



## T-Tapp: The Effective Workout for Thyroid Patients

**Vibrant Health Solutions Radio Show  
with Dr. Ritamarie Loscalzo and Teresa Tapp  
Transcript**

Hello and welcome to your Vibrant Health Solutions radio show. I'm your host, Dr. Ritamarie Loscalzo, and we're host...we are broadcasting live from Austin, Texas on this hot and steamy autumn day. And I am especially excited today to be here with a guest. And when I read her credentials, you will understand why I'm so excited to have her here.

And her...we're going to be talking today about fitness. And I know that for lots of you, fitness is that dirty word – right? Ugh, fitness – you know, 'I've got to go to some boring aerobics class or go to the gym and pump weights for an hour or up and down on the treadmill and, oh, my god, and, you know, nothing's happening,' and you don't have the incentive to keep going.

Well, I have a guest today that is going to revolutionize that for you. Her name is Teresa Tapp and she is a fitness expert – a muscle-activation specialist – who lives in the Tampa Bay area, Florida, and I just found out that, as I reread her bio, I have a son who goes to school very close to Tampa. She's the star of the PBS program 'Healthy Hormones Brain Fitness,' author of *Fit and Fabulous in 15 Minutes*, and creator of the T-Tapp method of movement.

So, Teresa is available at [www.TTapp.com](http://www.TTapp.com), and she's been hailed as the anti-aging workout celebrity - don't we all want that? - by anti-aging pioneer and author Nicholas Perricone. She's also had her program recommended for effective thyroid patients... as effective for thyroid patients by New York Times-selling author Mary Shomon. T-Tapp is currently being used at Sloan-Kettering Cancer Center to mitigate the side effects of cancer treatments.

She's also currently featured in 10 bestselling books in addition to her own, *Fit and Fabulous in 15 Minutes*. She's a regular speaker internationally at...throughout various places, but one in particular that you guys might be familiar with is the Hippocrates Health Institute, and they are very prominent in the world of natural health, and they deal with a lot of really, really terminal and very ill people and get them turned around.

She's endorsed by them as well as Sloan Kettering, so foot in both worlds, as we might say. And she's received a letter of recognition from the governor Charlie Christ for her work with the youth of Florida, helping them to learn to fight obesity – and don't we know they need that.

So thank you so, so much for being here – I am just awed by how you've taken fitness and just given it a whole new meaning and brought it into places that are just quite amazing. Welcome.

Teresa: Well, thank you so much, Dr. Ritamarie, for even having me, because in all truth, we kind of walk the same path in that we're educators – that we really want to help educate, elevate, and motivate everyone to look and feel their best.

DRL: Yep, absolutely. Absolutely. And, like I said, you know the two places that we all are not gaining a lot of popularity when we're talking to people about, 'Well, you have to exercise and you have to eat right and all this.'

But the truth be known, it's the only way to be healthy and it's the only way to quote-unquote fight the effects of time and aging and really shine through that and more than fight it but really prosper and thrive through that and I just want to hear so much more about your stuff and I have some questions and I know some new questions will come up as we go through. And we only have a half an hour, unfortunately, for this show, and they abruptly cut us off at a half an hour, so we're going to just get as much as we can into this half an hour.

And so first of all, tell us about the difference between traditional exercise and your T-Tapp method.

Teresa: Well, so many people approach exercise as a means of burning X-amount of calories, losing fat in X-amount of time, fit into that pair of jeans, and you think of aerobic or strength training. And traditional exercise movement is what's termed isotonic, which is where there's tension on one part of the muscle – because the muscle attaches at two places on your bones, origin and insertion. So usually in traditional exercise, you get a little bit more tension on one attachment to the belly of the muscle. And that's how you shorten the fiber and how you accumulate muscle mass – okay, so you get more muscle on your body for more fat-burning capabilities or more resting calorie burning.

And then T-Tapp is much more comprehensive, with equal tension, full fiber. So you're getting equal tension on both attachments and it focuses on the fascia.

So I worked for many years over in Europe, over 18 years at the Bundesliga while I was in the high fashion industry helping, you know, models look body perfection.

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But what was exciting while I did that, while I was in Hamburg, was the Bundesliga's the Olympian facility. So I was fine-tuning this workout that I had in my mind and in theory called T-Tapp.

Back then it was called the Super Fat-Burning [something 0:05:21.2] system. But it was where I was able to interact with Olympian-level physiologists and exercise scientists.

And so I learned from them, in addition to my full-fiber theory, which would help you create muscle density instead of muscle mass – much like Spanx, where you'd be able to cinch in the inches. So you get inch loss very quickly with T-Tapp. So whereas traditional exercise, you're going to see a change in the scale maybe quicker, whereas T-Tapp, for the first four weeks, you may not see any change in the scale or maybe three pounds, which wouldn't excite anyone.

But within the most three to four weeks, most people lose at least one size, if not two, doing a 15- to 30-minute working. Now, that's pretty exciting when your clothes –

DRL: Whoa, whoa, whoa, whoa, whoa. You're kidding. You've got to repeat that. In three to four weeks, they're going to lose a size in clothes doing a 15-minute workout?

Teresa: Correct. Correct.

DRL: Open up your ears, folks.

Teresa: And I've got testimonials. It sounds too good to be true, but, you know, when you.... Well, here's how I.... I've gone on lots of TV, and you know how traditional exercise says you can't spot reduce – even Dr. Oz says you can't burn back fat. And I'll sit up there and challenge anyone and say, 'Oh, yes, you can.'

Because don't we kind of spot gain weight as we age? And most people know that muscles burn fat for fuel. Right? First we start with sugar, glucose, once you expense that your muscles kick in because it prefers fat for fuel. But it depends on where your sugar levels or your efficiency as a machine – because your body is the perfect machine.

Okay, so what I.... Because I worked in the industry for years and it's like I've gone on TV enough times to say, 'Look, you spot gain where you inactivate muscles, over time, is where your body stores the fat. If you're always arched out, you're going to get muffin top up at that back edge and the belly.'

If you always pronate your knee, let your knee go to your big toe while you walk or walk like a duck, you're going to accumulate fat on the inside of your knee, right above the knee cap. If you're always putting all your weight in one hip, you're going to have a greater saddlebag on that side than the other.

If you always let your ribs drop down, poor posture slump, in addition to the poochy belly, you're going to accumulate back fat because when you have your ribs up, shoulders back, you activate back muscles. Okay, so with time, you're going to accumulate. Okay, like people always the slump and lean forward with the chin and they wonder why they get that dowager's fat at the base of the neck.

Okay, so at any rate, I took the theory and said, 'Well, why not full fiber active and create like this muscle density?' You know, like Spanx, which is going to burn and support the bones to pull the body into proper alignment, like the power of posture.

So when I go on TV, I say, 'You can't spot reduce? Let me tell you. My man can lose six inches off his waist in 60 seconds. All it takes is a pretty girl walking by, and if it's blonde, it'll happen even faster.' He'll suck in that belly, and I'll tell you what, the tape measure will show six inches less. Right?

Okay, well what if you learned how to activate your muscles on the inside to help cinch in, uplift, tighten, and tone quicker? And I taught models immediately how to take a quarter to three-eighths of an inch off their saddlebags instantaneously by knowing how to tuck, twist, tighten, and shift their weight in their foot and upper thigh.

I know how to immediately target trim on your triceps, where you lift your ribs and add leverage activation. You know, thumbs away throughout the day will take away armpit pudge. You've got tension up in excess tight traps, hunching up your ears to the shoulders throughout the day with a big inhale and then on the exhale, lifting your ribs and relaxing them will help target trim those excess bulk on your traps, going up into your neck.

So all these little tips – and I realize that it sounds too good to be true, so I put lots of freebies at YouTube and at T Tapp dot com, saying try before you buy. Because when you forget about the scale, which takes into account water weight, density, bones, this and that – when you create muscles that have density to act like Spanx or girdles, your inch loss is what you see first, and then, because of greater muscle density and greater metabolism and lymphatic function, then the scale starts to drop in week six to eight.

And let's truthfully be accurate here. Models aren't picked what the scale says, it's how the clothes look on 'em. And they have to make ugly clothes look good, so they have to have nice, firm, tone bodies, where clothes can hang, right?

So when we're looking at our body as a machine, I want to educate and help you understand how to activate more muscles on the inside so that you faster results on the outside and help your body help itself balance in balance.

We have strength and flexibility, so progressively you're going to make muscles stronger where they're weaker, and muscles that are too tight get more flexible, and that equal tension on the bones improves bone density and the power of maintaining optimal posture, which helps with your digestion, assimilation, and elimination.

It's all integrative. It's like you need to understand your body as a machine and so the simple answer, where T-Tapp versus on traditional is we're full-fiber, more comprehensive, but it's an educational program who teaches you the how and why for every movement so that you understand how incorporate mindful movement throughout the day, even while you're standing in a grocery line or shopping, or with your favorite exercise program so it becomes more efficient and effective.

I have it in a special sequence: a 15-minute, a 30-minute, a 45-minute. It's all there in the book *Fit and Fabulous in 15 Minutes*. And you get unlimited free tech support – phone call forever. Come in, call, email – we're helping you help yourself. It's not just follow along. You get to understand the most miraculous machine you have – it's your body, and if you understand how to tuck it, lift it, these primary principles that are woven into the T-Tapp method of movement, you're set for life in maintaining optimal metabolism, circulation, lymphatic elimination, and better brain-to-body/mind-to-muscle transmission.

So that's why it's called the ultimate brain-body fitness workout. It's also been called the Western world tai chi and Dr. Perricone said it's the only workout he knows that decreases inflammation, whereas most traditional exercise increases inflammation.

DRL: Whoa!

Teresa: So a lot of words, but it's completely different. It's a standalone workout; it's an all-in-one workout that you can do by itself or use in combination with others or take pieces of it and apply. Powerful.

DRL: This is... this sounds incredible, and so let me just clarify something, what you said. You're saying that if somebody buys your book and they have, you know, a question about this thing on page 47 and they're trying to do it, they have no idea how, they can call and someone will help them with that?

Teresa: Yes, indeed.

DRL: Holy cow.

Teresa: We have free forums and on the forums - we get over 90,000 hits a day just on our forums. And it's tied in with the public broadcast.

DRL: 90,000?

Teresa: A day. Because it's all this wonderful information. In addition to the workout, there's a nutrition section. Then there's an off-topic, where everybody just loves to talk.

But it's already been clinically proven that if you have a buddy to help you in fitness, or somebody to help you be accountable, you have greater success. So I said, 'Why not create a safe environment?' There's absolutely no advertising, no pop-ups, nothing on my site, and it's been that way for 15 years and it's free that you can go in and talk with other people that are all over the world under a code name – so you have no idea.

And there's people who are a lot smarter than me with PhDs and MDs and all kinds of experts, but we're equal when it comes to our own body, of having in-balances, a little bit of pudge that we want to move, and so here's a place you can go and go, 'Yippee, yi, I've lost this many inches,' 'Hey, help me; I'm stuck on a plateau,' 'I don't understand' – and all of the sudden people become cyber friends.

But then there's all this archives – 15 years of archives of you do a search, you find, because it's always usually the typical beginner things, but there's always live people everywhere, including my staff and trainers, and then you also can go Info at T Tapp dot com. All we ask first is that we know that you have that book or a workout.

We have the workout, but as long as we know you have it, we're not going to sit here and answer everybody's just inquiries, but once we know you're part of the team, you're part of the team. Because that's why you register your book purchase, which gives you an automatic 30 percent off anytime. And you have no time limit on that – like you can just sit on that and five years down the road...but if you've registered your book purchase by the coupon that's in there, you're automatically available for free support.

You call, you might even get me. I have a staff of nine, but you just might get me. And nobody's ever heard of that, but that's why T-Tapp's different. I want to empower you to be able to understand how to help your own body be forever fit.

DRL: Wow! I'm just totally floored that...it sounds like the most amazing thing and how hard is it to learn?

Teresa: It's not. There's a progressive curve, because if you're so used to just bouncing to the beat – let's face it, there's lots of fun workouts there. Walking workouts to your favorite music, step one, Zumba – you know, there's all kinds of...people really love their favorite whatever. But I wouldn't call T-Tapp a fun. It's not a fun. It's education – no music. You hear me give pointers and talk, literally, you'll think I'm in your living room because I'll say it right when you've just untucked or dropped your ribs or forgot about your thumbs or your big toes. It's so mindful. It's so left-brain, right-brain, mind-body – it takes time to focus and reconnect. And reconnect. So I have no music.

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But then once you've got it, you don't even have to watch me. You can do it by memory, and you've got your book or DVDs.

And I have other varieties of books – I mean of DVDs, because people want a little bit more on the arms, a little bit more on the torso, because they always encounter the full body. Okay? I might add the little extra emphasis if somebody's wanting a trimmer torso on this one, but every single workout is going to provide a full body, head to toe workout, because it's too integrative. When you understand the body as a machine, you can't just do on the one.

But you never tear muscle fibers, you never add more reps than eight – one set of eight repetitions. The stronger you get, the more you get out of it, the less you have to do. It's a curve –

DRL: Mmm.

Teresa: I know. See, it's never been done that way, but I realized as you get more proficient on mind-to-muscle connection, which I call neurokinetic, it means you're going to get a greater nerve stimulus, which means you're going to be able to hold the isometric at the same time you're doing large muscle movement, which means it's more intense.

In the beginning, I know there's going to be a point of relax, release, reset, okay, which means you get a split second of reset release and that changes the metabolic processing. As long as a person just does their own personal best, your body never adapts to it and it always provides challenge, which who's ever heard the same workout will challenge a triathlete, a weight trainer, and grandma who just had a heart attack and is rebuilding her body.

DRL: No. Never heard of that before.

Teresa: And that's why the medical community has embraced me, and I kept out of the commercialism. I've turned down infomercials not once but four times. And it's...I'm not looking to be a superstar; I'm looking to be a super teacher so that everybody can understand and be successful on their own. And that's why Memorial Sloan-Kettering contacted me about being part of a five-year double-blind study.

We're going into year four now, where they're using the 15-minute basic Chapter Four workout not only pro...after traditional chemo and radiation, but also previous. And we're up against walking, yoga, the other group's nothing, and then there's T-Tapp.

Actually saying T-Tapp, and you, being a healthcare professional, know you just don't get your name like... you don't hear a certain type of Pilates being put in.

And it took forever to get yoga even involved in cancer research. The theory is, because it's so lymphatic and it's so comprehensive on elimination, that perhaps – perhaps – less chemo made need to be administered, which would then mean less tissue damage post, for greater assimilation if done before.

And then after will help to eliminate what's stored, because it's so optimal in the lymphatic function of T-Tapp so that you'll also get your full range in motion because once you use radiation or chemo, there's a lot of tissue damage because it hurts the good as well as the bad. And you need to help the body rebuild itself and eliminate the toxins that are in there to kill the cancer.

Well, they're seeing positive results just in the preliminary – that's why they put it within the study. That's very exciting to be asked to be a part of it, just like when Dr. Perricone, out of the blue, contacted me, saying, 'Teresa, your workout's perfect for anybody with an autoimmune issue.' If they have chronic fatigue, if they have thyroid, adrenal fatigue – here's a workout for MS, multiple sclerosis. Here's something they can do to help keep a healthy metabolism, digestion, assimilation, elimination, lessen the inflammation without wiping the person out and having them have a setback and be bedridden for the next three days.

So it literally helps rebuild body fitness and function. Okay? Form, yes, we can sculpt away the inches. I can help anybody get back into their jeans. I did it for supermodels, post-baby, back into their full working out in six weeks. And they do it in three feet of square space – no weights, no jumping. If you had bad back, hips, or knees, you can do it.

And so it's empowering when you realize it's not too late. I have people who start at age 73 and then get in the best fit.... One of the ones that just surprises so many people – and that's why they get asked to do TV and all that – is Charlotte, because she said, 'Really? With 15 minutes?' Charlotte is the mother of 12 children, all single births, vaginally, and her husband is a minister in Texas – or, excuse me, Oklahoma – and she went from size 22 to size 10 in one year doing nothing but the 15-minute workout, no change of diet.

And then when she came to me at size 10, she goes, 'You know, I have a class reunion. I'm hoping I can get back to a size 10.' Like a...she says, 'I'm a tight 10, to get to a loose 10, what I was in high school.'

I told her the secret: ribs up, and add Chapter Five, that second half of core activation. You know what? In the next few months, she went down to a size four.

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She went from 24 to four in 18 months doing only T-Tapp, with having to feed 12 children, all homeschooled, and being a minister's life, which means you get lots of comfort food, and she doesn't have loose skin hanging all over the place.

DRL: Well, that's the next question I was going to ask you: what about the loose skin?

That's what people ask me all the time, because people lose tremendous amounts of weight when I work with them, and it's like, 'What do I do about all this sagging skin?'

Teresa: Exactly. Two things: you need the full fiber activation, so you're literally getting the muscle density, not just muscle mass, which then one attachment's more loose than the other and you get the flaccid. Skin also needs to be brushed. Brush your body.

I have a CRT skin-tightening system, which incorporates some alfalfa as a supplement. I call that God's multivitamin and mineral, because I'm able to get non-GMO organic alfalfa and it's used for cancer research. I'm the only one in America that has it, but because of my connection to the cancer research – because I started off in cancer research. I thought I was going to be a physician in cancer research. But my old lab partner's with the really large pharmaceutical house, and they grow it in southern California, and it's all shipped to Japan, except for I get, each crop-cutting, 15,000 bottles. Okay, they ship it to me in bulk.

DRL: 15,000 bottles?

Teresa: Yes. It's not like I say, 'I'll take a case.' No, no, no. I have the whole things air conditioned shipped over and then I encapsulate it over here.

But at any rate, you need to supplement the skin a little bit more. Okay, you as a physician know vitamin C and zinc help the body produce collagen. Okay? Well, mineral deficiency is usually the reason for the loss of skin elasticity. Well, you can increase skin elasticity and tone by doing things like Dead Sea mineral salt soaks, using aloe on your skin to help on the hydration of it, drinking more so you hydrate from the inside out, drinking aloe to hydrate inside out, adding multi – like a fulvic mineral spray or taking colloidal minerals. Adding more minerals and then getting all of the nutritional density and get the inflammation down. Because inflammation will help skin not be able to rebuild.

Okay, so. But the most, most – if nothing else, if I could just get everybody to get a dry brush, plant fiber – I like the yerba prima plant. So you don't even have to buy it from me, although I have it at T Tapp dot com. Start dry brushing – there's lots of freebies out there. I have a special sequence that works with the lymphatic system.

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But you can just get this information for free. I thought everybody knew this, but when I came back from Europe when I retired in '92 from the fashion industry, I was like, 'What? Nobody brushes their bodies in America?'

Because in Europe, they start at age 12, because exercising your skin.... Exercise, traditional exercise, works your muscles. Well, your skin's not a muscle; it's on top of the muscle. You have to exercise the skin because normal aging as the skin thins. And if you lose a lot of weight, if you've been storing a lot of fat – well, then the skin's loose.

It's got to retighten and tone. And of course, it's easier when you're younger, so you may not have to do the alfalfa or supplement or do Dead Sea salt soaks or things when you're 20 or 30. But when you're like 48, like Charlotte, after 12 babies and size 24 at 48, she supplemented along, brushed her body daily, added those... and it's pretty darn cool that she can wear sleeveless tops and shorts.

DRL: My goodness. That's really impressive.

Teresa: And so I empower the words 'yes, you can,' and that's why you have that free additional support. You come in at T Tapp dot com forums, other people will tell you what they did. You know, it's like it's really fun. It's a community of people really wanting to help everyone discover what they did because don't we do that as women? As soon as we find a secret sale, we tell everyone, 'This is a great sale; go buy it there' or 'This is a great...I found this cream that does this,' 'I found this workout that does it.'

So it's a wonderful, friendly, helping community – no snarkiness, no competitiveness. Everyone really is excited because they look and feel better, so they're wanting to help others that they can, too. And play it forward as they say.

DRL: Wow, I love...I love what you're doing. I love your generosity of your approach – you know, a free community and the...you give a free video with the book, so the book not only comes with the book, but you've got a video in the book. And you get support by being there; that's pretty amazing. That's pretty darn amazing.

Teresa: Well, I really believe when you help others, it comes back.

DRL: It comes back.

Teresa: I really do, and it's not just about making money or be – I mean, I have to make enough to pay for my website.

DRL: Of course.

Teresa: It's kind of expensive these days. But there's so much in the science of exercise – or as I say, mindful movement. I mean, because, for instance, while you were at the grocery store – okay, because I talk about the primary principles, three primary principles of T-Tapp, is keeping your knees bent – bend it – which activates the muscles right above the knee. And most people start having knee issues because traditional exercises uses more attachments at the hip versus the knee – even ballet dancers start having problems with their knees because they're locked, they don't have equal activation.

So I focus on keeping knees bent through these movements. Tuck it, meaning tuck tailbone under. I don't believe in neutral spine while you're exercising.

Most people throughout the day are arching out their lower back – I call it the kidney bean curb. And if you wear high heels, it arches out even more. If you're a short torso, you arch out even more.

But in T-Tapp, I'm like, 'Tuck, curl that tailbone under, like a bad doggy tail underneath, between the legs. I want to activate all those muscles that attach to the lower lumbar, because that wraps around and gives you better abs, because belly and back go hand in hand. You have a poochy belly, you got a bad back. You got a bad back, you got a poochy belly. Because they really do wrap around and attach.

And then the other is lift it – ribs up is the primary secret to keeping healthy metabolism and getting through menopause without gaining weight.

And then the other two building blocks is getting knees towards little toe or keep off the ball joint of your big toe throughout the day. Too many people put all of their weight on the ball joint and aim their knees to big toe when they need to aim knees toward the little toe or keep weight distribution on the last three toes.

And then the thumbs away is because too many of us, when we're walking, walk with our thumbs pointing to the middle of our body so that you see the back of the hand and the palm is back. To me, that looks like gorillas. You look like a monkey, and you're pronating your shoulder in, which means you're pronating the armpit, and you get the armpit pudge, you get less healthy breast tissue. When you think thumbs forward, when you're walking throughout the day, and if you think thumbs away whenever you do like a shoulder roll or while you're exercising – like everyone right now listening – if you just drop your hand down by your sides, if you're sitting, and now feel when your thumbs are towards your body.

Now one, two, three, point thumb to the front. Ooh, did you feel something shift slightly? Now, one, two, three, keep turning it to the sidewall. Ooh, did you just feel your pec muscle, right above on your bosom, just activate?

Now let's go a little more. Keep turning back, back, back, back, back to the back wall. Oh, did we just feel our bodies pull the ribs and activate the muscles in the back? You just activated every muscle that attaches to your shoulder. Now you're going to get full fiber on every muscle that attaches from your shoulder to your spine and your shoulder to your sternum, so now you're going to get perky pecs, budge the pudge at the armpit, and burn off some of that back fat, and get rid of the dowager's hump – and healthy bones in the cervical so you don't get osteoporosis. Pretty cool.

DRL: Wow, it's pretty darn cool. And tell me about the thyroid real quick. I mean, I hear that the lymphatic and all that. But tell me more about how it specifically affects the thyroid.

Teresa: Okay, so in thyroid, in the first move in Chapter Four – it's called primary back stretch. And I do a lot of movements where you're reaching with your chin as you're arching and scooping your back and rolling your head to the side and letting the weight of your head do a lateral stretch, lymphatically releasing on the side of the neck and ribs up as you're coming down....

So I'm doing these various head movements – well, your thyroid is like a butterfly right in the front of your throat. And so many people...now, thyroid function also ties into the adrenals. Now, the adrenals is the whole tuck, curl, and shift weight into heels, knees out. Now you're going to pull the fascia, which helps the... it helps support the adrenals. But tuck, reach down actually supports adrenals, which supports the thyroid. So the two kinda go hand-in-hand.

But especially whenever you see that I'm doing these tilt-tilts and roll this way, never rolling all the way back, you're helping to eliminate and keep the blood flow full in the area of your thyroid and the elimination of it and keeping the muscle tone all around it, so you support thyroid function.

And those who already have Hashimoto's or suppressed immune system, you're wanting to support the adrenals to re-help the thyroid. That comes with decreasing inflammation in your body and optimizing lymphatic function, which T-Tapp is optimal. That's why it's within cancer research, within in all that.

All exercise is lymphatic to a point, but just put it back to that isotonic traditional, you're not going to get the little, tiny, capillary-sized lymphatic vessels between the muscle tissue. When you're full-fiber – and I also do multiple muscles, always five to seven at the same time. It's like having one of those Squeegee mops – you know where you just drag it out, and it automatically is dry, versus the old mop you twist and turn, or use the sponge and it always be a little bit of dirty water left in there. Those Squeegee mops where you just slide it, full-fiber, takes out all the moisture and dirty water.

That's kinda of what T-Tapp does, and then it's done in a special sequence, so I'm circulating it all the way through, optimizing on your liver, your kidneys, your adrenal and your thyroid.

That's why it's been so effective and that's how I met Mary Shomon. She's the thyroid advocate; she's got like 15 books with HarperCollins-Marrow, and she's the one who contacted me and she said, 'I've been working with a Pilates instructor for two years.' She comes to my house, and she goes, 'And I'm hearing from all of my people at my column at About dot com about this T-Tapp. What is this T-Tapp? Can you send me one?'

So I sent her T-Tapp More. It's a special program I have for people who have more health issues to overcome. So you only do four reps, okay, and you get five workouts, but they're all less than 15 minutes. And you can mix and match and add them together.

You know what? She lost 22 inches in one week; that was more than she had lost in two years and she could not believe it. Plus she felt the energy. Because, you know, even though her thyroid has been rebuilt, she's always got to deal with it, because, you know, once you know that you're more susceptible.... She says, 'Oh, my gosh!'

So then she asked me to be part of her book. And so The Menopause Thyroid Solution book was that – and she's...I'm also part of her new book, The Thyroid Diet. And then when public broadcasting asked me to do a documentary about brain-body fitness, I said, 'Well, let me introduce...why don't we bring in Mary Shomon?'

So...I brought that forward and asked her to be part of the documentary, because I think everyone needs to know how to prevent.... Let's not just wait till it's broken. T-Tapp is the preventative wellness workout, and I think what Mary talks about in thyroid in her books – and her free advice at About dot com – is you can prevent thyroid dysfunction. If you know how to help your body help itself and do these daily mindful movements and be conscious of yourself, you can really do a lot. Your body's an amazing machine; it was designed to repair and rebuild. But you have to feed it a little bit.

We don't have to have perfect diets, but you have to think...give it some nutrition. You have to move it a little bit. We can't sit for hours in front of the computer and let the lymph pool and let our ankles swell up and our hands...arthritis sets in from poor posture and repetitive habits. You know, carpal tunnel – all those things greatly improve with T-Tapp, because it's very mindful on the elimination and creating full-fiber activation of multiple muscles so that you start to tug on the bones, move the lymph, rebuild, strengthen flexibility, and the clincher is you also increase healthy heart function. It's aerobic without any impact at all.

DRL: Wow. Whoa. And I see you have this specific video, just specifically for the healthy...it's Healthy Hormone Brain-Body Fitness.

Teresa: Yes. And like all of your listeners are going to get a special percent coupon. You can cut to the chase – anybody out there, if you're dealing with thyroid or imbalance, the pictorial – there's pictures of it in the book The Menopause Thyroid Solution, which is like a go-to guide on everything to do. In there, there's 33 pages of a workout. But people still like videos, so I created 'Mindful Movement for Healthy Hormones, Thyroid, and Menopause Management' so that you can help you keep healthy hormones, which is why public broadcasting contacted me, keep your thyroid optimal.

If you're not in menopause, you still have hormones. I always said I had all those models when they were all 15 to 17 and they were very hormonally imbalanced. They were always worried if a guy loved them or not and they'd cry and I was Mother Teresa. Well, you know what? Menopause is the same thing, except you put your hand on the hip and you go, 'I don't care.' But you still have highs and lows, right? We have hormones, post-baby, we have postpartum depression. We have sometimes people have greater PMS – that's all hormone-related.

T-Tapp zaps that, gets the hormones healthy.

DRL: Well, fantastic. So if nothing else, I would highly recommend that we all get this in menopause areas. Tell us about that you just said a 20 percent coupon.

Teresa: Oh, yes. I just figured you have so many people and your listeners are already have a greater need to know on how to stay healthy, look better, and so I was really excited. I said, 'Okay. Well, then we'll just do a coupon code and it'll be real easy to remember: DrRita20.' So D-R-R-I-T-A-2-0 – you enter that for the next 10 days, you can get any of the workouts – the introductory workouts – at 20 percent off and then....

But like I said, you don't have to buy anything. Go to the try before you buy. 10 days – you've 10 days. Go try four days of doing the freebie, so you can experience what it feels like and then – and measure yourself, because most of the time, in four days, you'll start to see inch loss. It really happens that quick.

And just for everybody to understand about ribs up – right now, everybody sit on the edges of your chair, think of being tall. Now, I want you to use your own muscles and think ribs up as high as you can. You're going to feel your tummy activating a little bit. Now, hold it right there. Now I'm going to show you how I include leverage isometric activation.

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Okay, keep the ribs up. Put your little finger on the top of your thigh, with your thumbs pointing up. I call it a mittenchop. Now, on the count of three, you're going to push your mittens – your little finger – into the thigh. One, two, three, push – did your ribs just go up another inch? Did you feel more muscle activation? Keep pushing. Feel that isometric activation of the back, and feel how your heart rate is starting to go up. Relax.

That's woven in where I'm having you push here, press there, tuck here. There's so much ways of activating more muscles.

One last quickie tip: people don't realize their big toe's connected to their belly. Now, sit on the edge, so you're sitting tall and make sure your toes are forward, right underneath your knees.

On a count of three, you're going to lift your big toes, and I want you to tune in what you feel right beneath your belly button. One, two, three, toes up – ooh, did you feel that activation, right behind...? Do it again.

DRL: Yeah.

Teresa: One, two, three, push up. The...your big toe's connected to your abs. Okay, you want to tighten and tone your thighs and butt while you're sitting? Here you go. You're sitting on the edge. One, two, three, push your feet in the ground. Oh, my goodness – your glutes activate, your thighs activate, keep that there. Keep pushing that. One, two, three, add the big toes up – oh, feel the calf activate. Feel the intensity more on the thighs. Your heart rate's already starting to.... Now, put those mittens right on the top of your thighs. One, two, three – push.

Oh, now everything's activated. One last thing I want you to tuck, curl that tailbone. Re-push up. Now do a big inhale, everybody. Big exhale all the way. All the way – dead air out –and release. Feel the tingle.

DRL: Whoa! Right there at the desk.

Teresa: There are ways to maximize the blood sugar, right at your desk while we're listening and while you're in front. Do that every two hours; I guarantee you'll have healthier blood sugar. You'll start to see some tone on those thighs and those glutes and that activation you feel on the outside of your calf, your calf muscles, the heart muscle of the lymph system. Yes, you can help your body help itself. You just need to know how to activate the muscles because your body's a machine. It needs movement.

And even if that movement is on the inside that nobody sees, it's still mindful movement.

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DRL: Wow. Yeah, it's awesome. What you just do – we're just sitting at the desk. So much time is wasted not doing the right exercises. And something simple like that.... So many people say, 'I can't; I don't have time.' Wow.

Teresa: Oh, it's easy to fit in anywhere, even while you have your little mouth. Instead of just wiggling your little mouth, why not press the wrist in the desk or table while you wiggle the mouth? What happens? Your ribs go up. Right now, everybody, put your little wrist on top of your computer desk. Push. Now use your mouth while you're pushing. Aren't you activating your mid-back? You're getting rid of that bra pudge? Aren't you doing that? You're promoting healthy breast tissue. See? You can do it.

DRL: Wow. This is so cool. So the book has all of this in there, and then videos all supplement it and go into more detailed workouts.

Teresa: Correct, correct, correct.

DRL: But everything's in the book if people are –

Teresa: Everything's in the book. I want to clarify, though. The DVD and the book is the secret to a flat stomach. It's not all of Chapter Four and Chapter Five. Chapter Four is called 'Basic Workout,' which you can use your 20 percent discount on. That's the 15-minute workout. Chapter Five is the continuation, which means you get Chapters Four and Five in the total workout, which is the 50-minute. Okay? So you can just go right ahead and buy the total workout and you get everything.

But in all truth, the 15-minute workout is, in my opinion, the most powerful. The exercises in Chapter Five are easy to understand. The ones in Chapter Four can be challenging, like that primary backstretch takes 15 pages to explain a three-minute move.

DRL: Oh, wow.

Teresa: Because I want you to know the how and why of every single thing. So some people get it – they've lost sizes without buying anything. But if not, that's why I put the coupon in there so maybe you might need just the one for the 15-minute, then you can get it additionally. Or you can call us, and we'll help explain it over the phone. Or you can find a T-Tapp trainer maybe in your area. We do have – if you go 'meet the team,' we have about 85 certified T-Tapp trainers across the nation and internationally. We have one in Greece, one in England, one in Germany.

But it's where you...everybody's different in the way they learn. But it's explained in great detail.

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Dr. Oz, when I was on his radio show with Oprah's radio network, he said I have never seen a more comprehensive – because I teach like a text, you know, like textbook. And I said that, well, because I worked in with the Bundesliga, you know, Olympian-level athletes, you know you're not just performing your sport. You know the how and why for every move and how to optimize your heart, your strength, and your flexibility so you don't get hurt. And you get the fastest time, right?

So I teach like a German in my videos. And in the book, it's so specific. In fact, my literary agent is Heidi Lange, and she's from Hamburg. And so she knows, but she's also the literary agent for Dan Brown – Da Vinci Code. So Random House is my publisher, very strong publisher. I am supported very well, because I really am wanting to change the world and everyone how they approach fitness. It's not that difficult. The body is an amazing machine. It doesn't take that much.

Once you feel it – like just how you felt how you can push your feet to activate your glutes and you tuck. Once you get it, it's like riding a bicycle. You got it for life.

DRL: So you practice, you practice, you watch the videos to get the right form, and then, once you have it, you're doing it just naturally throughout your day.

Teresa: You're doing it naturally. And the closest I would say.... We're the closest to like yoga's a little full-fiber, especially if they do bent knee, but a lot of yoga does the straight knee. But yoga's not as aerobic. Pilates is got the full-fiber they take into account, but a lot of people have problematic necks and you can't do some of those moves with the cervical, so that's where I'll say, 'We'll do T-Tapp for a while and then you'll be able to do your Pilates. They're very....'

And T-Tapp's more aerobic. So they work very well.

Martial arts, you'll feel the tai chi, you'll see a lot of woven in so that you're getting strength, flexibility, and healthy heart all in one. Learn it, understand it, and then apply it, and then all of your other favorite workouts as well.

DRL: Thank you. Wow. So we're getting...we're at time. We've actually gone over time, but people will hear us on the recording; the recording goes for 45 minutes, so I just...you were right on a roll, and I didn't want to interrupt you. We're taking full advantage of this. But tell us...tell our listeners again about how they can reach you; what's the best way to find out and get hooked up to this community.

Teresa: Just info at T Tapp dot com, and that's info at T hyphen T-A-P-P dot com. The forums you don't even have to put the dash. Just go to T-T-A-P-P dot com, which will take you to the homepage. You'll see forums at the top of the page.

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Click it and you're over there and you'll see 'care and share'; that's where the bulk of it is. 'New to T-Tapp,' there's over there. On our site, again, at T Tap dot com, you'll see try before you buy. That gives you all of those nine different exercises, complete, full video downloads for free. I think there's 12 over at YouTube. If you go to YouTube and you type in T-T-A-P-P, it'll come up.

There's just so many that...because I...those alone will help you get to the next level of understanding mindful movement and you'll understand the difference when you feel it, but I welcome you. You don't have to buy anything. I just want to empower everyone that yes, you can look and feel better, rebuild your health, reshape your body. It's never too late. And it doesn't have to consume your day. You can fit in fitness anytime, anywhere, with the T-Tapp method of mindful movement.

DRL: Thank you. That's what people need to hear – that they don't have to be spending all day doing it. So thank you so much.

We've been visiting with Teresa Tapp, the inventor of the T-Tapp method of exercise. You've been hearing about the wonderful effects it has on lymphatic circulation, on your immune system, on your thyroid, on your adrenals, on your sagging skin. What more can we ask? Go to T Tapp dot com -T-T-A-P-P dot com - and just explore all the great resources they have, the try before you buy videos on YouTube and on the site and I encourage you to do so. I am really excited now. I bought the book months ago, and I just said, 'Oh, yeah, I'll get to that.' And now I'm going to get to that because I am so inspired by hearing all that you had to say that I'm just going to dig right in.

So thank you again, Teresa.

Teresa: Well, I am so grateful. Thank you for having me on your show.

DRL: Oh, anytime and I'd love to have you back. So I would love to have you come and talk to my blood sugar group that's starting up in December, because this is a big piece of it. And I would...we actually measure our blood sugars, so we could actually have people see the affects of the exercise on their blood sugar.

Teresa: Oh, big time. Go to Hoe Downs. Hoe Downs, and it's on YouTube for free. Drop 65 to 85 points in three to five minutes.

DRL: Whoa!

Teresa: And we did that clinically. Pretty cool!

DRL: Where am I going? To Hoe Down dot com?

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Teresa: Okay, so if you go to YouTube and you just type in 'Hoe Downs,' H-O-E-D-O-W-N-S – you know, like the square dance, hoe down, because you lift your knee and keep touching the floor. It's also on the try before you buy and it's also on that video that you have in your book. They have the Hoe Downs and the advanced Hoe Downs. Just the regular Hoe Downs – it takes two minutes. It's a left-brain, right-brain, little – I call it a minimax movement. But I created it to help people drop their blood sugar very quickly. So that's very important for people with blood sugar issues.

For the rest of us, it helps us have the dessert and burn off the sugar before it's converted to fat.

DRL: Yeah, okay.

Teresa: [inaudible 0:44:43.3] it's the perfect thing for the afternoon slump.

DRL: Fantastic.

## About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades of experience with empowering health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and

heal as well. She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at [www.DrRitamarie.com](http://www.DrRitamarie.com).

For a free packet of recipes and information on creating optimum health through good nutrition, visit [www.JumpstartYourEnergy.com](http://www.JumpstartYourEnergy.com).

**To view the free “Bye-Bye Belly Fat, Brain Fog, and Burnout” video series, visit  
[www.ByeByeB4.com](http://www.ByeByeB4.com)**