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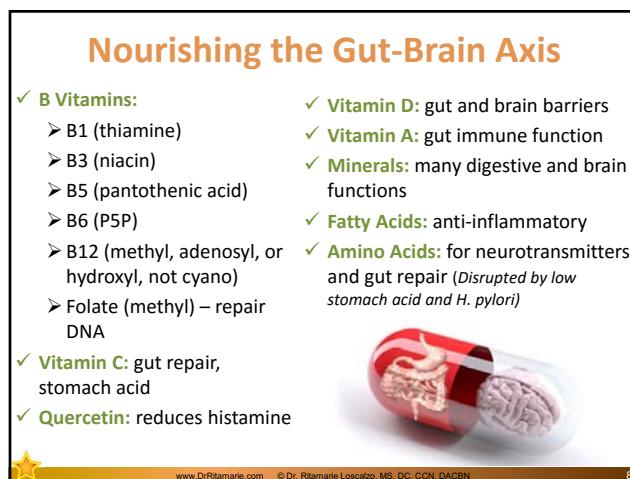
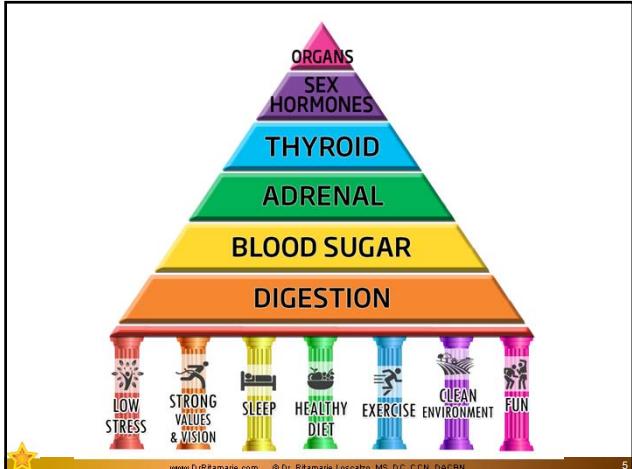
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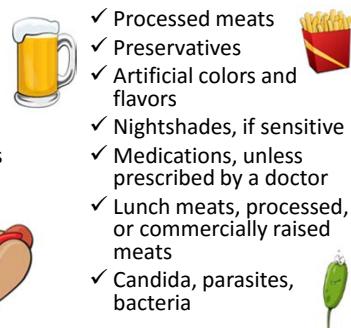


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Remove Toxic Foods, Chemicals, & Organisms

- Alcohol
- Caffeine
- Sugar
- Processed fats: trans-, heated
- Refined carbohydrates
- Common allergens
 - Gluten
 - Dairy
 - Egg
 - Peanuts
 - Corn
 - Soy



- ✓ Processed meats
- ✓ Preservatives
- ✓ Artificial colors and flavors
- ✓ Nightshades, if sensitive
- ✓ Medications, unless prescribed by a doctor
- ✓ Lunch meats, processed, or commercially raised meats
- ✓ Candida, parasites, bacteria

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Supporting the Gut-Brain Axis

Diet and Lifestyle

- ✓ Breathe and relax before eating
- ✓ Chew thoroughly
- ✓ Eat in a calm, relaxed state
- ✓ Eat slowly and focus on the meal
- ✓ Drink warm water $\frac{1}{2}$ hour before meals
- ✓ Eat living foods that supply enzymes
- ✓ Avoid gluten and dairy
- ✓ Eat probiotic foods (sauerkraut, kimchi, cultured veggies, kombucha, coconut kefir, non-dairy yogurt)
- ✓ Avoid sugar, refined carbohydrates, alcohol
- ✓ Eat organic and avoid neurotoxins

Supplements

- ✓ Probiotic supplementation (minimum 30 billion organisms per day)
- ✓ Take digestive enzymes the middle to end of each meal - away from any stomach acid supplementation



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Healing the Gut-Brain Axis

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Pre-Meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO This **EVERY Time You Put Food into Your Body**

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Bitter Herbs to Stimulate Digestion

Actions of Bitters

- ✓ Stimulate HCl, pepsin, mucus in upper GI
- ✓ Can stimulate bile, pancreatic enzymes, and hormones
- ✓ Can enhance immunity
- ✓ Decongest portal vein and decrease varicosity
- ✓ Enhance immunity
- ✓ Calm the nervous system
- ✓ Stimulate the parasympathetic nervous system
- ✓ Lower blood glucose



Some Common Bitters

- ✓ Licorice
- ✓ Hops
- ✓ Milk thistle
- ✓ Gentian
- ✓ Orange peel
- ✓ Dandelion
- ✓ Goldenseal
- ✓ Oregon grape
- ✓ Chicory
- ✓ Yarrow
- ✓ Mugwort

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Demulcent Herbs – Soothe and Heal

What They Do

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues



Herbs You May Know

- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery elm
- ✓ Comfrey
- ✓ Irish moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube dates
- ✓ Plantain

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Carminative Herbs

What They Do

- ✓ Reduce gas and bloating
- ✓ Enhance digestive secretions
- ✓ Tone the digestive tract
- ✓ Reduce smooth muscle spasms
- ✓ Increase peristalsis

Herbs You May Know

- ✓ Dill
- ✓ Fennel
- ✓ Ginger
- ✓ Caraway
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Clove
- ✓ Cardamom
- ✓ Chamomile
- ✓ Oregano
- ✓ Rosemary
- ✓ Thyme



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Anti-Inflammatory Herbs, Foods, and Nutrients

- ✓ Ginger
- ✓ Turmeric
- ✓ Licorice
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Hemp seeds
- ✓ Deep ocean fish
- ✓ Algae and sea greens
- ✓ Purslane
- ✓ Vitamin C
- ✓ Omega-3 fats
- ✓ Bromelain and other proteolytic enzymes



- ✓ Capsaicin-containing foods - peppers
- ✓ Cinnamon
- ✓ Rosemary
- ✓ Basil
- ✓ Cardamom
- ✓ Chives
- ✓ Cilantro
- ✓ Cloves
- ✓ Garlic
- ✓ Parsley
- ✓ Boswellia
- ✓ Quercetin (bioflavonoid in onions)

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Natural Antispasmodics

(decreases spasms)

Herbs

- ✓ Chamomile
- ✓ Wild yam (not long-term)
- ✓ Valerian
- ✓ Kudzu
- ✓ Peppermint



Supplements

- ✓ Sialex by Ecological Formulas
- ✓ GastroSoothe by Enzymatic Therapy
- ✓ GlutaMed RX by NuMedica

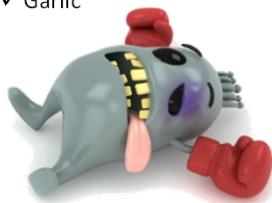
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Antimicrobial Herbs

(these can maim or kill bad-gut critters)

- ✓ Grapefruit seed extract
- ✓ Oregano
- ✓ Turmeric
- ✓ Thyme
- ✓ Propolis
- ✓ Fennel
- ✓ Raw pumpkin seeds
- ✓ Virgin coconut oil
- ✓ Pomegranate juice
- ✓ Rosemary
- ✓ Goldenseal
- ✓ Garlic



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Overcoming Dysbiosis

- ✓ Stop eating anything that creates sugar in the gut - these critters love sugar, including refined carbs and alcohol, and even fruit juice.
- ✓ Take herbs that 'kill' organisms: yeast fungi, parasites, and pathogenic bacteria, like grapefruit seed extract, oregano oil.
- ✓ Take probiotics to reseed the good friendly bacteria.
- ✓ Take nutrients that heal the lining of the gut and the blood brain barrier

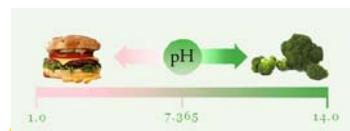


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What To Do About Ileocecal Valve Dysfunction

- ✓ Reflex point massage
 - LI4, BI58, K15
 - Base of skull
 - Anterior, superior right arm
- ✓ Manipulation
- ✓ Diet (temporary)
 - Avoid high-fiber foods
 - Avoid spicy foods
 - Add chlorophyll
 - Bitters
 - pH balanced diet



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Healing the Upper Digestive Tract

Actions

- ✓ Bitters 15 minutes before meal
- ✓ HCl, as indicated
- ✓ Pre-meal ritual
- ✓ Enzymes
- ✓ Chew thoroughly
- ✓ Gut soothing herbs and foods
- ✓ Stay calm and present at all meals

Soothing and Healing Foods and Herbs

- ✓ Lemon juice
- ✓ Apple cider vinegar
- ✓ Extract of black pepper
- ✓ Glutamine
- ✓ Licorice
- ✓ Slippery elm
- ✓ Cabbage juice



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Therapeutic Foods for Healing Leaky Gut and Brain

Nitric Oxide

- ✓ Arugula (100x more than any other foods)
- ✓ Spinach
- ✓ Beets
- ✓ Hawthorn extract/berries/tea
- ✓ Dark leafy greens



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NAC

- ✓ Red peppers
- ✓ Garlic
- ✓ Onions
- ✓ Broccoli
- ✓ Brussels sprouts

- ✓ Tomatoes
- ✓ Carrots
- ✓ Radishes
- ✓ Echinacea
- ✓ Reishi

Gut Healing Supplements

- ❑ **Glutamine:** 2500 mg 2 times a day or 1500 mg 3 times per day
- ❑ **Quercetin:** 500 mg 2 times per day
- ❑ **N-acetyl cysteine (NAC):** 500 – 1000 mg per day
- ❑ **Vitamin A:** 20,000 – 25,000 IU's per day
- ❑ **Vitamin B1:** 150 mg 3 times per day
- ❑ **Zinc:** 50 – 80 mg per day
- ❑ **Arabinogalactans:** 3 grams 3 times a day
- ❑ **Nitric oxide:** (case by case dose)
- ❑ **Vitamin E:** 400 IU's per day
- ❑ **DHEA:** (case by case dose)
- ❑ **Vitamin C:** 1000 mg 3 times a day or to bowel tolerance



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Gut Healing Porridge

Ingredients:

- ✓ 2 tablespoon chia seed
- ✓ 1 teaspoon psyllium
- ✓ 1 tablespoon flax seed
- ✓ 16 ounces nut milk (e.g., sesame seed, coconut, almond, or your choice), blended with 4 prunes and ½ cup blueberries



Directions:

- Soak chia, psyllium, and flax seeds in ½ the nut milk for several hours, ideally overnight.
- Add remainder of nut milk mixture and serve.

❖ This porridge increases gut healing SCFAs (short-chain fatty acids)

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Healing Broth Recipe

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- $\frac{1}{2}$ - 1 medium sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies, such as spinach, chard, collards, kale, or dandelion greens
- water for steaming


Directions:

1. Steam veggies until tender and place in blender along with steaming water. If using sweet potato, cut into 1-inch pieces and start it 10 minutes before the rest of the vegetables.
2. Add additional water, if too thick. Add a pinch of sea salt and oils after blended.
3. Season to taste with basil, cilantro, or other favorite herbs.

Note: Sweet potatoes and squash give the soup a sweeter flavor, but they can trigger candida.

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Optimize Digestion to Heal the Gut Brain Axis

- ✓ Eat in a calm, relaxed state
- ✓ Start the day with a cleansing beverage
- ✓ Drink a glass of lukewarm water $\frac{1}{2}$ hour before the meal
- ✓ Bitters 5 minutes before the meal
- ✓ Chew food thoroughly
- ✓ Eat slowly and focus on the meal
- ✓ Digestive enzymes
- ✓ Food combining or food sequencing
- ✓ Liver/gall bladder support
- ✓ Heal inflammation and leaky gut
- ✓ Probiotics – eliminate pathogens and allergens – main culprit often gluten and casein
- ✓ Colon cleansing – toxic debris



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Gut-Friendly Foods to Include Daily

- ✓ Green juices or smoothies
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic-containing foods
- ✓ Lots of greens
- ✓ Brassicas, aka cruciferous vegetables
- ✓ Low-glycemic fruit as part of a green smoothie or along with a green leafy, like lettuce or celery, to prevent sudden rises in blood sugar and the potential to feed yeast
- ✓ Omega-3 fat containing seeds and foods



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Serotonin Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Tobacco
- ✓ Chocolate
- ✓ Alcohol
- ✓ Marijuana
- ✓ Ecstasy
- ✓ Prozac
- ✓ Paxil
- ✓ Effexor
- ✓ Celexa


Possible Amino Acid Solutions

- ✓ 5-HTP
- Or
- ✓ L-Tryptophan
- With
- ✓ Vitamin B6 as P5P
- ✓ L-Tyrosine

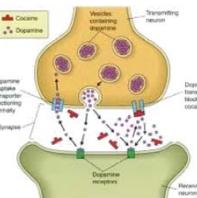
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Dopamine Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Aspartame
- ✓ Chocolate
- ✓ Alcohol
- ✓ Marijuana
- ✓ Caffeine
- ✓ Cocaine
- ✓ Speed
- ✓ Tobacco
- ✓ Wellbutrin
- ✓ Ritalin
- ✓ Adderall



Possible Amino Acid Solutions

- ✓ Tyrosine
- Or L-phenylalanine, especially if also symptoms of low endorphins: sensitive to pain, cry easily, cravings for comfort foods or drugs
- ✓ With Vitamin B6

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GABA Deficiency

Substances That Provide Relief

- ✓ Sweets
- ✓ Starch
- ✓ Alcohol
- ✓ Marijuana
- ✓ Tobacco
- ✓ Valium
- ✓ Neurontin
- ✓ Klonopin



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Lifestyle Choices That Affect Neurotransmitters - 1

✓ Sugar and High Fructose Corn Syrup

- Fatigue
- Aggression
- Hyperactivity
- Depression
- Eating disorders
- Dementia (from crusting of the brain proteins)

✓ Brain Trauma

- 2.5 to 5 times risk of Alzheimer's
- ✓ Pesticides
- Known neurotoxins

✓ Preservatives



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Lifestyle Choices That Affect Neurotransmitters - 2

✓ Caffeine

- Anxiety
- Depression

✓ Sleep Deprivation

- Alzheimer's
- Psychosis
- Depression
- ADD
- Learning and memory problems
- Weight gain

✓ Alcohol

- Dementia
- B Vitamin depletion

- ✓ Processed Grains: Lack of B vitamins; needed to synthesize neurotransmitters
- ✓ Inflammatory Foods

- ✓ Drugs: Prescription and recreational - affect CoQ10, Glutathione, B vitamins

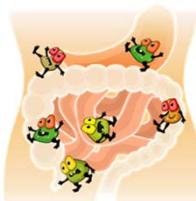


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Special Circumstances and Intolerances

- ✓ Specific Carbohydrate Diet:
SCD (GAPS)
- ✓ Fermentable Oligosaccharides,
Disaccharides,
Monosaccharides And Polyols:
FODMAPs
- ✓ Small Intestinal Bacterial
Overgrowth: **SIBO**



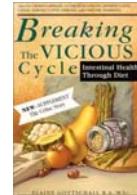
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Specific Carbohydrate Diet™ (SCD)

- ✓ Intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea
- ✓ Foods allowed based on the molecular structure
- ✓ Monosaccharides can be easily absorbed - allowed
- ✓ Disaccharides and polysaccharides - not allowed
- ✓ **Premise:** Complex carbohydrates that are not easily digested feed harmful bacteria and produce by-products and inflame the intestine wall



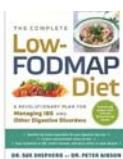


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FODMAPs

- ✓ Fermentable
- ✓ Oligosaccharides
- ✓ Disaccharides
- ✓ Monosaccharides
- ✓ And
- ✓ Polyols



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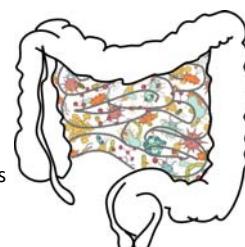
- ✓ Short-chain carbohydrates
- ✓ **Incompletely absorbed in the GI tract**
- ✓ Difficult to digest with functional gut disorders
- ✓ **Easily fermented** by gut bacteria
- ✓ Exert an osmotic effect, increasing fluid into the large bowel
- ✓ Causes **fermentation and osmosis**
- ✓ Can lead to IBS symptoms
- ✓ May be due to **SIBO or dysbiosis**
- ✓ Stress is likely a factor in FODMAP sensitivity

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SIBO

Small Intestinal Bacterial Overgrowth

- ✓ Overgrowth of large intestine bacteria in small intestine
- ✓ Rob you of B12, iron, and other nutrients
- ✓ Damage mucosa
- ✓ Can deconjugate bile leading to fat malabsorption
- ✓ Trigger proinflammatory cytokines and cause leaky gut
- ✓ Can cause sugar cravings
- ✓ Increase mucus production
- ✓ Damage to migrating motor complex



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SIBO Management

Small Intestinal Bacterial Overgrowth

- ✓ **Starve the bacteria:** Elemental, SCD, FODMAP Diets
- ✓ **Kill the bacteria:** Antimicrobials
 - Formulas shown in studies to be as effective as antibiotics
 - Dysbiocide and FC-Cidal (by Biotics Research) or
 - Candibactin-AR and Candibactin-BR (by Metagenics)
 - Single herbs reported to work well, too; 1-3 for 4 weeks:
 - Berberine- 5 grams per day (Berber 500 from Thorne, or Goldenseal, Oregon Grape, Barberry, Coptis)
 - Allicin from Garlic - Allimed (the highest potency formula I know of is [Allimed](#))
 - Oregano
 - Neem
 - Cinnamon
- ✓ **Repair the gut:** Healing foods and herbs
- ✓ **Prokinetics:** Rx low-dose Naltrexone or herbal Triphala
- ✓ **Restore gut function:** Stomach acid and ICV



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Digestive Assessment Score and Protocol Tracker Chart

Name	Digestive Assessment Score and Protocol Tracker Chart							
Assessment	Ideal Score	First Assessment Date	Score of First Assessment	Priority:	Protocols Started Date	Protocols Completed Date	Score After Protocols	
Low stomach acid	<10%			Very High	YYYY-MM-DD			
Excess stomach acid	<10%			High				
Pancreas/small intestine	<10%			Med				
Large intestine	<10%			Low				
Liver/gallbladder	<10%							
Candida/dysbiosis	<20							
Leaky gut	0							
SIBO	<20							

Ideal Score: Congratulations! Follow the "General Healthy Gut Guidelines" to maintain a healthy digestive tract.

Low Score: It could be helpful to follow the protocols from the "Gut Healing Protocols Table".

Medium, High, or Very High Score: You should follow the protocols indicated in the "Gut Healing Protocols Table".



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Gut Healing Protocols Table								
FOCUS/ CONDITION PROTOCOLS	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver/ Gallbladder	Candida/ Dysbiosis	FODMAP/ Specific Carbohydrate Sensitivity (SCD)	SIBO
Gut Rejuvenator drink								
Green drinks								
Pre-meal ritual, chewing, calm meals								
Remove gut hurting foods								
Elimination diet – food sensitivities								
Add gut healing foods								
HCL challenge	NO							
Bitters plus zinc	Caution							
Enzymes	Caution							
Gut soothing Herbs - mucilaginous								
Antispasmodic herbs								
Canninative herbs								
Candida parasite cleanse								
Leaky gut repair protocol								
Liver/ gallbladder cleanse								
Probiotics							Not in early stages	
Cholagogues (some also stimulate HCl)	Caution - some stimulate HCl						Caution	

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Liver Supportive Foods

- ✓ **Brassicas** – indole-3-carbinol
- **Especially broccoli sprouts and seeds**
- ✓ Citrus peels: limonene
- ✓ Caraway: limonene
- ✓ Turmeric
- ✓ Avocado
- ✓ Basil
- ✓ Beets
- ✓ Leafy bitter greens
- ✓ Mushrooms
- ✓ Cardamom
- ✓ Cayenne
- ✓ Chlorella
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Dandelion
- ✓ Dill
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Grapefruit
- ✓ Green juices
- ✓ Jerusalem artichoke
- ✓ Onion
- ✓ Peppermint
- ✓ Rosemary
- ✓ Sea vegetables
- ✓ Thyme
- ✓ Radishes
- ✓ Wheat grass





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Cholagogue Herbs

What They Do:

- ✓ Stimulate flow of bile from liver
- ✓ Stimulate bile secretion from gall bladder
- ✓ Strengthen liver
- ✓ Enhance detoxification

Examples:

- ✓ Artichoke
- ✓ Barberry
- ✓ Blue flag
- ✓ Boneset
- ✓ Dandelion root
- ✓ Fringe tree bark
- ✓ Gentian
- ✓ Goldenseal
- ✓ Greater celandine
- ✓ Rosemary
- ✓ Sage
- ✓ Wild indigo
- ✓ Wild yam
- ✓ Yellow dock



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Healthy Digestion Daily Schedule

✓ AM Gut Rejuvenator: Water with lemon, lemon and peppermint oil, optionally cayenne

✓ Green breakfast with chia seeds

✓ Pre-meal ritual (HeartMath™)

✓ Chew, chew, chew (or blend)!

✓ Daily brassicas, including broccoli sprouts and/or ground broccoli seeds

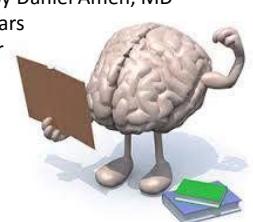
- Avoid “gut hurters”
- Greens at each meal
- Probiotic foods, juices, smoothies, supplements
- Bitters before meals
- Enzymes with meals
- Exercise
- Cholagogues
- Regularly cleansing
- Hydration



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Brain and Neurotransmitter Reading List

- ✓ *Depression Free for Life*: Gabriel Cousens, MD
- ✓ *The Edge Effect* by Eric Braverman, MD
- ✓ *The UltraMind Solution* by Mark Hyman, MD
- ✓ *Change your Brain, Change your Life* by Daniel Amen, MD
- ✓ *Addiction Free Naturally* by Brigitte Mars
- ✓ *The Natural Medicine Guide to Bipolar Disorder* by Stephanie Marohn
- ✓ *5-HTP, The Natural Way to Overcome Depression, Obesity and Insomnia* by Michael Murray, ND
- ✓ *5-HTP, Nature's Serotonin Solution* by Ray Sahelian

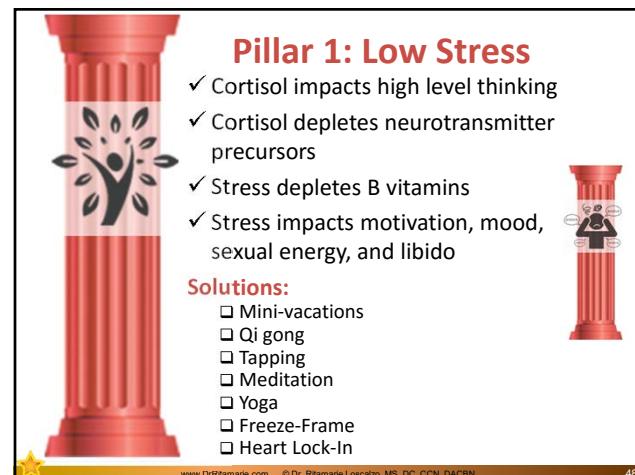
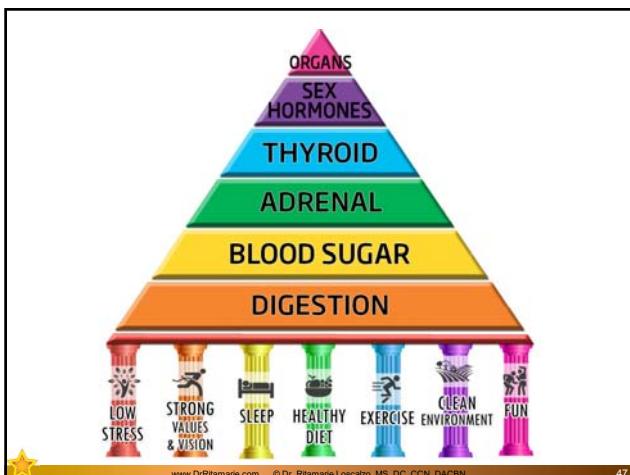
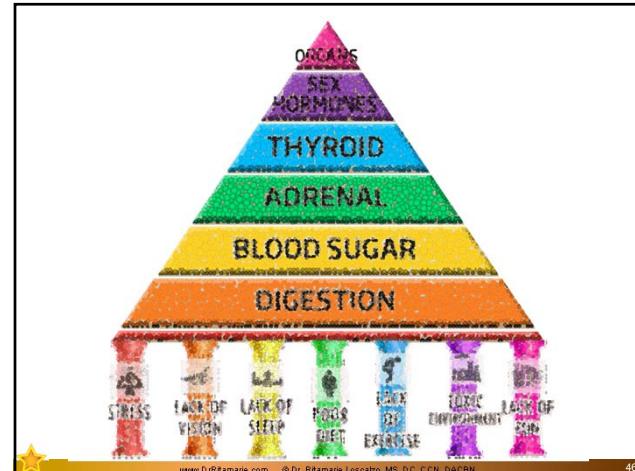
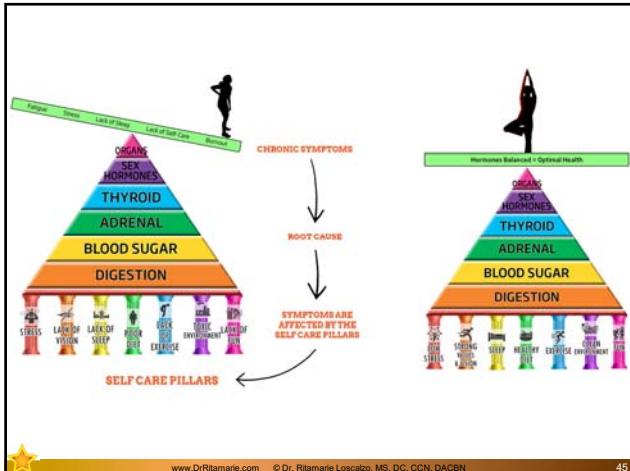


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Restoring Balance: The Pillars of Vibrant Health

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Pillar 2: Strong Values and Vision

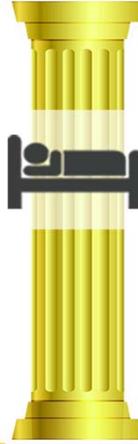
- ✓ Connection to values, visions, and goals facilitates healthy choices

Tools:

- Positive aspects journal
- Let go of limiting beliefs
- Portable anchors



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Pillar 3: Sleep

- ✓ Creates more melatonin
- ✓ Aids in repair and detox
- ✓ Helps gut to repair
- ✓ Cleanses neurotoxins
- ✓ Reduces inflammation
- ✓ Improves mental clarity

Actions for Better Sleep:

- Mini-vacation before bed
- Sleep "hygiene"
 - Stop eating before bed
 - Dim the lights
 - Turn off electronics
- Relaxing herbs
- Supplements can help with sleep



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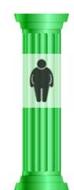


Pillar 4: Nutrition

- ✓ Gut healing foods and herbs
- ✓ Brain healing foods and herbs
- ✓ Nutrients
- ✓ Fun recipes
- ✓ Kitchen setup for success

Tools:

- Recipes
- Kitchen setup education
- Elimination diet



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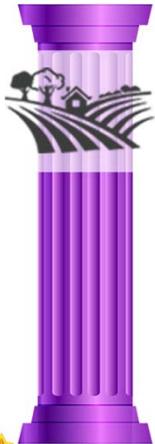
Pillar 5: Fitness

- ✓ Oxygenates and nourishes the brain and gut
- ✓ Reduces stress and balances blood sugar
- ✓ More effective than antidepressants in many people
- ✓ Athletes have a higher diversity of gut microorganisms
- ✓ Beneficial impact of exercise on gut microbiota diversity

Solutions:

- Daily low intensity aerobic exercise
- Brain exercises

Gut, Exercise and associated dietary extremes impact on gut microbial diversity; Siobhan F Clarke, et al. www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Pillar 6: Environment

- ✓ Hormone disruptors impact gut flora
- ✓ Toxins irritate the brain
- ✓ Liver stress impacts neurotransmitters and digestion

Solutions:

- ❑ Upgrade cosmetics and personal care products
- ❑ Clean up home environment
- ❑ Clean air – filters, windows open
- ❑ Clean water
- ❑ Avoid food allergens, additives, preservatives, and pesticides

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Pillar 7: Fun

- ✓ Creates a relaxed and receptive state
- ✓ Activates calming neurotransmitters
- ✓ Activates immune system
- ✓ Feeds the beneficial gut flora
- ✓ Reduces cortisol damage

Solutions

- ❑ Make a list of fun activities
- ❑ Schedule fun on calendar, even if only 5 minutes a day
- ❑ Take regular fun breaks and vacations

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