

My Current Health Concerns

Top Stressed Body Systems

Top Nutrient Deficiencies

Present/Past Health (Surgery, Trauma, etc.)

My Positive Habits



My Vibrant Health Roadmap

Name \_\_\_\_\_ Date \_\_\_\_\_

Obstacles: Keeping Me From Goals

Limiting Beliefs	Stressors	Diet	Environment	Physical Limitations

Plan: Actions to Take Me to My Goals

1 Week	30 Days	90 Days	1 Year

Lab Findings	Physical Exam Findings

My Core Values

My Big Vision

My Goals





# Vibrant Health Roadmap



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## Vibrant Health Daily Guidelines

### Nutrition

- ☐ 1/2 your body weight in fluid ounces of pure water
- ☐ Dark green leafy vegetables: 3 cups-2 pounds
- ☐ Blended greens or green juice: 16-64 ounces
- ☐ Rainbow vegetable salad
- ☐ Cruciferous vegetables: 2-4 cups or more per day, raw or lightly cooked
- ☐ Sea vegetables: 1-2 teaspoons per day or 1-2 ounces a week
- ☐ Beta carotene and vitamin C rich vegetables: carrots, tomatoes, red and yellow bell peppers, sweet potatoes, squash
- ☐ Sprouts
- ☐ Fresh fruit, as tolerated, with emphasis on low sugar ones
- ☐ Probiotic and prebiotic rich foods: sauerkraut, kimchee, miso, nut or seed yogurt, coconut kefir, Jerusalem artichoke, and chicory
- ☐ Blood sugar regulators: cinnamon, blueberries, cardamom, nutmeg
- ☐ Anti-inflammatory and immune boosters: ginger, turmeric, basil, oregano, thyme, rosemary, cilantro
- ☐ EFA (essential fatty acid) rich foods: chia, flax, hemp, walnuts (3-6 tablespoons), algae (1-2 tablespoons), purslane (1-2 cups), deep ocean fish
- ☐ Coconut: for the brain boosting MCT oil and to help omega-3 fats to become activated
- ☐ Protein in morning: green smoothie, protein shake, nutmilk, large portion of greens with sprouts, small portion of organic animal protein, as desired
- ☐ Avoid carbohydrates in morning
- ☐ Space meals 4-6 hours apart - no snacking

#### Extras as Needed for Additional Calories

- ☐ Healthy-fat rich foods: raw nuts and seeds, avocado, olives
- ☐ Root vegetables, squashes, and tubers
- ☐ Legumes
- ☐ Gluten-free grains: preferably quinoa, buckwheat, millet
- ☐ Fish or meat (organic, free-range, wild)

#### Foods to Avoid or Minimize

- ☐ Gluten
- ☐ Processed grains
- ☐ Heated and hydrogenated oils
- ☐ Sugar and all sweeteners except for stevia, erythritol, LoHan, Lakanto, Zero
- ☐ Dairy

### Exercise

- ☐ Aerobics 4-5 times a week (20-40 min)
- ☐ Strength training, ideally 2-3 times a week
- ☐ Bursts 3 times a week, 4-8 times a day

### Stress Management

- ☐ HeartMath before getting out of bed, before eating, and in bed at night, minimum 5 times a day
- ☐ Meditation or HeartMath Heart Lock-In 3 times a week
- ☐ Tapping and other stress reduction techniques
- ☐ Listen to soothing music

### Sleep

- ☐ Lights out by 11:00 p.m.
- ☐ 8-10 hours of sleep
- ☐ Last meal 3 hours or more before bedtime

### General

- ☐ Daily sunshine as often as possible - 20 minutes without protection for Vitamin D
- ☐ Appreciation breaks
- ☐ Have FUN! Even if you can only spare 5-10 minutes a day, take time to enjoy yourself