

VIP Post-Conference



SHINE CONFERENCE

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

SCIENTIFIC AND HOLISTIC INVESTIGATION
OF NUTRITIONAL ENDOCRINOLOGY

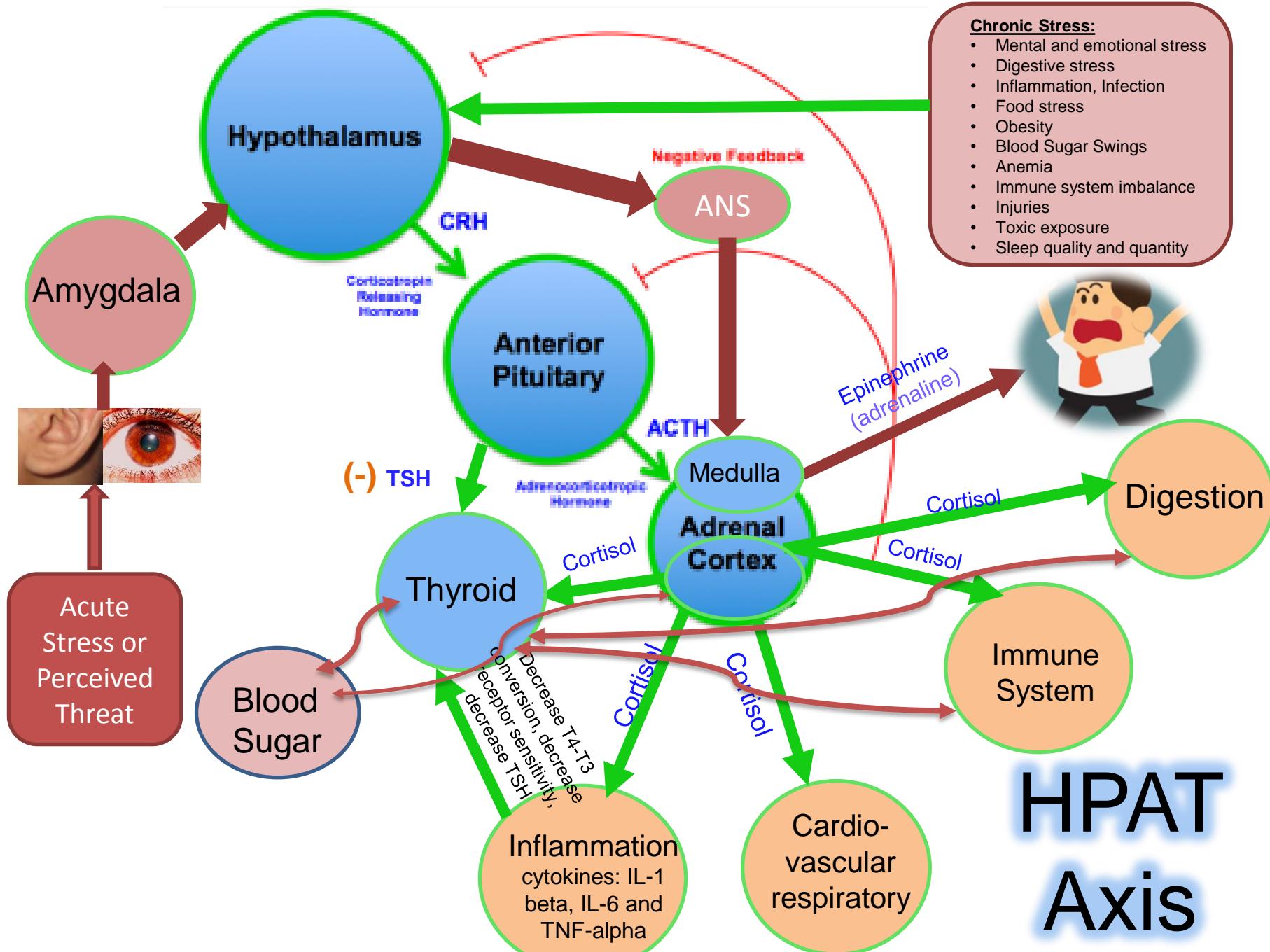
Get Results Right Away!





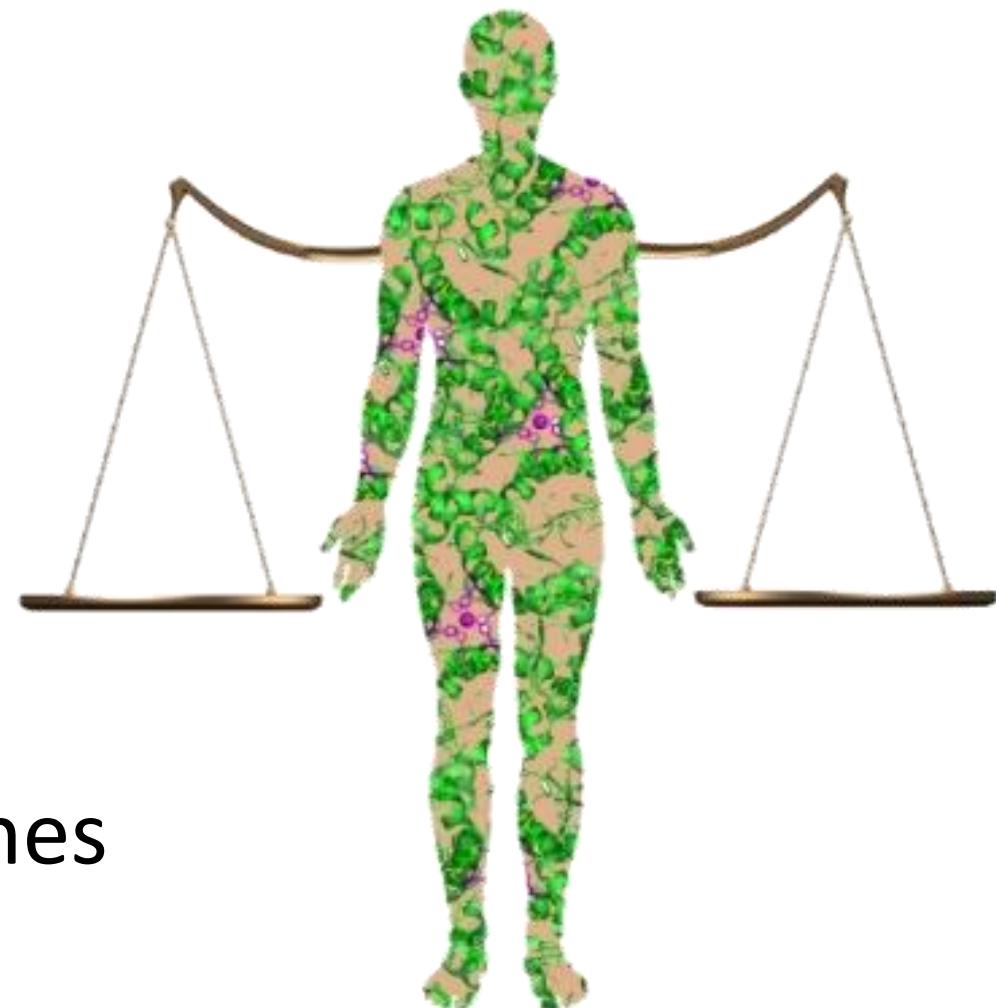
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo,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



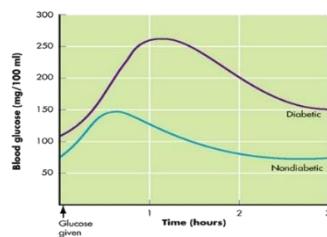
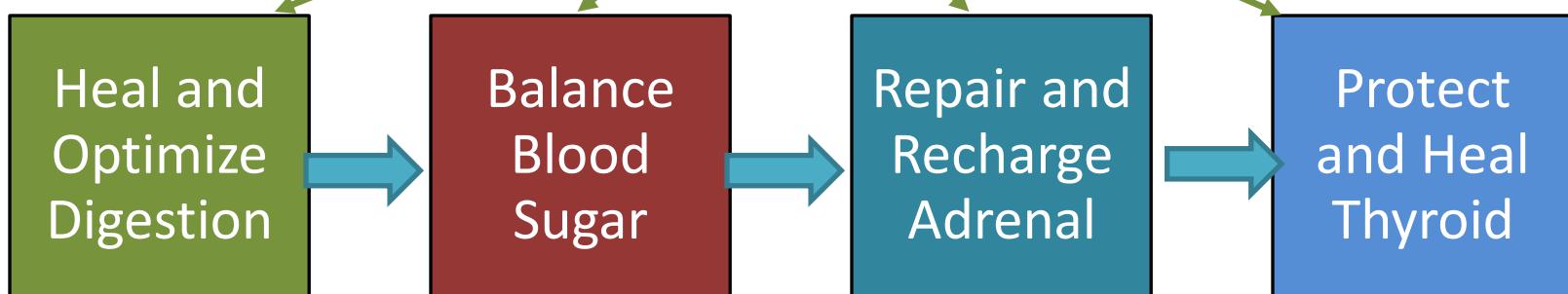


Tools to Balance HPAT Axis

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



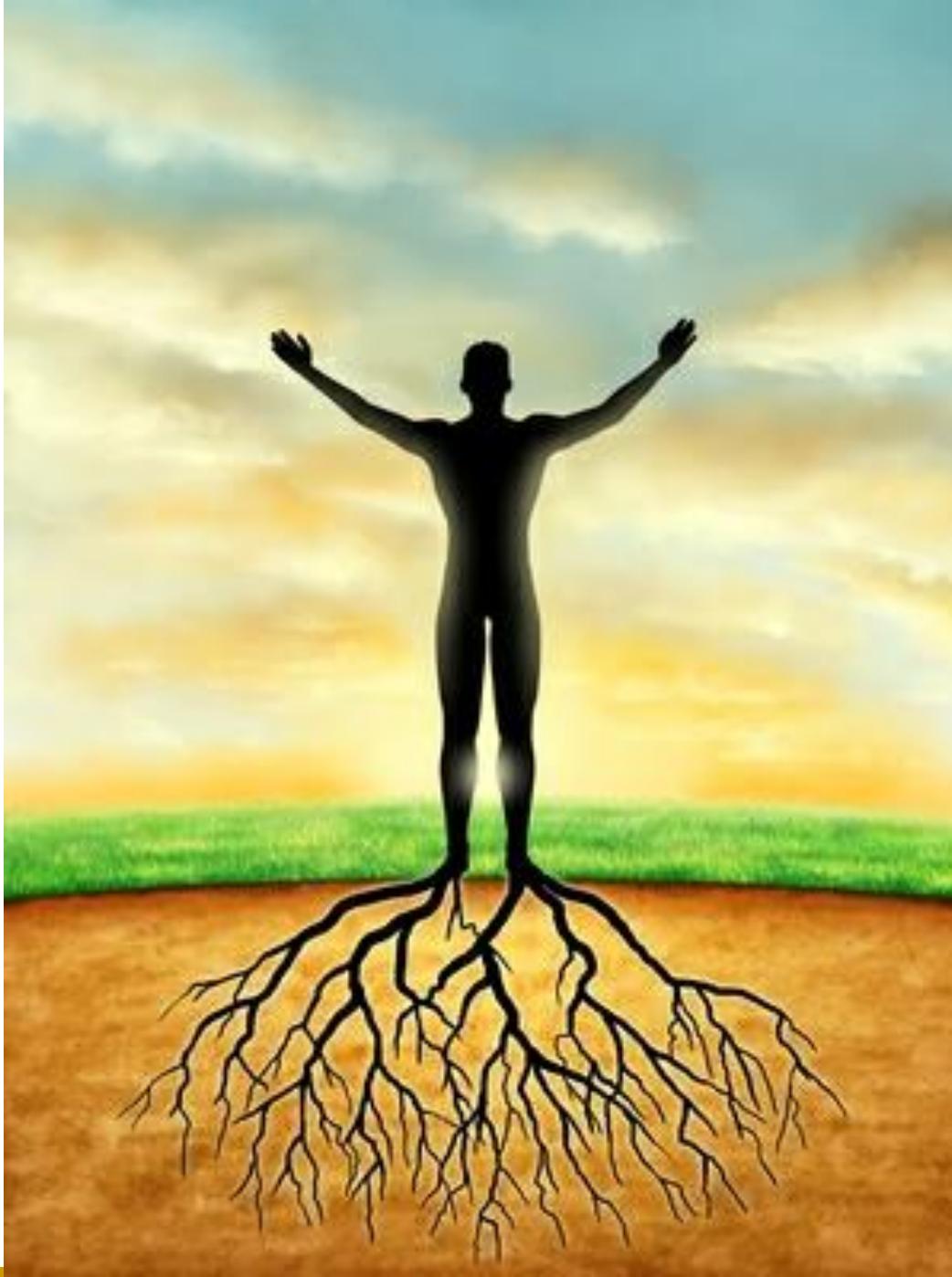
Order Matters!





Now
What
???







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

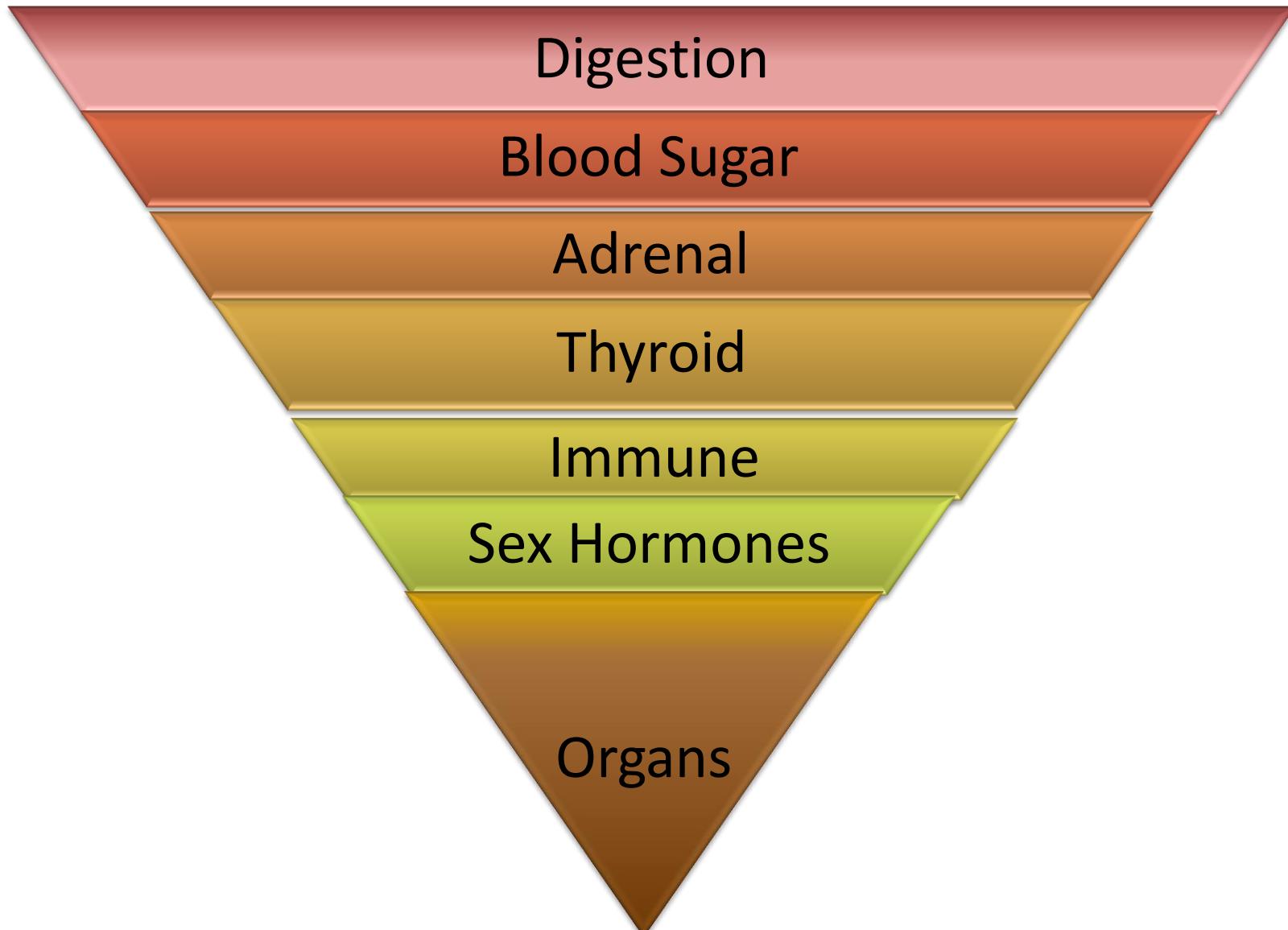
Order of correction protocols needs to be decided in advance

Restore balance with diet, lifestyle, and supplementation

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



Functional Hierarchy



Digestive Balance

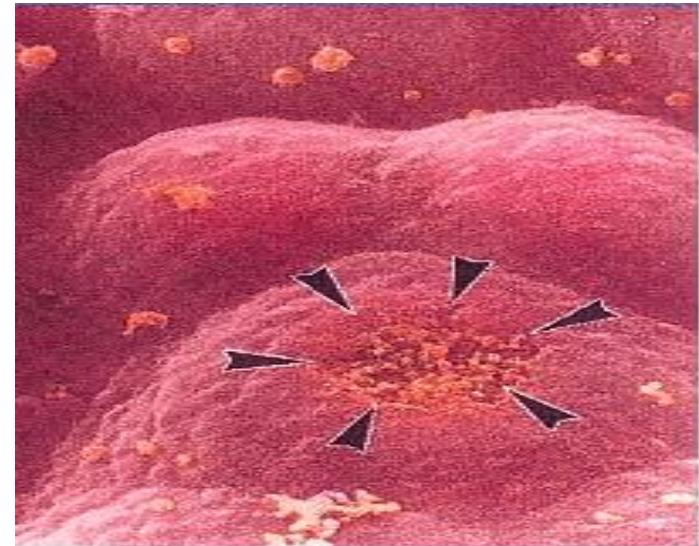
The 4 R Program

1. Remove the irritants:
foods, toxins, organisms

2. Replace what's missing:
enzymes, nutrients

3. Repair the damage

**4. Reinoculate with friendly
bacteria**



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



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





Community Education

- ✓ Schedule talks

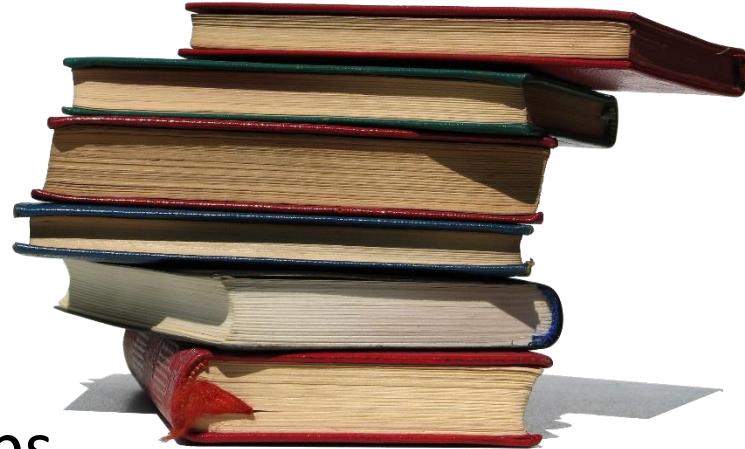
- Church
- Schools
- Library
- Check out local support groups
 - celiac, fibromyalgia

- ✓ Online forums

- ✓ Blog

- ✓ Guest blog

- ✓ Social media



YOUR Education

