

**CONGRATULATIONS
and WELCOME TO**


SHINE
CONFERENCE

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
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THAT KEEPS YOU SICK, FAT, AND TIRED
*BEFORE IT TURNS INTO DISEASE***

The

Autoimmune Fix

TOM O'BRYAN, DC, CCN, DACBN

FOREWORD BY

NEW YORK TIMES BESTSELLING AUTHOR MARK HYMAN, MD

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

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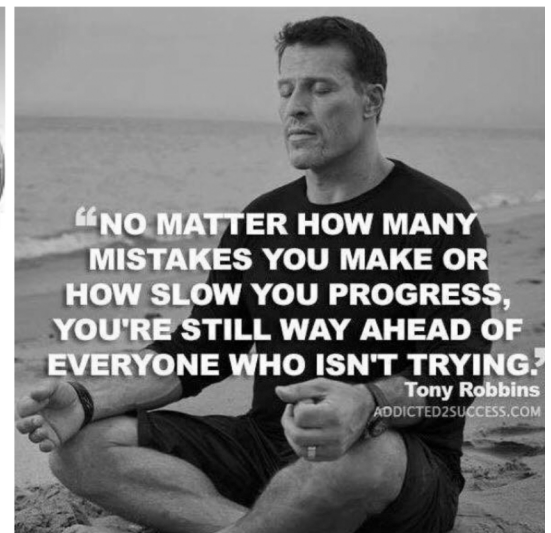
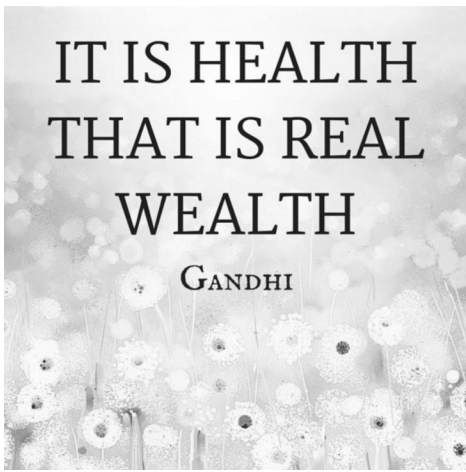
Julva™ is my brand new cream for the ladies...designed for our delicate feminine parts. After years of research I created this restorative cream for the vulvar area that is,

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- 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!

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- Supports hormone balance...with protective and health-promoting properties
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- 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 performed 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

A glass of layered yogurt dessert with fruit and herbs, next to two red Christmas ornaments.

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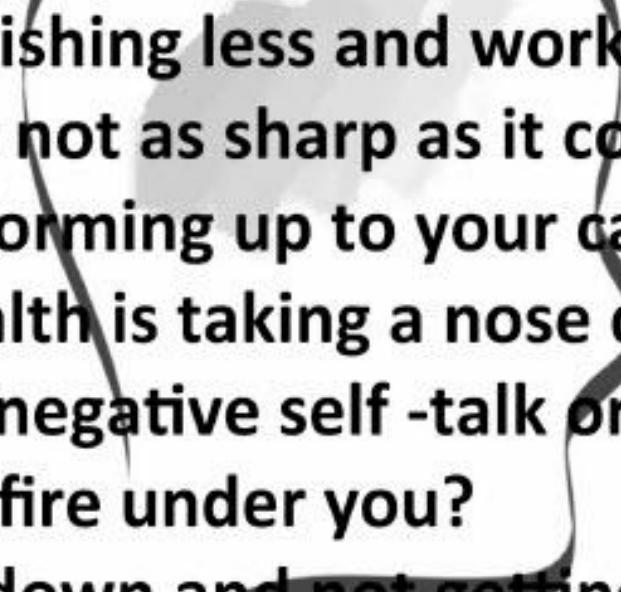
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You know you're bright, but...

- 
- **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?”**

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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

Start your Level 1 Energy Healing Practice, earn \$60-\$80 per hour

- **Earn a Body Mind Balance Level 1 Certificate**
- **Be listed on the Find a Healer page** on the 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

818-640-6444



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



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- **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)
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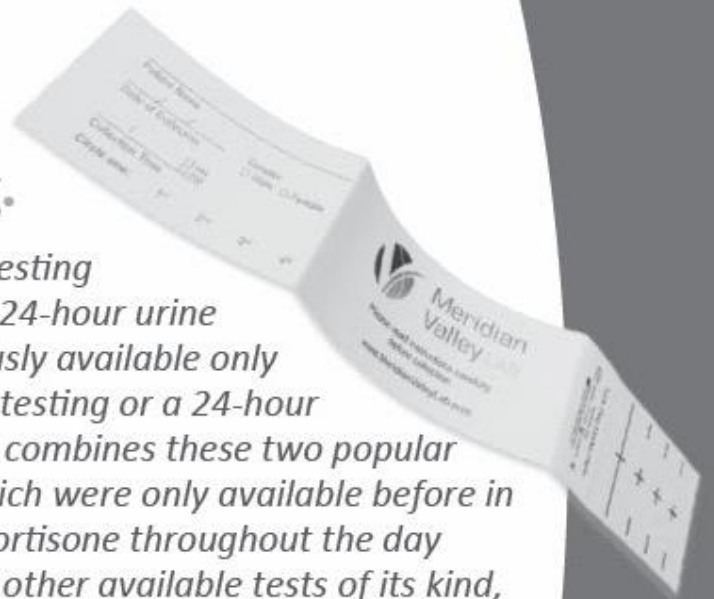
Introducing Dried Urine Hormone Testing.

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.



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This kit includes:

- ✓ Easy directions and filter paper (4 simple dried urine collections)
- ✓ Sealable return envelope. Drop it in the mailbox for prompt delivery

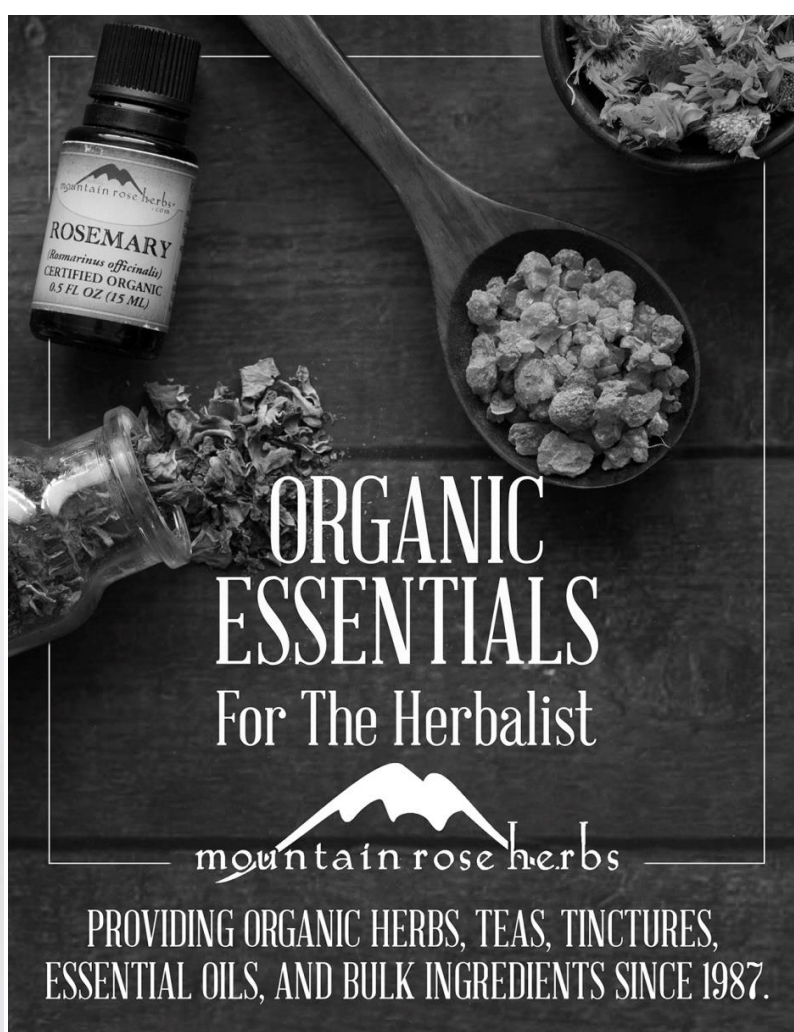
These results include:

- ✓ Analysis of 35 different hormone tests: sex hormone metabolites, adrenal hormones (cortisol, DHEA) estrogen, progesterone, testosterone, melatonin
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- ✓ Extensive androgen and estrogen metabolites, 2-OH, 4-OH, 16-OH, for cancer risk assessment
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