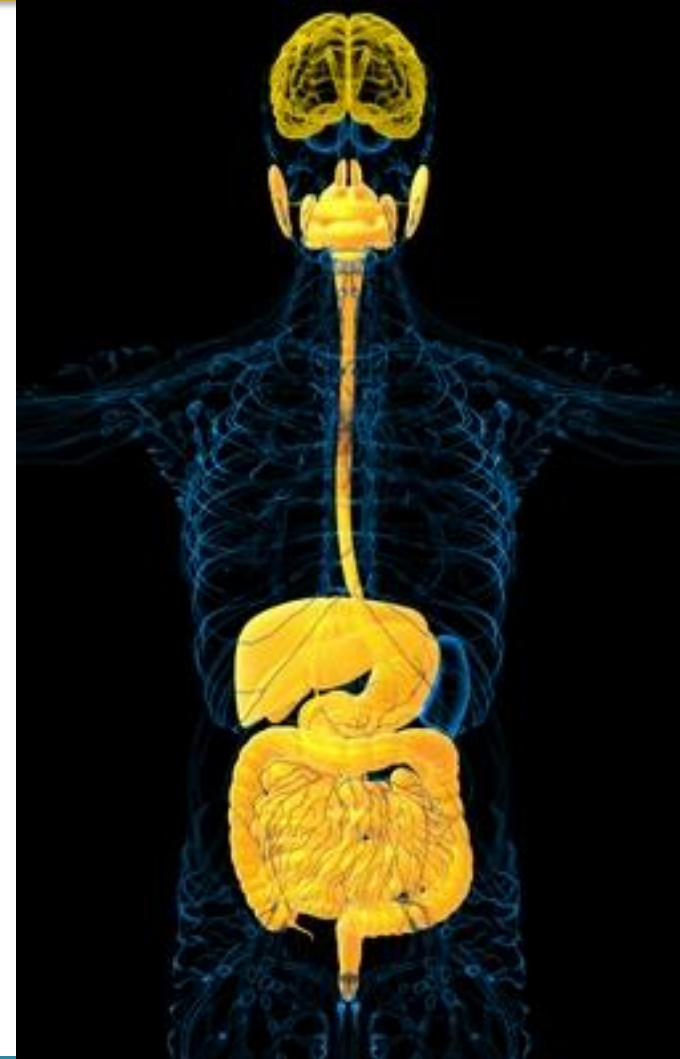
Digestion and Your Brain

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



How Your Gut Is Connected To Your Brain

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



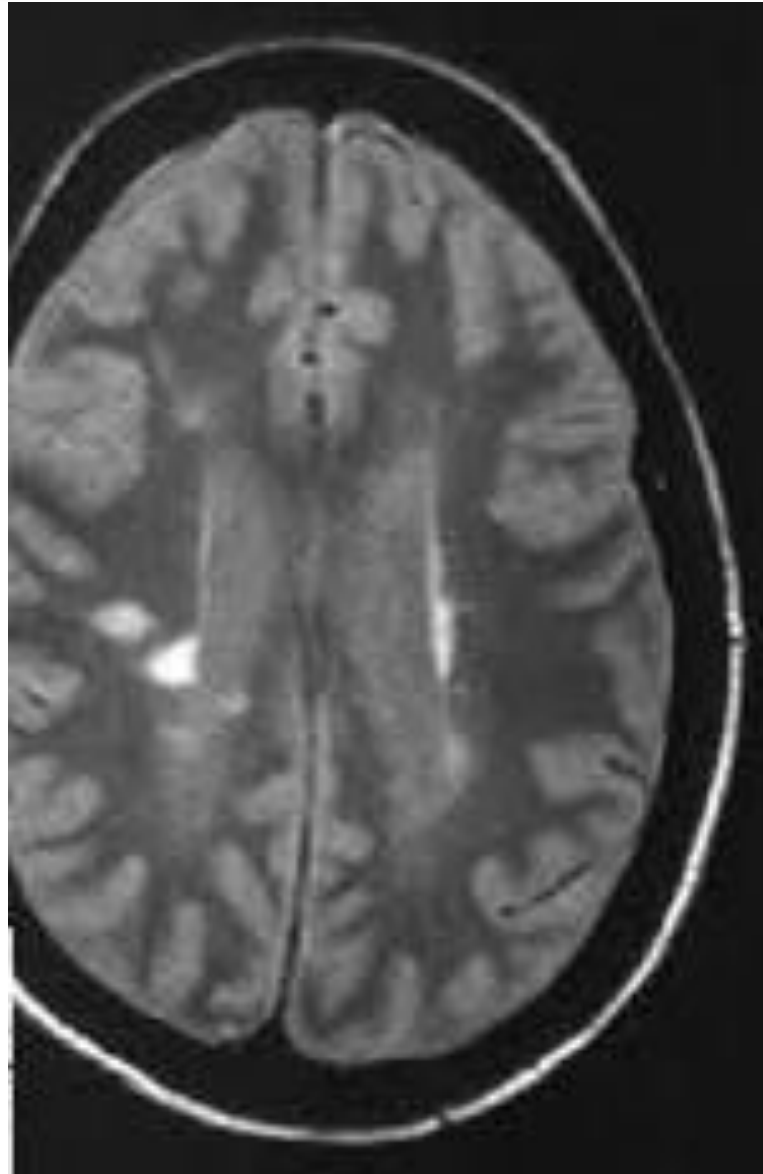
The Psychology of Digestion

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



Digestion Recovery Stories



Which Hormones Control Digestion

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



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

Other Hormones Indirectly Involved in Digestion

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



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

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



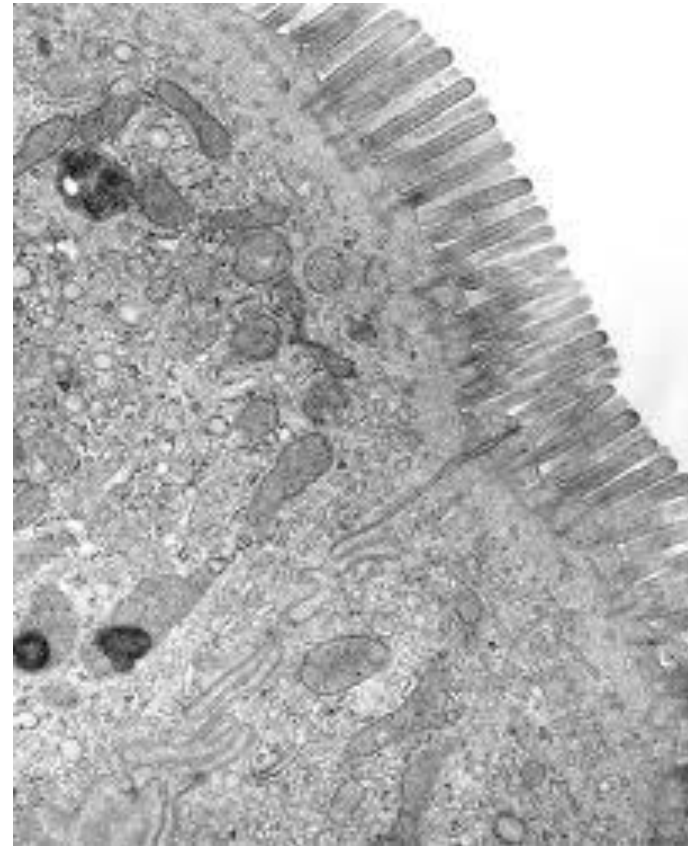
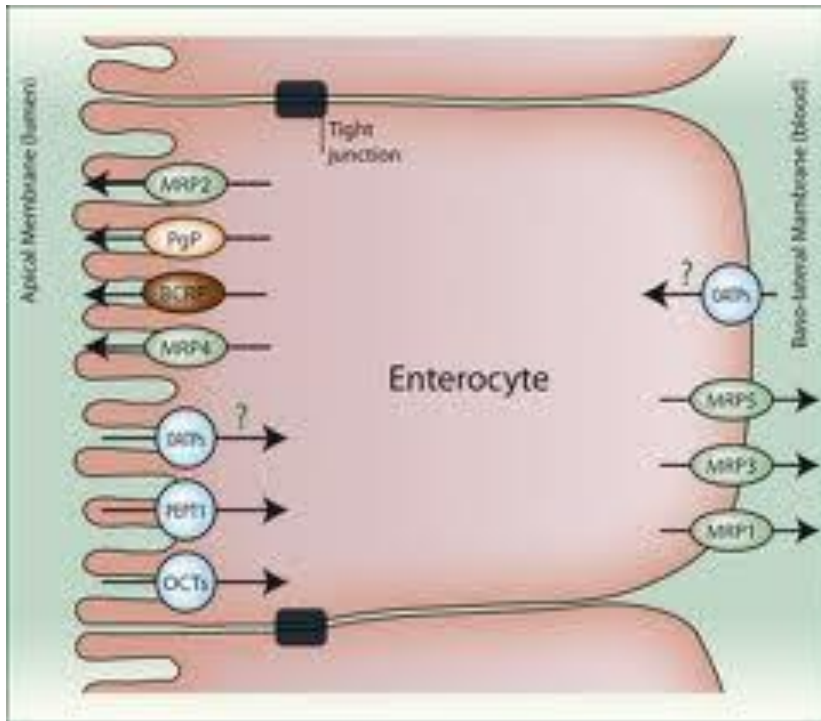
How Leaky Gut and Digestive Impairment Affect...

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



Intestinal Absorption

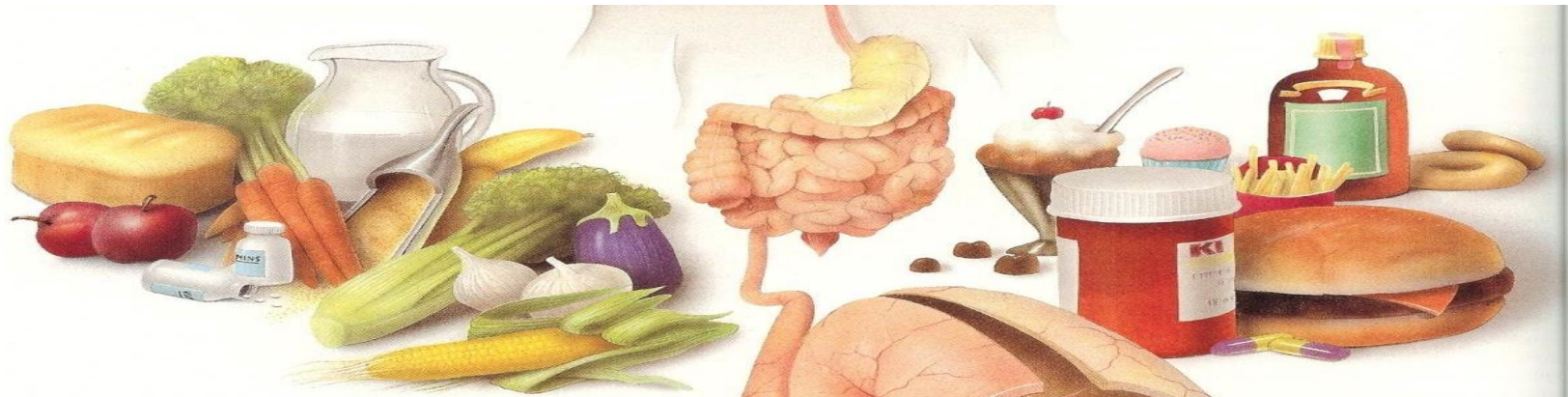
- Basic cells lining small intestine and colon



Damaged Intestine



Leaky Gut



Healthy Function

Healthful bacteria that coats and protects the intestinal wall, along with other factors obtained from food or from natural intestinal secretions, inhibit unhealthful bacteria and contribute to maintaining bacterial balance and optimal intestinal health.

Lactoperoxidase:
A protein enzyme that damages unhealthful bacteria.

Globulin Proteins: Proteins that prevent unhealthful bacteria from adhering to the intestine.

Lactoferrin: A protein that traps iron and blocks its use by unhealthful bacteria, thus starving them.



Unhealthy Function

With healthful bacteria and other protective factors missing, unhealthful bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall, producing poor intestinal health.

Yeast

Intestinal Deterioration

Toxins

Parasites

Toxins being detoxified

Unhealthful Bacteria
Lactobacillus acidophilus
Bifidobacteria
Fructo-oligosaccharides

How Leaky Gut and Digestive Impairment Affect...

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



Adrenal Burnout is Stealing Your Sex Drive

Cortisol

Pregnenolone

DHEA

Testosterone

Estrogen

Progesterone

Sex
hormone



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



Restoring Digestive Health

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



The 4R Process



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

Dr. Ritamarie's

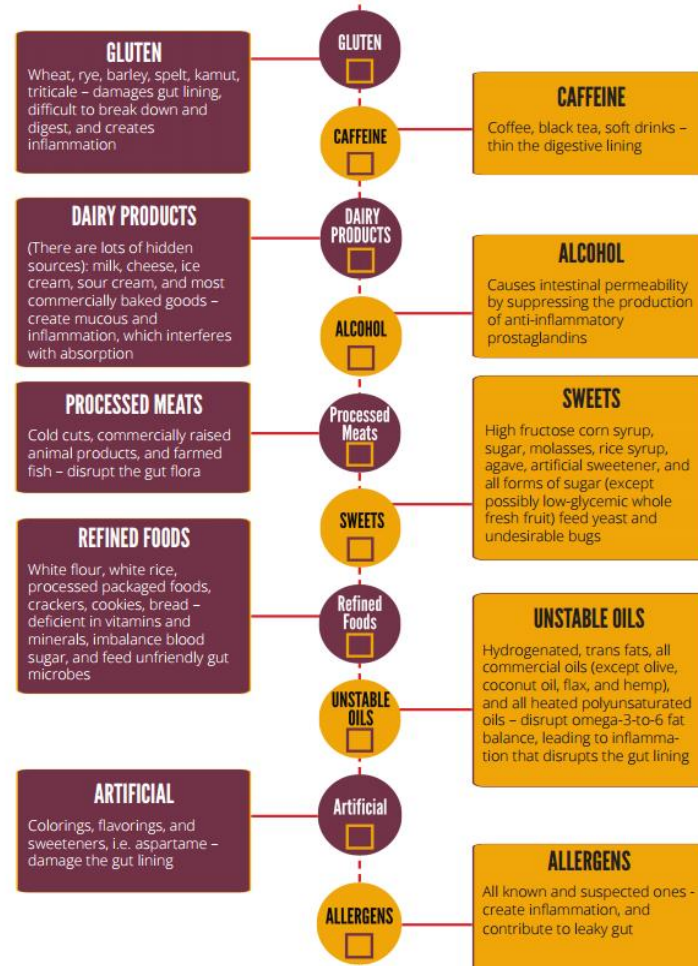
HAPPY BELLY CHECKLIST

Learn the Truth About the Foods, Nutrients
and Herbs that Either Hurt or Heal Your Gut



DR. RITAMARIE LOSCALZO
MS, DC, CCN, DACBN

TOP 10 FOODS THAT HURT YOUR GUT



DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

Remove the Top 3 Foods That Slow or Damage Your Gut

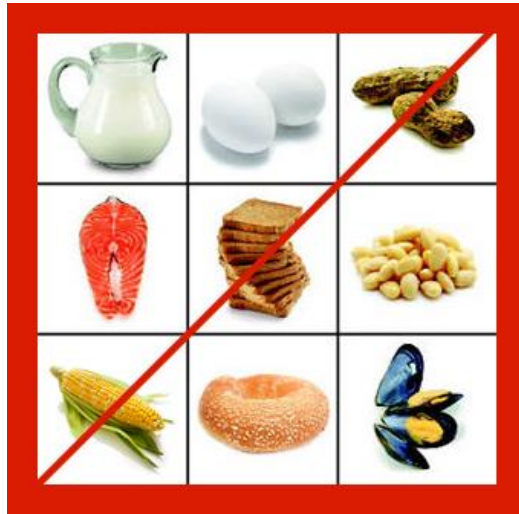


- Sugar and processed foods
- Trans and heated fats
- Allergens, especially gluten

Remove Allergens

➤ Common allergens

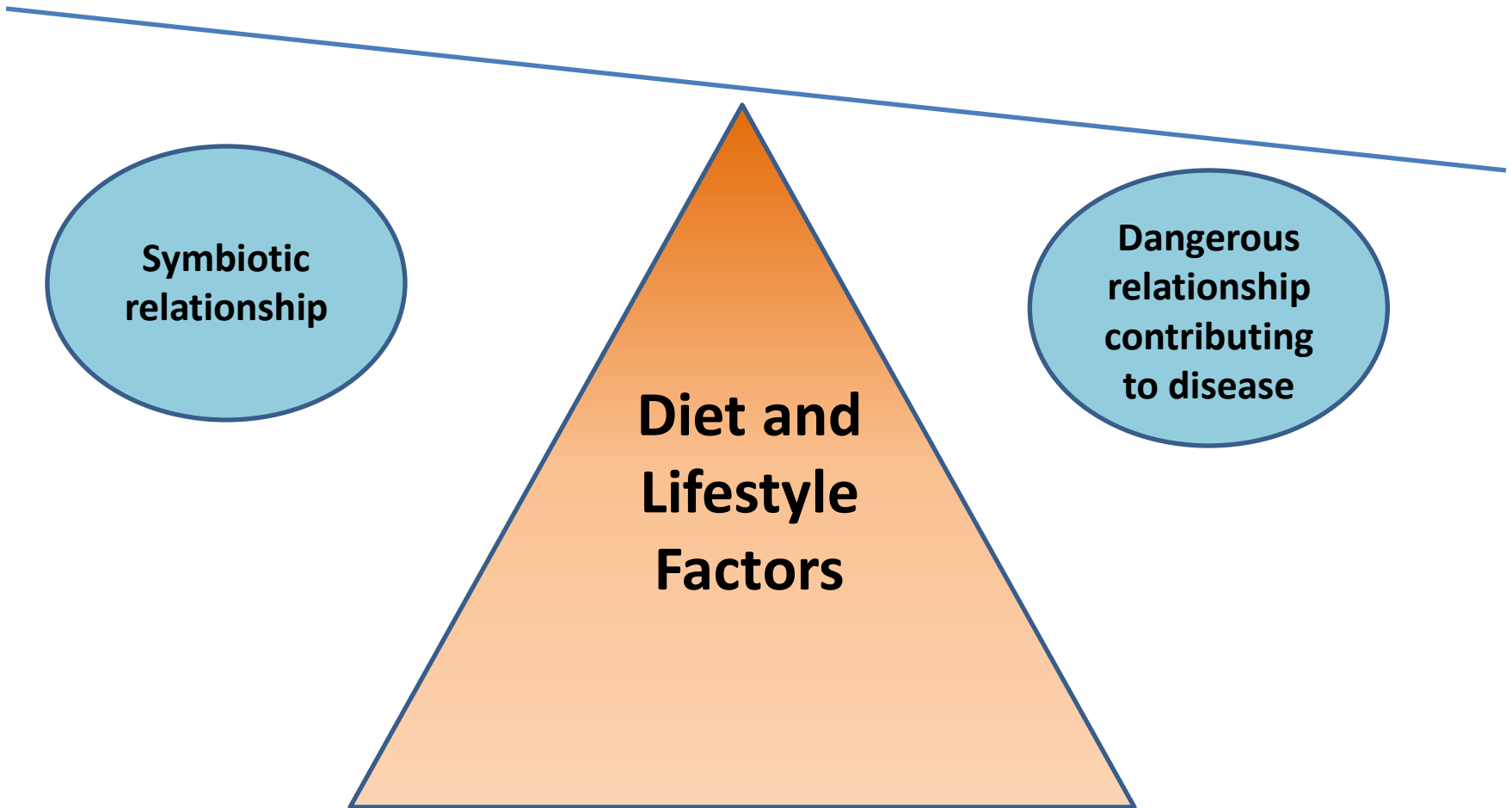
- ✓ Gluten
- ✓ Dairy
- ✓ Egg
- ✓ Peanuts
- ✓ Corn
- ✓ Soy



- Foods you eat frequently
- Foods you crave
- Foods you don't digest well

➤ Known allergens

Remove Unfriendly Organisms



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



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



The 4R Process



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

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



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

Anti-parasitic,
mucilage



GINGER

Anti-inflammatory,
soothing to the
GI system



TURMERIC

Anti-inflammatory,
antioxidant,
antimicrobial



OREGANO

Antimicrobial



THYME

Antimicrobial



ROSEMARY

Anti-parasitic,
mucilage



CHAMOMILE

Soothing and
calming



FENNEL

Antimicrobial



MUSTARD

Especially good for
enhancing
detoxification and as
an anti-cancer food



LICORICE

Repairs damaged
mucous membranes
(avoid if you have high
blood pressure)



SLIPPERY ELM

Mucilage, healing
to damaged
mucous membranes



MARSHMALLOW

Mucilage, healing
to damaged mucous
membranes



DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contains
sulforaphane
which has been
shown to be
a potent gut
healer and
detoxification
inducer

BRASSICAS
including broccoli,
cabbage, cauliflower,
kale, Brussels
sprouts

**CHICORY
ROOT**

Contains
inulin, a
prebiotic that
supports healthy
gut flora and
digestion

Contains
inulin, a prebiotic
that supports
healthy gut
flora, bitters
that help bile
flow, and stomach
acid production

DANDELION

**BROCCOLI
SPROUTS**

Especially good
for enhancing
detoxification
and as an
anti-cancer food

Contains
inulin, a
prebiotic that
supports
healthy gut
flora

**JERUSALEM
ARTICHOKES**

CHIA SEED

Mucilage,
intestinal
broom, rich in
anti-inflammatory
essential fats

Contains
inulin, a
prebiotic that
supports
healthy gut
flora

JICAMA

FLAX SEED

Mucilage,
intestinal
broom, rich in
anti-inflammatory
essential fats



DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contain
limonene
which soothes
and heals the
digestive tract's
mucous
membrane and
supports
detoxification

**CITRUS
FRUIT
PEELS**

Contains inulin, a
prebiotic that
supports healthy
gut flora,
anti-parasitic,
antimicrobial

GARLIC

Anti-parasitic,
anti-inflammatory,
supply zinc,
which helps in
the repair and
regeneration
process and
immune system

**PUMPKIN
SEEDS
(RAW)**

Contains inulin, a
prebiotic that
supports healthy
gut flora,
anti-parasitic,
antimicrobial

ONION

Especially good
for enhancing
detoxification
and as an
anti-cancer
food (broccoli,
kale, cabbage,
radish, mustard,
etc.)

SPROUTS

**Green Leafy
Vegetables
and their juices**

Provide protein
and nutrients to
aid in leaky gut
repair and
detoxification

Anti-fungal,
anti-viral,
helps decrease
candida
overgrowth

**VIRGIN
COCONUT
OIL**

BURDOCK

Contains
inulin,
a prebiotic
that supports
healthy gut flora



DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

Top 5 Gut Soothing Foods and Herbs



Slippery elm



Aloe vera



Licorice root



Omega-3 rich foods



**Probiotic and
prebiotic rich foods**

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



RECIPE COLLECTION

Dr. Ritamarie's HAPPY BELLY RECIPE GUIDE

Delicious, Easy-to-Make Recipes to Soothe
and Heal Your Digestive Tract



DR. RITAMARIE LOSCALZO
MS, DC, CCN, DACBN

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)*

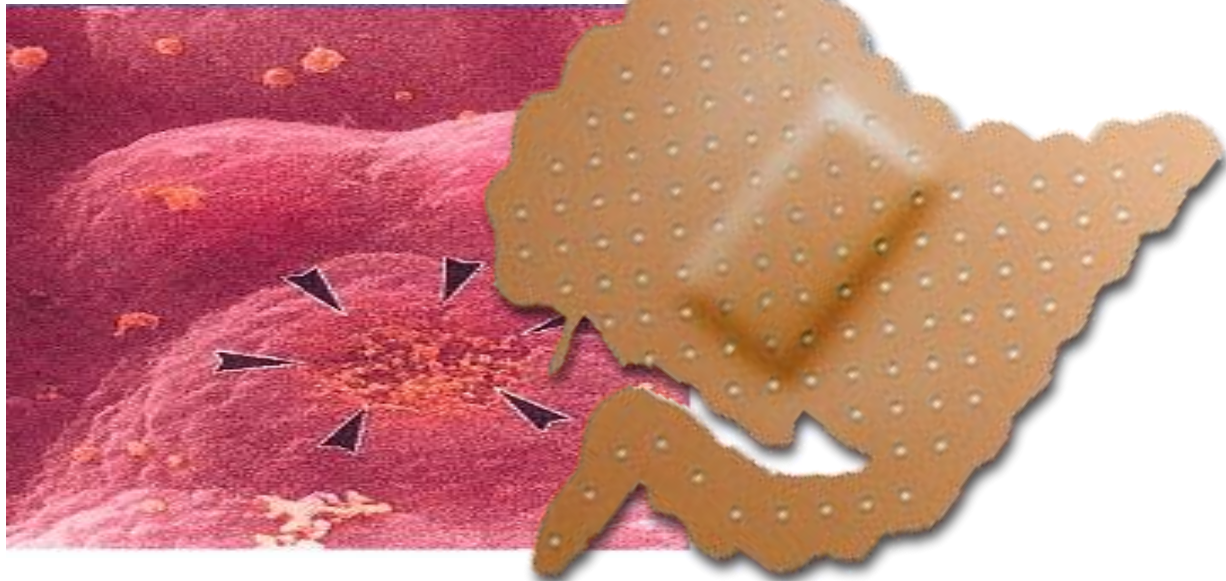


The 4R Process



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

Repairing



Leaky Gut

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



The 4R Process



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

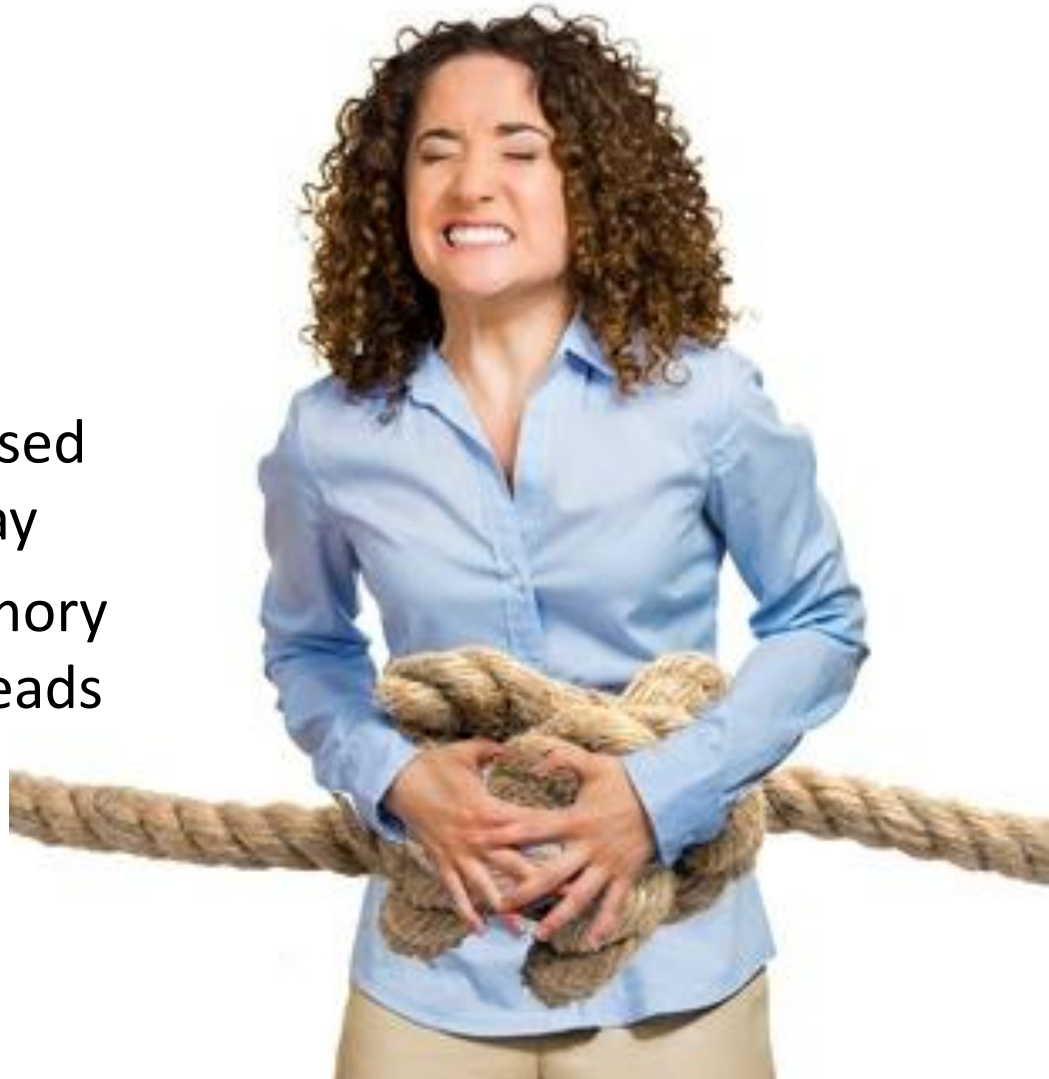
Probiotics to Re-Inoculate Your Gut



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

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

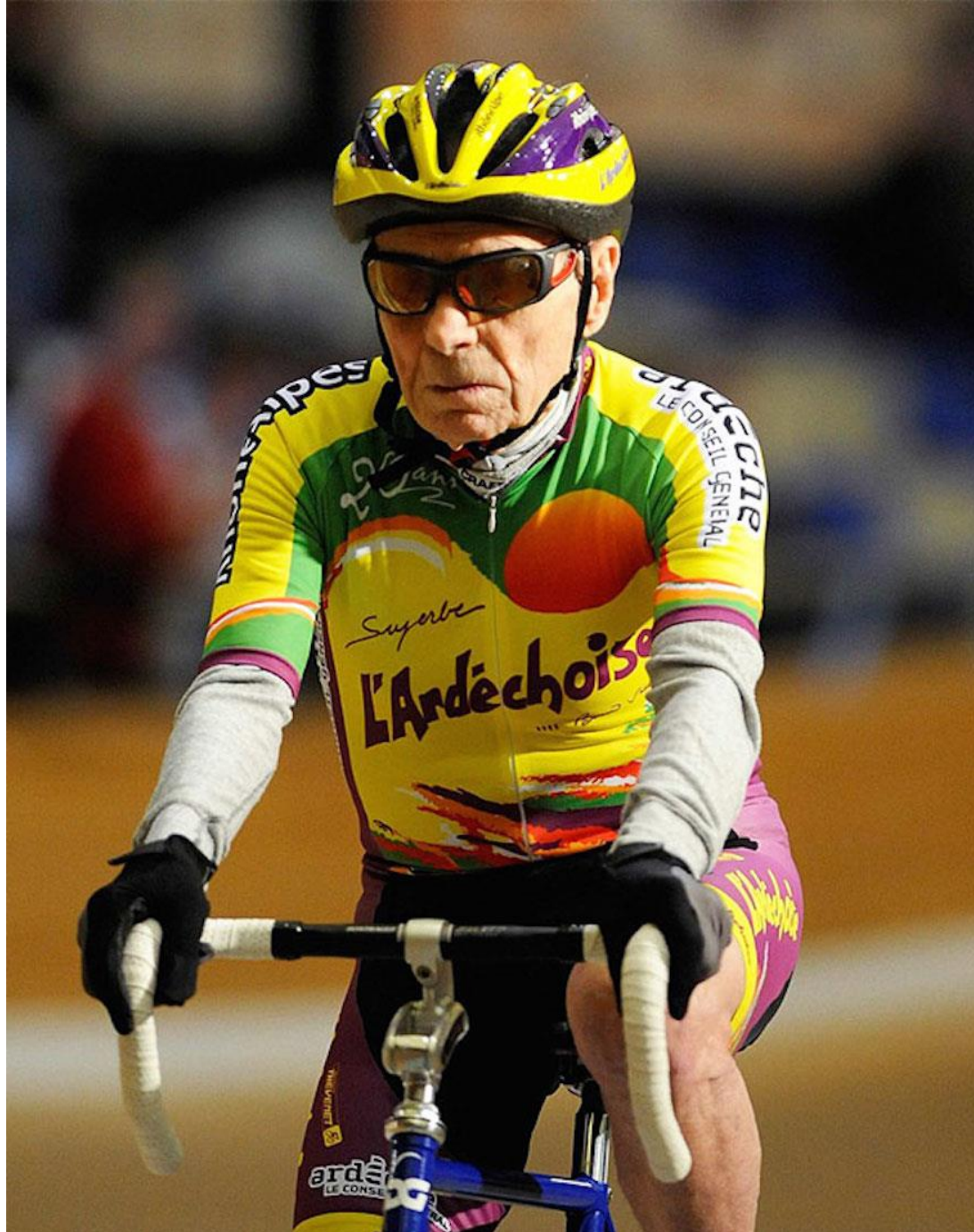














What's Possible for You...

Feel good in your body and confident in your appearance



What's Possible for You...

Be fully present for your loved ones



What's Possible for You...

Have boundless 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...

Experience true connection and intimacy that fosters deep and meaningful relationships



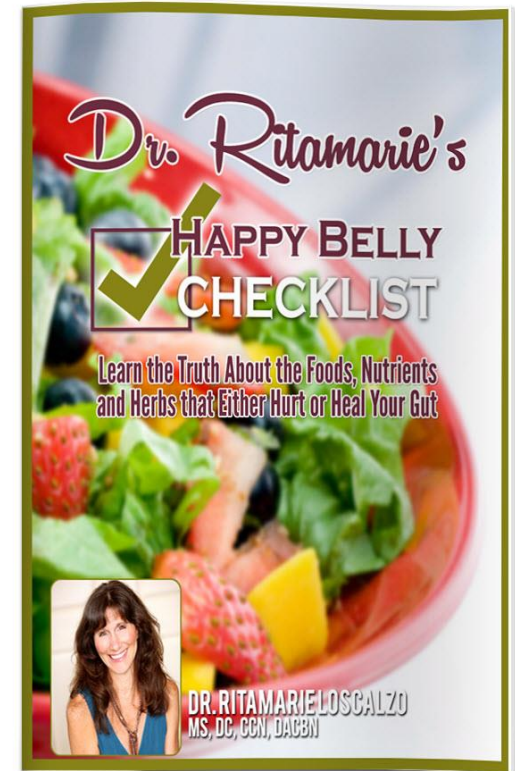
What's Possible for You...

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



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**



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



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

Introducing GRAND

Gut Repair and Alkalizing Nutrition for Digestion



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.



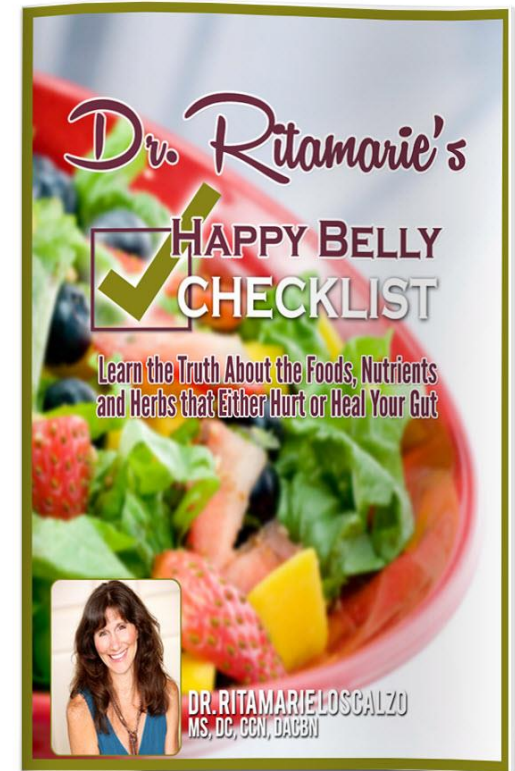
The Precise Strategies You Need to Heal Your Gut So You Can Live Your Life Again!



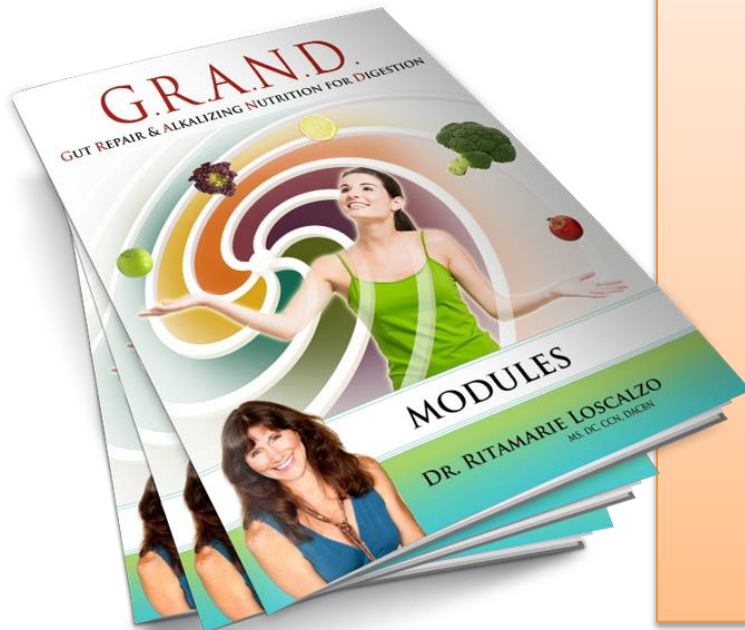
Enjoy the Energy and Vitality That Reflect the Vibrant Individual You Truly Are!

Dr. Ritamarie's Happy Belly System

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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

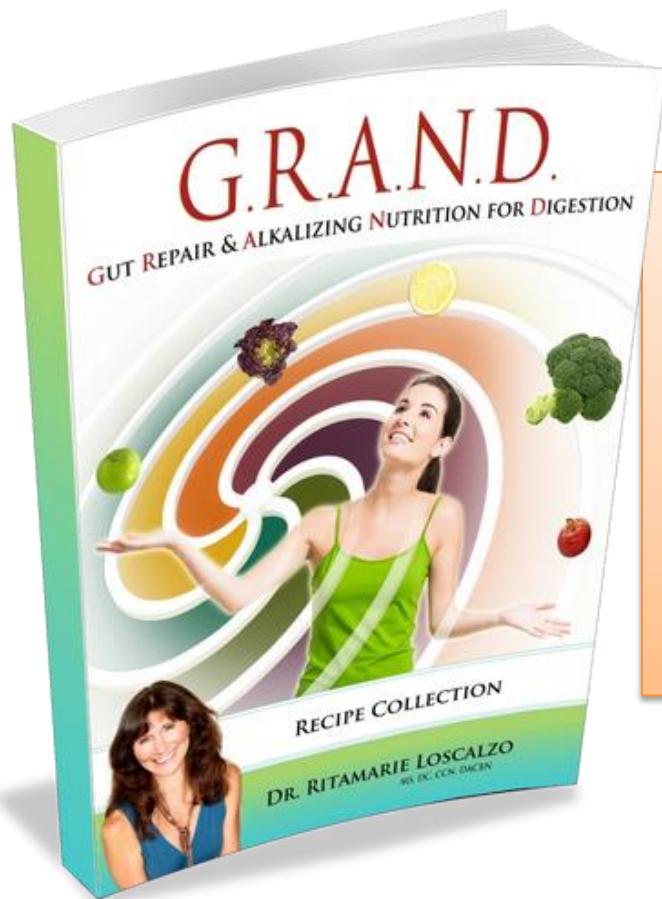
Implementing Dr. Ritamarie's Happy Belly System...



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.

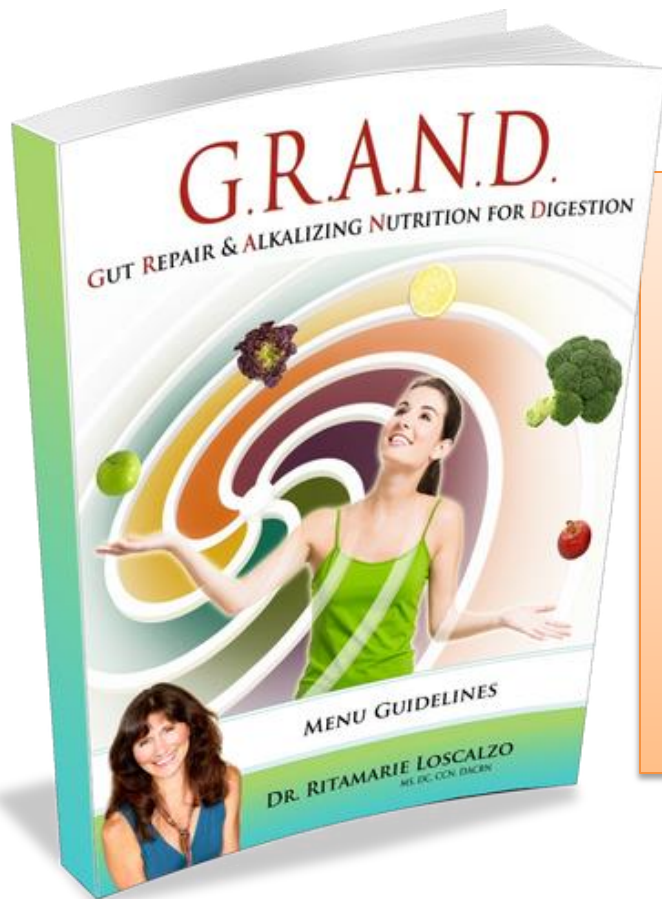
Implementing Dr. Ritamarie's Happy Belly System...



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.

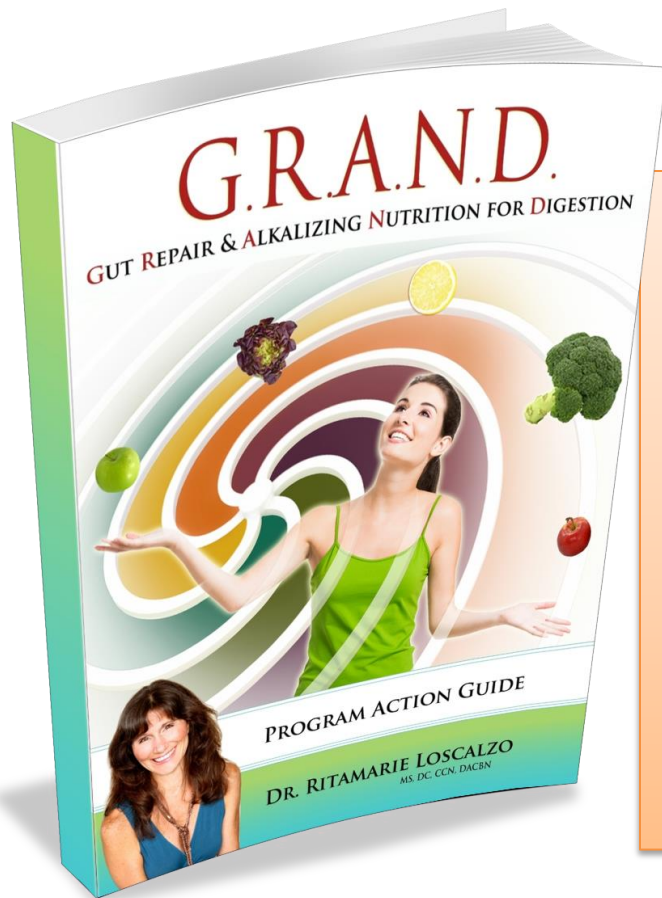
Implementing Dr. Ritamarie's Happy Belly System...



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.

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.

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...



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...



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...

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...



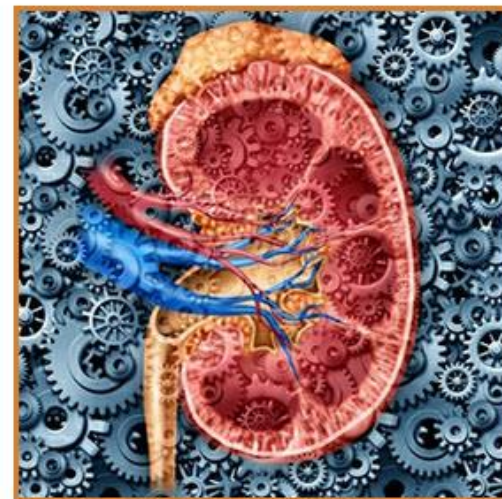
PART 5

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...



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**)

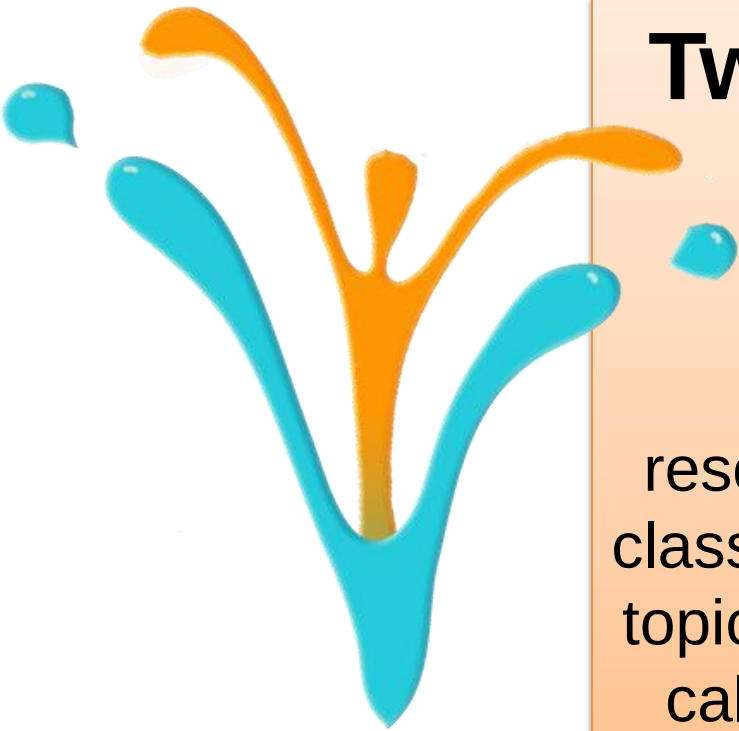
A Private, Members-Only Facebook Group (**Value \$297**)

Total Value: \$2232.00

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

Dr. Ritamarie's Happy Belly System...

GRAND Program Bonus #2

Gut Repair and Alkalizing Nutrition for Digestion



30-Day Transforming Stress System

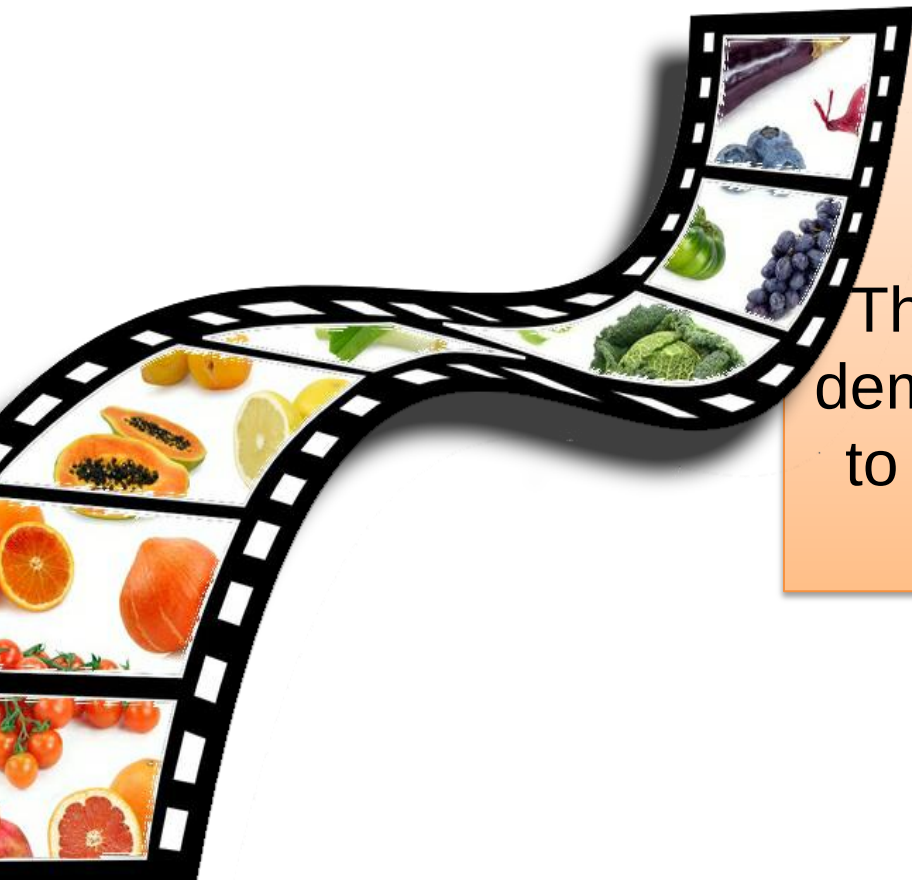
Transform stress into resourcefulness and achieve optimal hormone balance by accessing a 30-day series of short, guided audios that can take you on a restorative “mini-vacation” in as little as 1 minute.

Value: \$97.00

Dr. Ritamarie's Happy Belly System...

GRAND Program Bonus #3

Gut Repair and Alkalizing Nutrition for Digestion



Food Preparation Video Library

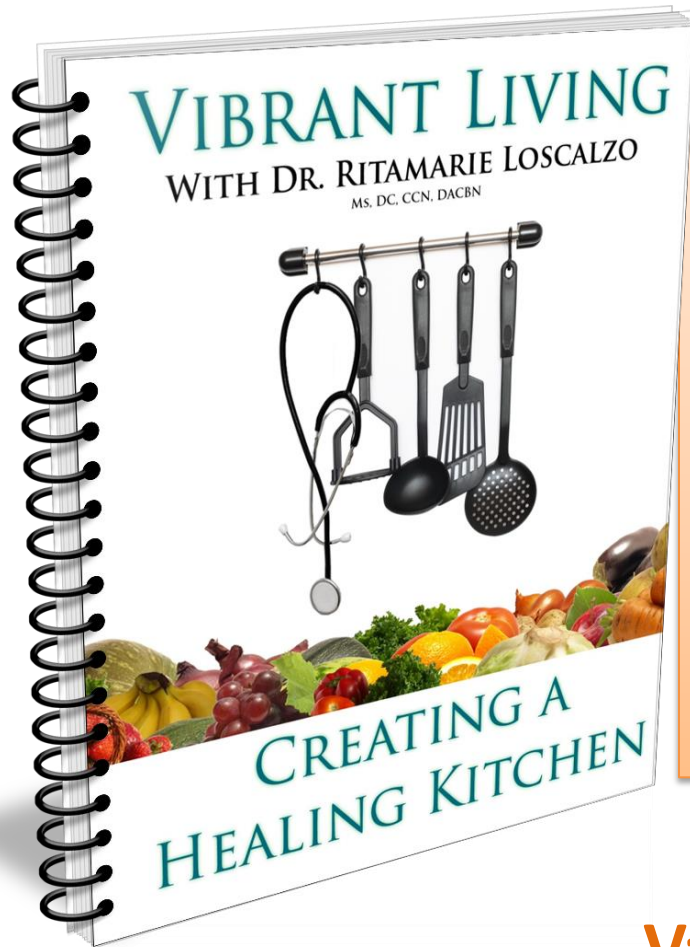
These online videos contain actual demos of healthy and delicious foods to support you as you participate in the program.

Value: \$97.00

Dr. Ritamarie's Happy Belly System...

GRAND Program Bonus #4

Gut Repair and Alkalizing Nutrition for Digestion



Creating a Healing Kitchen Guide e-Book

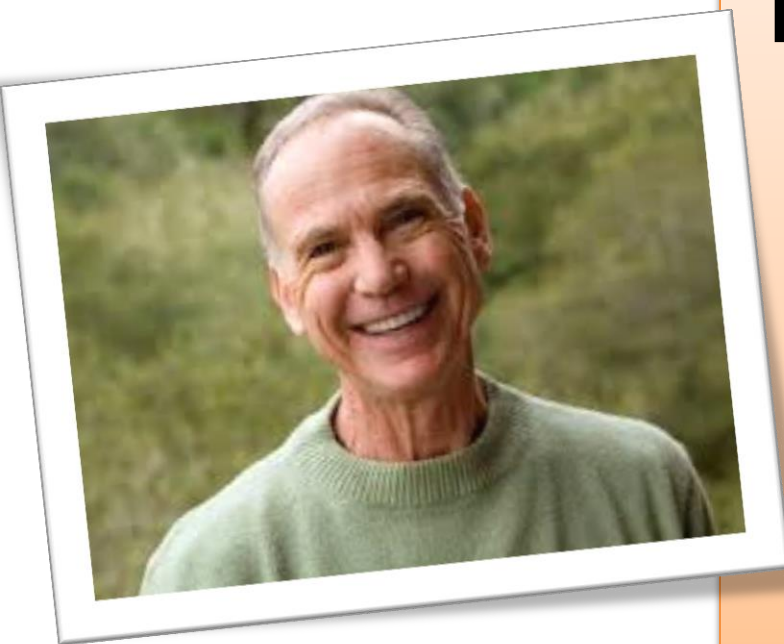
This digital e-book is a compilation of foods, supplements, and equipment that are Dr. Ritamarie-approved (and personally used in many cases) that you can use to access clean, organic, and reliable foods and nutrients.

Value: \$27.00

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

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

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

Dr. Ritamarie's Happy Belly System...

Investment **TODAY, NOW**

GRAND: The Happy Belly System
Value: \$2636.34

Get Started Today
\$497

or 3 easy payments of
\$197



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!”

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."*

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.**”*

*"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*

Dr. Ritamarie's Happy Belly System...

Investment

GRAND: The Happy Belly System

Value \$2636.34

Investment \$497



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GRAND: The Happy Belly System
Value: \$2636.34

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\$497

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\$197



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

GRAND: The Happy Belly System

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

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Click Above To Make Your First Payment of \$197



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