

# 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout!

with  
**Dr. Ritamarie Loscalzo**



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**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.

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## Why Are You Here?

- \* Energy for the Important Things
- \* A Body to be Proud of
- \* Steady and Predictable Emotions
- \* Clear Sharp Focus
- \* Comfort
- \* Joy
- \* Success, Prosperity, and Making a Difference



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## What We'll Cover Tonight

- \* The **common underlying cause** of most **B**elly fat, **B**rain fog, and **B**urnout (and the hidden dangers)
- \* The **4<sup>th</sup> B**: how **B**lood sugar imbalance creates HAVOC
- \* **5 Cutting Edge Strategies** to **REVERSE** the underlying cause of **B4** Syndrome and Melt Your Midline, Sharpen Your Focus, and Recharge Your Energy!
- \* **30 Magical Days** to Metabolic Reset!
- \* Putting it all into **ACTION**



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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### Who Am I and Why Do I Care So Much About Belly Fat, Brain Fog, and Burnout?



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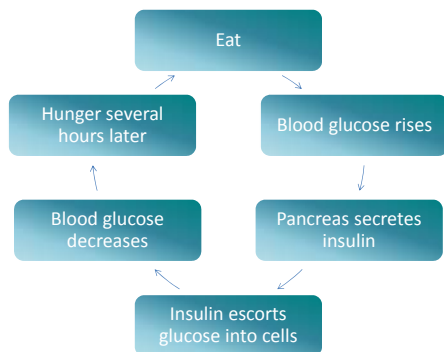
### The 4<sup>th</sup> B - The Root Cause

- \* Blood sugar imbalances explained
- \* Insulin resistance: **the silent killer!**
- \* **Causes of insulin resistance**
- \* Symptoms of blood sugar imbalance
- \* **Blood sugar imbalance spectrum**
- \* How blood sugar imbalance keeps your belly fat, brain foggy, and body too exhausted to excel in your career and enjoy your life
- \* **What you can do to take back control.**

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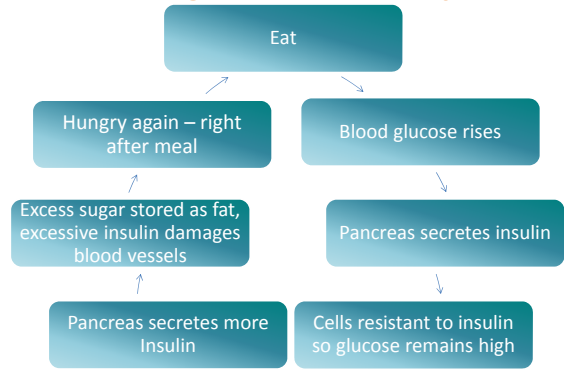
### Normal Blood Sugar Cycle



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### Blood Sugar Imbalance Cycle



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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### The Serious Consequences of Insulin Resistance

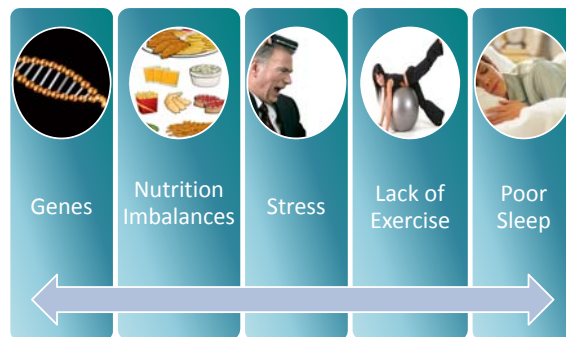
- ✱ Thyroid and growth hormone deficiency
- ✱ Increased cancer risk
- ✱ High blood pressure
- ✱ Injury to blood vessel linings
- ✱ Systemic inflammation
- ✱ Risk of Alzheimer's
- ✱ Low energy in all organs and glands
- ✱ Diabetes



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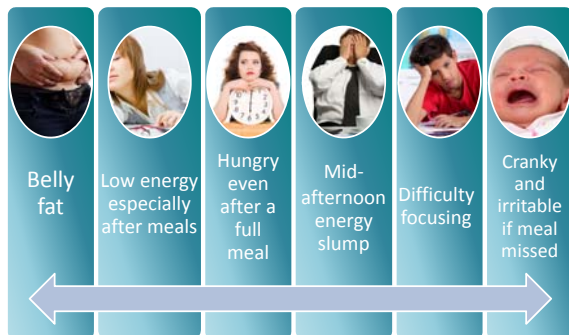
### Causes of Insulin Resistance



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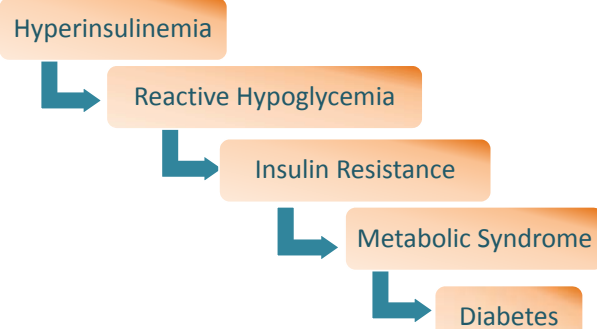
### Symptoms of Insulin Resistance



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### Blood Sugar Imbalance Spectrum



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### How Blood Sugar Imbalance Leads to Belly Fat, Brain Fog and Burnout

- ✧ How **insulin triggers** belly fat
- ✧ What is **brain fog** and how it's related to blood sugar
- ✧ **Burnout, fatigue, and decreased energy** production naturally follow blood sugar imbalance

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### 5 Key Steps to Restore 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

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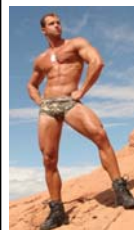
### Reversing Insulin Resistance – 5 Key Lifestyle Areas to Address



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### Magical Movement to the Rescue



- ✧ Trained muscle uses glucose more efficiently than untrained muscle
- ✧ Quality vs. quantity
- ✧ **Accelerate fat burning**
- ✧ Movements that increase lean muscle building
- ✧ 10 minutes a day – the new marathon!
- ✧ Movement and growth hormone



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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### Rev Up Your Metabolic Engine Using Your Fork

- ❖ Foods that trigger fat storage and leave you exhausted
- ❖ Foods that **jumpstart fat burning** and skyrocket your energy
- ❖ Choosing foods to **rev your metabolic engine**
- ❖ How to **excite your taste buds** while you rev up your **energy**



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### Stressing Out Leads to Plumping Up

- ❖ How stress makes **your thigh muscles turn into belly fat**
- ❖ **Simple, easy to learn activities** to keep your muscles intact and fat under control
- ❖ Restoring balance and repairing damage in increments of one minute or less



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### Hormone Harmony and Fat Burning While You Sleep

- ❖ **Hormone battles** that keep you flabby, foggy, and fatigued
- ❖ The power of a good night's sleep
- ❖ The hormone havoc caused by even one night of bad sleep
- ❖ The **hormone dance** that can transform *fat* to **fit**, *foggy* to **focused**, and *fatigued* to **full of energy**



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### Reshape Your Body By the Clock

- ❖ When you eat is even more important than what you eat
- ❖ Popularly recommended eating patterns are keeping your belly fat and your body exhausted
- ❖ The myth of frequent meals
- ❖ Intermittent fasting
- ❖ Growth hormone



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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### 30-Day Metabolic Reset Overview

- ✱ Measure blood glucose – glucose meter
- ✱ Nutrients to restore insulin sensitivity
- ✱ Walking and burst exercise to burn fat and increase lean muscle
- ✱ Nutrient dense, anti-inflammatory, alkalizing foods that don't require much insulin to metabolize
- ✱ Bedtime by 11 p.m. (or earlier) and 7-9 hours sleep each night
- ✱ Stress transforming activities throughout the day

*30-Day B4 Be Gone  
Metabolic Reset!*



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### 30-Day Metabolic Reset Diet

- ✱ Eat lots of greens and non starchy vegetables
- ✱ Avoid oxidized/heated/trans fats
- ✱ Increase DHA (doxohexaenoic acid) Omega-3
- ✱ Decrease Omega 6:3 ratio
- ✱ Avoid sugar and processed foods
- ✱ Eat low glycemic foods only
- ✱ Improve minerals: chromium, magnesium, zinc
- ✱ Improve B-vitamin status
- ✱ Avoid all foods that raise blood sugar above 110 or more than 25 points



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### Remove Allergens and Potential Allergens

#### Top 6 Food Allergens

Gluten  
Dairy  
Soy  
Corn  
Eggs  
Peanuts



#### Runners Up

Shellfish  
Tree nuts  
Strawberries  
Citrus  
Oats  
Yeast

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### Eating Behaviors for Insulin Balance

Never eat after dinner

Eat only three meals a day

Allow four to six hours between meals

Eat to full and do not over-eat or under-eat

Eat slowly and calmly

Practice breathing and appreciation before each meal

Eat a breakfast containing protein

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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### Introducing Dr. Ritamarie's B4 Be Gone System

*30 Days to a Flatter Belly, More Focused Mind,  
and Fabulous Energy*

[www.B4BeGone.com](http://www.B4BeGone.com)



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### B4 Be Gone Coaching Program Components


- \* **30-Day Metabolic Reset Training and Education Tools** that include 5 weekly modules containing a combination of audios, videos, checklists, and forms on an exclusive members website
- \* **Simple Implementation Strategies for Effectively Putting New Habits in Place** that include menus to follow, recipes and videos, fitness videos for movement, rest and de-stress strategies, and options that I can customize for MY unique body chemistry.
- \* **Step-by-Step Support, Guidance, and Accountability** that will motivate me to move forward and will bust any excuses or obstacles my internal dialogue or body may throw my way.



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### B4 Coaching System Modules

- \* **Module 1:** Mindset, Measurement and Motion
- \* **Module 2:** The Power of Your Fork
- \* **Module 3:** Harmonizing Your Head and Your Heart
- \* **Module 4:** The Hormones that Dance in Your Sleep
- \* **Module 5:** Timing is Everything



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### Foods That *Fatten* Your Belly, *Fog* Your Mind, and *Fatigue* Your Body

Top 3 foods you must **avoid** for at least a 30-day period to **reset your insulin sensitivity and restore balance:**

1. **Sugar and all of its relatives:** maple syrup, agave, honey, rice syrup, and all sweeteners (including artificial ones which trigger insulin even though they don't elevate sugar).
2. **All flour products and all gluten:** pasta, breads, crackers, etc. (even the whole grain kind).
3. **Processed, hydrogenated oils and heated fats:** margarine, mayonnaise, cooking with polyunsaturated oils, which are most oils (if you absolutely must cook with oil, use olive oil or coconut at low temperatures, but ideally, it's better to go without any oil).

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## 5 Cutting Edge Strategies to Balance Your Blood Sugar and Say Bye-Bye to Belly Fat, Brain Fog, and Burnout

### Foods That **Flatten** Your Belly, **Focus** Your Mind and **Fight** Fatigue

Top 3 foods **highly recommended for at least a 30-day period to reset your insulin sensitivity and restore balance:**

1. **Leafy Greens:** spinach, kale, dark green lettuce, red lettuce, collard greens, parsley, beet tops, etc. provide the minerals, chlorophyll, and antioxidants to protect and restore balance. Eat a variety!
2. **Avocado:** resets insulin sensitivity
3. **Chia seeds:** a filling source of omega-3 fats, protein, and important minerals that balance blood sugar
4. **BONUS HERBS AND SPICES:** cinnamon, cardamom, coriander, ginger

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### Cornerstone Supplements

- \* **Chromium Polynicotinate:**  
400 mcg twice a day
- \* **Magnesium Citrate, Glycinate, or Natural Calm:**  
400 to 800 mg per day
- \* **DHA:** 350 to 500 mg per day, preferably algae oil based
- \* **Vanadyl Sulfate (Optional):** Take 50 mg twice a day, only for 4 weeks



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