

**YOUR PERSONAL INVITATION**

An abstract graphic featuring dynamic splashes of orange and teal liquid. The orange splash is the central, largest element, with several teal splashes of varying sizes surrounding it. The background is a light teal gradient.

# 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 self-esteem war*).
- 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 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 ready to find out how we 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 Unstoppable Health and Boundless Energy,



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



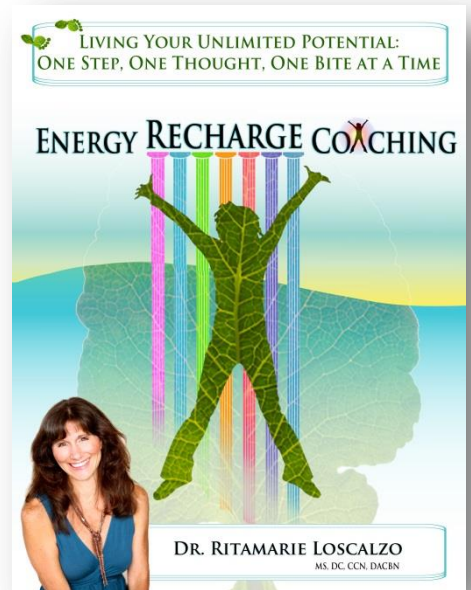
# So What is the Energy Recharge Inner Circle?

The **Energy Recharge Inner Circle (ERC)** is specifically designed to empower you to achieve optimal health so you can realize your unlimited potential. Using my unique 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 unstoppable health.**

**ERC is the only way to get one-on-one coaching from me.** 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 tier provides complete access to my unique **Energy Recharge System™**, which blends cutting-edge science with natural healing wisdom, plus step-by-step guidance and tools to recharge your hormones, organs, and energy. The Energy Recharge System™ empowers you to take charge of your own 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. Starting with the foundational lifestyle modules, you'll receive 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.**



# Meet Your ERC Mentor: Dr. Ritamarie Loscalzo



**Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, founder of the Institute of Nutritional Endocrinology (INE)**, is passionately 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, her focus is upon transforming our current broken disease-care system into a true health care system by finding and solving the root cause of health challenges.

She's the author of the Amazon #1 bestseller, *Unstoppable Health*, a contributing author of Amazon Bestseller *Trendsetters*,

and the author of numerous books on healing foods and recipes. Dr. Ritamarie is a sought-after speaker at conferences and online summits internationally.

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 sons.



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

ROOT CAUSE HEALTH CARE

# Making Your Dream-You a Reality!

## Dr. Kelly J. Myers

*Before I joined Dr. Ritamarie's **Energy Recharge Inner Circle**, I was exhausted, hormonally imbalanced, and was dealing with severe digestive issues. I was feeling pretty desperate because I had tried a lot of programs, and I'd been working with different practitioners, but nothing was working.*

*I knew that I needed something really comprehensive -- something that would look at ALL the different facets of my health challenges -- because so many of the other programs and practitioners I'd worked with were focused on just one thing. As a result, I was extremely restrictive in my diet, and I wasn't enjoying my food at all. I felt I needed something that would look at the complete picture of my health -- stress, digestion, food, hormones, and all of that together. I also knew I needed a higher level of support than I'd found anywhere else.*

*When I came to ERC, I was so impressed with the community, the support and positivity of all of her coaches, and Dr. Ritamarie's own loving support, positivity, and constant belief in me.*

*I so appreciate the level of support I have found and the belief in my ability to heal and have a vibrant life. I'm always in awe of how Dr. Ritamarie speaks, her genuine care, and how she has changed her own life when faced with similar challenges to mine.*

*I feel so much better now, and while I still have a ways to go to fully realize all of my goals, I now understand what's going on inside and how all of my challenges are connected. My exhaustion is improved, my digestion is much better, my diet is greatly expanded, and I feel confident that I am continuing to move in the right direction.*

*It's such a joy now to be able to eat so many more foods than when I started, and I can honestly say that I love my food and all the recipes provided to me that I now get to enjoy. My attitude and my ability to handle stress are so much better now. I was in extreme overwhelm (a classic type A), and I was not taking appropriate time for self-care. I feel more empowered, happier, and much more comfortable in my body than ever before.*

*The depth of knowledge displayed by Dr. Ritamarie and her coaches and the level of caring and support is way beyond what I've ever experienced in the many other programs I've been in.*

**Dr. Kelly J Myers**

**Clinical Psychologist**

**Eden Energy Medicine Certified Practitioner**

**Certified Holistic Health Coach**



# Making Your Dream-You a Reality!

## Beatriz de Bruna

*I am Beatriz de Bruna, an MBSR (meditation) instructor, who happens to have lived for 70 years. At this moment it would be difficult to find a happier person than me. I have always heard that at my age you cannot release weight easily, but I did as Dr. Ritamarie suggested and now I'm 110 pounds lighter, my blood sugar is normal, whereas it was high before and my doctor took me off thyroid medication because for the first time in 53 years, my thyroid gland is normal and I'm very happy.*

*The reason: Dr. Ritamarie Loscalzo. At our house we call her the miracle worker...*

*I find the guidance of Dr. Ritamarie and the support and accountability of a community to be very important in making the lifestyle changes that I need and choose to make.*

*I want those changes to be permanent. Here is where I plan to learn how to do it.*

**Beatriz de Bruna, MBSR (meditation) instructor**



## Lynn Mahler

*Before I attended **Spring into Vitality**, I was 40 lbs overweight, exhausted, and foggy brained. I didn't know it then, but my adrenals were in stage 3 burnout.*

*During the day, my body ached all over. At night, I couldn't sleep without heavy duty drugs. My only coping strategy, just to get through life, was to go to the chiropractor at least 2 times per week and get a massage 1 time per week.*

*Spring Into Vitality inspired me so much that I joined ERC at the gold level. I needed the support from Dr. Ritamarie Loscalzo -- The Queen of Health herself!!*

*The transformation for me has been dramatic. Now I see the chiropractor once a week and receive a massage once every 3 weeks. I got off the "knock-out" medicines, and now I sleep on my own. My brain fog has cleared, my energy level is through the roof, and I am in love with life!*

*This was the best health investment of my LIFE!!*

*Nothing tastes as good as Healthy Feels!! Happy Health to all!*

**Lynn Mahler**





# 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 25 years. It's the process you'll go through in the *ERC 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 wellness journey.

**The Energy Recharge System™** delivers the essential tools for restoring balance and vitality to each of your organs and hormones, including foundational lifestyle modules that provide checklists, 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

- ✓ **Comprehensive lifestyle and health assessments** to identify impediments
- ✓ **Computerized blood chemistry analysis** for a peek inside your body
- ✓ **In-depth training modules**, delivered in bite-sized pieces, designed to empower you to restore balance and vitality to organs and hormones covering a variety of topics:
  - **Foundational Nutrition** including hydration, beverages, greens, alkalizing/healing foods, fats, carbohydrates, protein, menu planning, and optimizing strategies for vitamins, minerals, and antioxidants
  - **Foundational Lifestyle Habits** including fitness, sleep, and stress management
  - **Environmental Cleanup** and everyday detox
  - **Gluten-Free Living Resources and Support**
  - **Managing Pain and Inflammation Naturally**
  - **Food Allergy Detection**
  - **Digestive Health and Repair** including a *Healing Leaky Gut Protocol*
  - **Adrenal Rebuilding and Thyroid Health**
  - **Blood Sugar Balance**
  - **Bone Health**
  - **Periodic Cleansing** including gentle and effective detox protocols
  - **Immune System Balance** including autoimmune disorders
  - **Nutrigenomics** with personalized nutrition and protocols customized to your genetics
- ✓ **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
- ✓ **Coaching and encouragement** from Dr. Ritamarie and Team to guide you every step of the way



# Dr. Ritamarie's Energy Recharge Coaching Program

## 3 Powerful Tiers of Transformation at a Glance

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 will be assigned a Functional Nutrition Coach to guide you through the program*

The *fundamental difference between the tiers* is the amount of one-on-one support included.



### ERC Silver Coaching Resources (All Tiers)

- **1:1 Private Initial Consultation** with your assigned Functional Nutrition Coach
- **Small Group Spotlight Coaching** led by your Coach (Maximum 6 people per group)
- **Group Coaching and Get Into Action** live calls with Dr. Ritamarie
- **Drop-in, virtual Office Hours** for 1:1 laser coaching with Dr. Ritamarie
- **Drop-in, virtual Office Hours** for 1:1 laser coaching with a Functional Nutrition Coach
- **Get it Done Virtual Workshops** with Dr. Ritamarie
- **Weekly Support** from your Coach via your online health journal and assessments
- **Community Support and Connection** with participants via a private Facebook group



### ERC Gold Coaching Resources:

All Silver coaching resources **plus:**

- **1:1 Private Comprehensive Assessment/Lab Analysis** appointment with Dr. Ritamarie
- **Gold/Diamond/Elite virtual Office Hours** for 1:1 laser coaching with Dr. Ritamarie
- **1:1 Private Progress and Planning** coaching calls with your Coach



### ERC Diamond Coaching Resources:

All Silver and Gold coaching resources **plus Extensive 1:1 Coaching:**

- **1:1 Comprehensive Initial Assessment Session** with Dr. Ritamarie
- **1:1 VIP Transformation Day** with Dr. Ritamarie, in person or virtual (optional)
- **1:1 Progress and Planning** sessions with Dr. Ritamarie
- **1:1 Strategy and Accountability Sessions** with your assigned Functional Nutrition Coach
- **1:1 Energy Recharge Reassessment and Planning** sessions with Dr. Ritamarie
- **1:1 Reviews and Analysis** of your health assessments, labs, and journals by Dr. Ritamarie
- **1:1 On Demand SOS Access** to Dr. Ritamarie via private chat and phone



**By application only:** Limited to 5 people; features custom-tailored to your needs



# Energy Recharge Silver Overview (All Levels)



**All Energy Recharge System  
Training Modules**

**Group Coaching with  
Dr. Ritamarie**

**Private & Small Group Coaching  
with Functional Nutrition 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 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 for removing the obstacles so you can live a full and rewarding life.
- You are committed to truly understanding how your body works so you can stay healthy and happy.

## What Energy Recharge Silver offers:

- ✓ **Dr. Ritamarie's Energy Recharge System™** of step-by-step guidance and tools
- ✓ **Private Comprehensive Initial Consultation** with a Dr. Ritamarie trained Functional Nutrition Coach (90 minutes)
- ✓ **Initial Small Group "Get to Know You" Coaching call** with Dr. Ritamarie and at most 5 other participants
- ✓ **10 Small Group Spotlight Coaching calls** led by your coach (with at most 6 members)
- ✓ **Monthly Group Coaching and Get Into Action call** with Dr. Ritamarie
- ✓ **Drop-in group Office Hours calls** with Dr. Ritamarie at least once a month
- ✓ **Drop-in group Office Hours calls** with Functional Nutrition Coaches at least once a month
- ✓ **3 Get it Done Virtual Workshops** with Dr. Ritamarie to quickly and effectively put strategies in place
- ✓ **Weekly online health journal** with feedback from your 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

## What's included:

- ✓ *Foundations* complete nutrition and lifestyle protocol collection (Value \$997)
- ✓ *Evaluations* complete health assessment collection (Value \$997)
- ✓ *Gut Repair and Alkalizing Nutrition for Digestion* (GRAND) program (Value \$497)
- ✓ *B4 Be Gone* program to balance your blood sugar (Value \$997)
- ✓ *Correcting Adrenal Fatigue and Exhaustion* (CAFE) program (Value \$497)
- ✓ *Thyroid Revive and Thrive* program (Value \$397)
- ✓ *Nutrigenomics* program (Value \$497)
- ✓ The *GREEN Cleanse* program (1-year access) (Value \$197)



## Bonuses:

- ✓ *Spring into Vitality All Access Pass* digital video downloads of all past event (Value –over \$997)
- ✓ Two tickets to next upcoming *Spring into Vitality LIVE Event* (Value \$1,998)
- ✓ Dr. Ritamarie's complete digital recipe e-book collection (Value – over \$200)

# Energy Recharge Gold Overview



**Includes Energy  
Recharge Silver**

**1:1 Coaching with Dr. Ritamarie &  
Your Functional Nutrition Coach**

**Solve More Troublesome  
Health Challenges**

**Energy Recharge Gold** was designed to go beyond the group coaching opportunities provided in the Silver level and deliver one-on-one opportunities to access the expertise of both Dr. Ritamarie and your assigned Functional Nutrition Coach. 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:*

- ✓ **Private Comprehensive Assessment/Lab Analysis appointment** with Dr. Ritamarie (1.5 hours)
- ✓ **Gold/Diamond/Elite virtual Office Hours opportunities** for 1:1 laser coaching with Dr. Ritamarie (at least once per month)
- ✓ **10 Private Progress and Planning coaching calls** with your Coach (30 minutes each)

## Bonuses:

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

- ✓ Dr. Ritamarie's *Raw Food University* collection of food prep videos (Value \$350)
- ✓ Physical copies of select Dr. Ritamarie's books (Value – over \$200)



# 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 and want leading-edge expertise 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:

*There are a few levels of coaching available, and the amount of support can be **customized to your needs**. Your program will include **ALL of the Energy Recharge Silver and Gold benefits and bonuses PLUS** any or all of the following:*

- ✓ **1:1 Comprehensive Initial Assessment Session** with Dr. Ritamarie
- ✓ **VIP Transformation Day** with Dr. Ritamarie, in person or virtual (optional)
- ✓ **Lifestyle and health assessments** review with Dr. Ritamarie
- ✓ **Detailed health analysis and labs** review from Dr. Ritamarie
- ✓ **Private Energy Recharge Progress and Planning** calls (45 minutes each)
- ✓ **Mentorship, strategy planning, and accountability** from a Dr. Ritamarie trained Functional Nutrition Coach (45 minutes each)
- ✓ **Private 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 online health journal** evaluated by Dr. Ritamarie



## By Application Only

Limited to 5 people; **custom-tailored to your needs.**



# 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

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 and her team of trained Functional Nutrition Coaches, 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 Inner Circle*, 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.



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 groups, 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 (ERC) In Detail



## ERC Silver Features (All Tiers):

- ✓ **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/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.

### **In-depth training modules to guide you to restore balance and recharge your energy**

Foundational diet and 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. There are also modules that provide the essentials for restoring balance and vitality to key organs and hormones. Guidance is given in bite-sized pieces, so you can easily fit the protocols 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.

- ✓ **A private comprehensive initial consultation with your assigned coach (90 minutes)**

This is the opportunity for your coach to get to know you and understand your needs, to review your assessments and your goals, and to help you to complete your **Unstoppable Health Roadmap**. On this call, your coach will determine what additional assessments and labs (if any) would be helpful and will encourage, motivate, and coach you on a plan to help you to rebalance your body and achieve your health goals.

**(Diamond members will complete their initial consultation directly with Dr. Ritamarie.)**

# ERC Silver Features (All Tiers):



- ✓ **A semi-private “Get to Know You” coaching call with Dr. Ritamarie to start off the year together (maximum 6 participants, for Silver and Gold members)**

This is the opportunity for Dr. Ritamarie to get to know you and understand your needs, to review your goals and challenges, and to answer your questions and address your concerns in a much smaller group.

- ✓ **10 *Small Group Spotlight Coaching* calls (maximum 6 members) led by your Functional Nutrition Coach**

Get support from your group members and from your Functional Nutrition Coach who knows you and your health concerns and who is deeply committed to your success.

- ✓ ***Group Coaching and Get Into Action* calls for support from Dr. Ritamarie**

At least once per month, you'll get direct access to Dr. Ritamarie on live group calls. Get answers to your specific questions regarding your health journey, review your lab tests with Dr. Ritamarie, or just get re-inspired when your motivation falters.

- ✓ ***Virtual Office Hours* opportunities for 1:1 laser coaching with Dr. Ritamarie**

At least once monthly during drop-in “office hours” sessions, 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 to get one-on-one support.

- ✓ ***Virtual Office Hours* opportunities for 1:1 laser coaching with Functional Nutrition Coaches**

At least once monthly during drop-in “office hours” sessions, you will have access to one of Dr. Ritamarie's Functional Nutrition Coaches 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 to get one-on-one support.

- ✓ ***3 Get it Done Virtual Workshop* days to quickly and effectively implement strategies**

We'll spend the day together, online or on the phone, so we can go more deeply into strategies and action plans than is possible on shorter calls.

- ✓ ***Weekly online health 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 health journals. Reviewed by your Functional Nutrition 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.

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

- A monthly health topics resource
- A monthly Q&A call
- VITAL Healing Kitchen online classes featuring guest chefs and Dr. Ritamarie
- A resource library containing dozens of recorded calls, checklists, recipes, special reports, and bonuses



# ERC Silver Features (All Tiers):



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

You'll receive access to our Energy Recharge Coaching website containing all modules with audio and/or video education and transcripts, forms, recipe collections, and tools to ensure your success. You'll benefit from ongoing enhancements to the site and cutting-edge information. You'll retain access to all the website programs and materials for at least an additional year after your 1-year program concludes.

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

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

## ✓ Additional programs & features including...

- *Foundations* complete nutrition and lifestyle protocol collection (Value \$997) which also includes:
  - *Eat Your Way Out of Pain* Home Study System
  - *Kitchen and Pantry Makeover* Video Course
  - Dr. Ritamarie's 30-Day *Transforming Stress* System
  - Dr. Ritamarie's *Inspired Health Vision* System
- *Evaluations* complete health assessment collection (Value \$997)
- The *Gut Repair and Alkalizing Nutrition for Digestion* (GRAND) program (Value \$497)
- The *B4 Be Gone* program to balance your blood sugar (self-paced program plus 1-year access to all live programs) (Value \$997)
- *Correcting Adrenal Fatigue and Exhaustion* (CAFE) program (Value \$497)
- *Thyroid Revive and Thrive* program (Value \$397)
- *Nutrigenomics* program (Value \$497)
- The *GREEN Cleanse* program (1-year access) (Value \$197)



# Energy Recharge Inner Circle **BONUSES**



## ERC Silver Bonuses (All Tiers):

### **Spring into Vitality All Access Pass digital video downloads**

Access all the previous editions of the *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 \$997+)

### **Two tickets to Dr. Ritamarie's next upcoming *Spring into Vitality* 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 \$1,998)

### **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)

## ERC Silver Invest-in-FULL Bonuses (All Tiers):

### **Physical copy of *Dried and Gone to Heaven* DVD set plus 250-page recipe guide**

Receive a 4-disc DVD set that includes information, background, health information, and how-to instruction with a fully indexed recipe demo DVD. Also receive a print copy of the 250-page recipe guide and a digital disc containing a PDF copy of the recipe book, laminated cards, and a getting started audio. (Value \$397)

### **Physical copy of the *B4 Be Gone 30-Day Meal Make-Over* package**

You'll receive a beautiful binder complete with all the blood sugar balancing, energizing recipes from the *B4 Be Gone* System. (Value \$97)



# Energy Recharge Inner Circle (ERC) In Detail

## ERC Gold Features (Plus Silver Level):

### ✓ Private comprehensive health/lab analysis with Dr. Ritamarie (1.5 hour)

You will meet privately with Dr. Ritamarie to discuss your health challenges, review any health assessments or lab work you've completed, and set goals. Get access to Dr. Ritamarie's feedback and expertise for your unique health concerns and goals.

### ✓ Gold/Diamond/Elite Office Hours for 1:1 laser coaching with Dr. Ritamarie

During the monthly drop-in "office hours" session, 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 to get one-on-one support. These calls will be limited to Gold, Diamond, and Elite members.

### ✓ 10 private Progress and Planning calls with your coach (30 minutes)

Meet with your coach regularly and privately to discuss successes and challenges, get guidance in implementing the plan on your road map, ask questions, review lab results, and anything else you need to succeed.



## ERC Gold Bonuses (Plus Silver Level):

### 📁 Dr. Ritamarie's complete collection of Raw Food University digital food prep videos and recipes

Enjoy exclusive digital access to the *Raw Food University* library of online food preparation or "food as medicine" videos. Each Raw Food University video series also includes access to a PDF recipe guide so you can recreate the recipes at home. (Value \$350)

### 📁 Physical copies of select Dr. Ritamarie's Books

You'll receive access to all available hardcopies of Dr. Ritamarie's books, mailed to your door, including *B4 Be Gone Meal Make-Over*, *Dried and Gone to Heaven*, *Dessert: Making it Rich without Oil*, *Power Breakfast Ideas*, *Deliciously Quick Lunch and Dinner Ideas*, *Healthy Halloween Treats*, and *Thanksgiving Feast*. (Value – over \$200)

## ERC Gold Invest-in-FULL Bonuses (Plus Silver Level):

### 📁 Adrenal Stress Test

You'll get a complete picture of the current state of your adrenal glands and your energy reserves so we can customize your 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. Includes a detailed interpretation and personalized plan. (Value \$650)





# Energy Recharge Inner Circle (ERC) In Detail



## ERC Diamond Features (Plus Silver and Gold Level):

- ✓ **“VIP Transformation Day” with Dr. Ritamarie, in person or virtual (optional)**  
Spend a 6-hour day with Dr. Ritamarie’s undivided attention 100% on you! During your VIP day, we’ll create a personalized plan for diet, exercise, breathing, recreation, stress relief, and emotional replenishment activities. I’ll guide you to powerfully connect with your core values and goals, clearly identify all the obstacles, and create a customized, focused blueprint for how to get what you most desire.
- ✓ **Private 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.
- ✓ **Private Energy Recharge progress and planning calls with Dr. Ritamarie (45 minutes)**  
Regularly scheduled private coaching calls give you the opportunity to get your questions answered and to receive the guidance you need to evaluate your progress and customize your plan for your next steps.
- ✓ **Strategy and accountability calls with your Functional Nutrition Coach (45 minutes)**  
Regularly scheduled private coaching calls give you the opportunity to get your questions answered, receive the guidance you need to move forward with motivation, and be inspired to stay on track.
- ✓ **Energy Recharge reassessment and planning sessions with Dr. Ritamarie**  
Scheduled at approximately 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**  
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.
- ✓ **On demand “SOS” sessions with Dr. Ritamarie**  
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 have a quick question requiring more immediate attention.
- ✓ **Diet and activity logs and weekly accountability journal**  
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.

**Your custom Diamond package may include any or all of the above features.**

# Dr. Ritamarie's Energy Recharge Inner Circle

Membership Levels at a Glance	Silver	Gold	Diamond
<b>Dr. Ritamarie's Energy Recharge System™</b> including assessments, blood chemistry analysis, training modules, resource library, action plans, and more: <ul style="list-style-type: none"> <li>• <i>Foundations</i> complete nutrition and lifestyle protocol collection</li> <li>• <i>Evaluations</i> complete health assessment collection</li> <li>• The <i>GREEN Cleanse</i> program</li> <li>• <i>Gut Repair and Alkalizing Nutrition for Digestion</i> (GRAND) program</li> <li>• The <i>B4 Be Gone</i> program to balance your blood sugar</li> <li>• <i>Correcting Adrenal Fatigue and Exhaustion</i> (CAFE) program</li> <li>• <i>Thyroid Revive and Thrive</i> (TRT) program</li> <li>• <i>Nutrigenomics</i> program</li> </ul>	✓	✓	✓
Comprehensive initial appointment with Dr. Ritamarie trained coach	✓	✓	(w/ Dr. R)
Initial <i>Small Group "Get to Know You"</i> Coaching call with Dr. Ritamarie	✓	✓	(Private)
<i>Small Group Spotlight Coaching</i> calls with your coach	10	10	10
<i>Group Coaching and Get Into Action</i> call with Dr. Ritamarie	1 /month	1 /month	1 /month
Drop-in <i>Office Hours</i> sessions with Dr. Ritamarie for 1:1 laser coaching	1 /month	1 /month	1 /month
Drop-in <i>Office Hours</i> sessions with Nutrition Coaches for 1:1 laser coaching	1 /month	1 /month	1 /month
<i>Get it Done Virtual Workshop</i> days to put strategies into place with support	3	3	3
Weekly online health journals to identify where you need support	✓	✓	✓
1-year access to <i>VITAL Healing Kitchen</i> classes, health topics, and more	✓	✓	✓
Members-only website, interactive community, and transcripts of core content	✓	✓	✓
<b>BONUS #1:</b> <i>Spring into Vitality</i> All Access Pass - digital videos of past events	✓	✓	✓
<b>BONUS #2:</b> Two tickets to next upcoming <i>Spring into Vitality</i> LIVE event	✓	✓	✓
<b>BONUS #3:</b> Dr. Ritamarie's complete digital recipe e-book collection	✓	✓	✓
Comprehensive assessment and lab analysis consultation with Dr. Ritamarie		✓	✓
Gold/Diamond/Elite <i>Office Hours</i> sessions with Dr. Ritamarie for 1:1 coaching		1 /month	1 /month
Private <i>Progress and Planning</i> coaching calls with your coach (Diamond w/ Dr. R)		10	10+
<b>GOLD BONUS #1:</b> All <i>Raw Food University</i> online videos and recipes		✓	✓
<b>GOLD BONUS #2:</b> Physical copies of select Dr. Ritamarie's books		✓	✓
Private <i>VIP Transformation Day</i> with Dr. Ritamarie (optional)			✓
Health assessments and lab review/re-evaluation with Dr. Ritamarie			✓
Strategy and accountability calls with a Functional Nutrition Coach (45 minutes)			✓
Reassessment and Planning sessions with Dr. Ritamarie			✓
Real-time health questions answered via VIP live chat			✓
On demand "SOS" sessions with Dr. Ritamarie to handle urgent challenges			✓
Diet and activity logs and weekly accountability journal assessed by Dr. Ritamarie			✓