



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

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