

**CONGRATULATIONS  
and WELCOME TO**



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

SCIENTIFIC AND HOLISTIC INVESTIGATION OF NUTRITIONAL ENDOCRINOLOGY

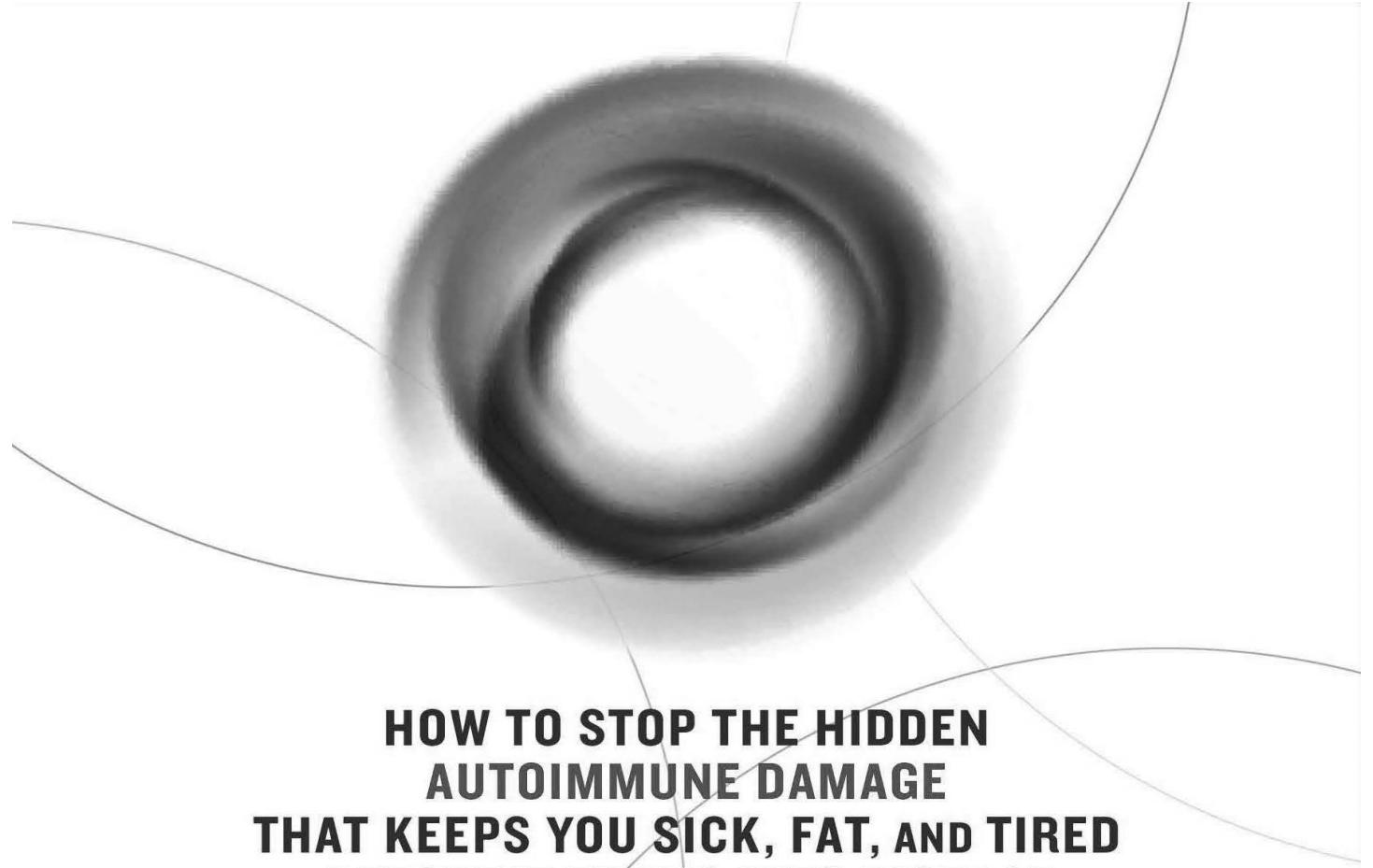


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OCTOBER 2016 FOCUS:

**MASTERING FUNCTIONAL  
ASSESSMENTS TO  
TRANSFORM LIVES**





**HOW TO STOP THE HIDDEN  
AUTOIMMUNE DAMAGE  
THAT KEEPS YOU SICK, FAT, AND TIRED  
*BEFORE IT TURNS INTO DISEASE***

The

# **Autoimmune Fix**

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**TOM O'BRYAN, DC, CCN, DACBN**

**FOREWORD BY**

**NEW YORK TIMES BESTSELLING AUTHOR MARK HYMAN, MD**

[\*\*www.theDr.com/book\*\*](http://www.theDr.com/book)



# TrueSelf TotalHealth life, in balance.

## Functional Nutrition Coach / Wellness Consultant/ Motivational Speaker

### DISCOVERING YOUR TRUE SELF AND EXPERIENCING TOTAL HEALTH IS A REFLECTION OF YOUR LIFE IN BALANCE.

I had the privilege and pleasure of creating and hosting the 2015 Your Life In Balance Event. 17 thought leaders and subject matter experts provided resources and practical information and strategies to create balance and flow in your life; a life full of joy, vibrant health, energy, prosperity, and fulfillment of your potential.

Visit my website <http://www.trueselftotalhealth.com> to get instant access to a simple and easy to use, Go-To-Guide I created to capture each expert's top five strategies to achieve and maintain a life in balance.

Please use this Go-To Guide as a reference whenever you or your clients feel out of balance in the five areas the Your Life In Balance summit experts addressed:

- Health (Nutrition/Movement)
- Spirituality
- Relationships
- Career/Work
- Brain Function (Vision/Emotions)



# Dr. Anna Cabeca Recommends Her Flagship Formulations that Help You Thrive

**Mighty Maca™ Greens** is the core of an alkalizing lifestyle. It is,

- Alkalizing and hormone balancing
- Loaded with 42 natural healing super food ingredients
- Scientifically designed (by me!) to restore youthful energy
- Certified gluten free; No GMOs, dairy-free, egg-free, peanut-free...just the good stuff!
- Visit <http://www.MightyMaca.com> to learn more!

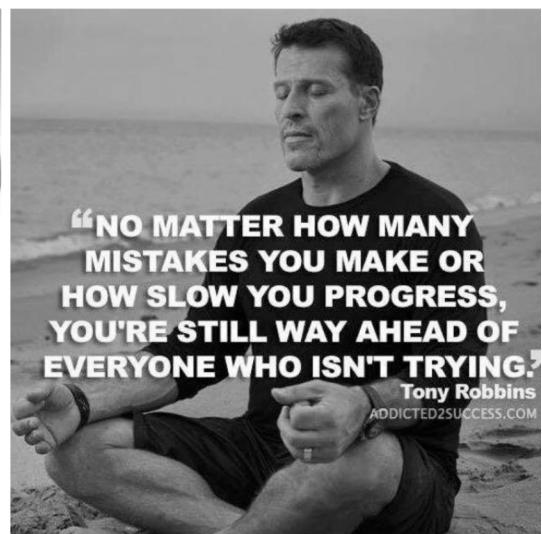
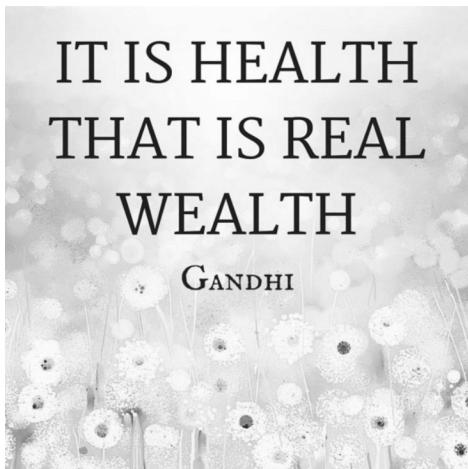
**Julva™** is my brand new cream for the ladies...designed for our delicate feminine parts. After years of research I created this restorative cream for the vulvar area that is,

- Soothing – moisturizing, provides increased overall comfort and reduced pain during sexual activity; pleasant rose smell and easy to use
- Repairing – improved vulvar/vagina integrity, skin elasticity and health; increased collagen production; anti-inflammatory effects and protection from free radicals that age us
- Rejuvenating – improved tissue resilience and urine control; increased lubrication and sexual pleasure, a return to a more youthful confidence, mood and connection
- Anti-aging
- Pure – no additives, estrogen-free, non GMO, paraben-free, phthalate-free, using only natural products your body loves
- Visit <http://www.Julva.com> to learn more!

**Purabalance PPR Cream** is a beautiful formulation of bio-available Progesterone and Pregnenolone, the "mother of all hormones." Formulated for maximum absorption; it has a clean feel with a natural base of all non-GMO ingredients and high quality USP progesterone and USP pregnenolone. It,

- Supports hormone balance...with protective and health-promoting properties
- Improves sleep and your stress response
- Promotes a balanced mood (my family is appreciative of this!)
- Supports bone metabolism...yeah, strong bones!
- Bonus: It's a great anti-aging skin cream! Apply a bit to your face and neck and you'll see.
- Visit <http://store.cabecahealth.com/products/pura~balance~ppr~cream> to learn more!

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# Awakening The Intuitive Healer With The Five Elements



Join Dr. David for SHINE Conference Case Study Reviews  
November 15th at 7:30pm CDT

In the webinar we'll be reviewing the case studies that Dr. David preformed during the breakout sessions.

Tongue, Pulse and Ear Diagnosis  
Abdominal Assessment  
Anterior / Posterior Meridian Assessments

**Be apart of the study fill-out Self Assessment Form prior to the webinar**

[www.DoctorDavid.com/Awakenthe5elements](http://www.DoctorDavid.com/Awakenthe5elements)



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Valued at \$198, the Functional Adrenal Stress Profile (#205) is a popular clinical tool for assessing chronic stress and adrenal function in all patients. For one-time only, all you have to do is sign up for an account with BioHealth and you will receive this amazing panel at no charge. We encourage you to test yourself! Simply register an account at [www.biohealthlab.com](http://www.biohealthlab.com) (under 'Clinicians') or call us at one of the numbers below. *Be sure to mention "SHINE" to obtain your free #205.*

### **The Functional Adrenal Stress Profile (#205)**

Utilizing the best in salivary hormone testing materials and technology, the #205 assesses: **Cortisol x 4, DHEA-S Average, Estradiol, Estriol, Melatonin, Progesterone, and Testosterone.**

#### **Why Run the #205?**

- Core diagnostic data relevant to all patients and symptoms
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- Salivary method to measure bio-active, free hormones
- Cortisol rhythm with DHEA sulfate to determine the level of adrenal fatigue
- Sex hormone assessment; progesterone, testosterone, and estrogens
- Melatonin and nighttime cortisol to help with evaluation of sleep problems

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# Does this sound like you?

You know you're bright, but...

- Accomplishing less and working more?
- Memory not as sharp as it could be?
- Not performing up to your capacity?
- Your health is taking a nose dive?
- You use negative self -talk or caffeine to create a fire under you?
- Bogged down and not getting things done "in a timely manner?"

BOOKS

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addresses all these issues and more.

See how nutrition, brain chemistry, biofeedback and neurology all come together to help you shine.

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**FITS YOUR FAUCET**  
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## Level 1 Certification: The Awakening How to use Emotional Energy as Healing Energy With instructors Laura Fine and Jonathan Bessone

### How to know if you're a closet healer:

- Your entire life people seek you out for guidance, clarity and leadership
- You've given tirelessly, to exhaustion and health problems, you've had enough
- You're intuitive and don't know what to do with it
- You have a gift of healing touch
- You're finally ready to be recognized and compensated for it.

**The world looks bleak when you're not doing what you love. Los Angeles is the cutting edge place for visionaries in many professions, including professional Energy Healing.**

**The Awakening is a 4-day body/mind/energy psychology evolution that teaches you to feel authentic and grounded for personal contentment and professional success.**

### What you can expect

- **Turn fear into life force:** Release stuck emotions
- **Stop reactivity** from interfering with your personal and professional goals
- Clear and charge your Energy System, perceive chakras & auras for **confidence and clarity**
- **Strengthen your center:** with a vital, practical **meditation practice**
- **Help others heal:** have a healing system for friends, family and clients
- **Have healthy energy boundaries** in personal relationships and professional practice

### How it works

- **One LIVE four-day intensive weekend** scheduled Thursday through Sunday, 9 am to 6 pm, 20 minutes from Burbank airport at Poverello Retreat Center on 10 acres of beautiful land
- **One Live OR virtual 3-hour Integration session**, one month after the four-day weekend

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- **Earn a Body Mind Balance Level 1 Certificate**
- **Be listed on the Find a Healer page** on the [LionheartInstitute.com](http://LionheartInstitute.com) website
- Be qualified to **purchase liability insurance** through the Healing Touch Prof Assn
- **Tuition \$1495 - \$995 for SIV participants!** Your coupon code: onefriend

*"I realize in my urgency to assist others, I also need support and help too. Those 4 days caused a much needed shift within me and I can now say, "I am here!" and "I speak my truth!" with authentic certainty as I continue on with my true life's purpose. I came to Level 1 ready to learn to best facilitate healing in others and I left having been healed myself." TD, teacher*

This class is scheduled twice per year.  
Visit the schedule page at [LionheartInstitute.com](http://LionheartInstitute.com)

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# *Can One Weekend Change Your Ability to Attract More Clients Forever?*



Many people dream of changing the world, but can't seem to get enough clients to live the lifestyle they deeply desire. The **Client Attraction Summit** was designed to give you the skills, confidence and inspiration to attract more clients, make more money and have a much greater impact in the world.

Thousands of people from all over the US and Canada have attended the **Client Attraction Summit**. The feedback is consistent:

**“Powerful      Essential  
Life-changing      Inspiring”**

- During the **Client Attraction Summit**, you will discover how to:
- **Create an inspiring vision** that magnetizes your ideal clients
- Discover the 5 Elements that allow your ideal clients to **talk themselves into working with you** (if it's a good match)
- Create an answer to the question, “What do you do?” so your ideal clients **want to work with you** and **refer their friends to you**
- Stop devaluing yourself and **confidently share how much you charge** (over 95% of attendees raise their fees)
- Turn “I can’t afford it” into “YES!” (over half the time)
- Discover the 5 Leverage Strategies to **work less, make more, and help more people**



**[www.ClientAttractionSummit.com](http://www.ClientAttractionSummit.com) or call 800.632.2944**

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Your results are only as good as the antigen used, critical to obtaining accurate results.

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Meridian Valley Lab is pleased to release a new testing method that combines the depth and breadth of 24-hour urine testing with the time-specific advantages previously available only in saliva testing, without the downsides of saliva testing or a 24-hour urine collection. Our dried urine hormone testing combines these two popular methods by giving you hormone metabolites, which were only available before in 24-hour urine testing, and offering cortisol and cortisone throughout the day (circadian rhythm), just like saliva testing. Unlike other available tests of its kind, our panels include 2-methoxyestradiol and both free and conjugated cortisol and cortisone. This new and innovative method provides a more cost-effective, convenient, and complete assessment of your patients hormonal health.



For more information on this new and innovative method, please visit: [MeridianValleyLab.com/dried-urine](http://MeridianValleyLab.com/dried-urine) or contact our friendly customer service at 855.405.8378 to order kits.



## A single test gives the full picture

### DUTCH Complete

The most advanced hormone test, offering an extensive profile of sex and adrenal hormones, along with their metabolites, to identify symptoms of hormonal imbalances. Easily collected in the comfort of the patients own home, tests are sent to our lab to be processed in order to provide a detailed analysis. The DUTCH Complete is the most accurate test, providing a complete assessment of hormonal health.

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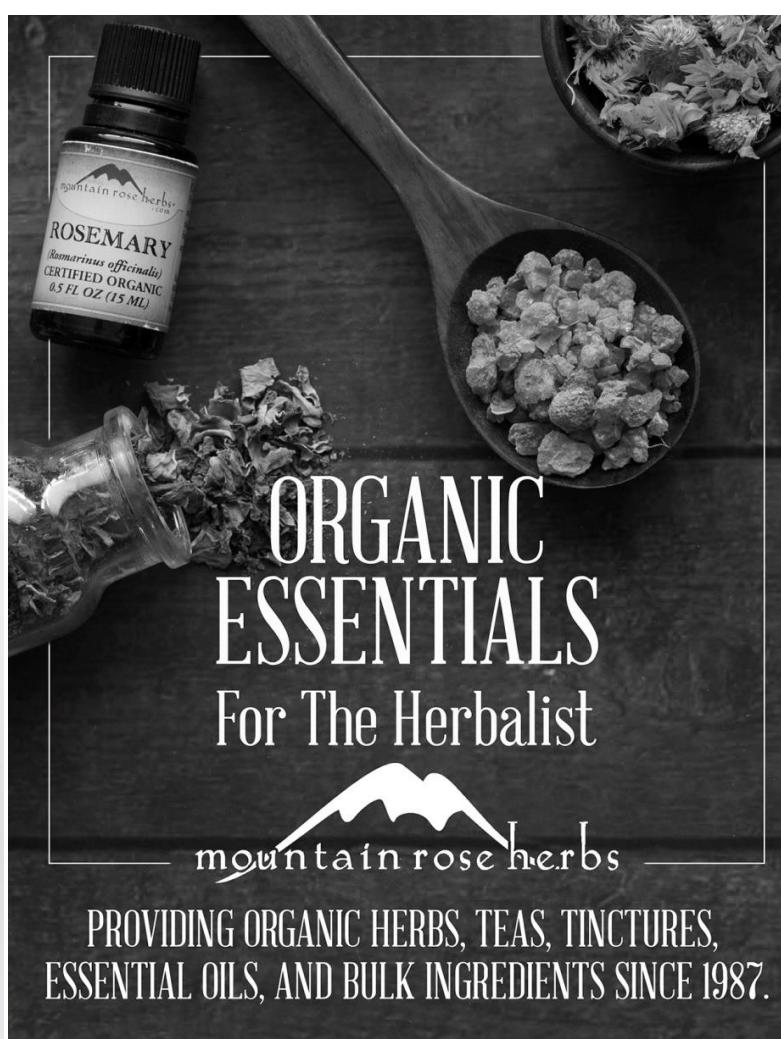
#### These results include:

- Analysis of 35 different hormone tests: sex hormone metabolites, adrenal hormones (cortisol, DHEA) estrogen, progesterone, testosterone, melatonin
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