

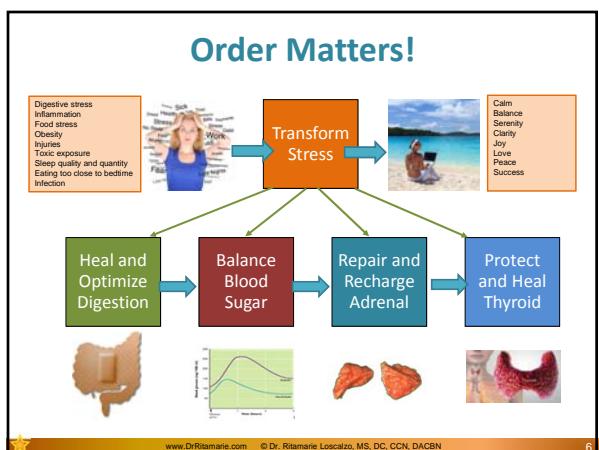
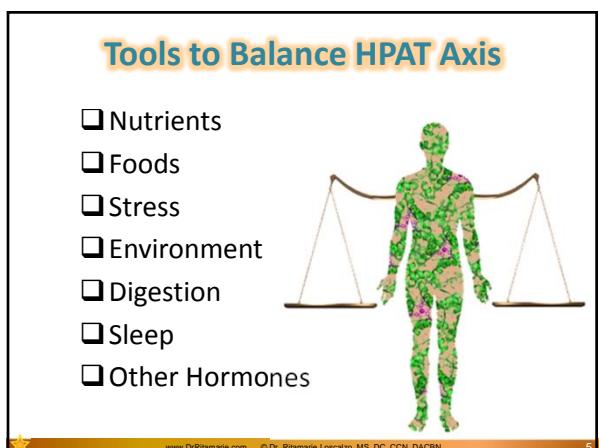
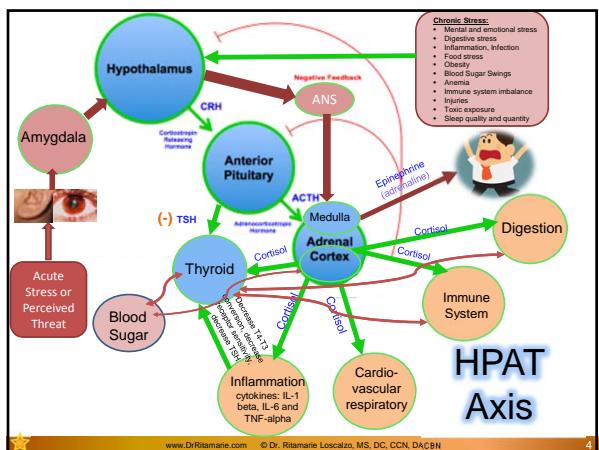
SHINE Conference: VIP Post-Conference - Get Results Right Away

The image features a large green title 'VIP Post-Conference' at the top. Below it is a yellow five-pointed star. To the right is a portrait of a smiling woman with dark hair, identified as Dr. Ritamarie Loscalzo. To the left of the star is the word 'SHINE' in large, bold, black letters, with each letter having a different color: S is brown, H is red, I is orange, N is green, and E is blue. Below 'SHINE' is the word 'CONFERENCE' in a smaller, bold, black font. Underneath that is an orange banner with the text 'with Dr. Ritamarie Loscalzo (MS, DC, CCN, DACBN)'. At the bottom, the text 'SCIENTIFIC AND HOLISTIC INVESTIGATION OF NUTRITIONAL ENDOCRINOLOGY' is written in a smaller, black font. At the very bottom left is a small yellow star icon, and at the bottom right is a small '1'.

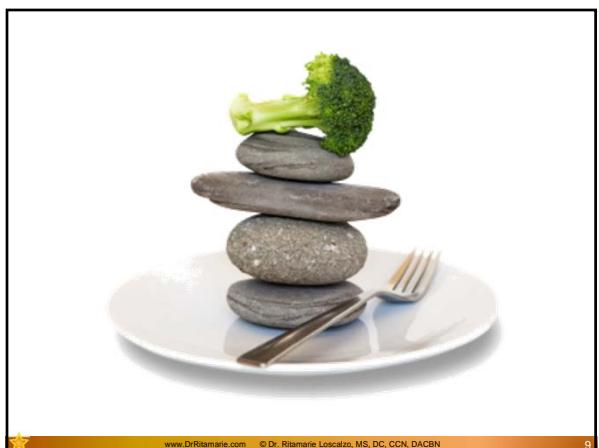
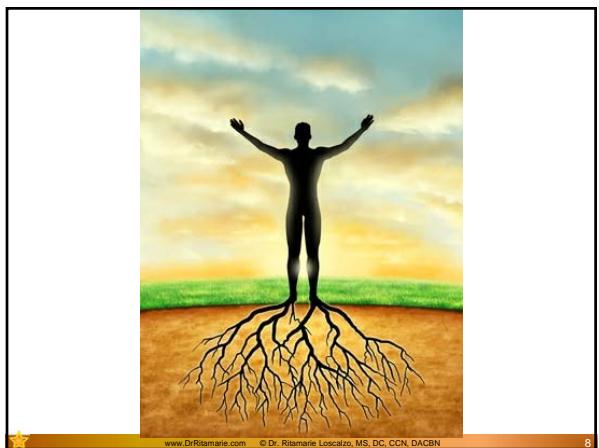


Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, 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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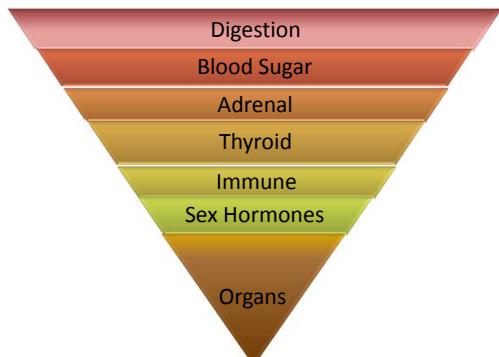
Step-By-Step to Phenomenal Results

- 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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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



Digitized by srujanika@gmail.com

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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



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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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Kitchen Wisdom for HPAT Hormone Balancing



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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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<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



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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





Tools: y

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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