



Energy Zappers & Energy Enhancers

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Energy Zappers and Energy Enhancers

Energy Zapping Foods

- **Alcohol**
- **Caffeine:** coffee, black tea, soft drinks
- **Sugar and sweets:** includes molasses, artificial sweetener, and all forms of sugar except whole fresh fruit
- **Refined foods:** white flour, white rice, processed packaged foods (read the labels and learn to distinguish)
- **Unstable oils:** hydrogenated, trans-fats, all commercial oils (except extra virgin cold pressed olive, coconut oil, or macadamia oil)
- **Artificial colorings and flavorings**
- **Processed meats:** cold cuts, commercially raised animal products, and farmed fish
- **Dairy products**
- **Gluten**
- **Allergens:** All known and suspected allergens

Energy Enhancing Foods

- **Dark green leafy vegetables:** 1 - 2 pounds a day (minimum 3 - 4 cups) - at least half should be raw*
- **Rainbow vegetables:** a big bowl full
- **Root vegetables:** as desired for increased calories and staying power
- **Cruciferous vegetables:** 3 - 4 cups per day
- **Fresh ripe fruit:** 2 - 3 pieces per day
- **Omega-3 rich fats:** chia seeds, hemp seeds, pumpkin seeds, flax seeds (1 - 4 tablespoons per day)
- **Probiotic containing foods:** kim chi, sauerkraut, miso, non-dairy yogurt
- **Sea vegetables:** 1 - 2 ounces per week
- **Sulfur containing foods:** onions, garlic, cabbage
- **Water:** 1/2 your body weight in fluid ounces each day

*1 - 2 quarts a day of green smoothie can cover a lot of these requirements.

Now that you know what foods can drain your energy and which ones can enhance it, you can make choices that give you the energy and stamina that you need to do all the things you want with your life. Print this chart and pin it to your refrigerator, carry it to the grocery store with you and add new energizing foods every day, while one by one dropping the energy drainers.

You can do it!

Need help?

We can support you.

Our "Lab Memberships" provide you with tools and support calls with Dr. Ritamarie and her certified nutritional endocrinology coaches to help you to experiment on yourself and find the best diet and habits to balance your body.

You can find out more at the following links.

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCare.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

Lab Test Review: Meet with one of our certified Nutritional Endocrinology practitioners to review the results of a your most recent functional nutrition lab test.

Balancing your blood sugar is a critical part of restoring your energy. You can access our blood sugar balancing program at any time here: [Sweet Spot Solution](http://SweetSpotSolution.com)

For more personalized support and help with understanding your labs and symptoms, check out our personalized health programs. We also have a variety of personalized health coaching packages, some that include functional lab tests, to pinpoint your imbalances and guide you to restore your health, including the Energy Recharge Inner Circle, which we open up once a year to a small group of people who are serious about getting their health back with lots of support. Reach out to helpdesk@drritamarie.com for details.



About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-focused system into a true health care system where all practitioners are skilled at finding the root causes of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the Institute of Nutritional Endocrinology, Dr. Ritamarie specializes in empowering health and nutrition practitioners to identify and reverse the root causes of health issues by using the science of functional assessments and the wisdom of nature to restore balance to hormones, which control every system in the human body.

Students and graduates, as well as colleagues, refer to the Institute of Nutritional Endocrinology as the "Harvard of online functional medicine training."

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath ®. She's also certified as a living foods chef, instructor, and coach.

A best-selling author, speaker, and internationally recognized nutrition and functional health authority with over 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

To find out more about the Institute of Nutritional Endocrinology offerings, visit:
<http://www.INEMethod>.