



Certification Resources: Health Topic Presentation – List of Approved Topics

Requirements:

Your presentation must demonstrate your ability to teach a topic to colleagues. You should prepare a 15-minute presentation using visual aids (PowerPoint or other method) plus respond to a 5-minute Q&A session. You will present your health topic to other practitioner candidates during a LIVE call.

Use the approved list of health topics below or propose your own and get approval (e-mail coaching@drritamarie.com). Any topic we've covered in the training is fair game, and the possibilities are endless.

Prepare for your presentation by reviewing Dr. Ritamarie's **VITAL Community Health Topics Calls** located in the VITAL Community program of the www.VibrantLivingMembers.com website (if you're a VITAL member) or by viewing presentations by other practitioners.

Topic List: Taught from the Client Perspective

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| <input type="checkbox"/> Adrenal balancing | <input type="checkbox"/> Signs and symptoms of gluten sensitivity |
| <input type="checkbox"/> Balancing acid and alkaline | <input type="checkbox"/> Simple cleansing strategies that increase energy |
| <input type="checkbox"/> Blood pressure management | <input type="checkbox"/> Strategies to overcome fatigue |
| <input type="checkbox"/> Blood sugar balance | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Brain health | <input type="checkbox"/> Supporting the immune system with nutrition |
| <input type="checkbox"/> Heart math | <input type="checkbox"/> The importance of a good night's sleep |
| <input type="checkbox"/> How food allergies impact health | <input type="checkbox"/> The importance of fats in the diet |
| <input type="checkbox"/> How to tell if my thyroid is out of balance | <input type="checkbox"/> The importance of greens |
| <input type="checkbox"/> Keeping hydrated | <input type="checkbox"/> The negative health effects of sugar |
| <input type="checkbox"/> Keys to strong digestion | <input type="checkbox"/> The truth about protein |
| <input type="checkbox"/> Leaky gut | <input type="checkbox"/> Thyroid balancing |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> What is adrenal fatigue, and how do I know if I have it? |
| <input type="checkbox"/> Menopause management | <input type="checkbox"/> What is leaky gut and how to fix it? |
| <input type="checkbox"/> Nutrigenomics made easy | <input type="checkbox"/> Why when you eat is as important as <i>what</i> you eat |
| <input type="checkbox"/> Overcoming fatigue | |
| <input type="checkbox"/> Probiotics and your health | |
| <input type="checkbox"/> Reflux strategies | |