

DAY 3



S | H | I | N | E CONFERENCE

with Dr. Ritamarie Loscalzo (MS, DC, CCN, DACBN)

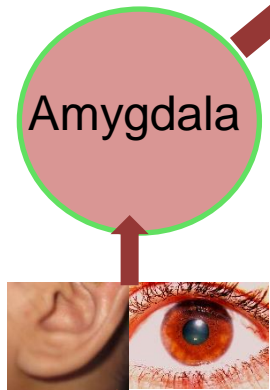
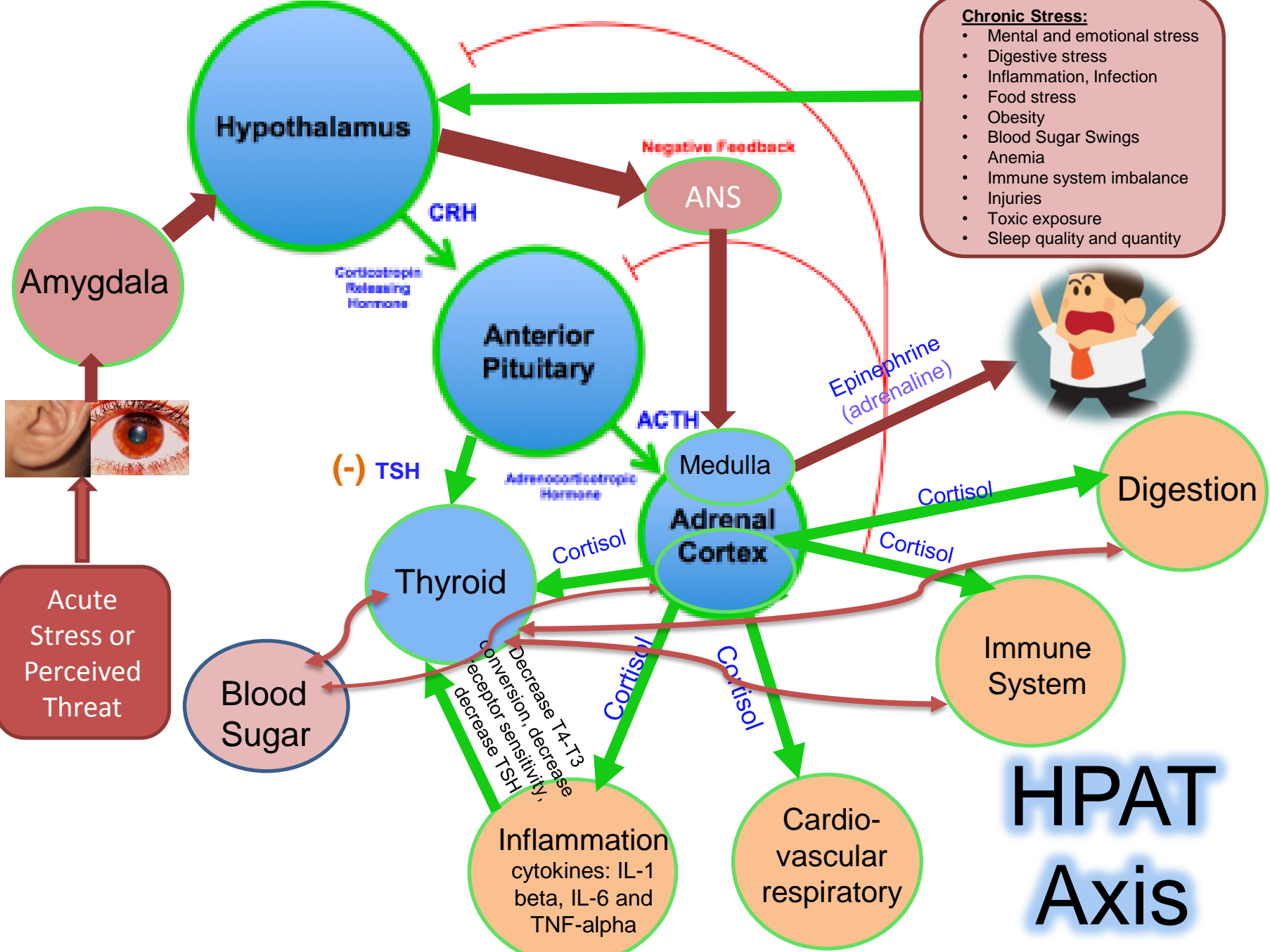
SCIENTIFIC AND HOLISTIC INVESTIGATION
OF NUTRITIONAL ENDOCRINOLOGY





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.





Decrease T4-T3 conversion, decrease receptor sensitivity, decrease TSH

CRH
Corticotropin Releasing Hormone

ACTH
Adrenocorticotrophic Hormone

(-) TSH

Negative Feedback

Cortisol

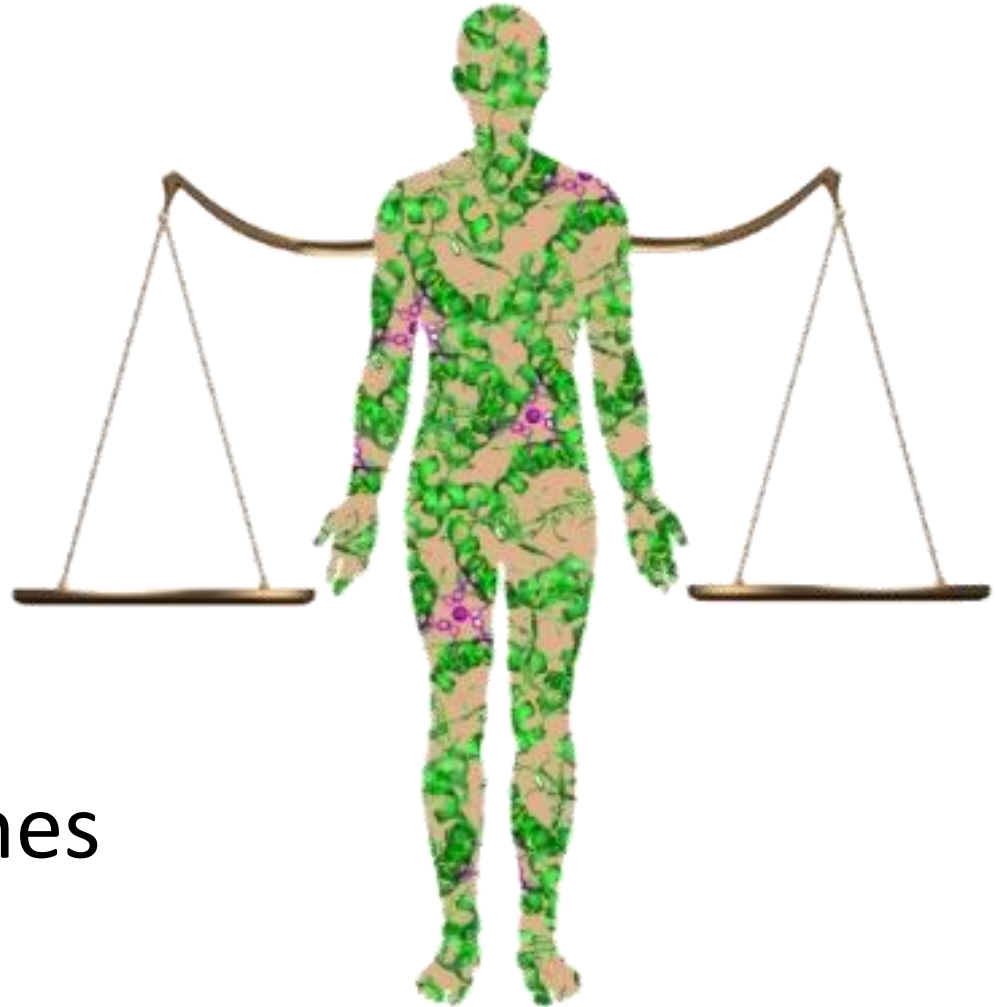
Cortisol

Cortisol

Cortisol

Tools to Balance HPAT Axis

- Nutrients
- Foods
- Stress
- Environment
- Digestion
- Sleep
- Other Hormones



Order Matters!

Digestive stress
 Inflammation
 Food stress
 Obesity
 Injuries
 Toxic exposure
 Sleep quality and quantity
 Eating too close to bedtime
 Infection



Transform
 Stress



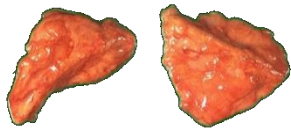
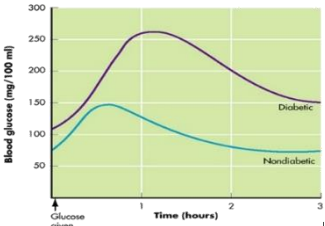
Calm
 Balance
 Serenity
 Clarity
 Joy
 Love
 Peace
 Success

Heal and
 Optimize
 Digestion

Balance
 Blood
 Sugar

Repair and
 Recharge
 Adrenal

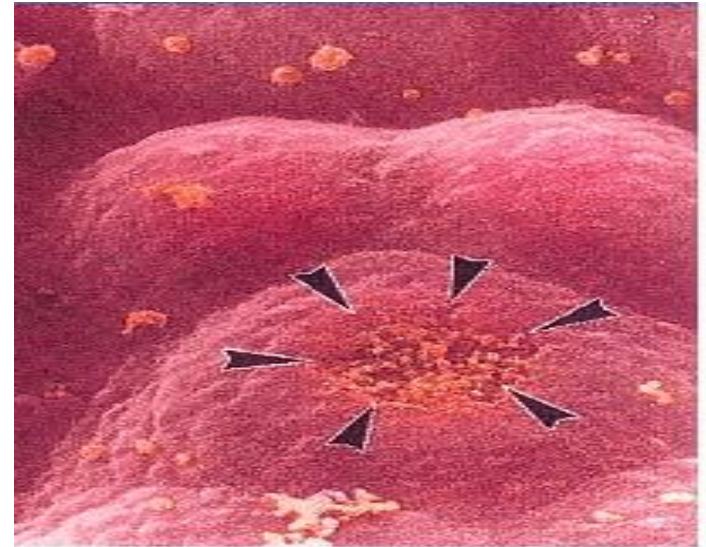
Protect
 and Heal
 Thyroid



Digestive Balance

The 4 R Program

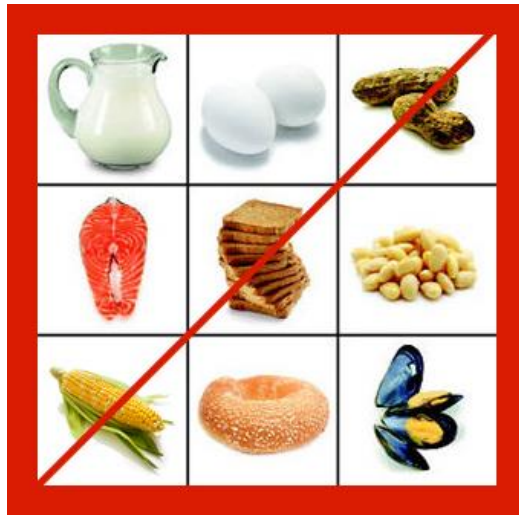
- 1. Remove** the irritants:
foods, toxins, organisms
- 2. Replace** what's missing:
enzymes, nutrients
- 3. Repair** the damage
- 4. Reinoculate** with friendly
bacteria



Elimination Diet

✓ Common allergens

- Gluten
- Dairy
- Egg
- Peanuts
- Corn
- Soy



✓ Known allergens

- ✓ Frequently eaten foods
- ✓ “Trigger” foods (cravings)
- ✓ Foods that irritate the delicate digestive lining
- ✓ Known intolerances – don’t digest well



5 Key Steps to Restore Sugar Balance

Increase

- Insulin sensitivity

Decrease

- Insulin need

Reduce

- Inflammation

Optimize

- Fat burning and lean mass building

Minimize

- The impact of “candy bar eating” effects of stress



Actions That Rebalance Adrenals

- ✓ Chill Out
- ✓ De-Stress Activities
- ✓ Hormone Reset Actions
- ✓ Movement
- ✓ Sleep
- ✓ Diet
- ✓ Nutrients
- ✓ Herbs
- ✓ Bio-identical Hormones



Lifestyle Support of the Thyroid Gland

- ✓ **Drink purified water:** avoid halides, fluoride, chlorine, bromine
- ✓ **Grow your own vegetables:** fertilize with seaweeds or grow in sea water
- ✓ **Minimize thyroid inhibitors:** avoid pesticides, synthetic colorings and flavorings, and environmental toxins
- ✓ **Adhere to an alkaline diet**
- ✓ **Balance estrogen levels:** high estrogen increases thyroid-binding globulin
- ✓ **Massage thyroid**
- ✓ **Exercise:** rebounder, T-Tapp



Thyroid Nourishing Diet



- ✓ **Gluten-free**
- ✓ **Green leafy vegetables**
- ✓ **Sea vegetables:** kelp, bladderwrack, dulse, nori, more
- ✓ **Garlic and onions**
- ✓ **Low-glycemic fruits**
- ✓ **Coconut**
- ✓ **Omega-3 rich foods:** hemp seeds, chia seeds, flax seeds, algae, and deep ocean fish
- ✓ **Probiotic and prebiotic rich foods:** kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory - improves T3 production
- ✓ **Eliminate dietary stressors:** caffeine, alcohol, sugar, refined foods



Overview of Thyroid Nutrition

- ✓ **Vitamins:** Vitamin A, Vitamin B, Vitamin D
- ✓ **Trace Minerals:** Iodine, Selenium, Zinc, Iron, Magnesium
- ✓ **Antioxidants:** Glutathione, SOD
- ✓ **Amino Acids:** Tyrosine, Phenylalanine, Arginine
- ✓ **Herbs:** Ashwagandha, Guggulu, Rosemary, Sage
- ✓ **Foods:** Bladderwrack, Kelp (Digitata), Avoid Gluten



Key Thyroid Herbs

- ✓ **Ashwagandha:** stimulates T3 and T4 synthesis and increase antioxidants, including SOD
- ✓ **Guggulu:** supports thyroid function through its role in conversion of T4 to T3 in the liver
- ✓ **Rosemary:** contains carnosic acid that supports pituitary-thyroid signaling
- ✓ **Coleus Forskohlii:** supports the production and release of thyroid hormones
- ✓ **Mushrooms:** regulates the immune system, controls inflammation
- ✓ **He Shou Wu:** overall endocrine balance



Primary Hypothyroid Nutrition

- ✓ **Vitamins:** Vitamin A, Vitamin B, Vitamin D
- ✓ **Trace Minerals:** Iodine, Selenium, Zinc
- ✓ **Antioxidants:** Glutathione, SOD
- ✓ **Amino Acids:** Tyrosine, Phenylalanine
- ✓ **Herbs:** Ashwaganda, Guggulu
- ✓ **Foods:** Bladderwrack, Kelp (Digitata),
Avoid Gluten



Pituitary/Hypothalamus Hypothyroidism

Causes:

- Stress: adrenal
- Post partum
- Shut down from over medication
- Neurotransmitter imbalances: especially dopamine and serotonin



Nutritional Support:

- Sage Leaf
- L-arginine
- Zinc
- Magnesium
- Manganese
- Phosphatidylserine
- Antioxidants
- B Vitamins



Thyroid Under Conversion & Increased TBG

Under Conversion from T4 to T3:

- Causes Hypo type symptoms

Causes:

- Deficiency 5' deiodinase cofactors
- Gut Dysbiosis
- Elevated Cytokines
- Elevated Cortisol
- Elevated Estrogen

Nutritional Support:

- Insulin Resistance Diet
- Healing Leaky Gut, Dysbiosis
- Detoxification Program for Liver
- Iron
- Iodine
- Selenium
- Guggulu
- Anti-inflammatories, EFAs
- Antioxidants
- Phosphatidylserine
2000 mg/day



Thyroid Over Conversion & Decreased TBG

Over Conversion from T4 to T3:

- Causes Receptor Burnout

Causes:

- Increased Testosterone
- Insulin Resistance / Diabetes
- PCOS



Nutritional Support:

- Insulin Resistance Diet
- Detoxification Program for Liver
- Selenium
- Guggulu
- Antioxidants
- Phosphatidylserine 2000 mg/day



Increased Thyroid-Binding Globulin

Causes:

- Oral Contraceptives
- Estrogen

Nutritional Support:

- MSM, Trimethylglycine
- Choline
- Beet
- Betaine HCl
- Vitamin C
- Taurine
- Liver Detox Support
- Phosphatidylcholine



Autoimmune Hypothyroid

Causes:

- ✓ Leaky gut
- ✓ Food allergies
- ✓ Gluten and dairy
- ✓ Stress



Nutritional Approaches:

- ✓ Balance blood sugar
- ✓ Repair gut
- ✓ Support adrenals
- ✓ Support T-regulatory cells
 - Vitamin D
 - Glutathione cream, precursors or Protandim
 - Essential fatty acids
- ✓ Balance T-cells: TH1 & TH2



Thyroid Resistance

Causes:

- ✓ Cortisol
- ✓ Homocysteine
- ✓ Inflammation
- ✓ Deficiency of Vitamin A

Nutritional Support:

- ✓ Adrenal Support
- ✓ Stress Management
- ✓ B Vitamins (methyl)
- ✓ Vitamin A
- ✓ Anti-inflammatories



Kitchen Wisdom for HPAT Hormone Balancing









Hormone Nourishing Meal Ideas

- ✓ **Large veggie salad** with omega-3 rich salad dressing and seed toppings
- ✓ Green blender soups
- ✓ **Wraps using green leaves** and nori sea vegetable, filled with greens, sprouts, and sauerkraut, and topped with an omega-3 rich dressing or spread
- ✓ Steamed vegetables
- ✓ **“Big Bowl”** – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables, and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut, or raw nuts or seeds



Photo by Annette Nolan
<http://www.itsallaboutyou.ca>



Foods That Disrupt HPAT

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



Foods That Support HPAT

- ✓ Coconut oil
- ✓ Omega-3 fats
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Brazil nuts
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Adaptogenic herbs**: ashwagandha, eleuthero, medicinal mushrooms
- ✓ Probiotic foods: yogurt, kimchi, kefir



Step-By-Step to Phenomenal Results

Values and goals – connect to what matters most

Ask the right questions to assess where they are now, *what brought them here*, and what's getting in the way

Labs and exams to determine the current state of health and identify imbalances

Orders of correction protocols need to be decided in advance

Restore balance with diet, lifestyle, and supplementation

Reassess and adjust at regular intervals to make sure you are on the right track



