INE | INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

CHANGING LIVES WITH ROOT CAUSE HEALTH CARE

CERTIFICATION RESOURCES

CLIENT HANDOUTS & RESEARCH PAPERS COLLECTION

WITH DR. RITAMARIE LOSCALZO

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In response to client request, I developed a one-page chart to quickly illustrate the relationships that your lifestyle changes can make to changes in your overall wellness and/or symptoms. The blank chart included is easily customized for the specific symptoms you may be experiencing.

This handy tool provides you with a "month at-a-glance", bird's eye view of exactly which symptoms are occurring on which days, and will help you to correlate your symptoms (or lack thereof) to several factors.

Basically, the greater the number of "healthy lifestyle habit" squares you have filled in at the **bottom half** of the chart (from the green section on down), the fewer of your symptom squares you may need to fill in at the **top half** of the chart. (red section). And you may be pleased to see improvements in the middle of the chart as well - the weight & measurements section!

Please bring the chart with you to all of your in-office appointments, or scan and email to me prior to each telephone appointment.

The chart is color-coded for easy reference:

Red: Symptoms
Maroon: Measurements - morning pH; weight/waist (if you prefer not to use a scale); BM's, energy level
Scarlet: AM/PM blood sugar
Green: Nutrition - greens, veggies, supplements, probiotics
Magenta: Stress management - meditation, yoga, stretching, sleep
Purple: Exercise - Cardio, Speed bursts, Strength training
Orange: Outdoor Time/sunshine
Blue: Water, hydration
NOTES - use this area and the bottom/top margins of the page to make any notes about factors that would also affect your symptoms & health - e.g. - Holidays, vacations, events, starting a new supplement or exercise program, etc.

Instructions for filling in your chart (see example chart as well):

IMPORTANT NOTE* - Use this chart as a guideline, an "observation game", and a helpful tool - do NOT stress about filling in every little square - just do your best to track what you can. Remember that what you are doing is just gathering information about yourself and your current habits, to help us get to the root cause of your symptoms. :)

Date - start with today's date and begin numbering to the end of the month. Subsequent charts will start with the 1st day of the month. Males & non-menstruating females will have a customized chart with the "Cycle Day" field removed.

For menstruating females - Begin filling in the "Date" row starting with the first day of your last menstrual cycle. By charting the days of your monthly menstrual cycle, you can quickly determine if your symptoms are falling in the Follicular Phase (first half) or the Luteal Phase (last half). This enables us to correlate your reproductive hormone levels with your lab work to get to the root cause of any symptoms you may experience on a monthly basis.

Symptoms: Color in a square for each symptom you experience that day. If it is severe, color in the entire square - if it is moderate, color in half the square (see example). Alternatively, you could make a note in the square, e.g. for Constipation/Diarrhea, put the letter "C" if you experience constipation, and "D" on the days you experience diarrhea.

Week Day: Put the first letter of the day of the week that corresponds to the date - this is very helpful in discovering root causes, as some symptoms tend to occur more on weekends, or on Mondays, etc.

pH: Record your pH, using the testing strips you were given. This gives you an idea of the acid/alkaline balance in the body. Keep in mind that if you are detoxing, your morning pH will be slightly more acidic.

Weight/waist: Once a week is sufficient for this marker, as both measurements will fluctuate with water retention and/or bloating. You can also record your body fat % if you have access to it.

BMs: Bowel movements - Using the Bristol Stool scale chart you were given, you can quickly see the relationship your lifestyle changes are making in your digestion & elimination.

Energy Level: Rate your energy on a scale from 1 - 10, with 1 being bed-ridden & exhausted, and 10 being “on top of the world”.

AM/PM Blood Sug: Blood glucose levels - record morning fasting & before bedtime.

Nutrition: - Either fill in the square when you have consumed a recommended food, or you can record the number of servings you ate in the square. Green leafy vegetables are emphasized for their overall benefits to health, blood sugar regulation, and the immune system. Fill in the squares when you have taken the supplements/probiotics recommended on your detailed Supplement Spreadsheet that you were given. This helps us to quickly notice benefits, or side effects, or symptom reduction correlated to your customized supplementation.

Stress Reduction: Fill in a square (or write in the time spent) for any Meditation, Yoga, or Stretching done that day - aim to get at least one of these squares filled daily. Fill in the **Sleep - # of hours** square with the approx. # of hours of sleep you received the night before.

Outdoor Time: Fill in this square for each day that you are able to spend at least 15 minutes in the sunshine. Barefoot “grounding” is also recommended if possible!

Exercise - Speed bursts, walking, running, strength training: Fill in a square for each day you participate in one of these exercises, or you can write the time in the square.

Hydration - Record the number of 8 oz. glasses of water per day, or fill in the square if you met your goal of drinking 1/2 your body weight in ounces of water (plus more during heavy exercise).

References:

Dr. Ritamarie's Fresh n' Fun Living, www.drritamarie.com

Institute of Nutritional Endocrinology,
www.instituteofnutritionalendocrinology.com

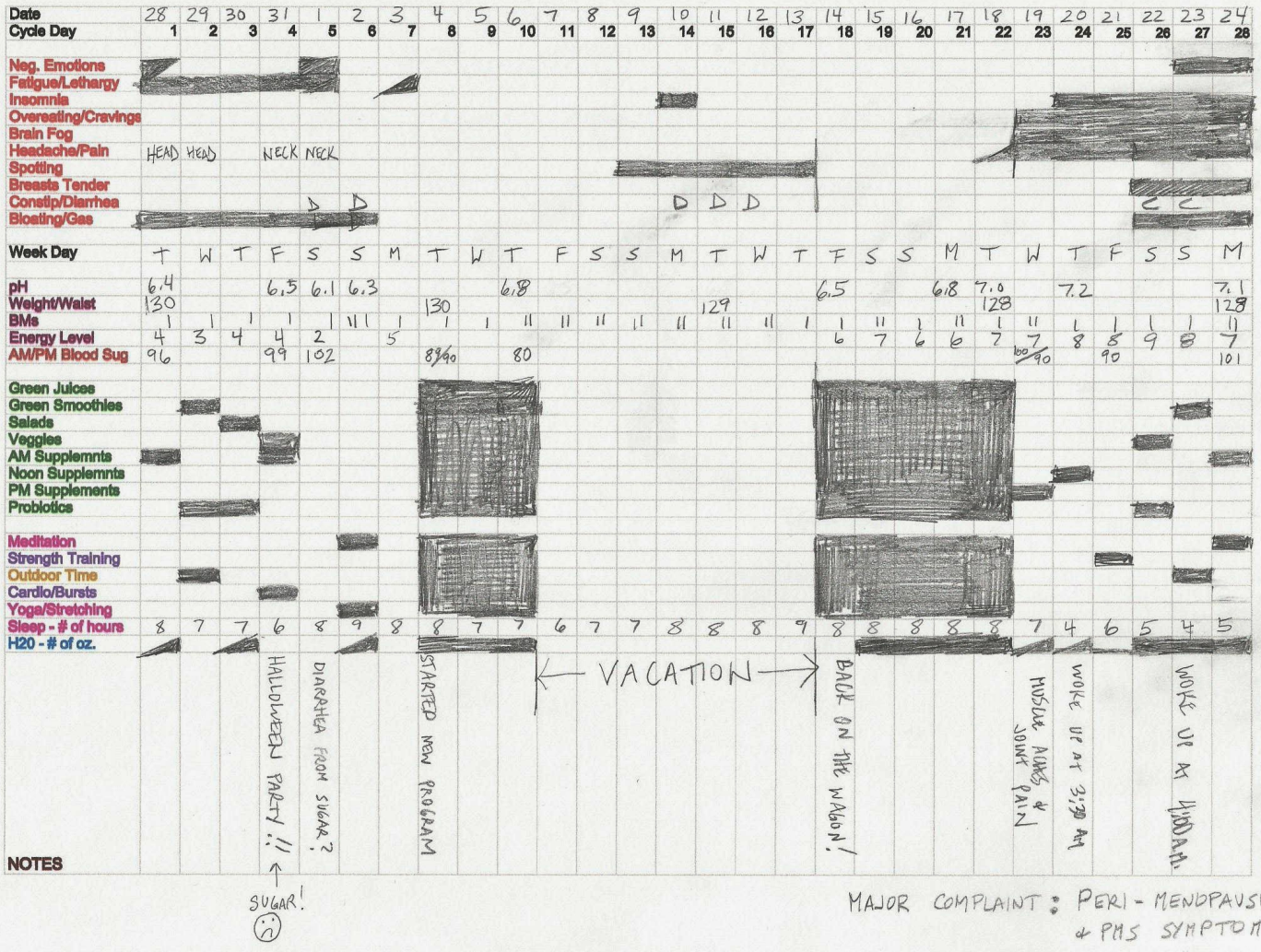
Dr. Ritamarie's Energy Recharge Coaching Program:
www.energyrechargecoaching.com

Dr. Ritamarie's B4BeGone Program: www.b4begone.com

Date																												
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Neg. Emotions																												
Fatigue/Lethargy																												
Insomnia																												
Overeating/Cravings																												
Brain Fog																												
Headache/Pain																												
Spotting																												
Breasts Tender																												
Constip/Diarrhea																												
Bloating/Gas																												
Week Day																												
pH																												
Weight/Waist																												
BMs																												
Energy Level																												
AM/PM Blood Sug																												
Green Juices																												
Green Smoothies																												
Salads																												
Veggies																												
AM Supplemnts																												
Noon Supplemnts																												
PM Supplements																												
Probiotics																												
Meditation																												
Strength Training																												
Outdoor Time																												
Cardio/Bursts																												
Yoga/Stretching																												
Sleep - # of hours																												
H20 - # of oz.																												
NOTES																												

OCT/NOV 2014

CLIENT "X"



MAJOR COMPLAINT: PERI-MENOPAUSE & PMS SYMPTOMS

Hashimoto's: causes, symptoms and approach

Hypothyroidism
Hypothyroidism is an autoimmune disease in 90% of cases. Hypothyroidism involves high levels of thyroid stimulating hormone (TSH) and low levels of the thyroid hormones T4 and T3.
Hypothyroidism is most often caused by autoimmune disease Hashimoto's and/or iodine deficiency.

Hashimoto's disease

Hashimoto's disease also called Hashimoto's thyroiditis is an autoimmune disease, a disorder in which the immune system turns against the body's own tissues. In people with Hashimoto's, the immune system attacks the thyroid. This can lead to hypothyroidism, a condition in which the thyroid does not make enough hormones for the body's needs.

There's a long list of uncomfortable symptoms associated with Hashimoto's autoimmune thyroiditis. The list is long as other hormones are affected as well such as the adrenals and the pancreas. All hormones work together so if one hormone is unbalanced the other hormones will be secreting more or less and more symptoms will ensue.

Causes of Hashimotos:
Several studies show a strong link between Hashimoto's and gluten intolerance. The molecular structure of gliadin, the protein portion of gluten, closely resembles that of the thyroid gland. When gliadin breaches the protective barrier of the gut, and enters the bloodstream, the immune system tags it for destruction. These antibodies to gliadin also cause the body to attack thyroid tissue. This means if you have Hashimoto's and you eat foods containing gluten, your immune system will attack your thyroid.

Even worse, the immune response to gluten can last up to 6 months each time you eat it. This explains why it is critical to eliminate gluten completely from your diet. Being "mostly" gluten-free isn't going to cut it. If you're gluten intolerant, you have to be 100% gluten-free to prevent immune destruction of your thyroid. Continuing to eat gluten when you have a confirmed autoimmune condition simply isn't worth risking the immune destruction it could cause. There are no nutrients in gluten-containing foods that you can't get more easily and efficiently from foods that don't contain gluten.

Gluten intolerance may come from inflammation of the intestines, leaky gut syndrome and genetic disposition. Past and present antibiotics usage, dysbiosis, processed foods and an over-reactive immune system are big factors contributing to intestinal lining inflammation and leaky gut syndrome

Hashimotos' Symptoms: acne, eczema, diffuse hair loss, brittle nails, PMS, infertility, long menstrual cycle, irregular periods, abnormal lactation, fatigue, lack of sweating, cold hands and feet, high cholesterol, poor tolerance for exercise, heart palpitations, outer edge of eyebrows thinning, aches and pain, water retention, poor memory, loss of libido, depression, loss of motivation, iron deficiency, anemia, hives, generalized overweight, obesity, difficulty losing weight, constipation or sluggish bowels, anxiety, bloating, depression, fibromyalgia, frequent cold and flus, gluten sensitivity, GERD (gastroesophageal reflux disease), heavy feeling throughout body, hormonal dysregulation (adrenal fatigue, PMS, PCOS), irritability, insulin resistance, joint pain and stiffness.

Visiting your doctor will not help as doctors rarely look for antibodies and the root cause of hypothyroidism. Most doctors (even endocrinologists) do not seem to know what causes it, or what to do about it. They will most likely look at the TSH – Thyroid-stimulating hormone – secreted the pituitary to stimulate the thyroid gland to produce thyroxine T4. If TSH is high above 5.7 they will probably prescribe synthroid without further testing for other markers such as free T4, free T3, Antithyroglobulin Antibodies and Thyroid Peroxidase antibodies (TPO). In the case of Hashimotos, the antibodies will be elevated. That means the immune system is reacting to some antigens most likely gliadin and casein protein.

Thyroid functions:

- Primary control center for your **metabolism**
- Impacts **growth rate** if you're young
- Helps you to breakdown and **utilize the carbohydrates and fats** you eat
- Aids in the **conversion of beta-carotene** from your plant foods into the fat-soluble vitamin A necessary for proper immune, inflammatory, genetic and reproductive health
- Affects your **cholesterol levels**, your **blood pressure**, your **appetite**, your **mental sharpness**, your **libido** and so much more

Lab tests for thyroid in functional amount:

- **Free T4:** 1 -1.5
- **Free T3:** 3 - 4.5.
- **rT3 :** 90-350.
- **Thyroglobulin antibodies (TgAb): 0-1.**
- **Antithyroid peroxidase antibodies (TPO): 0-2.**

T4 (thyroxine) is actually a storage hormone and is meant to convert to the active hormone T3 to have proper thyroid function. Free T4 represents the hormone that is available for use within the body.

T3 (triiodothyronine) is the active thyroid hormone. It's the one your body can use for proper metabolism. Free T3 represents the amount that is available for use within the body. This hormone stimulates the metabolism of almost every tissue in the body.

Reverse T3 (rT3 is an inactive form of T3. The T4 can be converted to either T3 or reverse T3. T3 is not available for metabolic function and can become excessive in cases of chronic stress. The body, especially the liver, can constantly be converting T4 to RT3 as a way to get rid of any unneeded T4. In any given day, it's stated that 40% of T4 goes to T3 and 20% of T4 goes to Reverse T3. In times of stress and sickness more T4 is converted to rT3. The excess cortisol inhibits the conversion of T4 to T3, and instead produces even larger amounts of RT3, creating elevated rT3. This means less functional T3 to do its work.

Thyroglobulin antibodies (TgAb): Antibodies are proteins in the immune system that serve to identify and remove foreign antigens. Thyroglobulin is a protein that exists solely within your thyroid gland to

synthesize T4 and T3 hormones. TgAb is a measurement of the inappropriate attack of your immune system on this particular protein and is a key measurement in the detection of Hashimoto's.

Antithyroid peroxidase antibodies (TPO): Peroxidase is an enzyme that is critical in the conversion of T4 to T3. TPO is a measure of the inappropriate attack of the immune system on this particular enzyme and is a key measurement in the detection of Hashimoto's.

We now know that most autoimmune diseases are the result of a leaky gut syndrome. As the intestinal lining become inflamed it creates breaches in the villi and peptides (partially digested proteins) may find their way into the bloodstream

Other markers important to test are **B12, ferritin and D3.**

Triggers for Hashimotos: most important is gluten. Be careful for exposure to chemicals in environment which interferes with thyroid function such as cigarette smoke and BPA (bisphenol A). BPA is found in all canned foods and bottles of water unless specified BPA free. Get fluoride, bromide and chlorine out of your diet and environment. Fluoride is found in some dental products and tap water fortified with fluoride. Bromide is found in bread and baked products. Chlorine is found in tap water, shower and swimming pools. If you have mercury fillings, have them out with a qualified holistic dentists. Cilantro and chlorella helps remove mercury and chlorella.

Diet : It is very important to have nutrient-dense diet.

Specific nutrients: it is important to supply the body with these two nutrients that nourish the thyroid: iodine and selenium. You'll find iodine in seaweeds such as kelp and dulse. Take 2 ounces of seaweeds a week. Incorporate them in your smoothies, soups, make a seaweed salad, nori rolls. Sprinkle kelp or dulse powder on your food. Eat 1 brazil nut a day for selenium.

Raw greens: Include raw greens daily preferably blended in a green smoothie or green soup. Kale, collards, bokchoy, mustard greens, beet greens, spinach, lettuce, celery, Asian greens, wild greens such as lambsquarters, dandelion.

Cruciferous vegetables: Raw and steamed or boiled in soups. Stir fry in water or wheat-free tamari. Use in salads, steamed with a nut dressing, in stir-fry and soups. Cabbage, broccoli, cauliflower, Brussels sprouts, kohlrabi.

Other vegetables: rainbow vegetables, tomato, zucchini, eggplant, peppers, mushrooms, cucumbers, onions, winter squash, beets, carrots.

Nuts and Seeds: Include 2-4 (women) 4-7 (men) ounces of nuts and seeds daily and make dressings out of them for your salads and steamed vegetables.

Legumes: You can also eat legumes and lentils cook very fast. Use them in soups with other vegetables or add beans to salads or stir fry. You can easily sprout lentils, mung beans and chickpeas and add to salad or steam 5 minutes before using. Beans are preferred over grains as they have more resistant

starch and are less glycemic. They are probiotics and will help feed the good microbiota. You can sprout lentils or cook lentils, peas and beans soaked. Make soup or salad with cooked beans.

Chia and flax seeds: 2 tablespoons a day, ground or soaked and blended in a green smoothie

Brazil nuts: 2 Brazil nuts a day if not supplementing with selenium.

Low glycemic diet is important so avoid processed foods. Avoid high glycemic foods such as sugar and sweeteners. Replace them with stevia and Erythritol. Avoid all flour products such as bread, baked goods, pastries and desserts. Avoid processed foods.

Avoid allergens: Be 100% gluten-free. Be very vigilant not to eat wheat and gluten in processed foods even soy sauce. A little bit of gluten taken here and there will keep the antibodies up and continue to attack the thyroid. So a gluten free diet is of absolute necessity to recover from Hashimotos. Avoid dairy also is a must. Dairy most often cross reacts with gluten antibodies and will contribute to autoimmune disease.

Supplementation: Iodine if not using seaweeds, Zinc, Selenium if not eating brazil nuts, Iron, Vitamin D, DHA and B vitamins including B12.

Heal your gut: A properly functioning digestive system (gut) is critical to good health and leaky gut syndrome. Take a good quality probiotics with many strains and avoid unnecessary antibiotics and medications.

Herbs: Ashwaganda is widely used to induce hormone balance, as an antimicrobial and anti - inflammatory and for autoimmune conditions. Ashwaganda can be used as a tincture, as a decoction, as a powdered extract added to smoothies and elixirs, and as capsules.

Sleep: have a regular routine and manage to sleep 8-9 hours.

Resources:

Dr. Ritamarie's ERSPC course

The Hormone Diet by Dr. Natasha Turner, ND