



The Magic of Elixirs for Restoring Energy and Hormone Balance and Freeing You from the Bondage of Fatigue

With
Dr. Ritamarie Loscalzo

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The Bondage of Fatigue

- ✓ 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



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So Why Are You So Tired?

Top Ten Causes of Energy Deficiency and Waistline Excess

- ✓ Lack of sufficient sleep
- ✓ Burned out adrenal glands
- ✓ Low thyroid function
- ✓ Anemia
- ✓ Sluggish detoxification and/or excessive toxin exposure
- ✓ Nutrient imbalances
- ✓ Hidden infections
- ✓ Blood sugar imbalances
- ✓ Food allergies
- ✓ Inflammation



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Your Big Why: Your BIG Vision

Why DO you want to break free from fatigue?

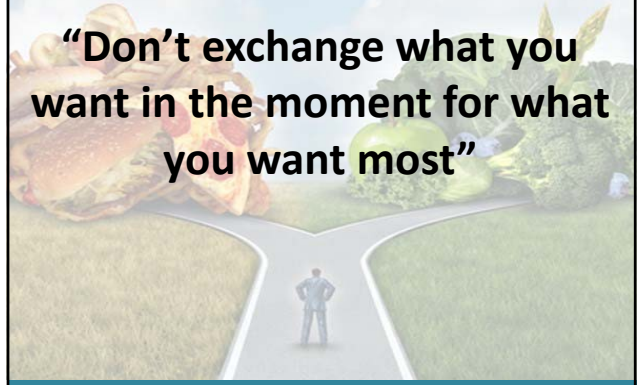
- ✓ to be healthy?
- ✓ to drop weight?
- ✓ to get fit?
- ✓ a trip around the world?
- ✓ start a new passion-driven career?
- ✓ write your first novel?
- ✓ hike the Grand Canyon?



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Difficult Choices?

“Don’t exchange what you want in the moment for what you want most”



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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
- ✓ **Sweetener:** stevia, monk fruit (luo han), erythritol, inulin, or other wholesome, low-glycemic sweetener
- ✓ **Salt:** sea salt or kelp
- ✓ **Optional:** green powder or handful of fresh greens (play with amount)

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. Strain or remove tea bag.
- ✓ Put liquid, fat, herbs, flavorings, sweetener, and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.



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Adaptogenic Herbs for Adrenals

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



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Foods for Elixirs

- ✓ **Coconut**
- ✓ **Low-glycemic fruits**
- ✓ **Green leafy vegetables**
- ✓ **Medicinal mushrooms:** Maitake, chaga, reishi, shiitake, cordyceps
- ✓ **Omega-3 rich foods:** Hemp seeds, chia seeds, flax seeds, algae powder
- ✓ **Probiotic and prebiotic rich foods:** Kefir, KeVita, rejuvelac, sauerkraut or sauerkraut juice, coconut yogurt, seed yogurt, cashew yogurt, Jerusalem artichoke powder, chicory root powder, yacon powder
- ✓ **Sea vegetables:** kelp, bladderwrack, dulse, nori
- ✓ **Sunflower lecithin**



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Customizing Elixir Ingredients

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
- Ashwagandha - Astragalus - Cordyceps - Gymnostemma - Licorice *** - Maca - Mucuna - Pruriens - Reishi - Rhodiola - Schizandra - Shiitake - Siberian Ginseng - Tulsi	- Ashwagandha - Black Cohosh - Coleus - Forskohlii - Eleuthero - Gotu Kola - Guduchi - Guggulu - He Shou Wu - Licorice *** - Mushrooms - Prickly Ash - Rhodiola - Rosemary - Sage - White Willow	- Aloe - Cayenne - Cinnamon - Licorice *** - Marshmallow - Pau d'Arco - Peppermint - Slippery Elm	- Astragalus - Cordyceps - Ginger - Gymnostemma - Reishi - Shiitake - Turmeric	- Broccoli Seeds - Burdock - Dandelion - Garlic - Ginger - Milk Thistle - Turmeric - Yellow Dock	- Horsetail - Nettle - Yellow Dock

*** Licorice can increase blood pressure if overused.
Do not include if you have a tendency towards high blood pressure.

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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 ashwagandha powder (*Mountain Rose Herbs*)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon maca powder (*HealthForce Nutritionals*)
- ✓ 1/4 teaspoon stevia, green leaf powder, luo han (monkfruit), or 3-4 drops your choice flavored *Sweet Leaf Stevia*, or any other low-glycemic sweetener of your choice



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Energize Me Elixir

- ✓ 1 tea bag of *Spring Dragon Longevity Tea*
- ✓ 1 tea bag of *Organic India Tulsi Licorice Spice Tea**
- ✓ 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon pumpkin seeds
- ✓ 2 heaping teaspoons coconut powder
- ✓ 1/2 cup *Chia Gel*
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1 teaspoon ashwagandha powder
- ✓ 1/4 teaspoon rhodiola powder
- ✓ 1 heaping tablespoon schisandra berries
- ✓ 1/4 teaspoon Eleuthero aka Siberian ginseng
- ✓ 1 teaspoon *HealthForce Nutritionals Vanilla Maca*
- ✓ 2 heaping teaspoons cinnamon
- ✓ 1 pinch of sea salt
- ✓ 1 handful macadamia nuts
- ✓ 6 drops butterscotch liquid stevia for sweetener
- ✓ 6 drops wild orange essential oil



***Important:** Be careful with licorice if you have high blood pressure.

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Thyroid Restorative Elixir

- ✓ 2 teaspoons nettle leaf plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter or 2 tablespoons dried coconut
- ✓ 1/2 teaspoon kelp powder
- ✓ 1/2 teaspoon bladderwrack powder
- ✓ 1/2 teaspoon coleus powder (optional)
- ✓ 1/2 teaspoon shilajit powder
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/2 teaspoon ashwaganda powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or 1 teaspoon **Zero** or **Lakanto**, or any other low-glycemic sweetener of your choice



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Easy Energizing Hormone Harmonizing Elixir

- ✓ 1 tea bag of one of the following teas: **Spring Dragon Longevity Tea**, **Yogi Tea**, **Egyptian Licorice**, **Licorice Mint**, or ginseng tea (your favorite brand)
- ✓ 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter or 2 tablespoons dried coconut
- ✓ 1/2 teaspoon reishi powder
- ✓ 1/2 teaspoon cordyceps mushroom powder
- ✓ 1/4 teaspoon astragalus powder
- ✓ 1/2 teaspoon ashwagandha powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder (or 1/2 and 1/2)
- ✓ 1 tablespoon maca powder
- ✓ 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or any other low-glycemic sweetener of your choice

***Important:** Be careful with licorice if you have high blood pressure.



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Mushroom-Free Easy Energizing Hormone Harmonizing Elixir

- ✓ 1 tea bag of one of the following teas: **Spring Dragon Longevity Tea**, **Yogi Tea**, **Egyptian Licorice** or **Licorice Mint** or ginseng tea (your favorite brand)
- ✓ 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter or 2 tablespoons dried coconut
- ✓ 1 teaspoon mucuna pruriens powder
- ✓ 1 teaspoon rose hips extract
- ✓ 1 tablespoon Maca powder
- ✓ 1/4 teaspoon astragalus powder
- ✓ 1 teaspoon ashwaganda powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder (or 1/2 and 1/2)
- ✓ 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia**, or any other low glycemic sweetener of your choice

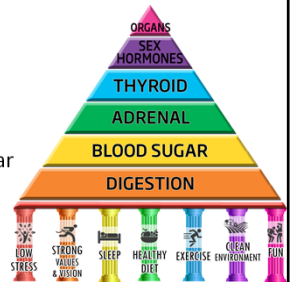
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In Addition to Elixirs

- ✓ Avoid a high-carbohydrate breakfast
- ✓ Avoid food allergens
- ✓ Avoid refined foods
- ✓ Chew your food thoroughly
- ✓ Drink plenty of pure water
- ✓ Eat an alkalizing diet
- ✓ Eat organic foods
- ✓ Eliminate caffeine, alcohol, sugar
- ✓ Exercise, sleep, stress balance
- ✓ Give your body an "oil change"
- ✓ Go gluten-free
- ✓ Keep blood sugars balanced
- ✓ Load up on fresh foods
- ✓ Load up on vitamin C rich foods



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