

YOUR PERSONAL INVITATION



Energy Recharge

COACHING PROGRAM

Dr. Ritamarie Loscalzo – MS, DC, CCN, DACBN

Are You Ready to Step into Your Full Potential?

Dear Health Seeker,

Have you ever gone to sleep at night playing the game of imagining the life **you really want**?

- Maybe your dressers are full of clothes of every size from the frustrating years of weight battling (*and inside you know that gazing into the mirror shouldn't incite a war of self-esteem*).
- Maybe you struggle with disappointment in your career and finances because you lack the enthusiasm or energy to excel (*but inside you know you're meant for bigger and better things*).
- Maybe you're enduring a painful or threatening illness that no one has had the right answer for or that seems overwhelming to overcome (*but you have faith that the right answer is out there*).
- Maybe you've experienced the first tiny glimmer of the inexpressible joy that bubbles up when you and your body-mind-spirit are healthy, in sync, and **you want MORE**.

As your eyes close and your thoughts break free from your reality of *what is*, do you escape into the possibilities of **what could be**? Are you happier there? Thinner? Healthier? More successful? Proud of your achievements?

Wherever you are right now, whatever you're doing... ***Stop***.

Take *THIS* moment to really feel **that dream-you**, the "you" of possibility, the person who only gets to live in your head at night. **That is the person inside of you waiting to rendezvous with this moment.**

That is the person who needs to read these words and make a choice to let me help you **move out of fantasy and into reality, step-by-step.**

Are you, *Dream-You*, ready to find out how you and I will work together to make YOUR dream happen?

Read on and make a choice from your heart – yes or no! "Maybe" keeps you stuck between what you really want and what you are afraid of. Life is too short to settle for *maybe* or *someday*!

This is for you and the wonderful life you can create for yourself and all the lives you'll touch in doing so.

To Your Vibrant Health and Boundless Energy,



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



So What is the Energy Recharge Coaching Program?

The **Energy Recharge Coaching (ERC) Program** is specifically designed to empower you to achieve optimal health so you can realize your unlimited potential. Using my unique E⁵ coaching approach, **ERC is a year-long fully guided experience** where you get to create a bold vision for your life and step into the vibrant health and the strong, lean, and energetic body you so desire AND so deserve!

In addition to the many benefits of this program, **far and away the biggest outcome is that you get to create a body that works for you** and allows you to enjoy all the hobbies, activities, and relationships that require abundant energy and an efficient and well-tuned you. Regardless of which level of coaching you choose, **you'll develop and follow your personalized Energy Recharge Roadmap™ to vibrant health.**

ERC is the only way to get one-on-one coaching from me in 2013. I will only work one-on-one with a handful of clients who are enrolled in ERC so that I can truly dedicate my time, knowledge, experience, and gifts to mentor you and a small group of highly motivated individuals.

I'm with you every step of the way, and I'm dedicated to your success. I want to devote my expertise as a seasoned coach and health practitioner to help people like you who are truly ready to do what it takes to overcome health challenges, create boundless energy, achieve hormonal balance, and live a life that allows your dreams to come alive.

How Can I Participate in Energy Recharge Coaching?

The Energy Recharge Inner Circle offers 3 tiers: **Silver, Gold, and Diamond.**

Each Energy Recharge tier provides complete access to my unique blend of cutting-edge science and natural living **Energy Recharge System™** including step-by-step guidance and tools to recharge your hormones, organs, and energy. The Energy Recharge System™ empowers you to take charge of your health and make sense of all the conflicting and confusing information you may have heard about along your journey.

The **Energy Recharge System™** includes training modules that provide the essentials for restoring balance and vitality to each of your organs and hormones. There are also foundational lifestyle modules including checklists and tracking sheets, action plans, recipes and a complete recipe preparation and fitness video library to empower you to action. To help you put it all to work for you, keep you motivated and inspired, and help you with challenges you encounter as you get into action, **you'll be coached and mentored every step of the way.**



ERC Member Donna Kasuska:
Before and After

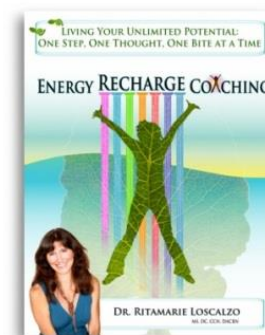
Dr Ritamarie's Energy Recharge System™

The foundation of the Energy Recharge Coaching Program is Dr Ritamarie's unique **Energy Recharge System™**, including step-by-step guidance and tools to recharge your hormones, organs, and energy.

The **Energy Recharge System™** has emerged from working with thousands of patients for over 20 years. It's the process you'll go through within the *Energy Recharge Coaching Program* to reboot your energy and restore your zest for life.

The Energy Recharge System™ empowers you to take charge of your health and make sense of all the conflicting and confusing information you may have heard about along your journey.

The **Energy Recharge System™** includes training modules that provide the essentials for restoring balance and vitality to each of your organs and hormones. There are also foundational lifestyle modules, including checklists and tracking sheets, action plans, recipes and a complete recipe preparation and fitness video library to empower you to action.



Components of Dr. Ritamarie's Energy Recharge System

- ✓ **Lifestyle and health assessments** to identify impediments
- ✓ **Computerized blood chemistry analysis** for a peek into your body
- ✓ **In depth training modules** for restoring balance and vitality to organs and hormones
 - **Module 1:** Foundational nutrition: water, beverages, greens, alkalizing foods, fats, carbohydrates, protein, and menu planning
 - **Module 2:** Movement and rest, the dynamic duo
 - **Module 3:** Digestive health and everyday detox plus probiotics, digestive enzymes, and gluten-free diet -- includes the *GREEN Cleanse* program
 - **Module 4:** Adrenal health plus managing thoughts and emotions and balancing water soluble vitamins and minerals
 - **Module 5:** Blood sugar balance plus sleep and fitness -- includes the *B4 Be Gone* program
 - **Module 6:** Thyroid health plus antioxidants, fat soluble vitamins, and sea vegetables
 - **Module 7:** Detoxification, liver and skin health, plus environment cleanup
 - **Module 8:** Immune system plus food allergies, inflammation, and autoimmune disorders -- includes the *FAST* program and *Eat Your Way out of Pain*
 - **Module 9:** Female/male hormone balance plus kitchen herbalism
 - **Module 10:** Brain, cardiovascular, and respiratory health
 - **Module 11:** Musculoskeletal system including bone strengthening, posture, and alignment
 - **Module 12:** Bioenergetics including hands on energy work, pain management equipment, acupressure, and homeopathy
- ✓ **Invaluable virtual library of foundational health materials** including audios, videos, documents, recipe guides, and a recipe preparation and fitness video collection
- ✓ **Step-by-step action plans** to help you move forward

Dr. Ritamarie's Energy Recharge Coaching Program

3 Powerful Tiers

Each Energy Recharge Tier provides complete access to Dr. Ritamarie's unique **Energy Recharge System™**.

To help you put it all to work for you, keep you motivated and inspired, and help you with challenges you encounter as you get into action, you'll be coached and mentored every step of the way.

The fundamental difference between the tiers is the amount of one-on-one coaching they include.



Energy Recharge Silver

- Transformational group coaching with Dr. Ritamarie
- **Accountability Team** coaching with an **Energy Recharge Coach** (6-8 people per group)
- Community forum and **Accountability Team** support



Energy Recharge Gold

- 1:1 Private assessment and lab analysis with Dr. Ritamarie at the **start of the program**
- Monthly office hours for 1:1 private spot coaching with Dr. Ritamarie
- **Accountability Team** coaching with **Dr. Ritamarie** (6-8 people per group)
- Transformational group coaching with Dr. Ritamarie
- Community forum and **Accountability Team** support



Energy Recharge Diamond

- 1:1 Private assessment and lab analysis with Dr. Ritamarie **throughout the program**
- **Extensive 1:1 coaching** with Dr. Ritamarie
- As needed **SOS access** to Dr. Ritamarie via private chat and phone
- Transformational group coaching with Dr. Ritamarie
- Community forum and **Accountability Team** support



Energy Recharge Silver Overview

Includes Energy Recharge System Training Modules

Group Coaching with Dr. Ritamarie

Small Accountability Team with ERC Coach

Energy Recharge Silver is for you if:

- You have less energy than you'd like and you are looking forward to identifying and correcting any imbalances before they become a health crisis.
- You're experiencing health challenges and have been to other practitioners, but you are not getting the results you expected so you're ready to take a closer look.
- You're ready to identify what stands between you and your goals and get help to formulate a plan to remove the obstacles and live a full and rewarding life.
- You are committed to truly understanding how your body works so you can stay healthy and happy
- You love to learn and dig deep. Once you understand what's getting in your way and have a follow-through plan, you can step into action. You're looking for much needed help in putting the plan together.

What Energy Recharge Silver Offers:

- ✓ **Dr. Ritamarie's Energy Recharge System™** step-by-step guidance and tools
- ✓ **10 "Ask the Doctor" Coaching calls** with Dr. Ritamarie
- ✓ **10 "Get into Action" live in-depth implementation webinars** to empower you into action
- ✓ **1 "Get it Done" virtual workshop** to quickly and effectively put strategies in place.
- ✓ **Accountability Team** of 6-8 members led by a Dr. Ritamarie Energy Recharge coach
- ✓ **10 Accountability Team spotlight coaching calls** led by an Energy Recharge coach
- ✓ **Weekly accountability journal** with feedback from your Energy Recharge coach to ensure you stay on track
- ✓ **A VITAL Community** 1-year membership with monthly *Healing Kitchen* online classes and more
- ✓ **Exclusive members-only website** to access all your resources
- ✓ **An interactive community** of supportive, health-seeking members to lean on
- ✓ **Digital recordings** of all live calls for your convenience

Bonuses:

- ✓ *Kitchen and Pantry Makeover* video course (Value \$97)
- ✓ The *GREEN Cleanse* program (1 year access to all live cleanses) (Value \$197)
- ✓ The *B4 Be Gone* program to balance your blood sugar (1 year access to all live programs) (Value \$997)
- ✓ The *Food Allergy Spy Training (FAST)* program (Value \$297)
- ✓ *Eat Your Way Out Of Pain* home study course (Value \$57)
- ✓ *Spring into Vitality LIVE Event* digital video downloads (Value \$297)
- ✓ Two tickets to *Spring into Vitality LIVE Event 2014* (Value \$1998)

Invest-in-FULL Bonuses:

- ✓ *Dried and Gone to Heaven* e-book and online videos (Value \$67)
- ✓ Teresa Tapp's *Basic Workout Plus* fitness DVD plus *Intro to T-Tapp* call with Teresa (Value \$97)
- ✓ Laura Fenamore's *Body Image Makeover Package* (Value \$297)
- ✓ *Safe Hormones Smart Women* e-book and audio by hormone expert, Dr. Lindsey Berkson (Value \$43.90)
- ✓ Physical copy of the *B4 Be Gone 30-Day Meal Make-Over* package (Value \$97)



Energy Recharge Gold Overview

**Includes Energy
Recharge Silver**

**Accountability Team and
1:1 Office Hours Support**

**Solve More
Troublesome Health
Challenges**

Energy Recharge Gold was designed to provide the opportunity to access Dr. Ritamarie's expertise one-on-one and in small Accountability Teams in addition to the group coaching opportunities provided in the Silver level. It is intended for you if you're struggling with more troublesome health challenges, are uncomfortable sharing about your personal health in a larger group setting, or you feel the need for a more personal relationship with your mentor. **All of the benefits and bonuses of Energy Recharge Silver are included at this level.**

Energy Recharge Gold is for you if:

- You are experiencing uncomfortable symptoms or health challenges, have less energy than you'd like, and you're not getting the help you want from your current health care team.
- You struggle with sticking to the health habits you know would help, and you need some personalized support and accountability to help you follow through.
- You keep trying the latest supplements, super-foods, and fad strategies. As a result, you've become so confused you don't know where to turn and could benefit from personalized guidance.
- You would benefit from having help in determining what tests to run, how to interpret them, and how to optimize your lifestyle regime based on the results.

What Energy Recharge Gold Offers:

*ALL of the **benefits** of Energy Recharge Silver PLUS:*

- ✓ **Initial consultation and goal setting appointment** with Dr. Ritamarie (45 minutes)
- ✓ **Lab analysis consultation to review computerized report** with Dr. Ritamarie (30 minutes)
- ✓ **10 "Office Hours" drop-in sessions for one-on-one laser coaching** with Dr. Ritamarie
- ✓ **10 Accountability Team spotlight coaching calls** led by Dr. Ritamarie

Bonuses:

*ALL of the **bonuses** of Energy Recharge Silver PLUS:*

- ✓ Dr. Ritamarie's *Raw Food University* collection of food prep videos (*Value \$350*)
- ✓ Dr. Ritamarie's complete digital recipe e-book collection (*Value – over \$200*)

Invest in FULL Bonuses:

*ALL of the **invest-in-full bonuses** of Energy Recharge Silver PLUS:*

- ✓ Physical copy of *Dried and Gone to Heaven* DVD set (*Value \$297*)
- ✓ Physical copy of *Dessert, Making it Rich without Oil* recipe book (*Value \$24.95*)
- ✓ Accountability Team Energy Recharge virtual retreat (*Value \$297*)



Energy Recharge Diamond Overview

**Includes Energy
Recharge Silver & Gold**

**Extensive 1:1 and
As Needed Support**

**The Fast Path to
Results**

Energy Recharge Diamond provides an unparalleled level of personal attention intended to finally give you the support you need if you've struggled to get well on your own or endured years of chronic health challenges. Dr. Ritamarie will take you by the hand and guide you step-by-step to identify and remove the obstacles that have been holding you back. Energy Recharge Diamond gives you access to Dr. Ritamarie on an "as needed" basis for questions, support, and direction.

Energy Recharge Diamond is for you if:

- You want the fast track to results and you crave more customized support.
- You are experiencing an acute health crisis or you've been struggling for years with chronic ill health. You need personalized attention to get you on the right track.
- You desire Dr. Ritamarie's full ongoing guidance to assess, test, and adjust your lifestyle regime.
- You are busy and may not always attend group calls, or you prefer the privacy of 1:1 discussions with Dr. Ritamarie.
- It feels like you've tried everything to no avail. You're ready for new clarity, science-based support, and experienced guidance to determine what to do next to get your energy and health back.
- You struggle with sticking to new health habits, and you feel assured knowing Dr. Ritamarie is your mentor – there to hold your hand and gently keep you on track whenever you need help.

What Energy Recharge Diamond Offers:

*ALL of the **benefits** of Energy Recharge Silver and Gold PLUS:*

- ✓ **"VIP Transformation Day"** with Dr. Ritamarie, in person or virtual
- ✓ **Lifestyle and health assessments** review with Dr. Ritamarie
- ✓ **Detailed health analysis and labs** review from Dr. Ritamarie
- ✓ **20 private Energy Recharge progress and planning** calls (45 minutes)
- ✓ **3 Energy Recharge reassessment and planning sessions** with Dr. Ritamarie (60 minutes)
- ✓ **Real-time health questions answered** via VIP live chat
- ✓ **On demand "SOS" sessions** with Dr. Ritamarie (as needed)
- ✓ **Diet, activity logs, and weekly accountability journal** evaluated by Dr. Ritamarie

Bonuses:

*ALL of the **bonuses** of Energy Recharge Silver and Gold PLUS:*

- ✓ Private 45-minute consultation with fitness expert, Teresa Tapp, via Skype (Value \$497)
- ✓ Laura Fenamore's *Body Image Mastery* program plus 45-minute private consultation (Value \$997)
- ✓ Private hormone balancing session with world renowned expert, Dr. Lindsey Berkson (Value \$997)

Invest in FULL Bonuses:

*ALL of the **invest-in-full bonuses** of Energy Recharge Silver and Gold PLUS:*

- ✓ Adrenal stress index test to assess the current state of your energy reserves (Value \$150)
- ✓ Comprehensive steroid hormone test for a complete hormone snapshot (Value \$449)
- ✓ Physical copies of all Dr. Ritamarie's available e-books and books (Value – over \$200)

Dr. Ritamarie's Energy Recharge Coaching

Membership Levels at a Glance	Silver	Gold	Diamond
Dr. Ritamarie' Energy Recharge System™ Lifestyle and health assessments, computerized blood chemistry analysis, 12 in-depth training modules, resource library, step-by-step action plans	✓	✓	✓
Weekly accountability journals to identify where you need support	✓	✓	Reviewed by Dr. Ritamarie
10 Ask the Doctor coaching calls for support and accountability	✓	✓	✓
10 Get Into Action implementation calls to guide you through your transformation	✓	✓	✓
1 Get it Done virtual workshop day to put strategies into place, no excuses	✓	✓	✓
Accountability Teams (6-8 members) led by an Energy Recharge coach	✓	With Dr Ritamarie	With Dr Ritamarie
10 Accountability Team spotlight calls with an Energy Recharge coach	✓	With Dr Ritamarie	With Dr Ritamarie
1 year access to VITAL <i>In the Kitchen</i> classes, monthly health topics, and more	✓	✓	✓
Members-only website, interactive community, and recordings of all live calls	✓	✓	✓
BONUS #1: <i>Kitchen and Pantry Makeover</i> video course	✓	✓	✓
BONUS #2: <i>GREEN Cleanse</i> program - 1 year access to all live cleanses	✓	✓	✓
BONUS #3: <i>B4 Be Gone</i> blood sugar balancing program - 1 year live program access	✓	✓	✓
BONUS #4: <i>Food Allergy Spy Training (FAST)</i> program	✓	✓	✓
BONUS #5: <i>Eat Your Way Out of Pain</i> home study system	✓	✓	✓
BONUS #6: <i>Spring into Vitality</i> digital videos of LIVE event 2013	✓	✓	✓
BONUS #7: Two tickets to <i>Spring into Vitality</i> LIVE event 2014	✓	✓	✓
Initial consultation and goal setting appointment with Dr. Ritamarie		✓	✓
Lab consultation appointment to review computerized lab analysis report		1	As needed
10 "Office Hours" sessions with Dr. Ritamarie for drop-in laser coaching		✓	✓
GOLD BONUS #1: Raw Food University online food videos and recipe guides		✓	✓
GOLD BONUS #2: Dr. Ritamarie's complete digital collection of recipe e-books		✓	✓
1 private <i>VIP Transformation Day</i> with Dr. Ritamarie (in-person or virtual)			✓
Lifestyle, health assessments, and lab review with Dr. Ritamarie			✓
20 Energy Recharge progress and planning calls – private with Dr. Ritamarie			✓
3 Program re-evaluation and strategy sessions with Dr. Ritamarie			✓
Real-time health questions answered via VIP live chat			✓
On demand "SOS" sessions with Dr. Ritamarie to handle urgent challenges			Unlimited
DIAMOND BONUS #1: Private consultation with fitness expert Teresa Tapp			✓
DIAMOND BONUS #2: Private consultation with body image expert Laura Fenamore			✓
DIAMOND BONUS #3: Private consultation with hormone expert Dr. Lindsey Berkson			✓

Invest-in-FULL Bonuses At a Glance

All Tiers Invest-in-FULL Bonuses

1. *Dried and Gone to Heaven* e-book and online video demonstrations (Value \$67)
2. Teresa Tapp's *Basic Workout Plus* fitness DVD and Intro to T-Tapp Call (Value \$97)
3. Laura Fenamore's *Body Image Makeover* package (Value \$297)
4. *Safe Hormones Smart Women* e-book and audio by Dr. Lindsey Berkson (Value \$43.90)
5. A physical copy of the *B4 Be Gone 30-Day Meal Make-Over* package including the *B4 Recipe Collection and Menu Planner* (Value \$97)

Gold Invest-in-FULL Bonuses

1. Physical copy of *Dried and Gone to Heaven* DVD set (Value \$297)
2. Physical copy of *Dessert, Making it Rich without Oil* recipe book (Value \$24.95)
3. Accountability Team Energy Recharge virtual retreat (Value \$297)

Diamond Invest-in-FULL Bonuses

1. Adrenal stress index test (Value \$150)
2. Comprehensive hormone test (Value \$449)
3. Physical copies of all e-books (Value – over \$200)



YOU Can Take Charge of Your Own Health

If your health is limiting your joy, your energy, your relationships, *your life...* **there is a solution.**

Dr. Ritamarie's Energy Recharge Inner Circle offers the opportunity for you to get the coaching, training, and support you need to take charge of your health and create the limitless energy and joy you need to live the life of your dreams.

If you deeply desire to have more of an impact in the world – the impact you were born to make – **stop struggling to do it all on your own!**

Receive High Level Support to Create the Health You Desire

In the *Energy Recharge Coaching Program* you will be guided to get your health on the right track FAST and keep it there. While knowledge is important, inspired and focused ACTION is even more critical to your success.

Knowing how to sift through all the conflicting information (diet, habits, and how your body functions) and discerning what applies to you will get you quickly on the path to your dream life.

By working with Dr. Ritamarie as your health coach and mentor, you are more likely to achieve long-lasting health and stick with the lifestyle choices that truly recharge your tired body. In the *Energy Recharge Coaching Program*, you'll receive expert guidance and accountability so your path is clear and your progress is accelerated.

You'll benefit from 25 years of scientific knowledge; clinical experience; and firm, loving guidance to keep you from making costly mistakes and losing ground on your journey to comfort, joy, and boundless energy.



You won't be the first.

- I helped an overweight client go from spending her days in a puddle on the couch suffering from chronic fatigue and fibromyalgia **to being a successful and happy consultant who can squat lift over 100 lbs.**
- I helped a client **drop 67 pounds and no longer test positive for Hashimoto's** (an auto-immune thyroid condition) after being on thyroid medication for over 50 years.
- I helped a client go from taking 3 blood sugar medications and being told he needed insulin to get his blood sugar down **to maintaining normal blood sugar without insulin.**
- I helped an overweight client go from being too exhausted to go grocery shopping and make dinner without a nap in between **to being full-time employed and doing volunteer work on the weekends.**
- I even helped a client who hadn't had sex with her husband in years to transform and tell me **how she and her husband were now acting like they were on their honeymoon.**

A Coach and Community Dedicated to Your Success

By stepping into your fully guided **Energy Recharge Coaching Program**, you'll receive high-level mentoring and resources to help you create the vibrant health you desire with **more ease and confidence and much more quickly** than you ever thought possible.

- Learn why you feel the way you do and what actions will allow you to step into a new reality.
- Create your own personalized **Energy Recharge Roadmap™** to health.
- Use **new tools** to evaluate when you're off track and learn how to get back on the right path.
- Enjoy healthy digestion; balanced hormones; and an efficient, energetic, and well-tuned body.
- Experience **joy, vitality, and energy** like never before through belief in your unlimited potential.
- Engage in strategies to bring out your greatness and to help you share your gifts with the world.
- **Grow and transform** as a result of effective accountability within a community of like-minded people infused with Dr. Ritamarie's inspiration and supportive "tough love" to keep you from losing your way.
- Feel confident that every step you take will bring you closer to your desired health and energy outcomes.



You ALWAYS Have the Power to Choose

When it comes to protecting your health, it all boils down to a handful of choices:

- You can **do nothing and hope** you don't fall prey to any of the major illnesses like cancer, heart disease, diabetes and others. The shocking truth is that 49% of our population gets cancer and 8% of the US population has diabetes (and the number is growing fast). For over 50% of people with heart disease, unfortunately, their "first sign" is sudden death.
- You can **visit a conventional doctor** and take medications or undergo surgeries in the hope that your problem gets resolved by these interventions (*and pray you don't experience serious side effects or complications*). About 4.3% of people undergoing coronary bypass surgery die within 30 days; over 8% die within a year! On top of that, the University of Washington in Seattle reports that, after coronary artery surgery treatment, the 15-year survival rate is 50% for men and 49% for women.
- You can study and **try to get healthier on your own...** wondering all along which "expert" to follow and how long it will take to really feel better.
- You can **seek the guidance** of an experienced, compassionate, and skilled health practitioner and coach who can give you specific actions to take to uncover the true cause of your health challenges; give you healing protocols; and guide you through the process of restoring your balance, energy, and joy.

GUARANTEE Your Own Success

It's a rare person who can make transformational lifestyle shifts without guidance and mentorship. It's important to have someone you trust to guide and coach you through the process.

- Without guidance, there's no one there to pick up the pieces when you fall down and then get you back on track.
- Having a mentor and coach to guide you on the journey will accelerate your progress and guide you to the goals you desire.
- Without a mentor or coach, it's like setting out on a journey with the destination in mind, but without a navigation system in place. It's really easy to get lost along the way.



Having a seasoned and trained mentor is the best way to get you on the right track and keep you on the right track. Knowledge is important, but

knowing how to apply that knowledge is critical. People who work

with a skilled health mentor are most successful in achieving long-term health and sticking with the lifestyle choices that truly create vibrant health. Regular access to your health strategist and mentor keeps you from straying, making costly mistakes, and losing ground on your journey to vibrant health.

There are a lot of so called health experts. How do you know who to choose?

- Many experts give sound advice but don't offer the support or personalization to meet your unique needs.
- Some offer pieces of helpful advice, but the protocols are peppered with recommendations based on hearsay, dogma, or bias rather than sound scientific evidence.
- Still others require an extensive battery of tests just to walk in the door and advise the use of lots of supplements to correct imbalances, **without thoroughly evaluating your diet** and the basic daily habits that contribute to your health challenges. In the long run, you don't follow through because it costs a lot and you never really understood what all the special pills, potions, and powders were really doing anyway.

Energy Recharge System to the Rescue

Dr. Ritamarie offers sound advice based on scientific and natural wisdom, a “no dogma” personalized approach – a detailed look at the diet and lifestyle habits that are obstacles to your progress and a thorough explanation of tests and supplements that may be indicated. Regular check-ins, re-adjustments to your program, and loving support in making changes that last are key parts of **The Energy Recharge System™**.

Through teleconferencing and online forums, Q&A sessions, and individual feedback, communication is lively and interactive, creating a true sense of personal relationship and community. Online technology makes having your own health coach an affordable option.

Ultimate freedom comes from a well-tuned, finely balanced body that performs whenever asked.

Which level of freedom will you choose?

Energy Recharge Coaching In Detail



All Tiers Include:

- ✓ **Complete access to Dr. Ritamarie’s unique Energy Recharge System™ of step-by-step guidance and tools to recharge your hormones, organs, and energy including:**

Lifestyle and health assessments to identify impediments to optimal energy and health

Using Dr. Ritamarie’s unique **Organ and Gland Assessment** and **Nutrient Evaluation** you’ll pinpoint areas of imbalance that need work while Dr. Ritamarie’s **Personal Physical Exam** form will show you how to interpret your physical signs and the imbalances they signal. Once the imbalances are determined, you can choose the corresponding and correct action steps that bring you back into balance.

Computerized blood chemistry analysis

You’ll be guided to order blood testing appropriate for you based on the results of your assessments, either through your own family doctor or through a discount direct access lab service available online. Submit your results and you’ll get a detailed report of imbalances and identification of stressed organ and gland systems, plus you get to attend a group call to review results.

12 In depth training modules to guide you to restore balance and recharge your energy

The body system modules provide the essentials for restoring balance and vitality to each of your organs and hormones. The foundational lifestyle modules include checklists and tracking sheets, action plans, recipes, videos, and webinars that guide you to put into action habits and attitudes that balance your body and skyrocket your energy. Guidance is given in bite-sized pieces, so you can easily fit them into your busy life.

Health resource library

The ERC library includes audios, videos, documents, recipe guides and a recipe preparation and fitness video collection to empower you to action.

Step-by-step action plans to help you move forward

Each learning segment will include a set of actions for you to put into place, guiding you to your ideal energy balance. The action plans make it possible for you to immediately benefit from newly acquired information.

- ✓ **Weekly accountability journals to keep you focused and measure what’s working**

You’ll have the opportunity to regularly report your challenges and successes and commit to your next set of actions via the weekly accountability journals. Reviewed by a Dr. Ritamarie Energy Recharge coach, these journals keep you focused on your goals, connected to what’s working right, and keep you in touch with what you need to do.

- ✓ **10 “Ask the Doctor” coaching calls to get support and accountability**

Get direct access to Dr. Ritamarie on live group telecalls and get answers to your specific questions regarding your health journey. In addition, you’ll multiply your knowledge by learning from the questions and successes of other Energy Recharge members. You can submit your questions in advance or ask live on the calls.

✓ **10 “Get Into Action” live in-depth implementation webinars led by Dr. Ritamarie**

These sessions will be focused on putting into action the teachings from the monthly training modules and going deeper where necessary. Dedicated to particular body systems and lifestyle habits, each call will empower you to commit to the step-by-step changes needed to create vibrant health and energy for that area of focus.



✓ **1 “Get it Done” virtual workshop day to quickly and effectively put strategies in place**

We’ll spend an entire day together so we can go more deeply into strategies and action plans than is possible on shorter calls. You’ll get spotlight coaching and many of the advantages of a live seminar without having to leave home.

✓ **Accountability Team (6-8 members) mentored by an Energy Recharge Coach**

Your Accountability Team will get to know each other and support each other to fully engage the Energy Recharge System™ resources and support.

✓ **10 Accountability Team spotlight coaching calls lead by an Energy Recharge Coach**

Get support with your Accountability Team members from an Energy Recharge Coach who knows you and your health concerns and who is deeply committed to your success.

✓ **A 1-year membership in the VITAL Community including...**

- A monthly teleseminar on a variety of health supporting topics
- A monthly Q&A call
- Regular “mini-cleanse” days
- A resource library of over 2 dozen recorded calls, checklists, recipes, special reports, and periodic surprise bonuses.
- *VITAL Healing Kitchen* online classes featuring guest chefs and Dr. Ritamarie
- *Ask the Chef* community Q&A forum topic to get expert answers to raw and cooked food questions

✓ **Exclusive members-only website to access all your resources**

You’ll receive access to our Energy Recharge Coaching website containing all forms, recipe collections, and tools to ensure your success. You’ll benefit from ongoing enhancements to the site and cutting-edge information.

✓ **An interactive community of supportive, health-seeking members you can lean on**

You’ll have access to a members-only community forum where you can share knowledge and ideas with other members, get and give feedback, and support each other.

✓ **Digital recordings of all live calls for your convenience**

Never worry about missing a call. You can submit questions in advance and listen later. If you download the recordings, you can listen back on any personal digital playback device. Recordings include all live calls, including coaching calls and teleseminars.

All Tier **BONUSES**: Silver, Gold, and Diamond



➤ **Bonus #1: Kitchen and Pantry Makeover Video Course**

Organize your kitchen and pantry for success using the audio and video recordings of an all-day virtual workshop with Dr. Ritamarie. (Value \$97)

➤ **Bonus #2: The GREEN Cleanse Program (1 year access to all live cleanses)**

A 7-day cleanse using the healing power of vibrant, nutrient dense, anti-oxidant rich green foods to rest your digestion and accelerate your detoxification system. (Value \$197)

➤ **Bonus #3: The B4 Be Gone Program - Balance Your Blood Sugar (1 year access to all live programs)**

A 10-week program that targets reversing and preventing insulin resistance and harmonizing the hormones that can cause belly fat, brain fog, and burnout when out of balance. The *B4 Be Gone* Program includes a fully guided 30-day metabolic reset component, effective coaching and support, a 30-day menu planner, a 250-page recipe collection, food preparation and exercise videos, and so much more. (Value \$997)

➤ **Bonus #4: The Food Allergy Spy Training (FAST) Program**

FAST is a step-by-step system to uncover the hidden food allergies that are unknowingly sabotaging your health. You'll be lead through an "elimination provocation" protocol, the gold standard in uncovering hidden food allergies. (Value \$297)

➤ **Bonus #5: Eat Your Way Out Of Pain Home Study Course**

Learn how foods can cause or combat inflammation in your body and discover which foods fight inflammation. Recipes and shopping list are included. (Value \$57)

➤ **Bonus #6: Spring into Vitality 2013 LIVE Event Digital Video Downloads**

Watch the LIVE Spring into Vitality 3-Day Transformational Experience with digital video downloads you can enjoy from home. Access educational demonstrations, life-changing presentations from experts, and all the vitality-boosting FUN! (Value \$297)

➤ **Bonus #7: Two Tickets to Dr. Ritamarie's Spring into Vitality 2014 LIVE Event**

Come as our guest and bring a loved one. There's nothing like a live event to reignite your commitment to your health. (Value \$1998)



A Transformational Workshop with Dr. Ritamarie Loscalzo

Invest in FULL and Get Even MORE Bonuses



(All Tiers) Including:

➤ **All Tiers FULL-Investment Bonus #1: *Dried and Gone to Heaven* e-Book and Online Videos**

Dr. Ritamarie Loscalzo and Chef Alicia Ojeda have joined to offer you mouth-watering comfort foods like bread, pizza, crackers, and chips that will nourish your body and satisfy your soul. (Value \$67)

➤ **All Tiers FULL-Investment Bonus #2: Teresa Tapp's *Basic Workout Plus* Fitness DVD Plus Intro to T-Tapp Group Teleseminar with Teresa**

Great as a warm up or as a standalone workout, *Basic Workout Plus* delivers inch loss as well as improved health and wellness. *Basic Workout Plus* is the first half of the *Total Workout* plus the exercise *Hoe Downs*, which is the 3-minute sugar blasting move that drops glucose 62-85 points. *Basic Workout Plus* proves that less is more with T-Tapp. Learn the basic T-Tapp techniques that make any workout more effective! Plus enjoy a special teleseminar with Teresa, just for Energy Recharge Inner Circle Members. (Value \$97)

➤ **All Tiers FULL-Investment Bonus #3: Laura Fenamore's *Body Image Makeover* Package**

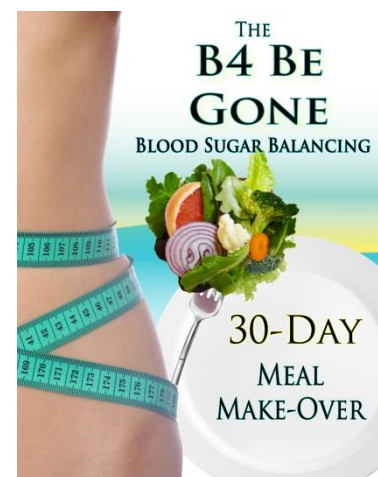
Banish your emotional eating demons, let go of unwanted weight, and upgrade your body image so you can easily follow through with your Energy Recharge System™ health plan. Package includes Laura's wildly popular *Inventing Change from the Inside Out* e-book, a *Body Image Meditation* with transcript, her exclusive *Connect Program* e-book and audio companion, plus a 60-minute group coaching teleseminar with Laura to bust through your personal obstacles and achieve the body of your dreams. (Value \$297)

➤ **All Tiers FULL-Investment Bonus #4: *Safe Hormones Smart Women* e-book and audio by Dr. Lindsey Berkson**

Learn from best-selling author and renowned hormone expert, Dr. Lindsey Berkson, just how your environment, food, and water deceive your hormones and how to protect yourself and your family. Demystify the complexity of hormones and learn how balanced hormones can decrease your risk of heart disease, diabetes, excess weight, wrinkles, low sex drive, insomnia, and exhaustion. (Value \$43.90)

➤ **All Tiers FULL-Investment Bonus #5: A physical copy of Dr. Ritamarie's *B4 Be Gone 30-Day Meal Make-Over* package including the *B4 Recipe Collection* and *Menu Planner***

A beautiful binder complete with all the blood sugar balancing, energizing recipes from the B4 Be Gone System. (Value \$97)



Energy Recharge Gold Also Includes:



✓ **An initial consultation and goal setting appointment with Dr. Ritamarie (45 minutes)**

You will meet privately with Dr. Ritamarie to discuss your health challenges and set goals. This call will provide the springboard for all subsequent coaching.

✓ **30-minute lab consultation with Dr. Ritamarie**

Review your computerized lab analysis report and create a plan to accelerate your progress with your very own personalized action plan based on the results.

✓ **10 “Office Hour” sessions with Dr. Ritamarie for one-on-one laser coaching**

During monthly office hours, you will have access to Dr. Ritamarie to ask quick questions and get targeted support on a key challenge or obstacle. The lines will be open and you can drop in any time during office hours to get one-on-one private support.

✓ **10 Accountability Team spotlight coaching calls led by Dr. Ritamarie**

You'll be assigned to an Accountability Team and encouraged to stay connected and supportive of your team members. You'll have the opportunity to get coaching and support from Dr. Ritamarie AND your peers. Dr. Ritamarie will work with you on what's blocking you or holding you back and help you achieve personal breakthroughs. Plus the situations and challenges brought forward by other members of your team may be ones that are issues for you as well. Team sizes will be limited to, at most, 8 participants to allow for personalized attention. The energy of the group makes the coaching even more powerful than one-on-one support.



Energy Recharge Gold Bonuses:

Receive All of the “All Tiers” Bonuses PLUS:



➤ Gold Bonus #1: Dr. Ritamarie’s Raw Food University Collection of Food Prep Videos

Enjoy exclusive access to a complete library of online food preparation or “food as medicine” videos. You’ll get to learn by watching and get access to a recipe book with delicious and easy to prepare recipes. The videos are available on a special member’s only website. (Value \$350)

➤ Gold Bonus #2: Complete Digital Collection of Dr. Ritamarie’s Recipe e-Books

Access to Dr. Ritamarie’s entire collection of recipe e-books, including *Power Breakfast Ideas*, *Deliciously Quick Lunch and Dinner Ideas*, *Dried and Gone to Heaven*, *Healthy Holiday Traditions*, *Dessert: Making It Rich without Oil* and more. All e-books contain easy to make, delicious recipes that support your health and skyrocket your energy. (Value – over \$200)

Invest in FULL Gold Bonuses:

Receive All of the “All Tiers” Invest-In-Full Bonuses PLUS:

➤ Gold FULL-Investment Bonus #1: Physical Copy of *Dried and Gone to Heaven* DVD Set

The 4-disc DVD set includes information, background, health information and how-to instructions for the care and use of your dehydrator; fully indexed recipe demo DVDs with fully edited and enhanced footage from our 2 day class, and digital disc containing a PDF copy of the recipe book, laminated cards, and a getting started audio. (Value \$297)

➤ Gold FULL-Investment Bonus #2: Physical Copy of *Dessert, Making it Rich without Oil*

Thanks to the nutritional expertise of Dr. Ritamarie Loscalzo and the raw food creativity of Chef Karen Osborne, you can now enjoy sugar-free, gluten-free, and oil-free desserts that are decadent and delicious! These easy to make recipes are chocolate-craving kid and skeptical husband approved! (Value \$24.95)

➤ Gold FULL-Investment Bonus #3: Accountability Team Energy Recharge Virtual Retreat

In your Accountability Team setting, we’ll be able to redefine your relationship with food, delve more deeply into bringing your hormones into balance, and create a personalized plan for restoring adrenal and thyroid health. (Value \$297)

Energy Recharge Diamond Also Includes:



✓ A “VIP Transformation Day” with Dr. Ritamarie, in person or virtual

Spend an entire day with Dr. Ritamarie’s undivided attention 100% on you during your Energy Recharge System™ Transformation Day experience! You will truly value and believe in yourself and your dreams. You will feel more alive, energized, and excited about your future and life than you’ve felt in years. This energy will launch you into action!

During your VIP day, you’ll reprogram limiting beliefs and access your unlimited potential for health, joy, and abundance. Together we’ll create a personalized plan for the diet, exercise, breathing, recreation, stress relief, and emotional replenishment activities that will take you places you only dreamed about before.

I’ll guide you to powerfully connect with your core values and create your very own **Inspired Health Vision** that will propel you into the body and life of your dreams. Once you’re clear on where you’d like to go, we’ll clearly identify all the obstacles and identify at least three action steps you can put into place immediately. With your Inspired Health Vision in hand, you’ll break your goals down into easily manageable action steps and you’ll walk away from your VIP day with a customized, focused blueprint for how to get exactly what you most desire.



✓ Lifestyle and health assessments review with Dr. Ritamarie

Using a series of online forms with questions about your current and past health, your habits, diet, exercise, and environmental exposures and the Energy Recharge System™ unique Organ, Gland and Nutrient Evaluation, we will be able to pinpoint areas of imbalance that need work.

✓ Detailed health analysis and labs review from Dr. Ritamarie

You’ll have the opportunity to submit for review your previous labs and any new labs you run throughout the program and be guided to corrective actions as indicated.

✓ 20 Private Energy Recharge progress and planning calls (45 minutes)

Scheduled approximately twice a month during your coaching process, these private coaching calls give you the opportunity to get your questions answered and to receive the guidance you need to evaluate your progress, adjust your ERC Roadmap™, and customize your plan for the next steps on your Health Makeover journey.

✓ 3 Energy Recharge reassessment and planning sessions with Dr. Ritamarie

Scheduled at 3 month intervals, these sessions are intended to reassess your progress and plan your personal health strategy moving forward.

✓ Real-time health questions answered via VIP live chat

You’ll keep in close contact using a special private coaching webpage. Whenever anything comes up that requires assistance between scheduled sessions, you can submit questions via a private live chat. You’ll generally get a response within 24 hours on most business days, Monday through Friday (some exceptions may apply during holidays, health conferences, or personal family events).

✓ **On demand “SOS” sessions with Dr. Ritamarie (as needed)**

If, between regularly scheduled calls, you have a quick question or urgent need that requires attention, you can schedule an S.O.S. call. You’ll get access to my private cell phone number and Skype ID so you can text me if you need a quick question answered that is not suitable for addressing via VIP live chat.



✓ **Diet and activity logs and weekly accountability journal evaluated by Dr. Ritamarie**

Fill out your accountability journal and submit your diet and activity logs for review up to once a week (if desired). Submit your journal on Friday or Saturday of each week. Recommendations for improvement will be discussed during your next scheduled call, unless something needs to be addressed sooner. As a diamond member, Dr. Ritamarie will personally read and comment on your journals.

Energy Recharge Diamond Bonuses:

Receive All of the “All Tiers” and Gold Bonuses PLUS:

➤ **Diamond Bonus #1: Private 45-Minute Consultation with Fitness Expert, Teresa Tapp, via Skype**

Can you really lose 2 sizes in just 4 weeks with T-Tapp? “Yes You Can!” But what is the best way to get started? Get answers to all your questions and, most importantly, learn T-Tapp movements in correct form, *from Teresa herself*, so you can discover why *Less is MORE* and super-charge your results now! (Value \$497)



➤ **Diamond Bonus #2: Laura Fenamore’s Body Image Mastery Program Plus 45-Minute Private Consultation**

Finally make peace with your body so you can stick to the habits that allow you to release unwelcome weight for good. In a powerful one-on-one phone consultation, you will learn how to use the power of your mind to begin loving your body and releasing your unwanted weight. Then, as part of Laura’s *Body Image Mastery* class, you will have the tools you need to release weight, reclaim your self-esteem, and step into the bold and joyful life that awaits you. (Value \$997)



➤ **Diamond Bonus #3: Private Lab Analysis and Hormone Balancing Session with World Renowned Expert, Dr. Lindsey Berkson**

Dr. Berkson is the author of *Safe Hormones Smart Women*, *Hormone Deception* and 20 other popular health books. She is an internationally known speaker, clinician, and researcher. She has the ability to dissect complex hormone imbalances and get to the heart of the matter, recommending safe and effective natural actions you can take to restore balance. (Value \$997)



Invest in FULL Diamond Bonuses:

Receive All of the “All Tiers” and Gold

Invest-In-Full Bonuses **PLUS:**



➤ Diamond FULL-Investment Bonus #1: Adrenal Stress Index Test

You'll get a complete picture of the current state of your adrenal glands and your energy reserves so we can customize your Energy Recharge program. Because this test assesses levels of cortisol (a key stress hormone) at four different times throughout the day, you'll get feedback about the appropriate foods, herbs, and supplements to restore balance as well as the proper timing of each of these elements. (Value \$150)

➤ Diamond FULL-Investment Bonus #2: Comprehensive Hormone Test

This is a 24-hour urinary hormone profile including all steroid hormones, which gives you a complete picture of your current hormone status. The results will be used to create a customized hormone balancing diet; lifestyle; and supplementation plan to optimize your energy, stamina, and overall well-being. The comprehensive panel shows all pathways and metabolites and includes Human Growth Hormone, an aging marker. (Value \$449)

➤ Diamond FULL-Investment Bonus #3: Physical Copies of all e-Books and Books

In addition to the Silver and Gold tier full-investment bonuses of hardcopies of the *B4 Be Gone Meal Make-Over*, *Dried and Gone to Heaven* and *Dessert: Making it Rich without Oil*, you'll receive physical copies of *Power Breakfast Ideas*, *Deliciously Quick Lunch and Dinner Ideas*, *Healthy Halloween Treats*, and *Thanksgiving Feast*. (Value - over \$200)



How Energy Recharge Coaching Works

Each module will take you through 5 steps:

Evaluate:

- Pre-assessment to determine what you need to learn and put into action to remove personal obstacles and balance each organ/gland area
- Analysis of your personal health story, biochemistry, and habits
- Self-testing protocols you can do at home to monitor your progress
- Lab tests you can order, when applicable, to assess your status
- End of module assessment to measure your progress and determine the actions and habits that you need to continue to work on
- Questions and quizzes to assess your understanding and chart your progress



Educate:

- Results-driven training that guides you to health-producing lifestyle changes via videos, audios, documents, webinars and live teleseminars
- Information to empower you to action through understanding of the inner workings of YOU
- Access to the latest research

Empower:

- Tools and resources to support you to take action and put new habits into place including checklists, resource guides, recipes, exercises, videos, audios, and whatever else is needed
- The creation of unwavering trust in your own inner healing power
- Belief in your ability to commit, change, and achieve more than you ever believed possible

Encourage:

- Compassionate coaching and support calls with Dr. Ritamarie to keep you moving towards your goals
- A community of like-minded peers cheering you on and helping you overcome obstacles

Energize:

- Step-by-step action plans for restoring balance and igniting your inner passion, including:
 - What to eat
 - How to exercise
 - Supplements and herbs to fill in the gaps
 - Other lifestyle actions to accelerate your progress

About Your Coach: Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

A bestselling author, speaker, and internationally recognized nutrition and women's health authority, she contributes perspectives to the media to inspire people everywhere to recharge their energy and reclaim their lives.

Her articles have appeared in the *Journal of Nutritional Perspectives*, *Natural Awakenings*, *Purely Delicious*, and other national magazines and online publications. The founder of the *International Association of Online Holistic Nutrition Professionals*, contributing author of Amazon Bestseller

Trendsetters, and the author of numerous books on healing foods and recipes, Dr. Ritamarie speaks at conferences nationwide to rave reviews.

Her passion for health and healing began as a result of her own bout with illness. After recovering her health by changing what she put in her mouth and how she lived her life, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985. She is a Doctor of Chiropractic with certification in acupuncture and clinical nutrition, a diplomat of the American Clinical Board of Nutrition, and a certified HeartMath™ instructor.

Dr. Ritamarie's online programs and private coaching marry the ancient healing wisdom of whole, fresh foods and herbs with modern scientific research to guide people worldwide to balance their hormones, flatten their bellies, and refuel their energy tanks. She wants people everywhere to experience more juice in their relationships, success in their careers, and joy in their lives. Using her skills as a certified living foods chef, instructor, and coach, Dr. Ritamarie offers the tools you need to reach your ideal weight while enjoying delicious healing meals. When she's not writing, speaking, or coaching on health and nutrition topics, Dr. Ritamarie loves to run, hike, swim, paint, and make pottery. She resides in Austin, Texas with her husband and two teenage sons.

