



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritional Endocrinology Assessment and Balancing

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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.







Assessments For Each of The Hormone Families

- ✓ Sleuth History Taking
- ✓ Exam Findings
- ✓ Home Testing
- ✓ Blood Testing
- ✓ Specialty Labs
- ✓ Genetic Testing



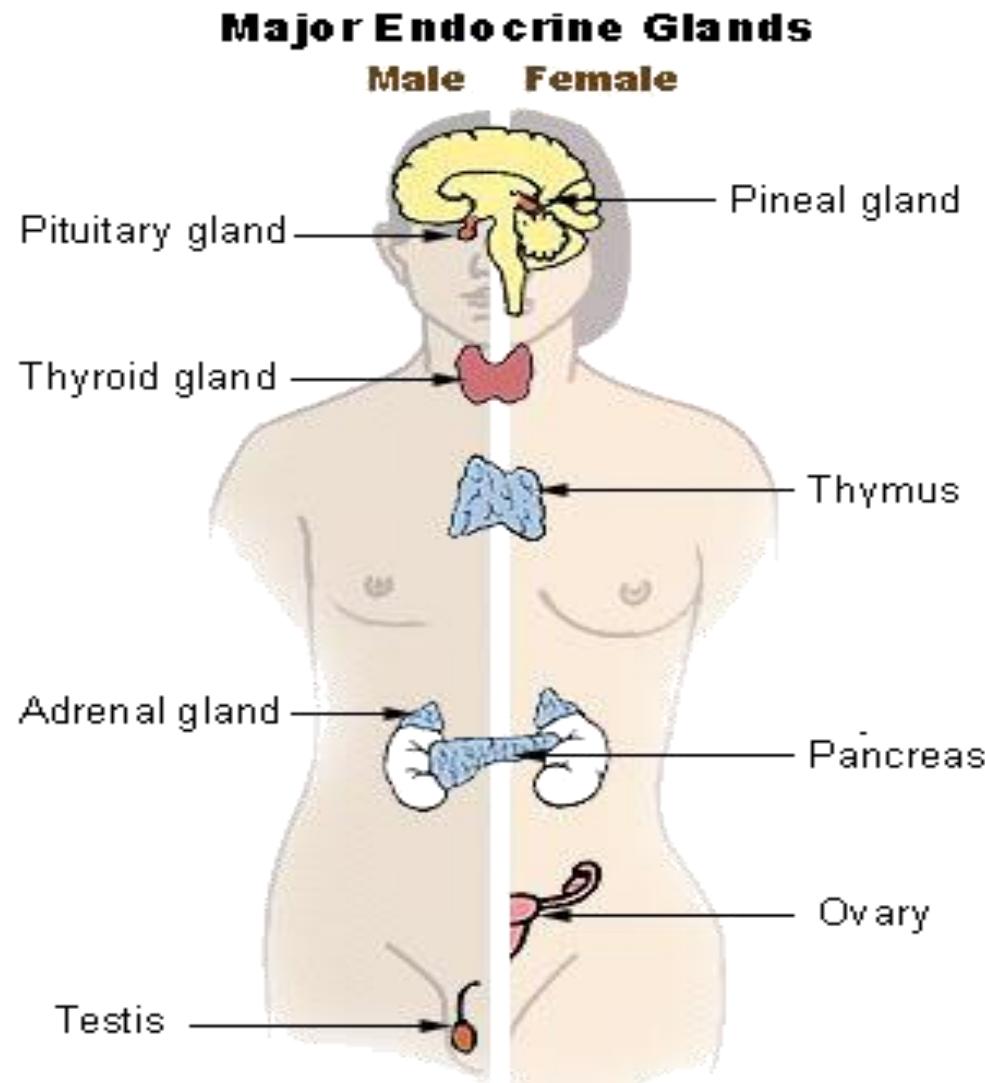
Assessment Tools

- ✓ Asking the Right Questions
- ✓ Symptom Surveys
- ✓ Physical Exam
- ✓ Blood Chemistry
- ✓ Functional Assessments
 - Adrenal Stress Index
 - Fatty Acids
 - Amino Acids
 - Organic Acids
 - Minerals
 - Steroid Hormone Panels



Hormone Balancing Hierarchies

1. Digestion
2. Blood Sugar
3. Stress Response
4. Thyroid
5. Sleep
6. Sex Hormones
7. Organ Specific



Foods That Disrupt Hormones

- ✓ Hydrogenated and oxidized fats
- ✓ Processed high glycemic foods: flour, sugar, grains
- ✓ Charred meat: heterocyclic amines promote ER alpha
- ✓ Chemical-laden foods
- ✓ Foods in cans and plastic
- ✓ Gluten
- ✓ Dairy
- ✓ Caffeine
- ✓ Excess alcohol



Foods That Support Hormones

- ✓ Greens
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
- ✓ Coconut oil
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame and pumpkin seeds, soybeans, broccoli, beans, and some berries.
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, chickpeas



Advanced Topics/Resources

✓ **Hypothalamus:**

<http://neuroscience.uth.tmc.edu/s4/chapter01.html>

✓ **Pituitary:**

<http://neuroscience.uth.tmc.edu/s4/chapter02.html>

✓ **Hypothalamus Hormone Flashcards:**

<http://quizlet.com/5823150/flashcards>

✓ **Endocrine System Overview Video:**

<https://www.youtube.com/watch?v=YcPicFL5Jnw>

✓ **S.H.I.N.E. Conference:** Day 1: Videos 1, 2, & 4

<http://www.drritamarie.com/go/SHINEVideos2014Dash>

