

# DAY 3: Assimilate



# SHINE 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](http://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.



# Mission Possible

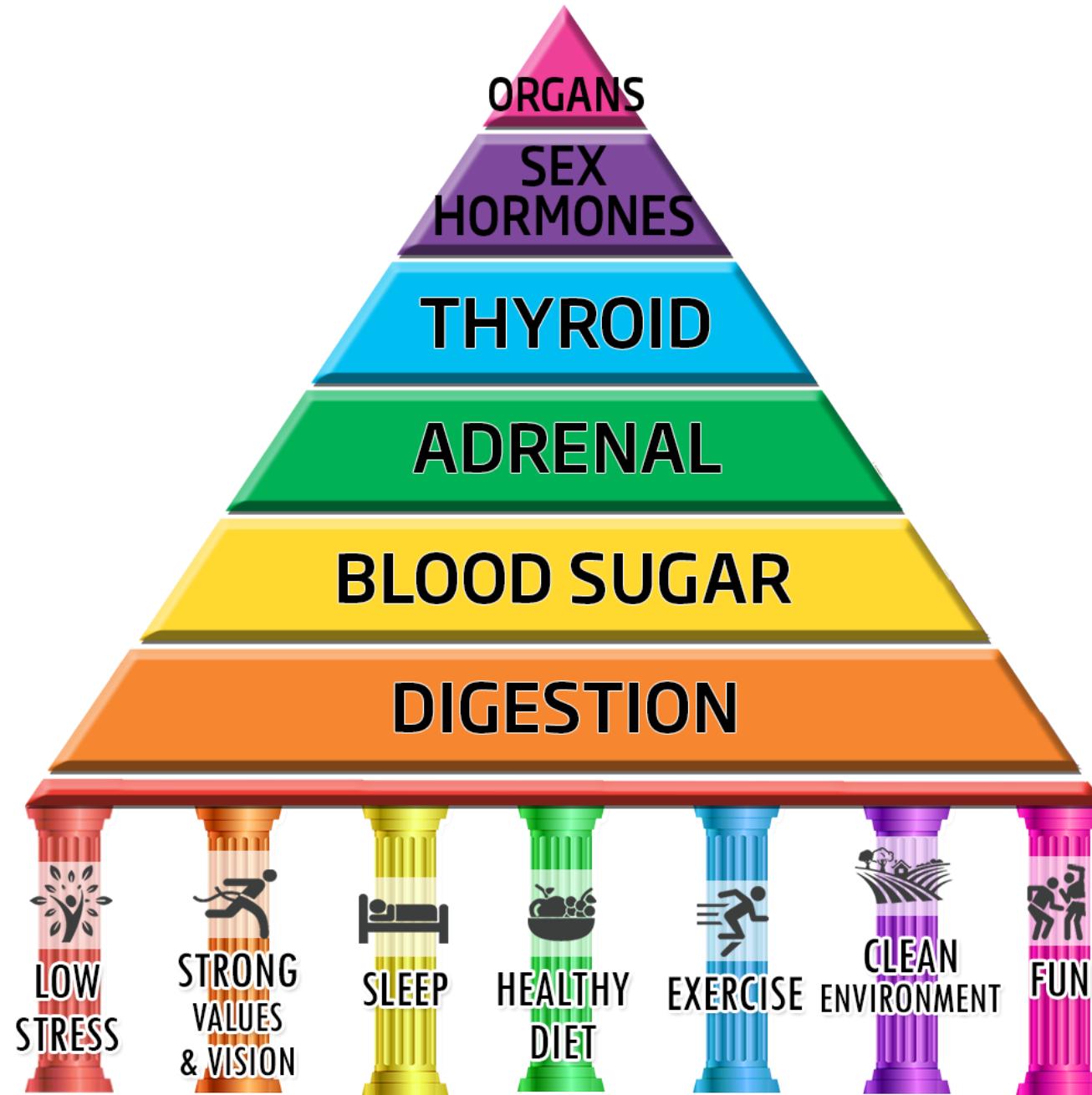
A New Paradigm  
of Health Care

My Mission

Your Mission

Our Mission









# Nourishing the Gut-Brain Axis

## ✓ B Vitamins:

- B1 (thiamine)
- B3 (niacin)
- B5 (pantothenic acid)
- B6 (P5P)
- B12 (methyl, adenosyl, or hydroxyl, not cyano)
- Folate (methyl) – repair DNA

## ✓ Vitamin C: gut repair, stomach acid

## ✓ Quercetin: reduces histamine

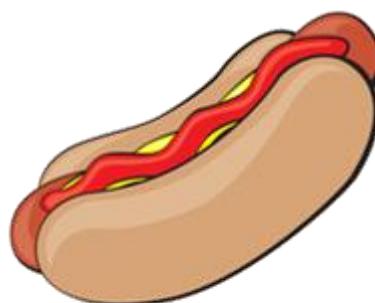
- ✓ Vitamin D: gut and brain barriers
- ✓ Vitamin A: gut immune function
- ✓ Minerals: many digestive and brain functions
- ✓ Fatty Acids: anti-inflammatory
- ✓ Amino Acids: for neurotransmitters and gut repair (*Disrupted by low stomach acid and H. pylori*)



# 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



# 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





# Healing the Gut-Brain Axis



# 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**



# 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



# 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



# 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



# 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)



# Natural Antispasmodics

(decreases spasms)

## Herbs

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



## Supplements

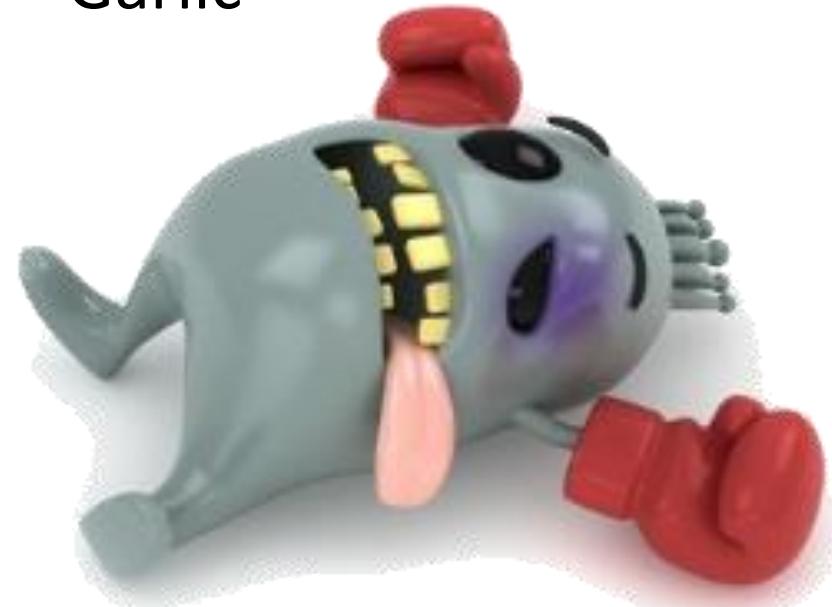
- ✓ Sialex by Ecological Formulas
- ✓ GastroSoothe by Enzymatic Therapy
- ✓ GlutaMed RX by NuMedica



# 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



# 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



# What To Do About Ileocecal Valve Dysfunction

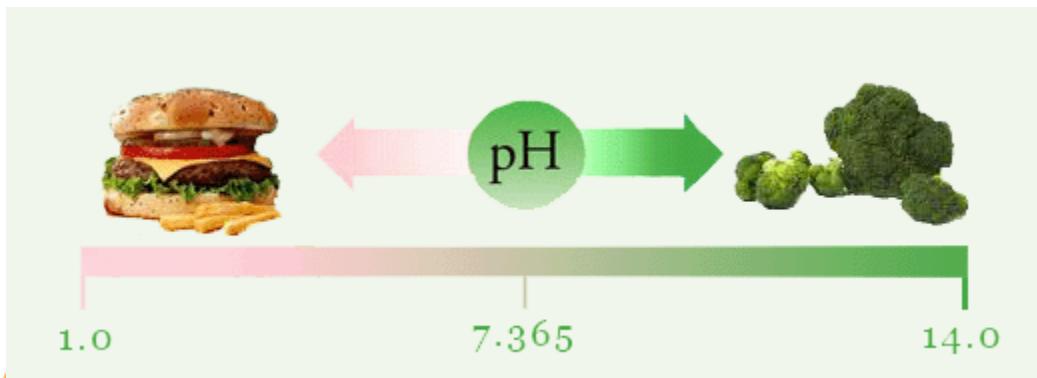
## ✓ Reflex point massage

- LI4, BL58, KI5
- Base of skull
- Anterior, superior right arm

## ✓ Manipulation

## ✓ Diet (temporary)

- Avoid high-fiber foods
- Avoid spicy foods
- Add chlorophyll
- Bitters
- pH balanced diet



# 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



# 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



## NAC

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



## Arabinogalactans

- ✓ 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



# 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  $\frac{1}{2}$  cup blueberries



## Directions:

- Soak chia, psyllium, and flax seeds in  $\frac{1}{2}$  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)*



# Healing Broth Recipe

## Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- ½ - 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:

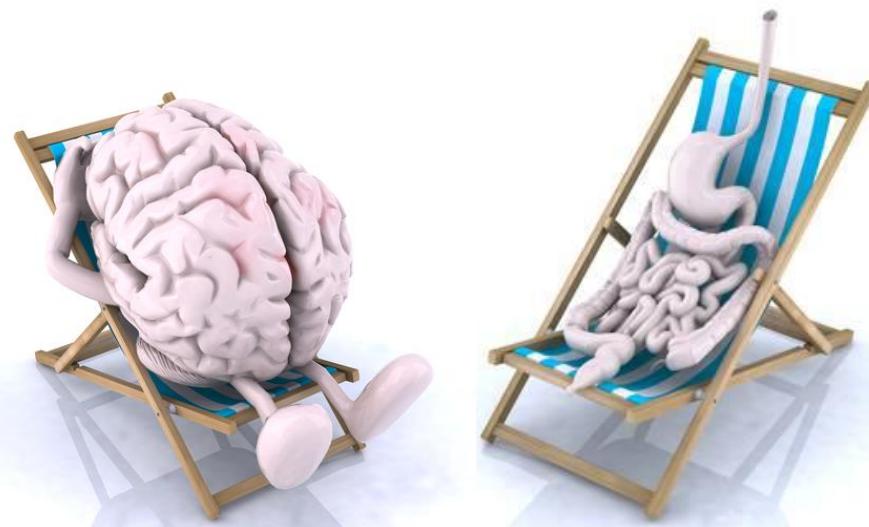
1. Steam veggies until tender and place in blender along with steaming water. If using sweet potato, cut into 1-inch pieces and start it 10 minutes before the rest of the vegetables.
2. Add additional water, if too thick. Add a pinch of sea salt and oils after blended.
3. Season to taste with basil,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

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



# 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 ½ 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



# 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



# Serotonin Deficiency

## Substances That Provide Relief

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



## Possible Amino Acid Solutions

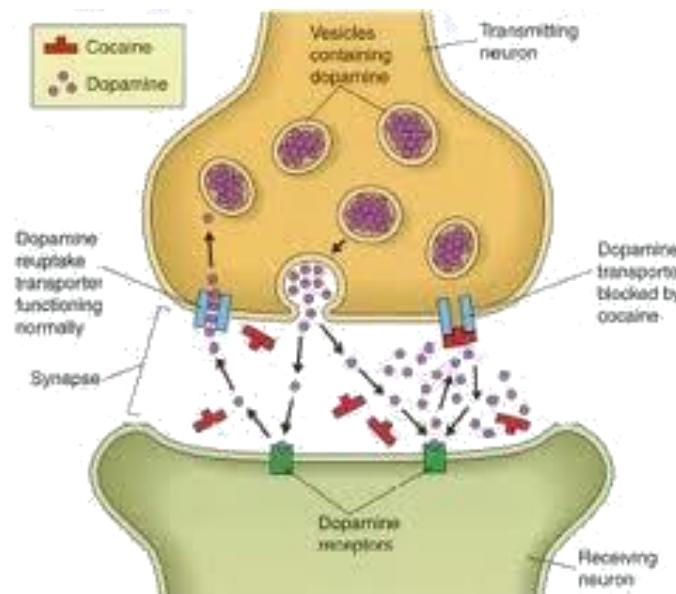
- ✓ 5-HTP
  - Or
  - ✓ L-Tryptophan
- With
- ✓ Vitamin B6 as P5P
  - ✓ L-Tyrosine



# 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



# GABA Deficiency

## Substances That Provide Relief

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

## Possible Amino Acid Solutions

- ✓ GABA
- ✓ Possibly with taurine and/or glycine



# 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)

## ✓ Trans- and Heated Fats

- Damaged cells
- Inflammation
- Depression
- Dementia
- ADHD

## ✓ Brain Trauma

- 2.5 to 5 times risk of Alzheimer's

## ✓ Pesticides

- Known neurotoxins

## ✓ Preservatives



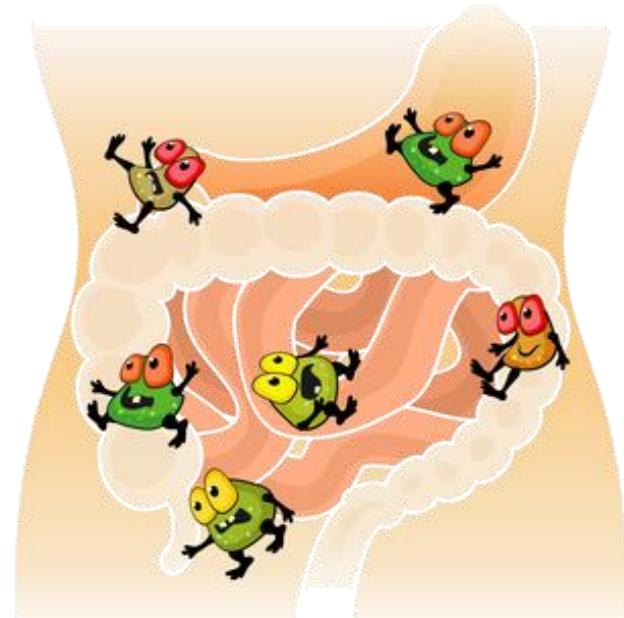
# Lifestyle Choices That Affect Neurotransmitters - 2

- ✓ **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



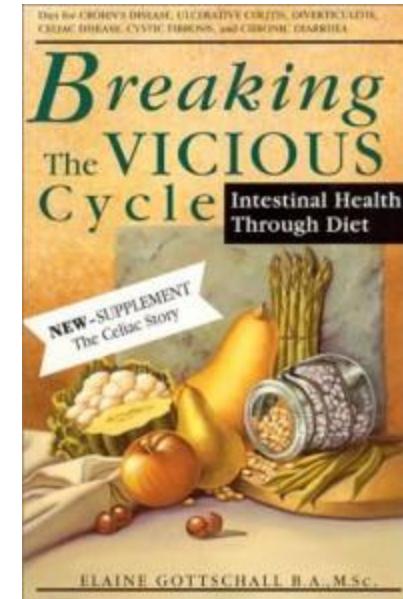
# Special Circumstances and Intolerances

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



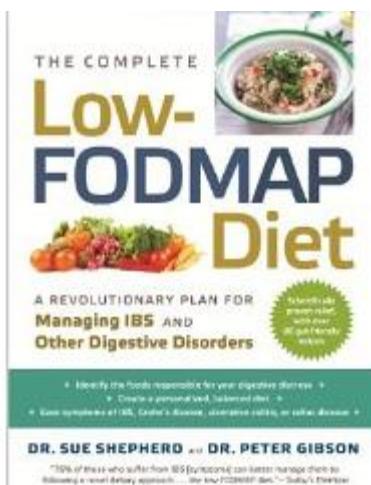
# Specific Carbohydrate Diet™ (SCD)

- ✓ 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



# FODMAPs

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

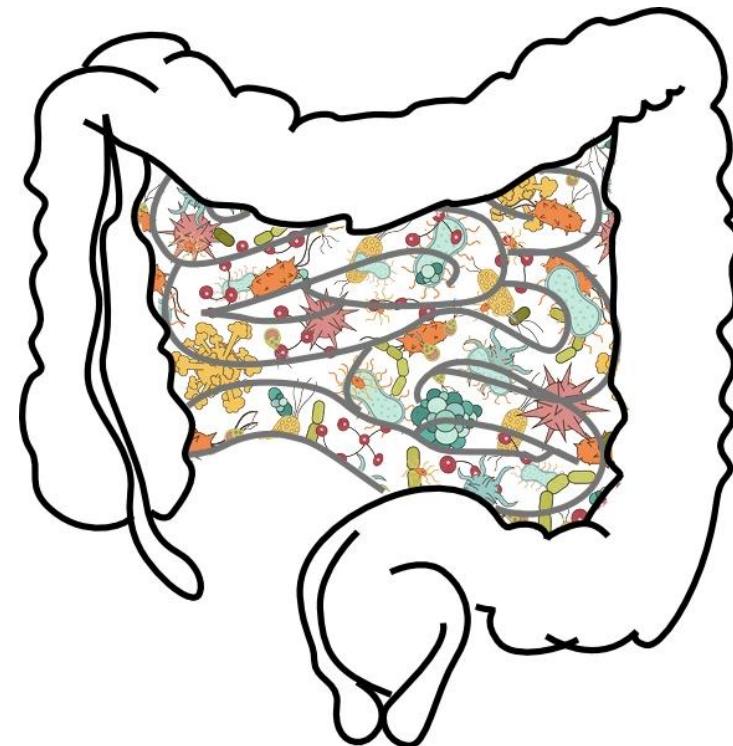


- ✓ Short-chain carbohydrates
- ✓ **Incompletely absorbed in the GI tract**
- ✓ Difficult to digest with functional gut disorders
- ✓ **Easily fermented** by gut bacteria
- ✓ Exert an osmotic effect, increasing fluid into the large bowel
- ✓ Causes **fermentation and osmosis**
- ✓ Can lead to IBS symptoms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

# SIBO

## Small Intestinal Bacterial Overgrowth

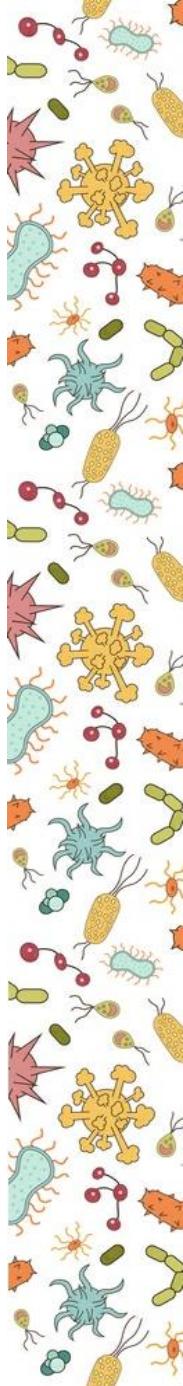
- ✓ Overgrowth of large intestine bacteria in small intestine
- ✓ Rob you of B12, iron, and other nutrients
- ✓ Damage mucosa
- ✓ Can deconjugate bile leading to fat malabsorption
- ✓ Trigger proinflammatory cytokines and cause leaky gut
- ✓ Can cause sugar cravings
- ✓ Increase mucus production
- ✓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



# 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



## Digestive Assessment Score and Protocol Tracker Chart

| Name                     |             |                                     |                           |  |                                      |  |                       |
|--------------------------|-------------|-------------------------------------|---------------------------|--|--------------------------------------|--|-----------------------|
| Assessment               | Ideal Score | First Assessment Date<br>YYYY-MM-DD | Score of First Assessment | Priority:<br>Very High<br>High<br>Med<br>Low | Protocols Started Date<br>YYYY-MM-DD | Protocols Completed Date<br>YYYY-MM-DD | Score After Protocols |
| Low stomach acid         | <10%        |                                     |                           |  |                                      |  |                       |
| Excess stomach acid      | <10%        |                                     |                           |  |                                      |  |                       |
| Pancreas/small intestine | <10%        |                                     |                           |  |                                      |  |                       |
| Large intestine          | <10%        |                                     |                           |  |                                      |  |                       |
| 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".



Gut Healing Protocols Table

| FOCUS/ CONDITION                      | Low Stomach Acid | Excess Stomach Acid   | Small Intestine and Pancreas | Large Intestine | Liver / Gallbladder | Candida / Dysbiosis | Leaky Gut and Inflammatory Bowel Disease                              | FODMAP / Specific Carbohydrate Sensitivity (SCD) | SIBO   |
|---------------------------------------|------------------|---|------------------------------|-----------------|---------------------|---------------------|---|--|--|
| PROTOCOLS                             |                  |   |                              |                 |                     |                     |   |  |  |
| Gut Rejuvenator drink                 |                  | Monitor – remove citrus or apple cider vinegar if it aggravates |                              |                 |                     |                     |   |  |  |
| Green drinks                          |                  |   |                              |                 |                     |                     | May need to restrict to juices or cooked and blended greens if severe | Replace restricted greens with allowed           | Replace restricted greens with allowed                               |
| Pre-meal ritual, chewing, calm meals  |                  |   |                              |                 |                     |                     |   |  |  |
| Remove gut hurting foods              |                  |   |                              |                 |                     |                     |   |  |  |
| Elimination diet – food sensitivities |                  |   |                              |                 |                     |                     |   |  |  |
| Add gut healing foods                 |                  |   |                              |                 |                     |                     | May need to restrict to cooked and pureed                             | Modify to only include the allowed foods         | Restrict to FODMAP and SCD allowed foods and consider elemental diet |
| HCL challenge                         | NO               |   |                              |                 |                     |                     | Caution   |  |  |
| Bitters plus zinc                     | Caution          |   |                              |                 |                     |                     |   | Limit to allowed                                 | Limit to allowed   |
| Enzymes                               | Caution          |   |                              |                 |                     |                     |   |  |  |
| Gut soothing Herbs - mucilaginous     |                  |   |                              |                 |                     |                     |   | Some may not be tolerated – Modified SCD chart   | Some may not be tolerated – Modified SCD chart                       |
| Antispasmodic herbs                   |                  |   |                              |                 |                     |                     |   | Limit to allowed                                 | Limit to allowed   |
| Carminative herbs                     |                  |   |                              |                 |                     |                     |   | Limit to allowed                                 | Limit to allowed   |
| Candida parasite cleanse              |                  |   |                              |                 |                     |                     |   |  |  |
| Leaky gut repair protocol             |                  |   |                              |                 |                     |                     |   |  |  |
| Liver / gallbladder cleanse           |                  |   |                              |                 |                     |                     |   |  |  |
| Probiotics                            |                  |   |                              |                 |                     |                     |   |  | Not in early stages  |
| Prebiotics                            |                  |   |                              |                 |                     |                     |   | Caution  | Caution  |
| Cholagogues (some also stimulate HCl) |                  | Caution- some stimulate HCl                                     |                              |                 |                     |                     |   | Limit to allowed                                 | Limit to allowed   |

# 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



# 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



# 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



# Brain and Neurotransmitter Reading List

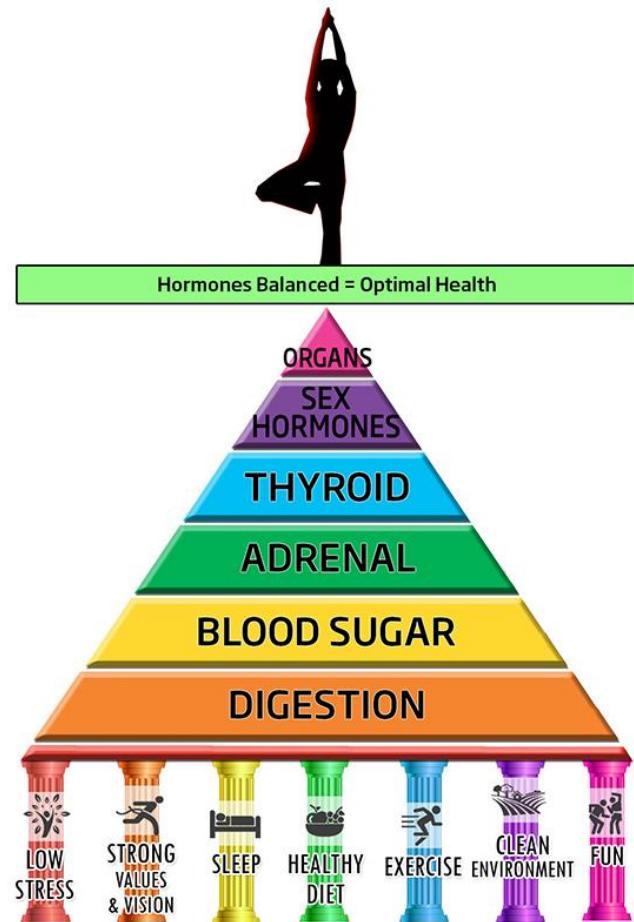
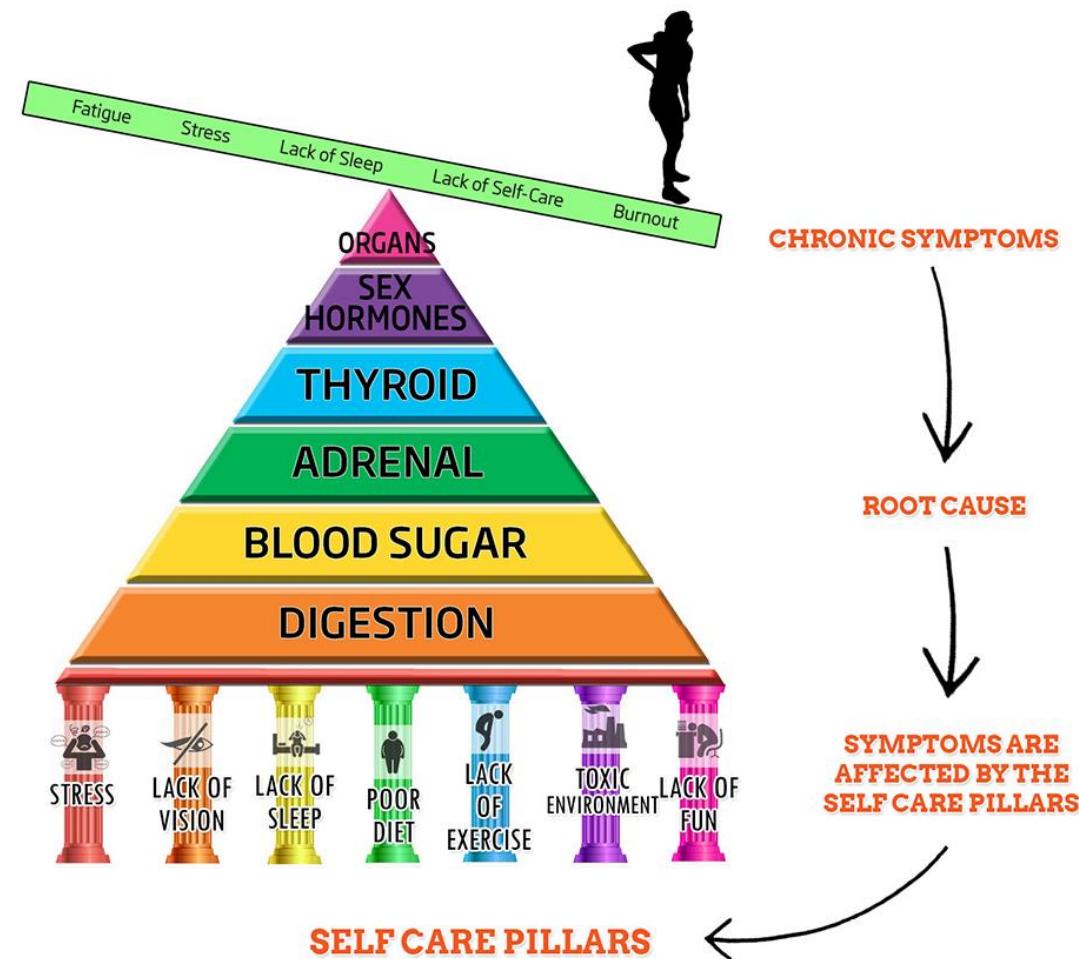
- ✓ *Depression Free for Life*: Gabriel Cousens, MD
- ✓ *The Edge Effect* by Eric Braverman, MD
- ✓ *The UltraMind Solution* by Mark Hyman, MD
- ✓ *Change your Brain, Change your Life* by Daniel Amen, MD
- ✓ *Addiction Free Naturally* by Brigitte Mars
- ✓ *The Natural Medicine Guide to Bipolar Disorder* 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

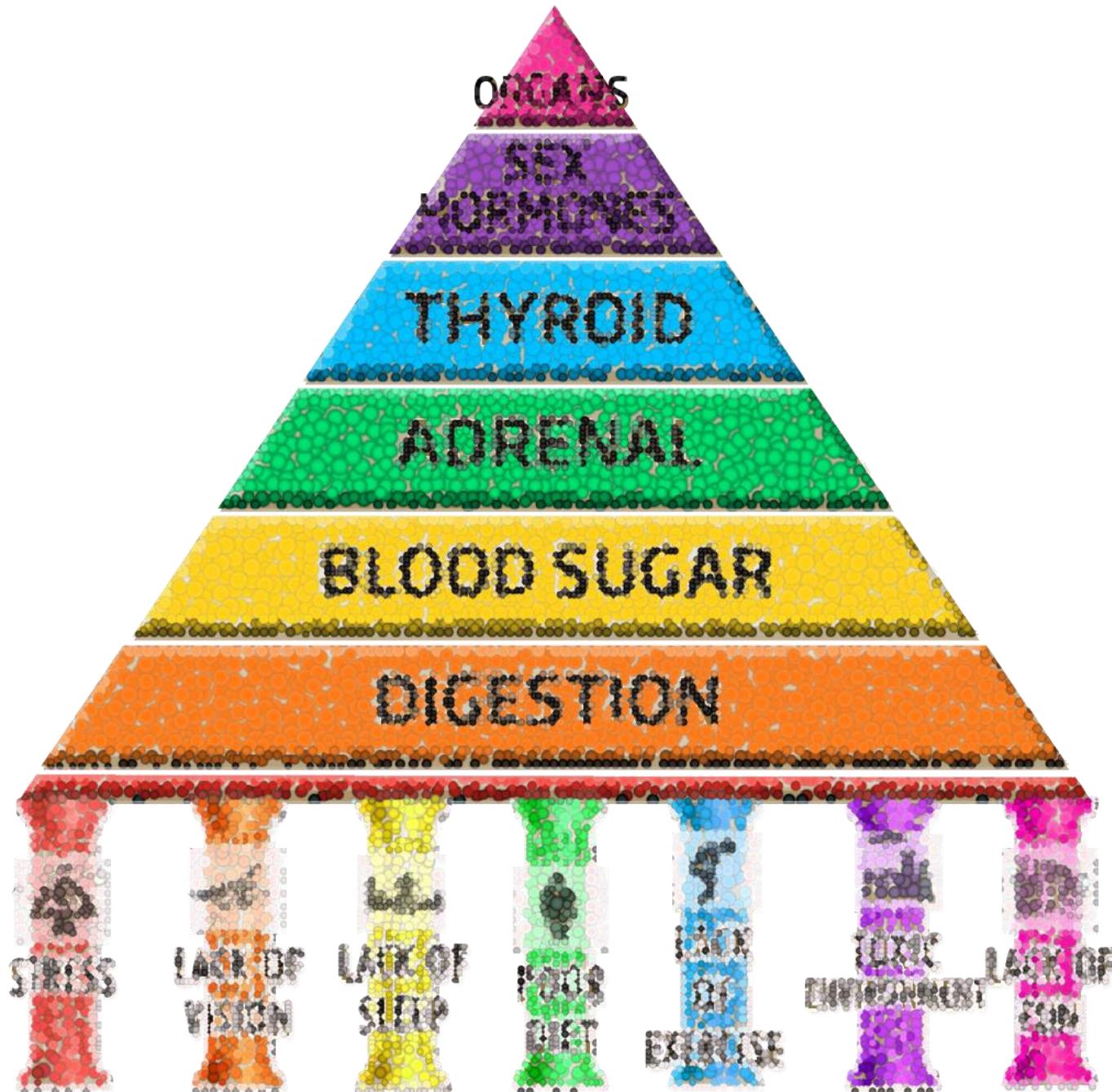


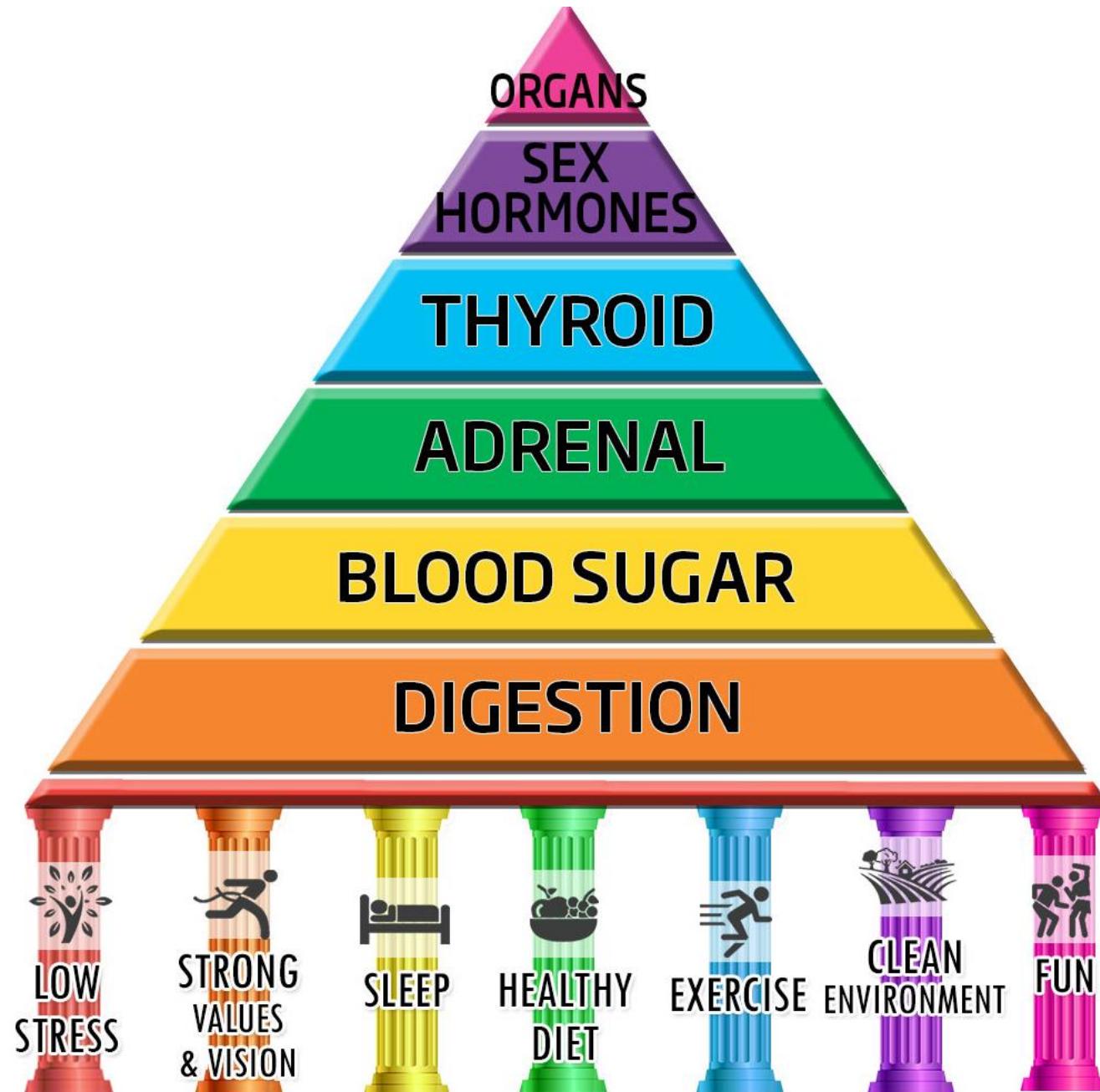


# Restoring Balance: The Pillars of Vibrant Health









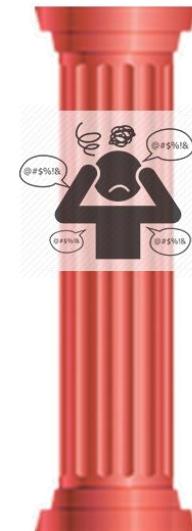


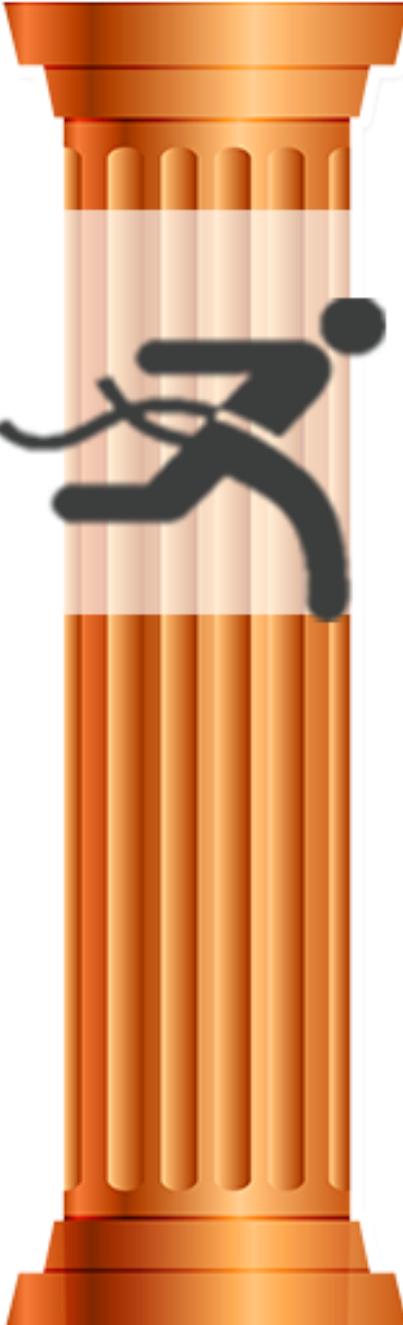
# Pillar 1: Low Stress

- ✓ Cortisol impacts high level thinking
- ✓ Cortisol depletes neurotransmitter precursors
- ✓ Stress depletes B vitamins
- ✓ Stress impacts motivation, mood, sexual energy, and libido

## Solutions:

- Mini-vacations
- Qi gong
- Tapping
- Meditation
- Yoga
- Freeze-Frame
- Heart Lock-In



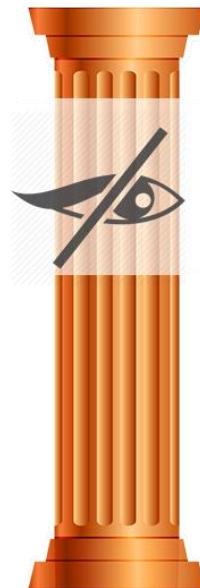


## Pillar 2: Strong Values and Vision

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

### Tools:

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





# 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





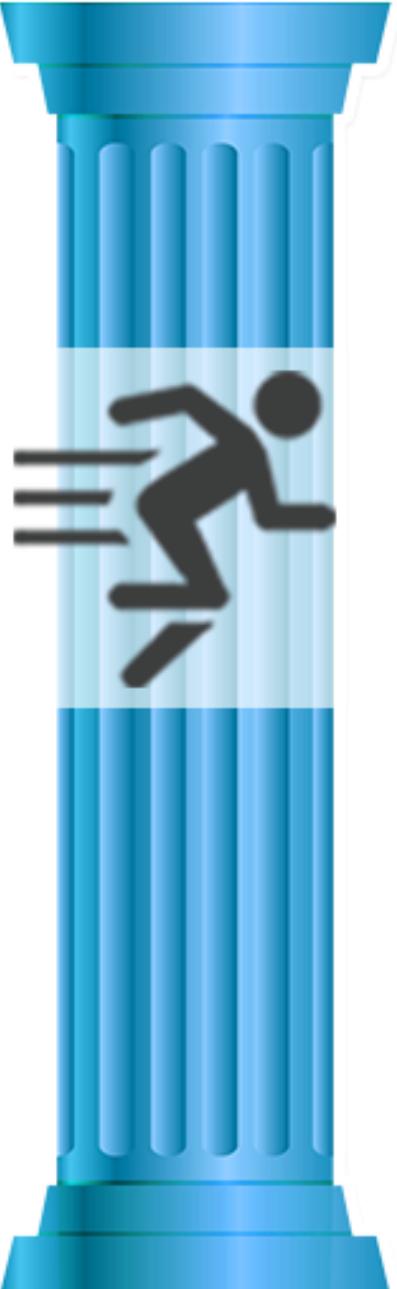
# Pillar 4: Nutrition

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

## Tools:

- Recipes
- Kitchen setup education
- Elimination diet





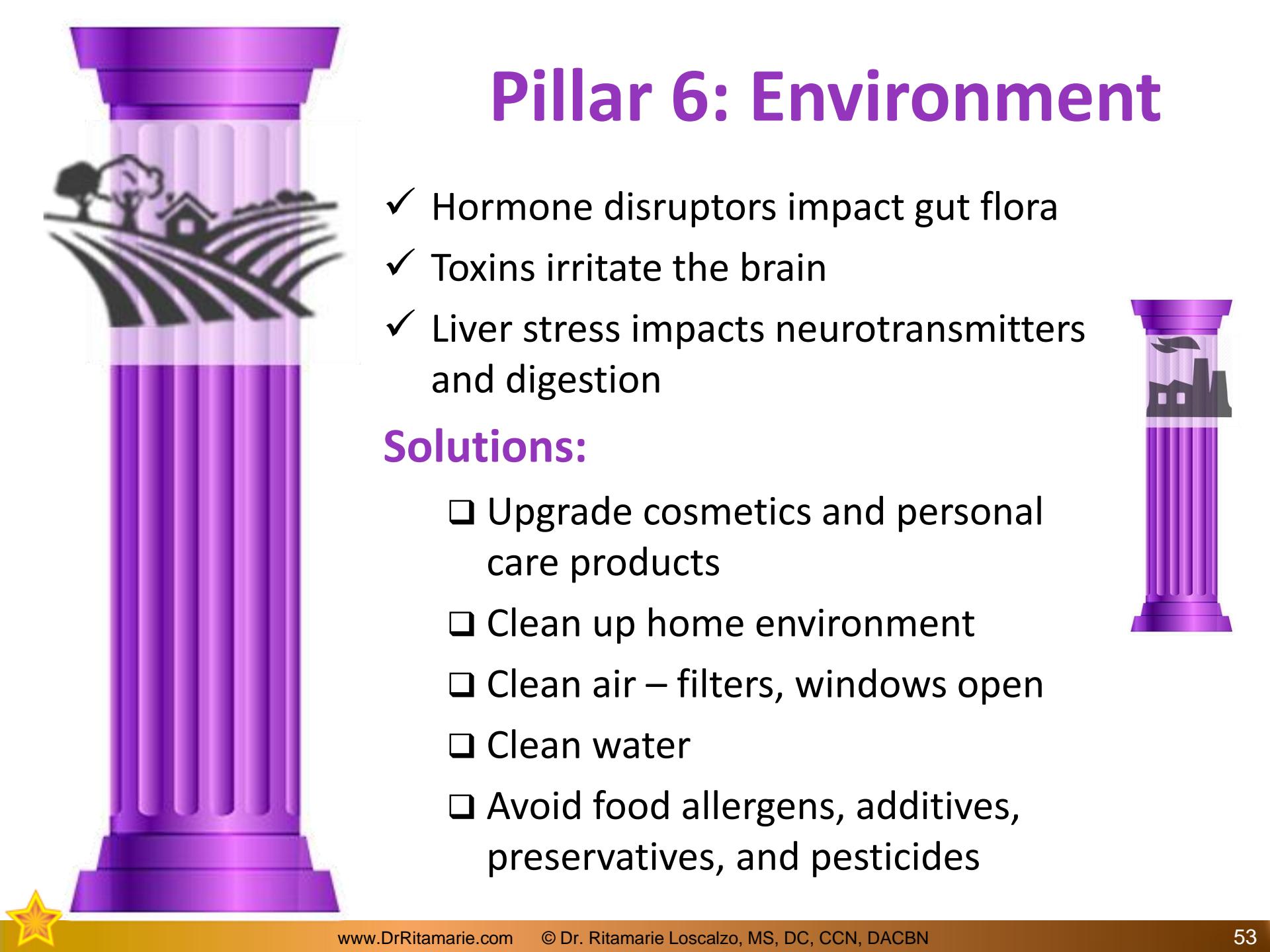
# Pillar 5: Fitness

- ✓ 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.*

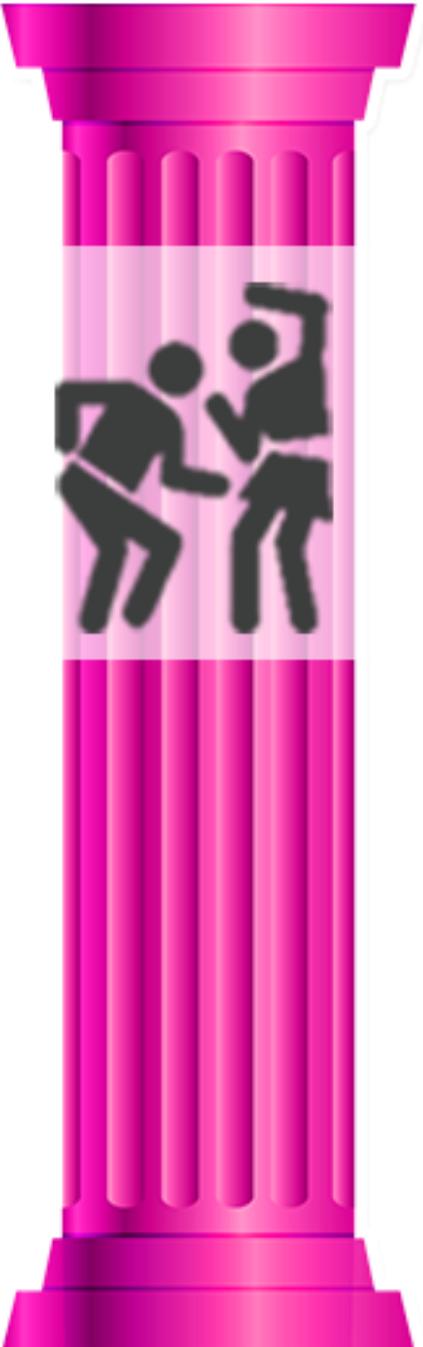


# Pillar 6: Environment

- ✓ 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



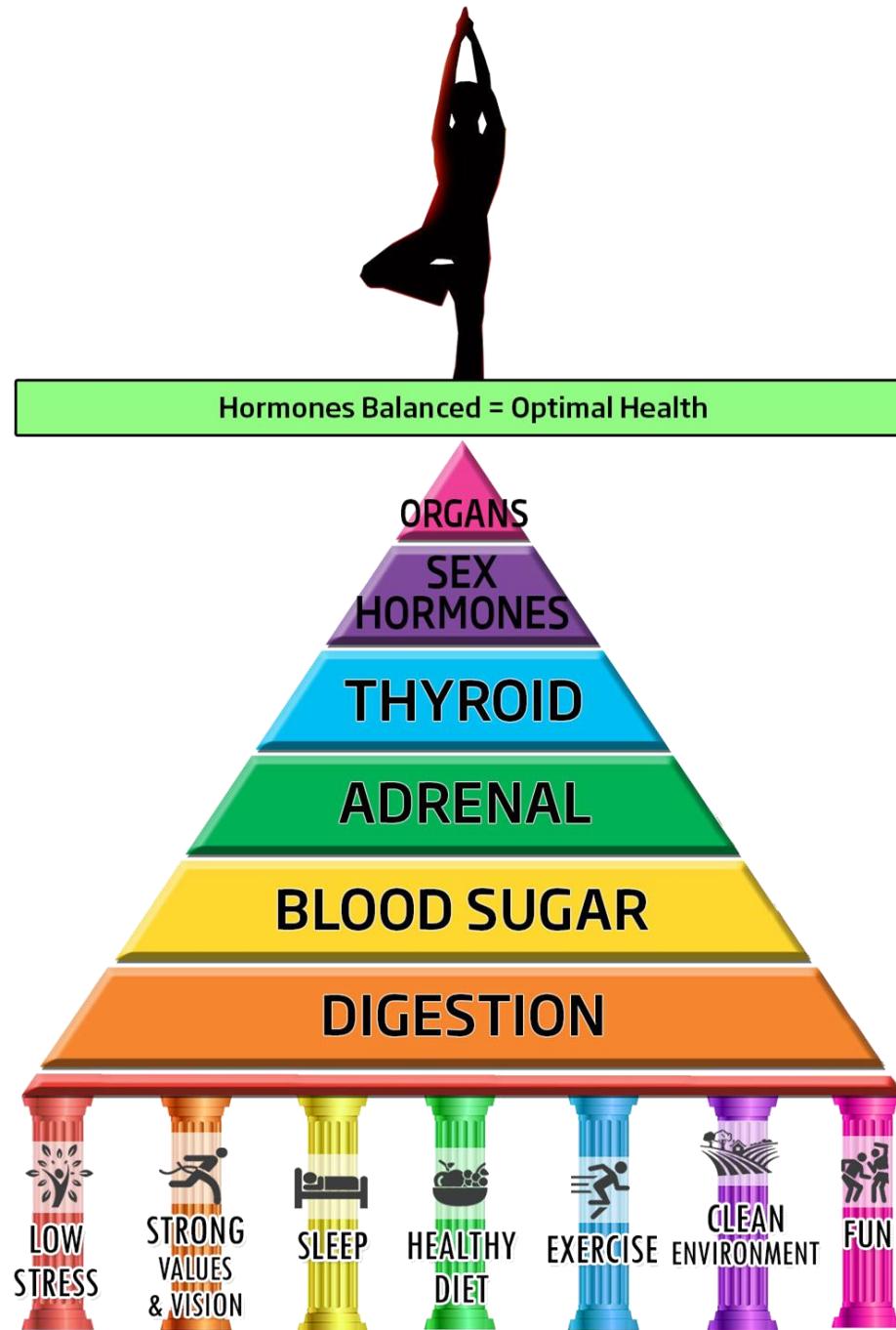
# Pillar 7: Fun

- ✓ 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





# Mission Possible

A New Paradigm  
of Health Care

My Mission

Your Mission

Our Mission