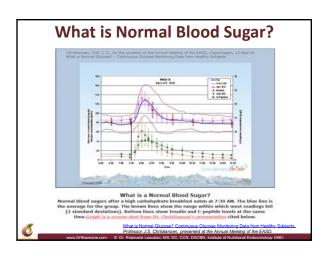


Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.







Break the Vicious Cycle of High-Glycemic Carbohydrate Addiction High-glycemic carbs promote excess insulin. Normal cells adapt to the high levels by "turning off" and thus require a very large amount of insulin to open up. High insulin leads to hypoglycemia. Hypoglycemia leads to cortisol and/or adrenaline spikes. Adrenaline and cortisol spikes promote craving for high-glycemic carbs.



Overview of 30-Day Plan

- ✓ Consume greens, chia seeds (or other omega-3 rich foods), and optional protein powder within an hour of waking up.
- ✓ Add walking or low intensity aerobics.
- ✓ Include burst training and resistance training.
- ✓ Add/experiment with a cleansing day (or days) each week.
- ✓ Practice stress management.
- ✓ Bedtime by 11:00 p.m. (or earlier).
- ✓ Schedule 7 9 hours of sleep per night.
- ✓ Consume only foods that keep sugars at 110





30-Day Strict Low-Glycemic Diet

- ✓ No sugar of any kind
- ✓ No grains unless it's clear they are tolerated
- ✓ No potatoes
- ✓ No bananas or other high-glycemic fruits
- ✓ No dried fruit
- ✓ No fruit juice

Low-glycemic fruits in small quantities

Other Foods to Avoid

- √ Heated oils, trans-fats
- ✓ Eliminate top allergens and all known allergens
- ✓ Anything that raises blood sugar above 110



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Allergens and Potential Allergens

Top 6 Food Allergens

Gluten Dairy Soy Corn

Eggs Peanuts



Runners Up

Shellfish Tree nuts Strawberries Citrus

Oats

Yeast

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Ready For Maintenance Phase If:

- ✓ At least 3 weeks of stable glucose
 - ➤ Under 110 and
 - ➤ Rarely, if ever, below fasting level within 2 hours or more after a meal
- ✓ Consistently taking basic supplements: Cr, Mg, DHA
- ✓ Fairly consistent on exercise, stress, sleep, and timing
- ✓ Noticing definite improvements

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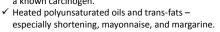


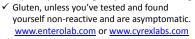
Foods Best to Avoid for Life

✓ Sugar and all its relatives. Occasional hint of unrefined sweetener in an otherwise healthy, whole-foods dessert may be tolerable... Test and don't make it a habit.



- ✓ Pasteurized fruit juice.
- ✓ Flour even whole grain. Body handles like sugar. Baked flour products contain acrylamide, a known carcinogen.







 \checkmark Non-organically raised animal products.



Reintroducing Fruits

- ✓ Lowest sugar to highest
- ✓ Small amounts in smoothies or with greens, i.e., on top of salads to start
- ✓ Gradually increase amounts and find your tolerance
- ✓ Go slowly to avoid insulin and glucose swings



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Ready to Start Slowly Decreasing Supplement Dosages If:

- ✓ Maintaining glucose under 100 most of the time
- ✓ Fasting blood sugar is consistently in the

80's or 70's

- ✓ No dips below fasting glucose level 3-5 hours after a meal
- ✓ Symptoms are improving



Cornerstone Supplements

- ✓ Chromium Polynicotinate: 400 mcg twice a day
- ✓ Magnesium Citrate, Glycinate, or Natural Calm: 400 mg or to bowel tolerance
- ✓ DHA: 350 to 500 mg per day, preferably algae oil based -- review omega-3/omega-6 documents
- ✓ Vanadyl Sulfate (Optional): Take 50 mg twice a day, only for 4 weeks



How to Wean Off Supplements

- ✓ Decrease by 1 capsule or drop dose every 3-4 days
- ✓ Carefully monitor fasting blood sugar and post-meal glucose (15, 30, 45, 60, 2h, 3h, 4h, 5h) on your highest glycemic meal(s)
- ✓ Weigh yourself and observe for increase
- ✓ Monitor your energy level, mental alertness, and any symptoms that resolved during the 30 days
- ✓ Observe for appetite changes and food cravings
- ✓ Continue to decrease unless contraindicated by above

Reintroducing Potential Allergens Top 6 Food Allergens Gluten Dairy Soy Corn Eggs Peanuts Runners Up Shellfish Tree nuts Strawberries Citrus Oats Yeast

Reintroducing Potential Allergens			
Safe	Suspicious	Problematic	
Food 1 Food 2	Food 3 Food 4	Food 5 Food 6	
	() = 3		
www.DrRitam	artie com © Dr. Ritamarie Loscalzo. MS. DC. CCN. DACRN.	Institute of Nutritional Endocrinology (INE)	

Fitness Guidelines Highlights

- ✓ Short burst exercise:
 - ▶2 minutes first thing in the morning (daily)
 - ▶2 minutes an hour before bedtime (daily)
 - ➤ 30-second bursts throughout the day, ideally 2 hours before meals (4-8 daily, 4-5 days a week)
- ✓ Moderate intensity aerobics like walking, jogging, cycling, swimming, a class, or on exercise equipment (30-60 minutes, 4-5 times a week) Walking for 10 minutes 3 times a day counts
- ✓ Resistance exercise: i.e., weights or body weight, see Fitness Video Library for ideas (1-3 times a week)

Diet & Nutrition Guidelines Highlights

- Avoid foods that require lots of insulin to manage. Hang the Foods to Phase Out document on the refrigerator door.
- ✓ Avoid <u>gluten</u> and other allergens.
- ✓ Avoid foods that cause blood sugar to go above 110. If not testing, only eat low GI foods.
- Keep eating and drinking lots
 of greens, chia seeds, non-starchy
 vegetables, and healthy fats.
- ✓ Drink half your body weight in fluid ounces of water each day.



Attitude & Stress Guidelines Highlights

- ✓ Practice "Quick Coherence," aka "Mini-Vacations," at least 5 times a day.
- ✓ Learn to identify early on when going into "autopilot" and experiencing the negative effects of stress. Use "Freeze Frame" to shift.
- ✓ Use the power of appreciation and fun to shift perspective.
- ✓ Acknowledge accomplishments, connect to values and visions, and keep eyes on the prize.



Sleep Guidelines Highlights

- √ Get to bed by 11:00 p.m.
- ✓ Stay in bed at least 8 hours most nights.
- ✓ Turn down the activity intensity starting a couple of hours before bedtime:
 - ➤Turn off the TV
 - ➤ Dim the lights
 - ➤Get away from the computer
 - ➤ Take a warm bath
 - >Listen to soft music, etc.



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Timing Guidelines Review

- ✓ Quit eating 3 hours before bedtime to optimize growth hormone and promote fat burning while you sleep.
- "Burst and Burn" before bed: About 2 hours after your last meal of the day and at least 1 hour before bed, do a 2-minute burst of high intensity exercise.
- ✓ Extend the time between your meals to <u>5 hours</u>.
- ✓ Consume protein within an hour of waking.
- ✓ Avoid high-carbohydrate breakfasts Morning carb overdoses cause a premature spike in leptin and food cravings.
- ✓ Practice breathing and appreciation before your meals.
- ✓ Commit to getting to sleep no later than 11:00 p.m.



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INE: IRSPT - Implementation

Foods to Consume Regularly		Use Only if Sugar Stays < 110	Foods to Avoid			
Unlimited Non-Starchy Negetables of Non-Starchy Negetables of Starchy Negetables of Negetables of Negetables of Starchy Negetables of Cauliflower Kale Ohard Cauliflower Bok Chry Calebage Ohard Calebage Ohard Ohard Ohard Negetables of Negetables of Negetables of Negetables of Negetables of Negetables Negetab	Moderate Amounts 2, Amounts 2, ride and standard fol - Chia - Plas - Herry - Plany - Plany - Plany - Seame - Seame - Rand - Cashew - Macadamia - Brazi -	Include Offsen to help blood of the help blood of Fenguero of Feng	Gluten-Free Grains - Quinos - Telf - Millet - Buckeheat - Peas - Mung beans - Admid beans - Blisch beans - Mung beans - Admid beans - Blisch beans - White beans - Red beans - Red beans - Red beans - Red beans - Low-Glycentic - Freeh Fruits - Buckery - Strawberny - Blischbery - Blischber	Processed Foods **Pro-Inclose com sync sensetiment se	High-Glycemic Foods Foods Floors and flour products products products products Grain and flour products Grain and flour products Grain unless the flour products Grains unless the flour products Legumes unless tested and blood below 110 White potato Yellow potato Starchy Vegetables Vegetables Vegetables Grains Grain	Medium and High Olycemic Firsts - Bacans - Bacans - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches - Paches

YES		TEST Blood	Glucose and Us	e Cautiously	NO NO	
Unlimited Non-Starchy Vegetables Raw or cooked	Moderate Amounts Watch omega-6:3 ratio and saturated fat	Fruits Best eaten with greens in smoothies or salads	Starchy Vegetables Raw or cooked	Gluten-Free Grains and Legumes Sprouted or cooked	NEVER	Tiny Amounts or Rare Occasion (Only if no rise in blood glucose)
Procosi Coudiflower Kale Chard Spinach Bok Choy Colard greens Angula Colard greens Angula Angula Colard greens Angula Colard Spinach Colard greens Angula Colard Spinach Spinach	Chia Filas Hemp Sunflower Purnykin Sesamo Sesamo Macadamia Brazi Pecon Walnut Fibert Inaeinut Pirenut Avocado Other nar nuts and seeds Animal Foods	Fresh Fruits Blueberry Strawberry Strawberry Strawberry Blackberry Raspberry Raspberry Paurs Peaches Apricots Press Paurs Press Press Paurs Press Paurs Pauson Press Press Pauson Press Press Pauson	- Carrot - Parsnip - Turnip - Turnip - Turnip - Rotabaga - Sevel potato - Yam - Beets - Caution and - Small Quantities - White potato - Yellow potato	- Quinca - Telf - Millet - Millet - Bucksheat - Brown rice - Widd rice - Corn - Lentils - Pleas - Mung beans - Adrad beans - Adrad beans - Kidney beans - Pinto beans - White beans - Red beans - Red beans	White sugar + High-Inclose com syrup - Hydrogenated oils - Processed saided - Processed	"Whole" sweeteners: honey, maple syrup, raw dely-dynated cane syrup, raw dely-dynated cane syrup, raw dely-dynated cane. Whole grain, urrefined flour products, non-gluten in combinate pluce in combinate pluce in combinate dish. I arount of vegetable pluce or in a vegetable pluce or in big sir-fly in on occasion when out.