

# SHINE Conference: VIP Post-Conference - Get Results Right Away

## VIP Post-Conference



with Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN  
SCIENTIFIC AND HOLISTIC INVESTIGATION  
OF NUTRITIONAL ENDOCRINOLOGY

### Get Results Right Away!



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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.

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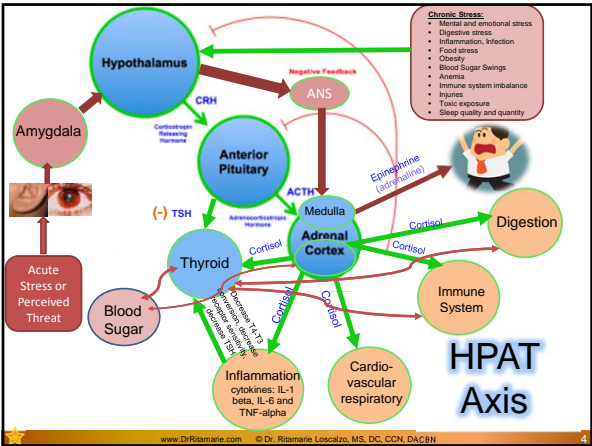
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### Tools to Balance HPAT Axis

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

The illustration shows a person standing on a balance scale, symbolizing the goal of achieving balance in the HPAT Axis. The person is depicted with a green, plant-like texture, suggesting a connection to nature and health.

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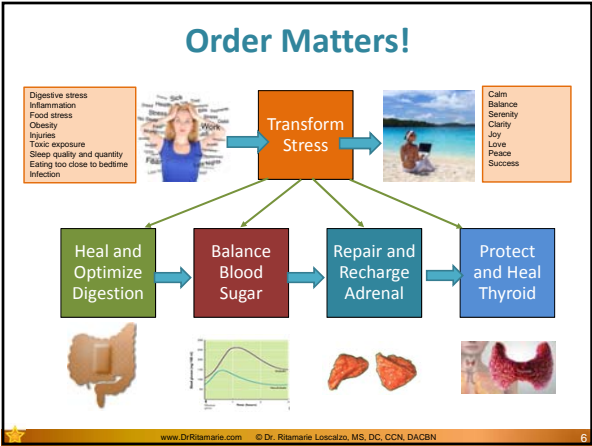
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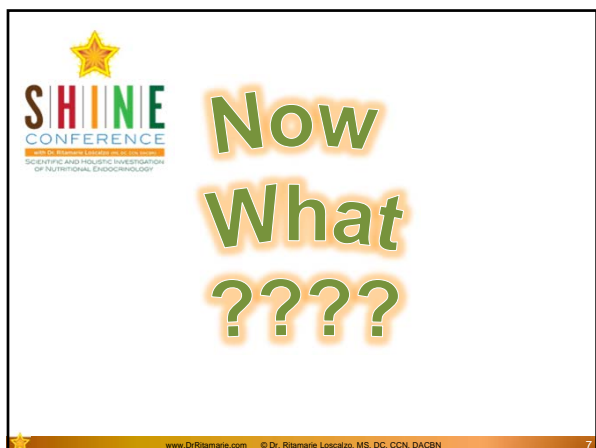
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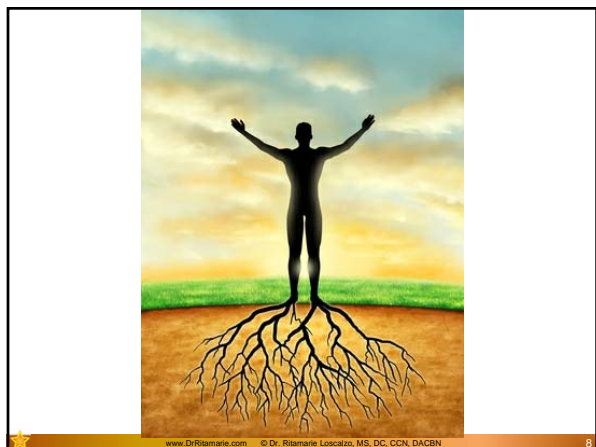
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### Step-By-Step to Phenomenal Results

**V**alues and goals – connect to what matters most

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

**L**abs and exams to determine the current state of health  
and identify imbalances

**O**rder of correction protocols needs to be decided in  
advance

**R**estore balance with diet, lifestyle, and  
supplementation

**R**eassess and adjust at regular intervals to make sure  
you are on the right track

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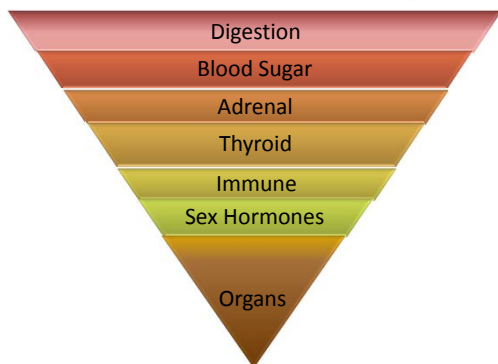
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### Functional Hierarchy



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### 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



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### 5 Key Steps to Restore Sugar Balance

<b>Increase</b>	• Insulin sensitivity
<b>Decrease</b>	• Insulin need
<b>Reduce</b>	• Inflammation
<b>Optimize</b>	• Fat burning and lean mass building
<b>Minimize</b>	• The impact of “candy bar eating” effects of stress

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### Actions That Rebalance Adrenals

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



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### 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



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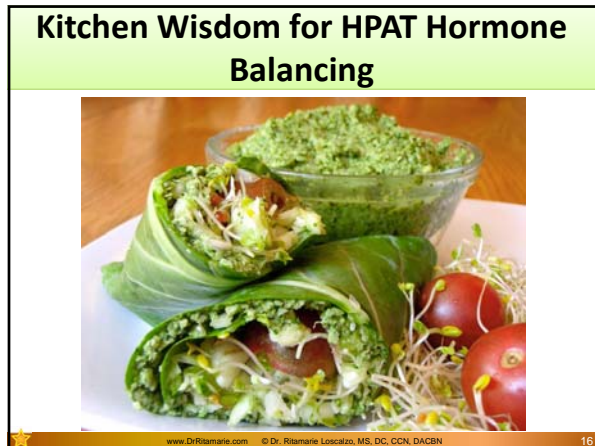
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### Hormone Nourishing Meal Ideas

- ✓ **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>

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### 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



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### 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



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### Community Education

- ✓ Schedule talks
  - Church
  - Schools
  - Library
  - Check out local support groups
    - celiac, fibromyalgia
- ✓ Online forums
- ✓ Blog
- ✓ Guest blog
- ✓ Social media



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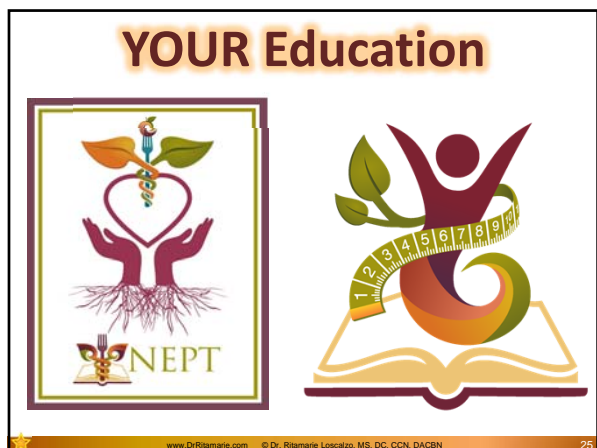
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