

The Nutritional Endocrinology Revolution:

The Health Practitioner's Case-Solving Key to
Unlocking the Door to Success



with Dr. Ritamarie Loscalzo



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.



Complex Health Challenges That Tend to Deflate Your Confidence!

- ✓ Been to many practitioners already
- ✓ **Already doing** a lot of diet and lifestyle things you usually recommend
- ✓ **Long history of medical interventions**
- ✓ Laundry list of symptoms
- ✓ **Poly pharmacy**
- ✓ **Shopping bag full of supplements**
- ✓ 4-inch thick stack of labs

Heeellllppppppp...!!!



What Do You Need to Help These People?

- ✓ Excellent understanding of “**inner workings**” of the body
- ✓ **Superior interview skills** – knowing what to ask
- ✓ Functional assessment tools
- ✓ **Good interpersonal skills**
- ✓ Perseverance
- ✓ **Patience**
- ✓ Understanding
- ✓ **Love**



**Who I Am
and Why I Am
So Passionate
About
Sharing My
Strategies With
You?**



3 Mistakes Holistic Practitioners Make

That Keep Them From Getting Great Results With Complex Cases And Growing A Thriving Practice



Mistake #1:

Not Asking the “Right” Questions

- ✓ In a hurry
- ✓ Think they already “know” how to help
- ✓ Don’t know what to ask

Asking the right questions and truly listening to your clients and patients is the key to being a successful health detective and solving tough cases.



Mistake #2:

Not Having a Step-by-Step System

- ✓ It's not generally taught in holistic health and nutrition training programs
- ✓ Often important clues are missed

Having a step-by-step system to follow makes sure nothing is missed, allows you to unravel the mystery, and enables you to recommend sound nutrition and lifestyle protocols.



Mistake #3: Not Having a Deep Enough Understanding of the Complex Web of Hormone Imbalances

- ✓ Hormone imbalances are at the heart of most complex cases
- ✓ Not sure how to apply nutrition to bring hormones in balance

Endocrinology is not a sub-specialty. It is the Master Control Center. The opportunity to be on the leading edge of health is NOW, and Nutritional Endocrinology offers you the key to unraveling the profound impact of hormone imbalance on EVERY system of the body!



What's At The Heart Of Most Of These Tough Cases



Take Away Learning Points

- ✓ What's a **hormone imbalance**
- ✓ Intricate **web of hormone relationships**
- ✓ Connection between **hormones and persistent symptoms** in seemingly unrelated areas
- ✓ Relationship between **nutrition and endocrine imbalances**
- ✓ Step-by-step system to decipher the clues, **detect imbalances**, and *determine the best course of action* to take so that **you become *the-Go-To-Expert* for complex cases** that other practitioners haven't been able to solve



Hormones And Hormone Imbalances



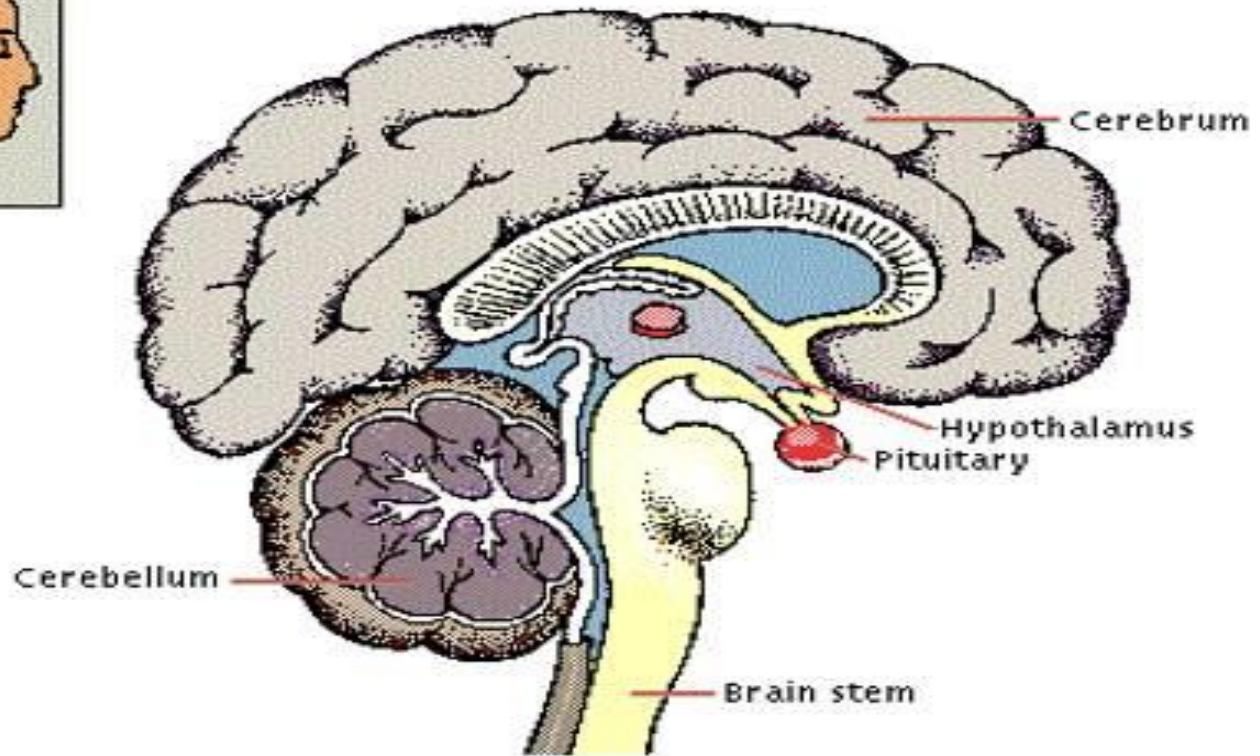
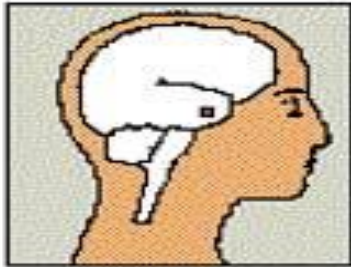
Hormones Defined

- ✓ Messengers of life
- ✓ **Chemicals secreted by glands:** usually directly into blood stream
- ✓ Control physiological and behavioral activities, such as the processes of digestion, metabolism, growth, reproduction, and mood control.
- ✓ **Receptors** are located on cell membrane or intracellularly within the cytoplasm of their target cell



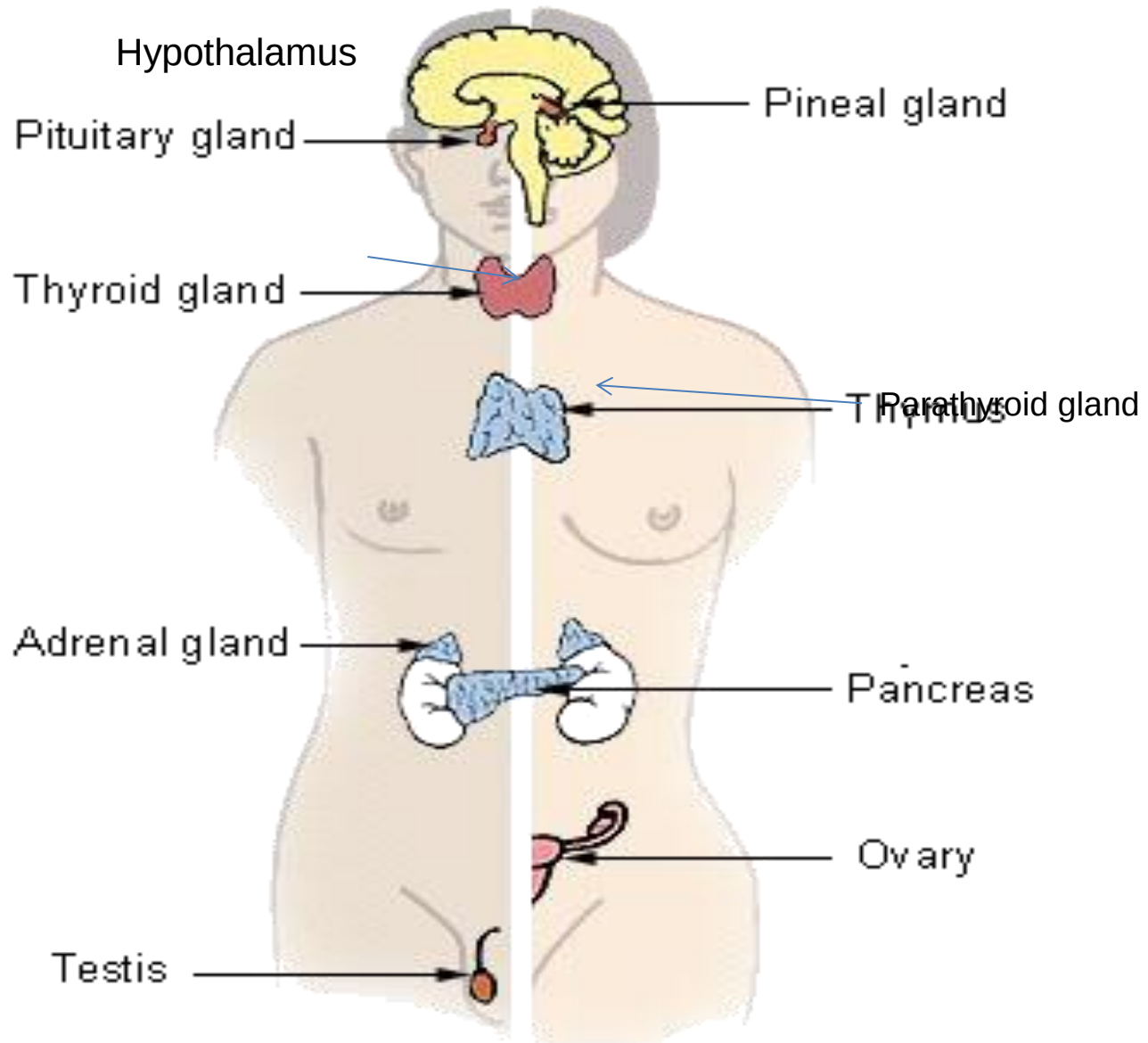
Master Hormone Control

The Pituitary & Hypothalamus

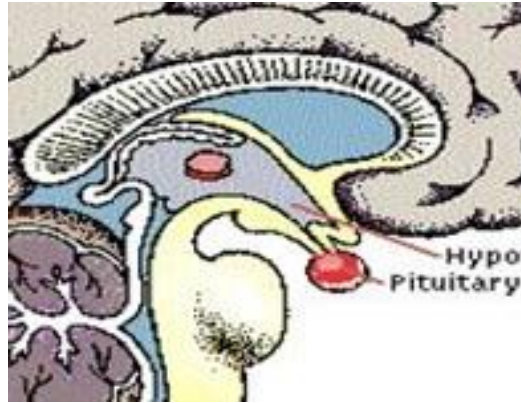


Major Endocrine Glands

Male Female



Hormones of the Hypothalamus



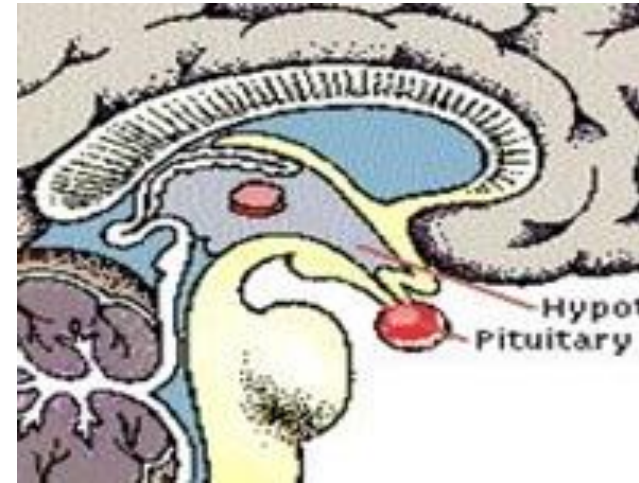
- ✓ Thyrotropin-releasing hormone (**TRH**)
- ✓ Gonadotropin-releasing hormone (**GnRH**)
- ✓ Growth hormone-releasing hormone (**GHRH**)
- ✓ Corticotropin-releasing hormone (**CRH**)
- ✓ Somatostatin: inhibits growth hormone (**GH**)



Pituitary Hormones

Anterior Lobe

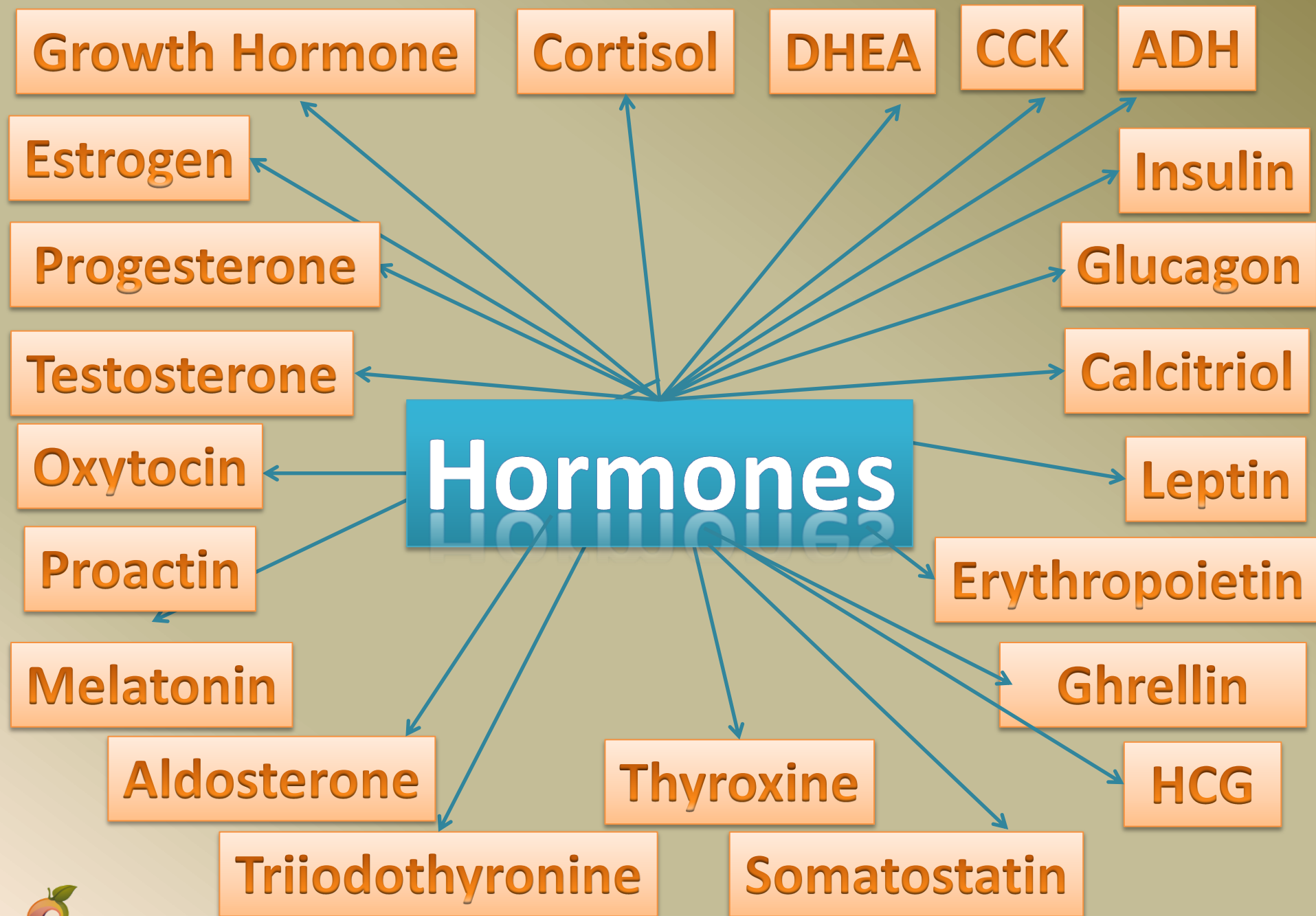
- ✓ Thyroid Stimulating Hormone (**TSH**)
- ✓ Follicle Stimulating Hormone (**FSH**)
- ✓ Luteinizing Hormone (**LH**)
- ✓ **ACTH**
- ✓ Prolactin (**PRL**)
- ✓ Growth Hormone (**GH**)
- ✓ Alpha Melanocyte-Stimulating Hormone (**α -MSH**)



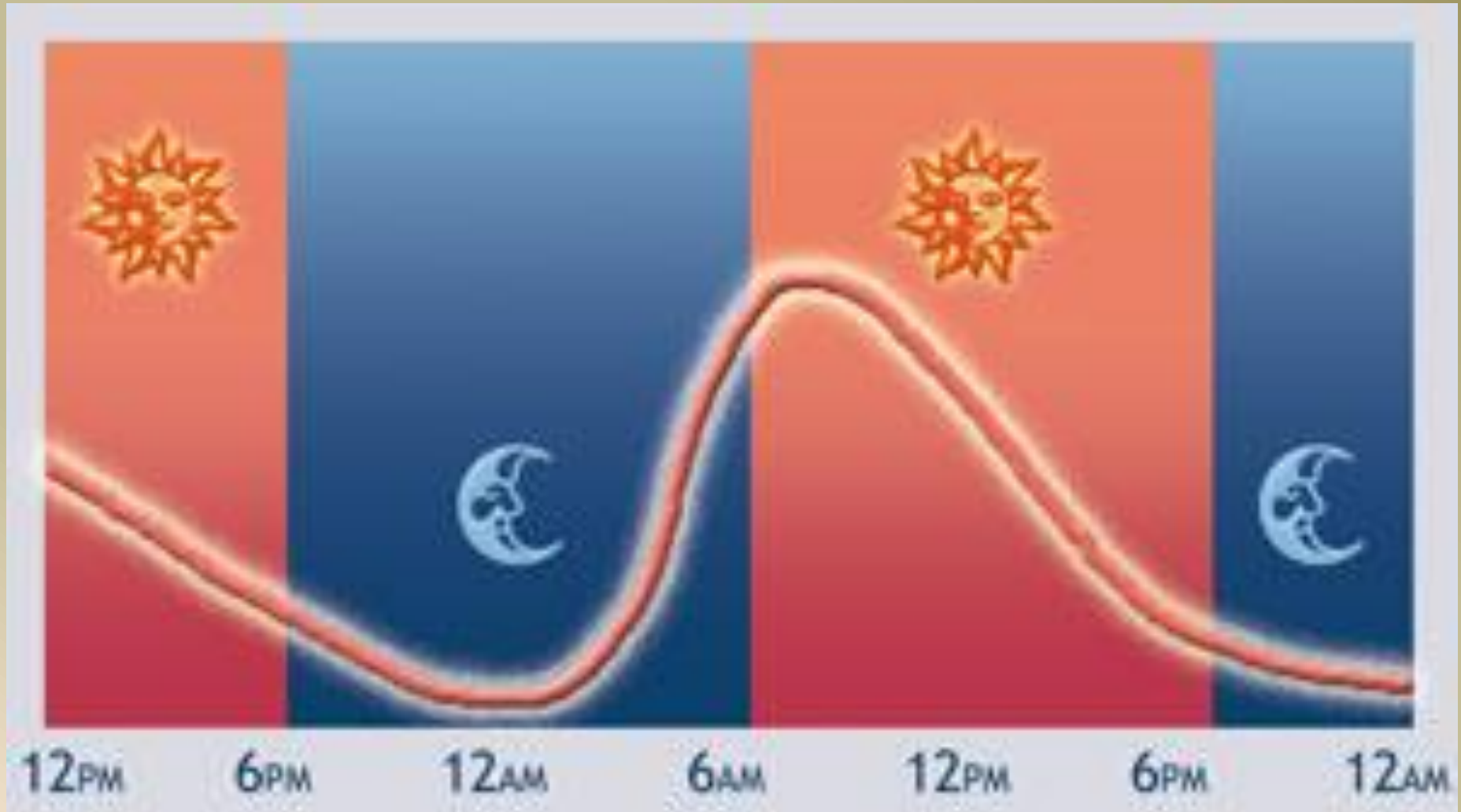
Posterior Lobe

- ✓ Vasopressin
- ✓ Oxytocin





Circadian Rhythm



The Intricate Web Of Hormone Relationships

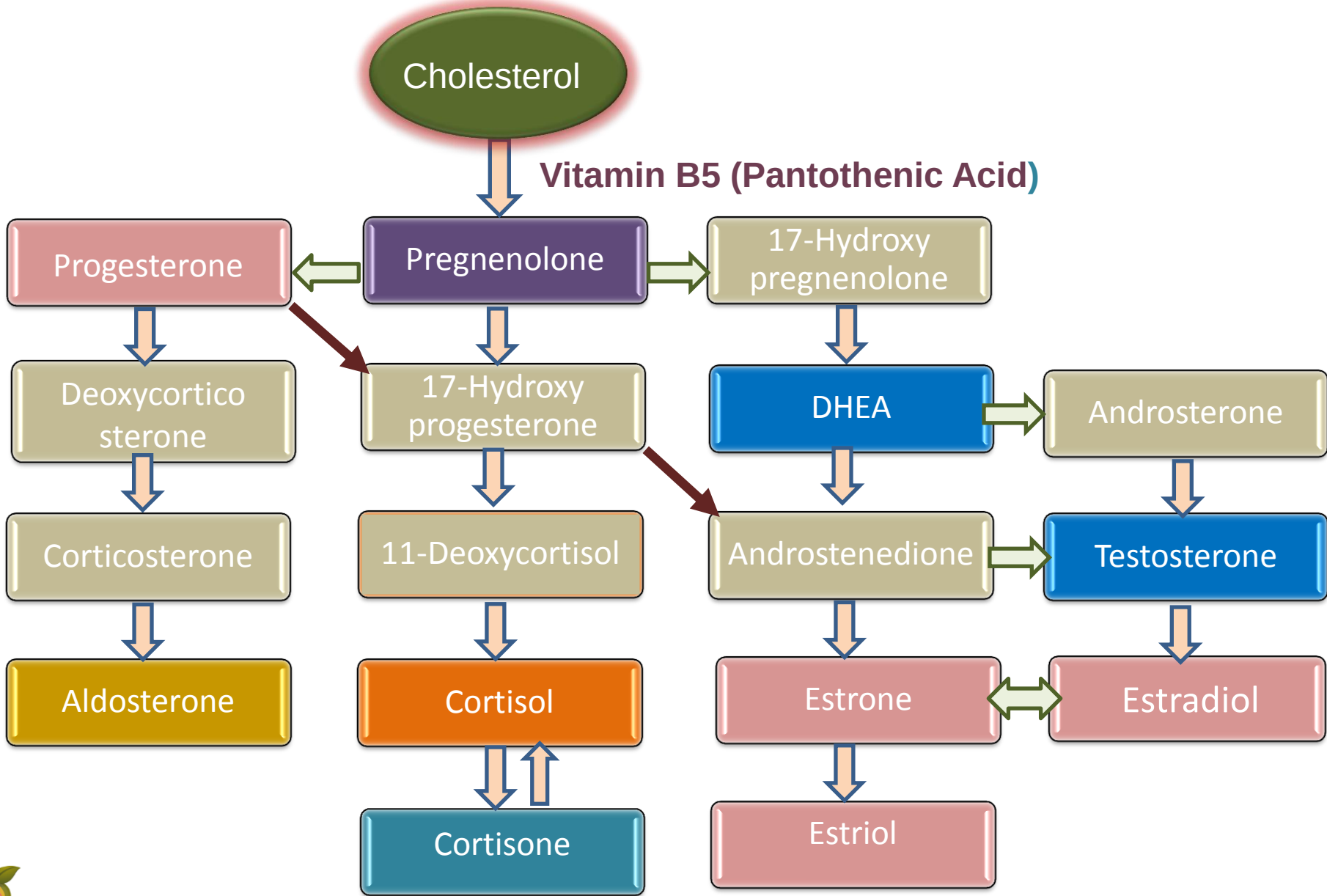


Hormone Families

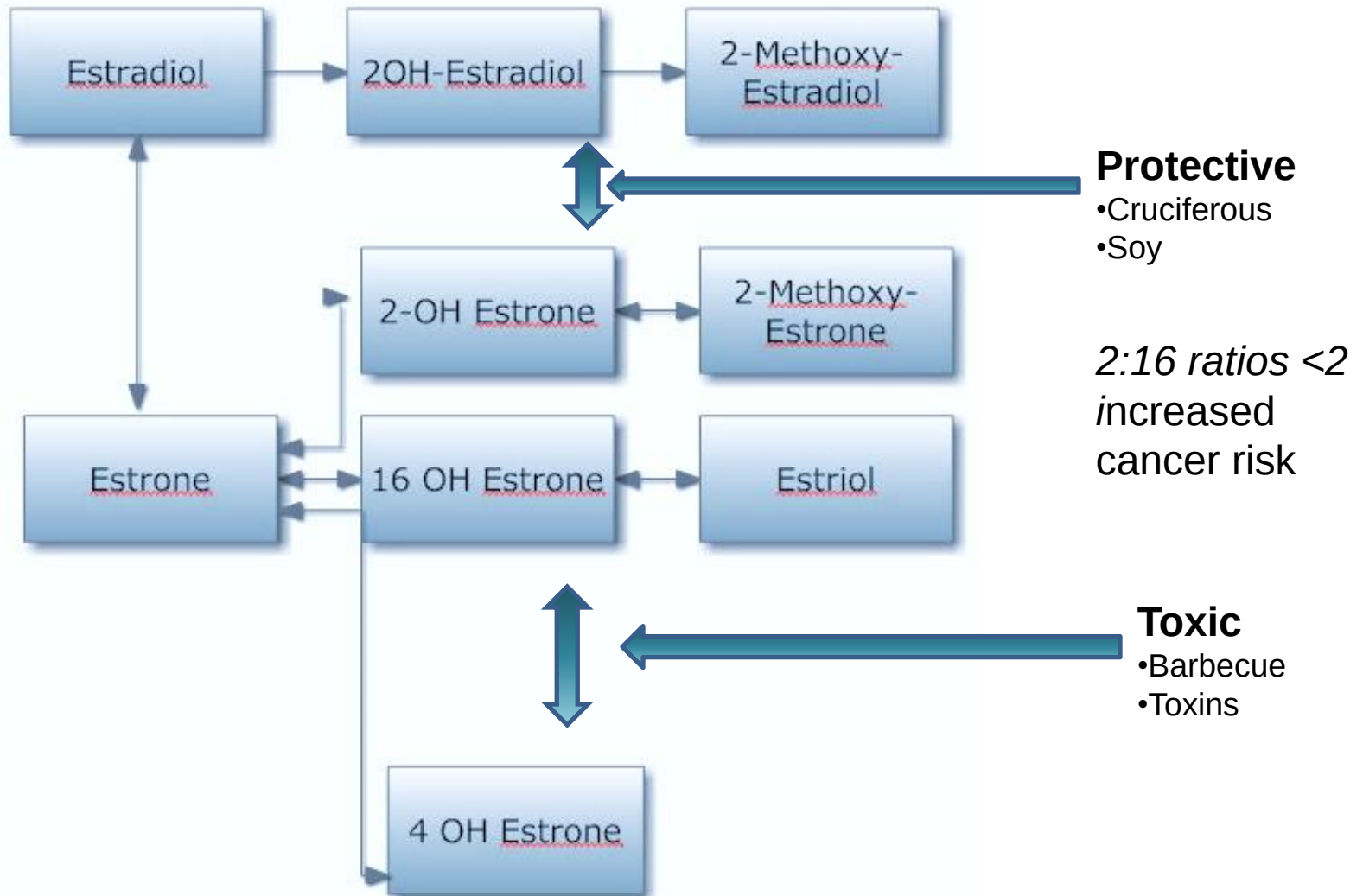
- ✓ Blood sugar balancing hormones
- ✓ Metabolic rate hormones
- ✓ Stress hormones
- ✓ Sleep hormones
- ✓ Sex hormones
- ✓ Digestion hormones
- ✓ Cardiovascular hormones
- ✓ Organ specific hormones



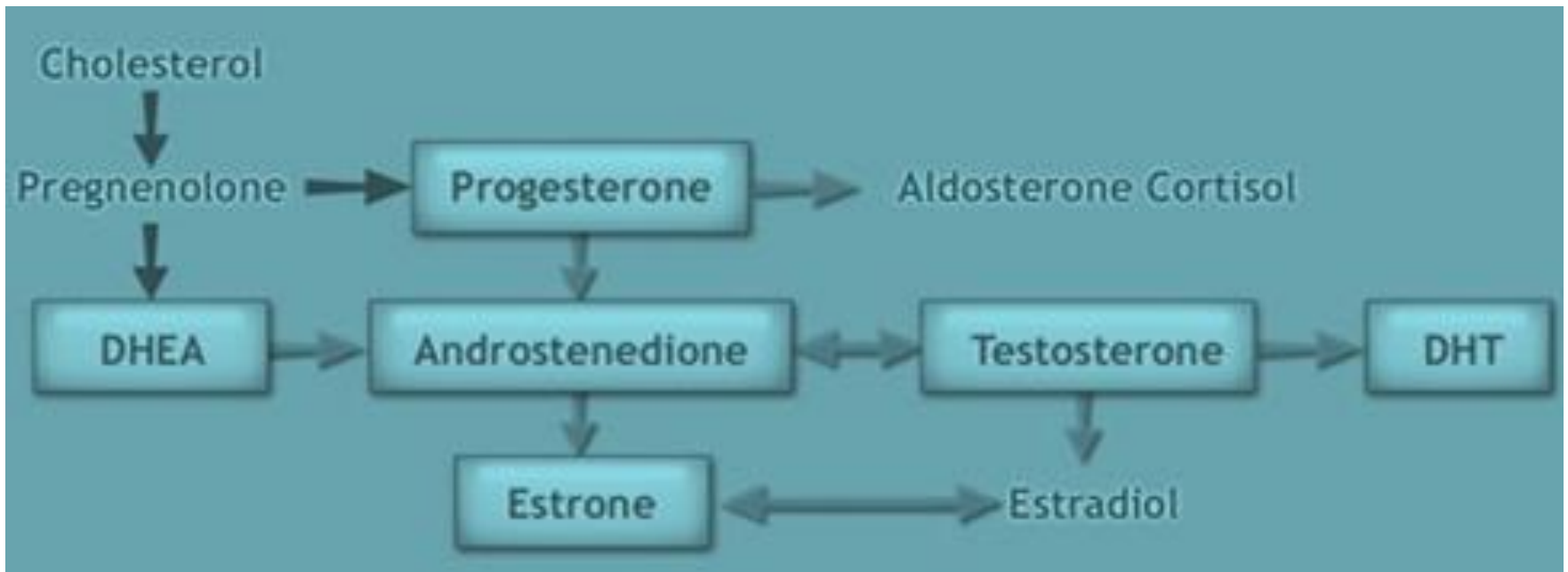
Steroid Hormones Relationships



Estrogen Metabolism

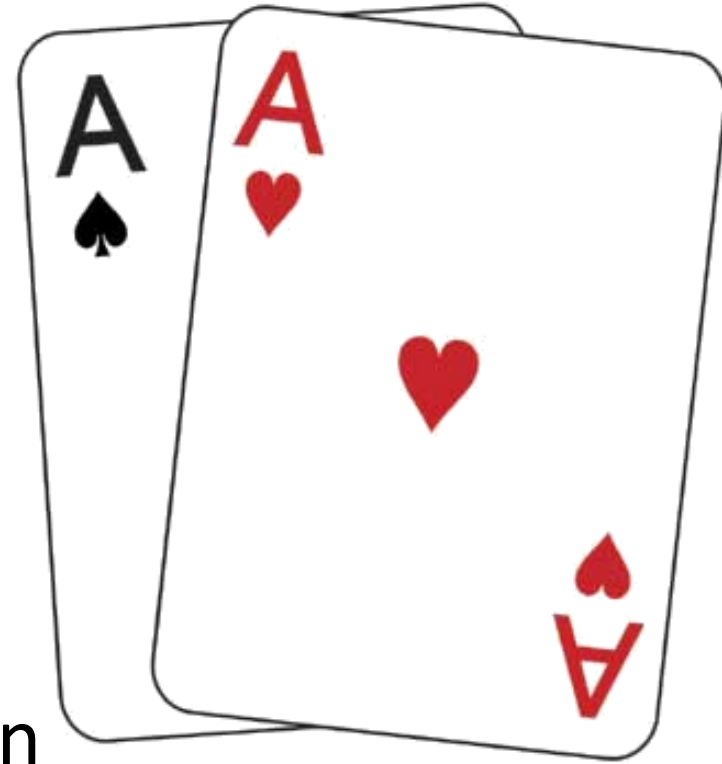


Male Hormone Flowchart



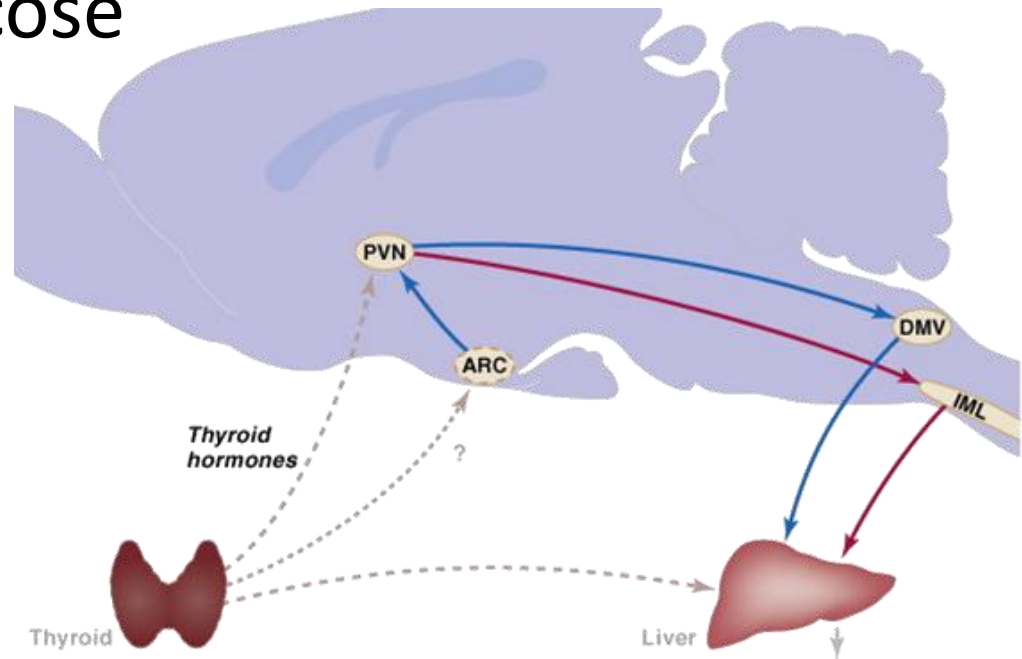
Hormone Pairs

- ✓ Insulin/Glucagon
- ✓ Cortisol/DHEA
- ✓ Leptin/Ghrelin
- ✓ Estrogen/Progesterone
- ✓ Testosterone/DHEA
- ✓ Growth Hormone/Somatostatin



Effects of Thyroid Dysfunction on Glucose Metabolism

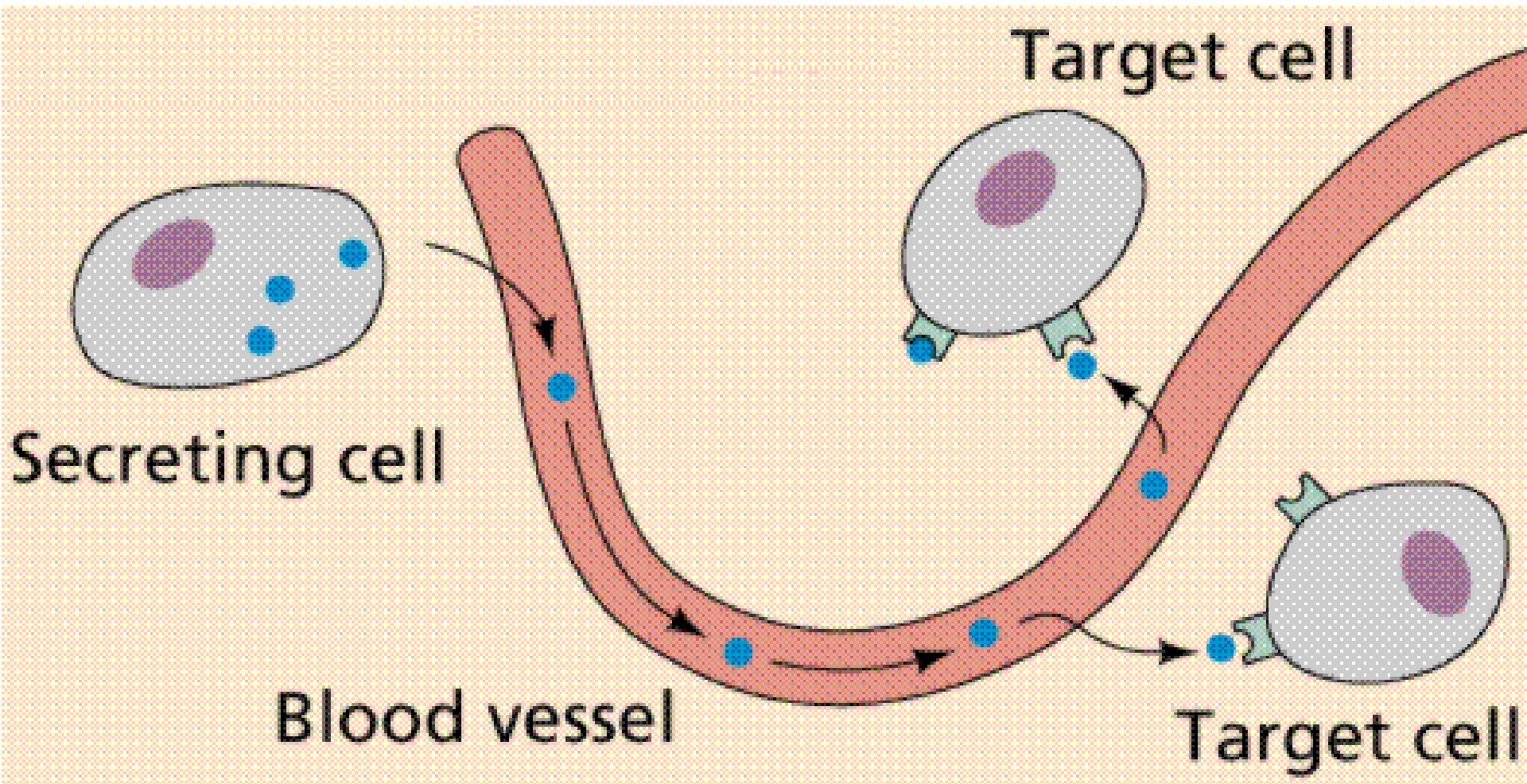
- ✓ Decreased rate of glucose uptake by cells
- ✓ Decreased rate of glucose absorption in the gut
- ✓ Slower response of insulin to elevated blood sugar
- ✓ Slower clearance of insulin from the blood



Connection Between Hormones And Persistent Symptoms



Hormone Action



Hormones Can Affect

- ✓ Focus and memory
- ✓ Sugar handling
- ✓ Digestive function
- ✓ Muscle tone
- ✓ Burning calories
- ✓ Kidney function
- ✓ Satiety after eating
- ✓ Temperature regulation
- ✓ Metabolic rate
- ✓ Sex drive
- ✓ Breast development
- ✓ Menstrual cycles and pregnancy

crazy
hormones

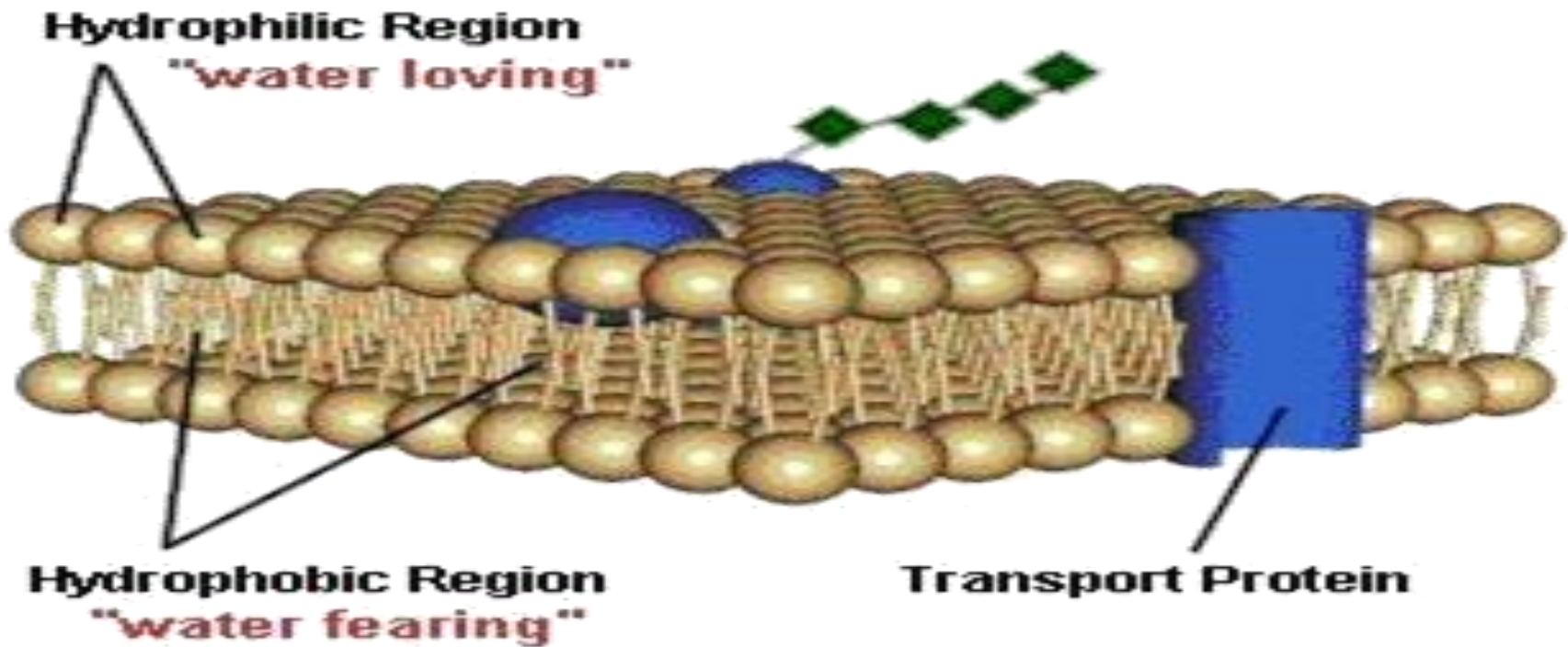


Just About Any Symptom You Can Think Of Can Be Hormone Related

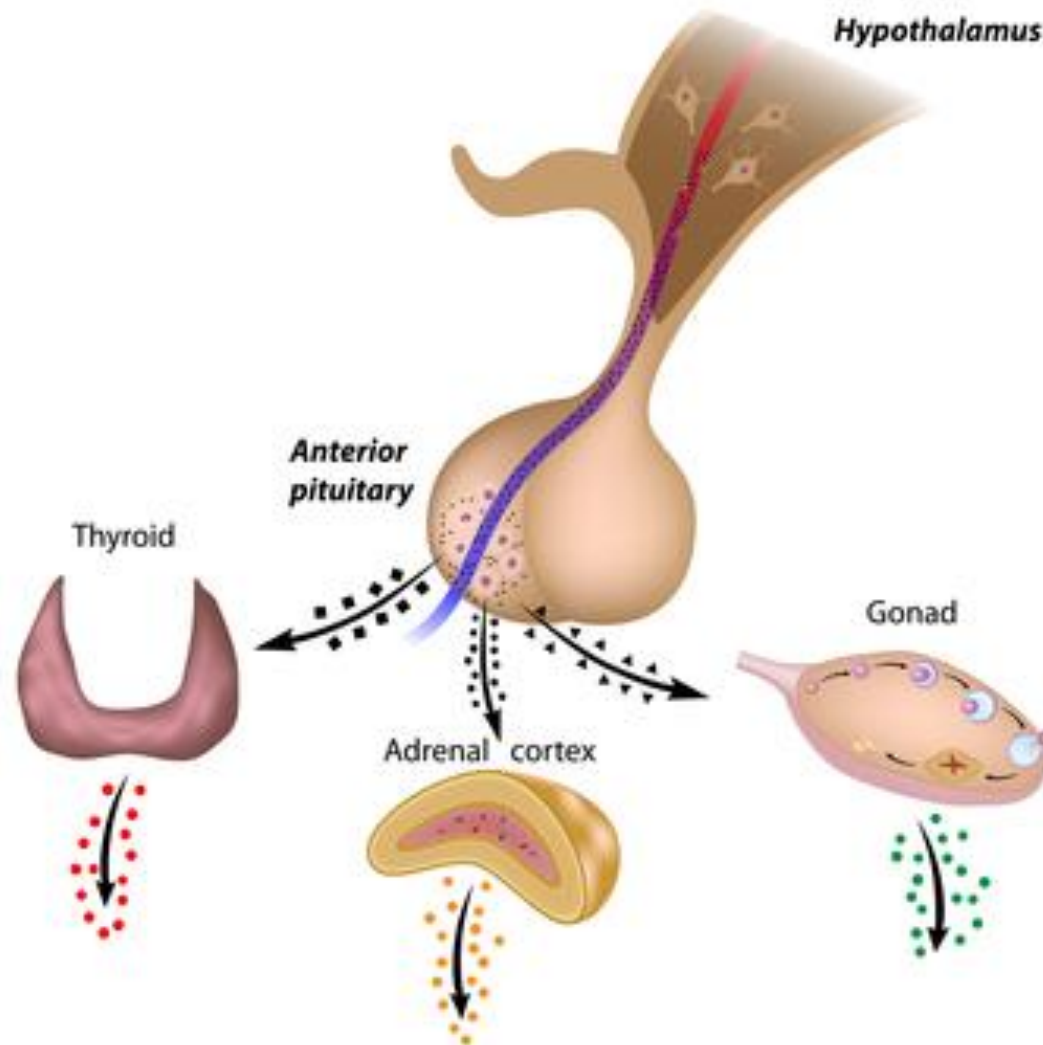
- ✓ Fatigue
- ✓ Difficulty with weight gain / weight loss (yo-yo)
- ✓ Headaches / migraines
- ✓ Insomnia
- ✓ Depression, anxiety and mood swings
- ✓ Skin lesions
- ✓ Cardiovascular
- ✓ High cholesterol
- ✓ Cancer...

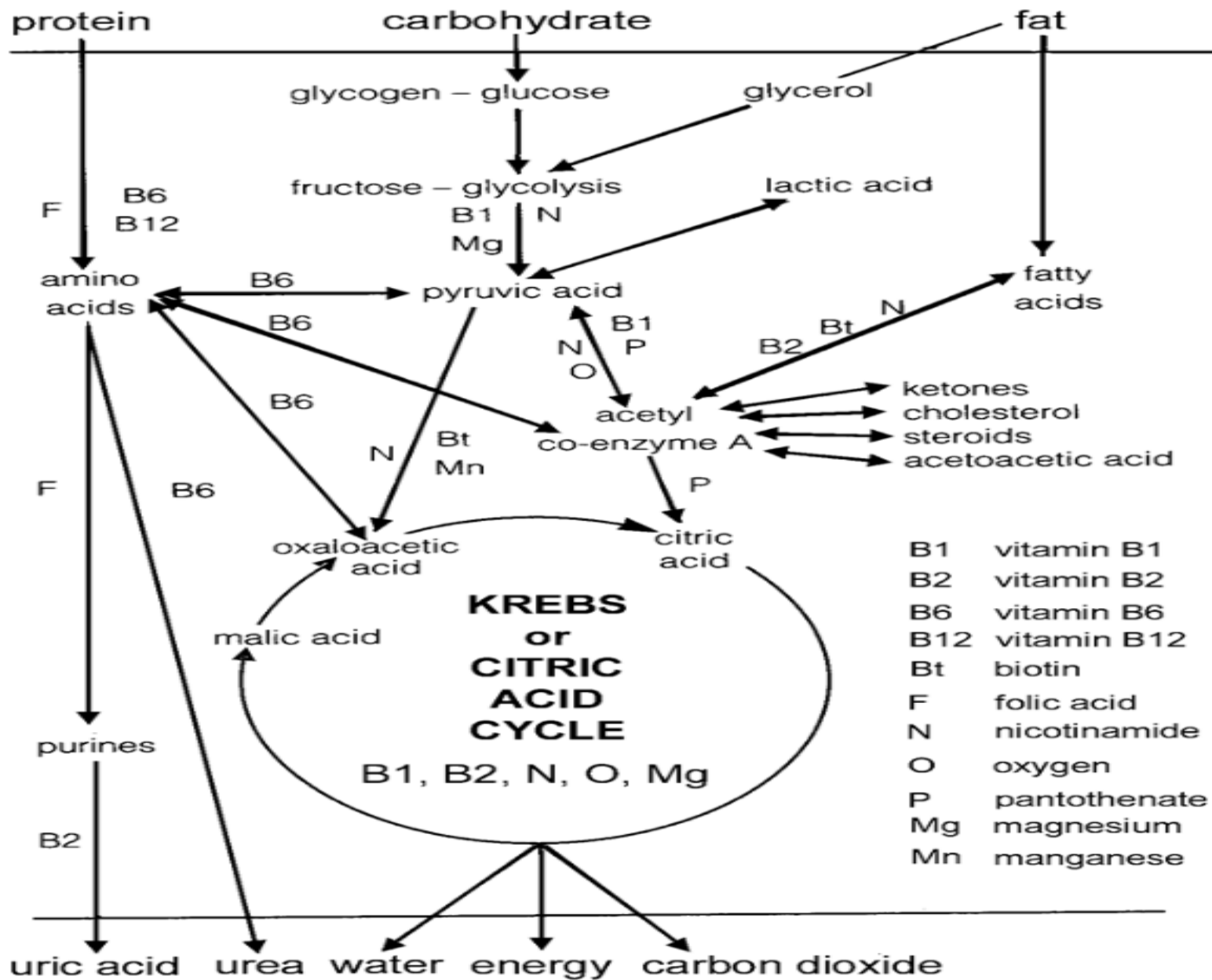


Cell Membrane

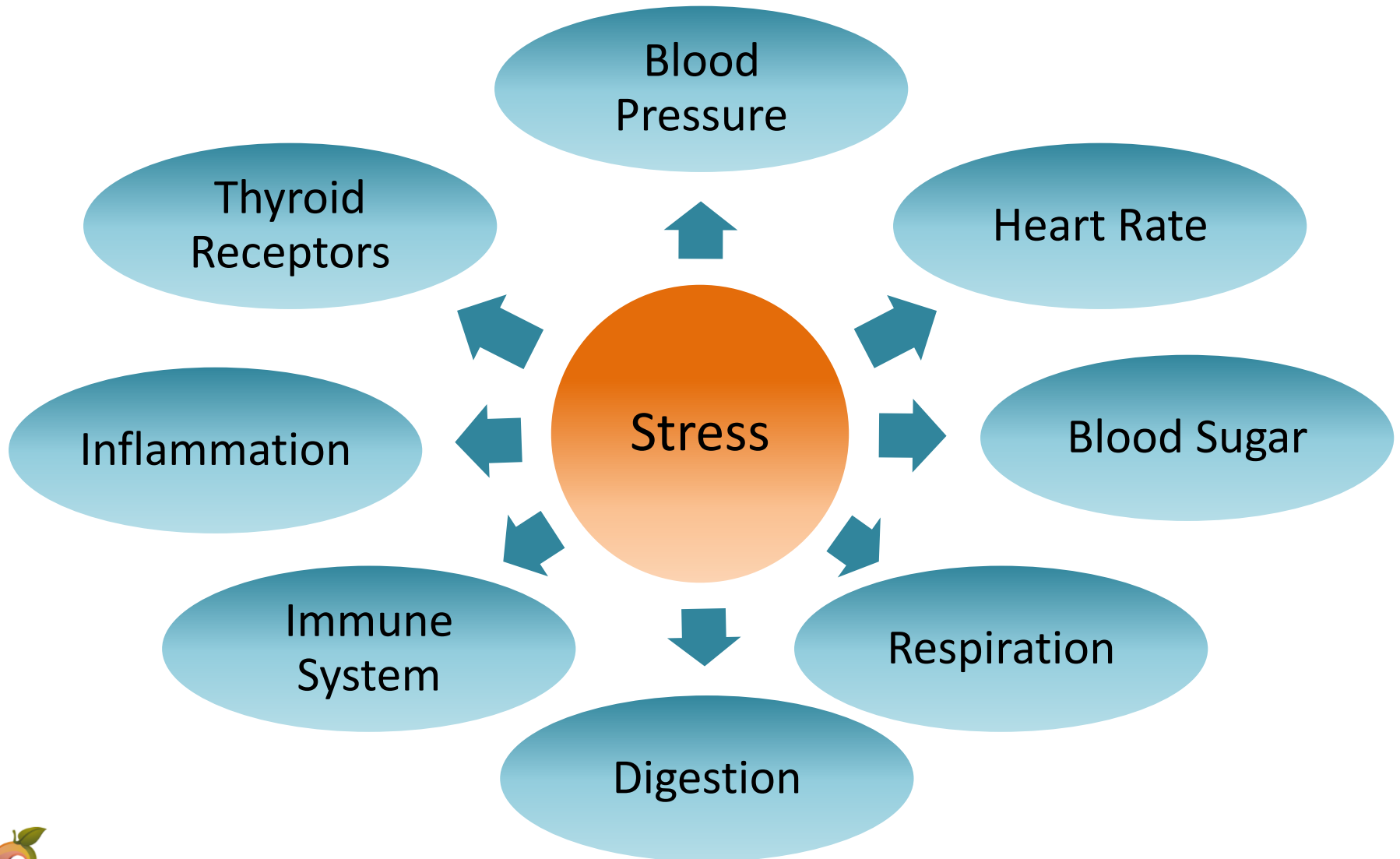


Hormones In Charge of Energy

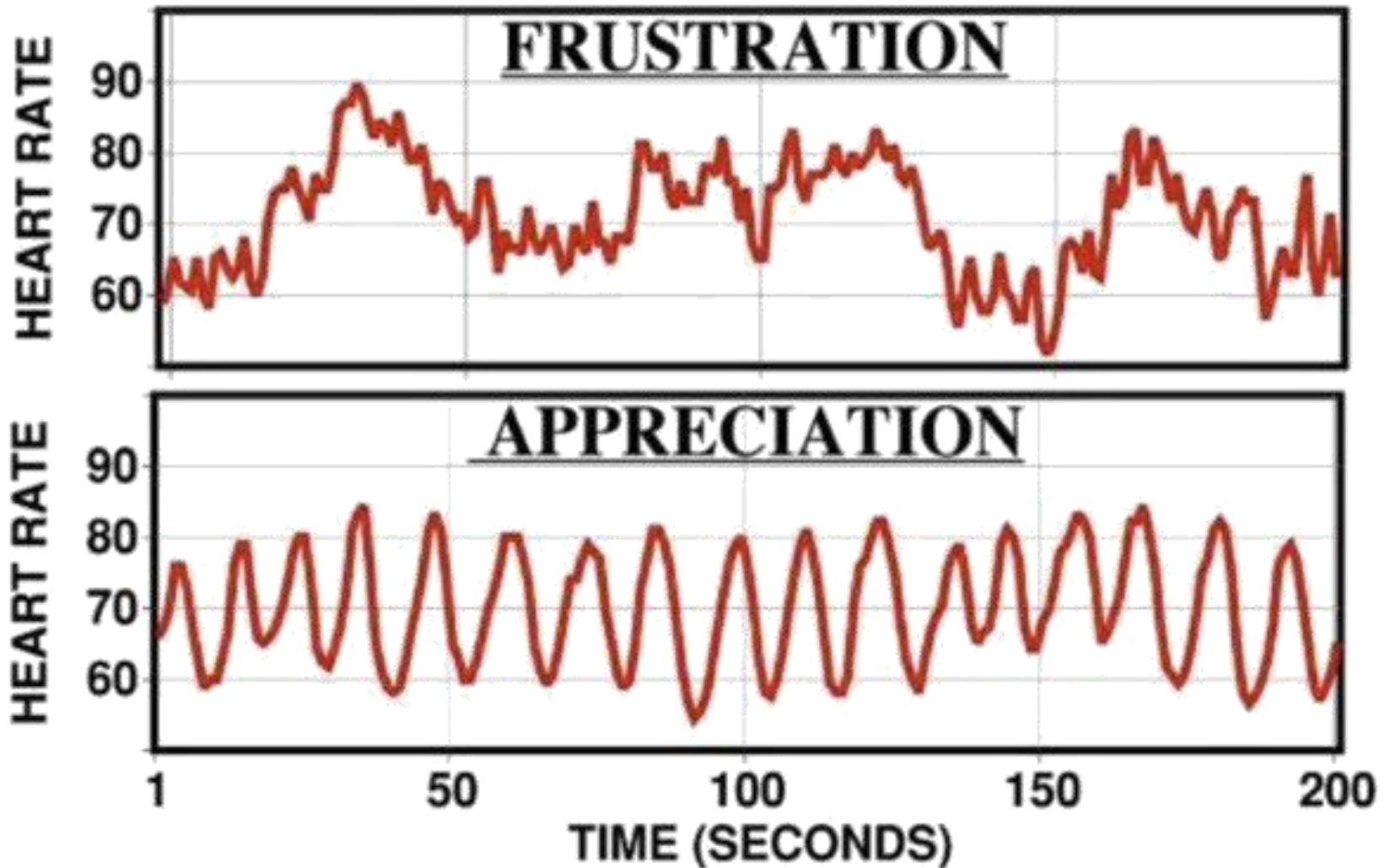




Stress (Cortisol) Affects:



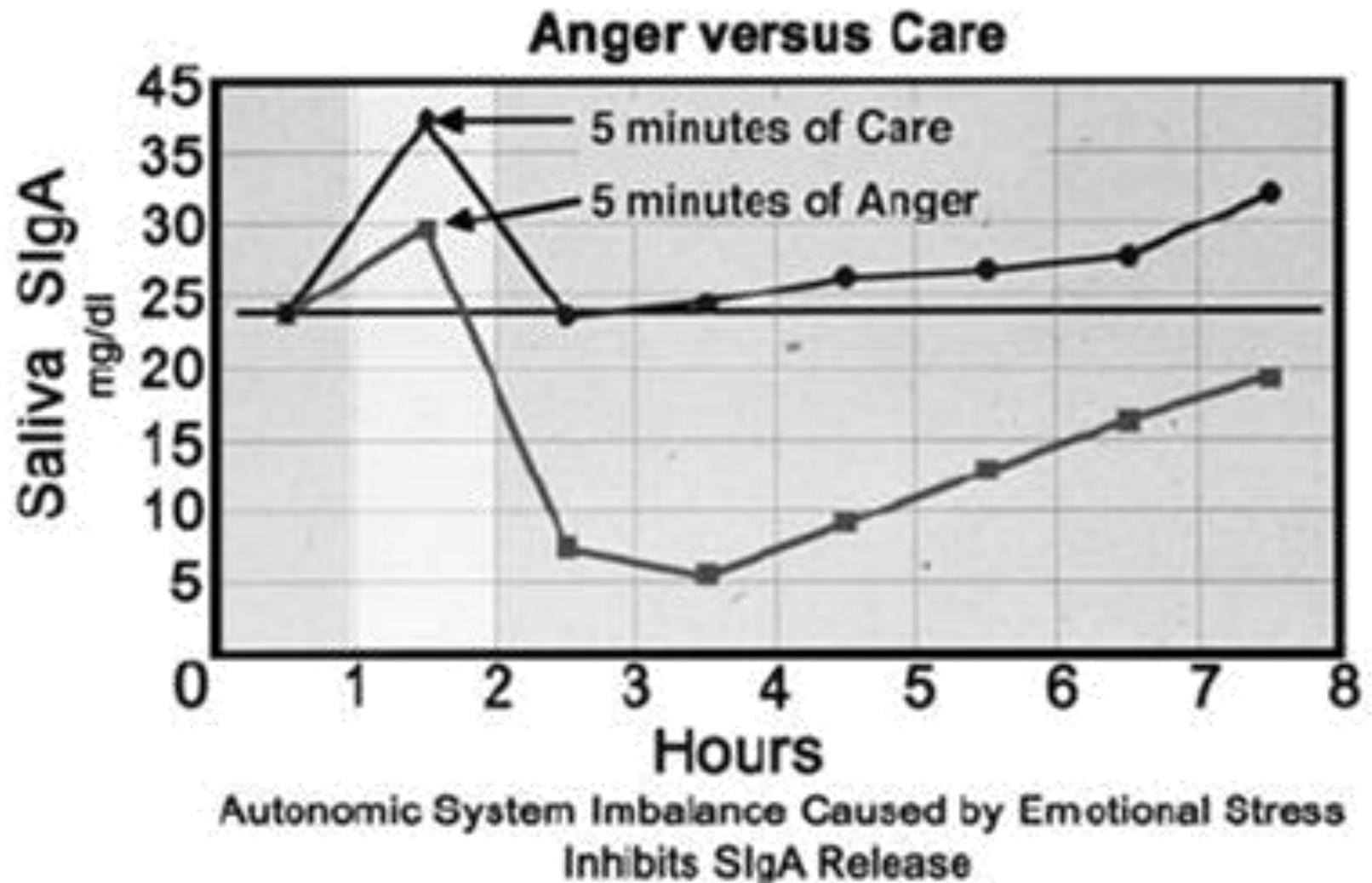
Effect of Stress on Heart Rhythm



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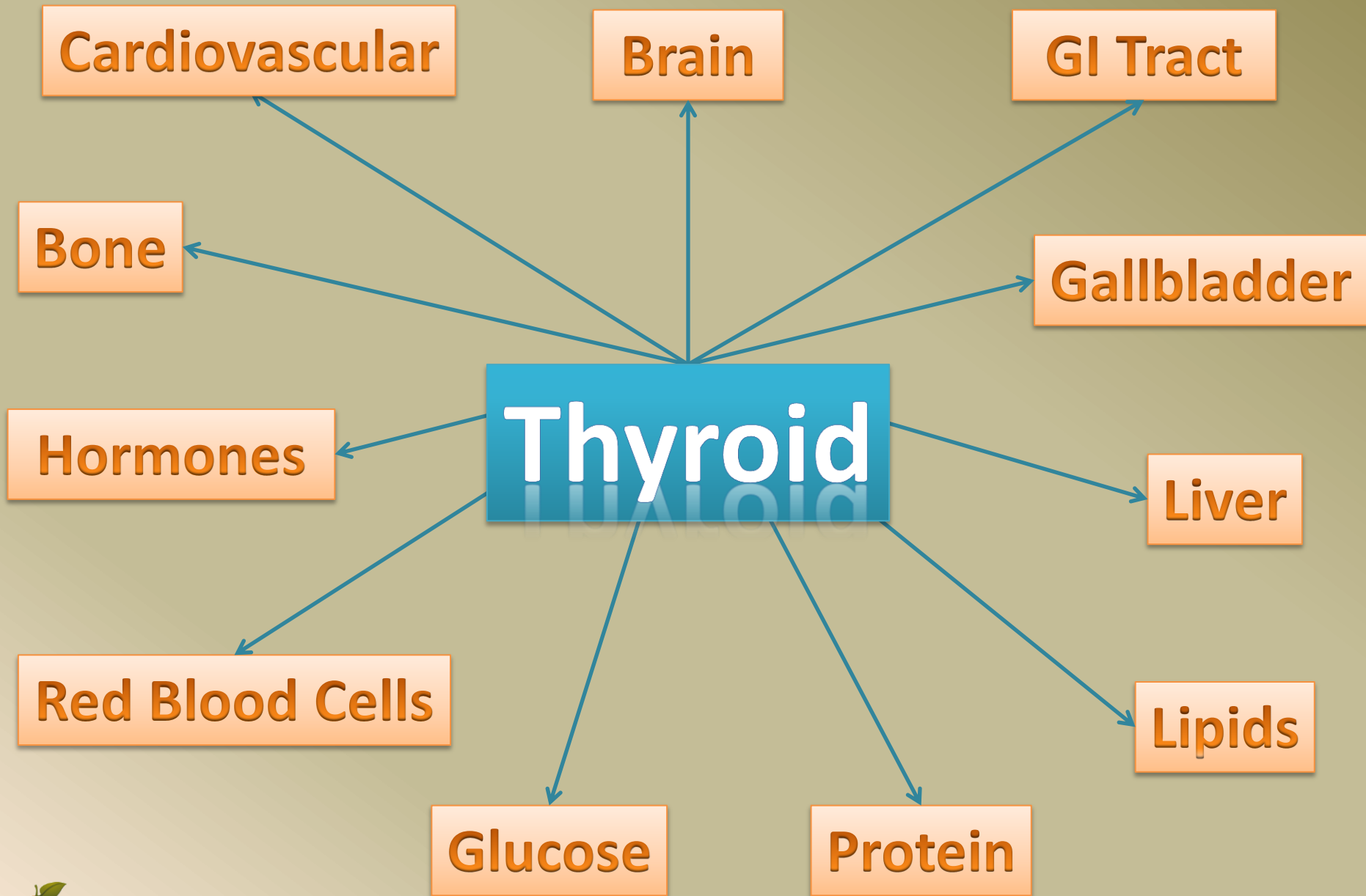


Figure 6. Effect of Emotion on SIgA Release



HeartMath Institute





Symptoms of Low Thyroid

- ✓ Low energy
- ✓ Sluggish digestion
- ✓ Weight gain or inability to lose weight
- ✓ Dry skin, hair loss, brittle nails
- ✓ Low blood pressure
- ✓ Thinning hair
- ✓ Cold hands and feet
- ✓ Sensitivity to cold
- ✓ Low body temperature or always feeling chilled



- ✓ Constipation
- ✓ Frequent infections
- ✓ Hoarse voice
- ✓ Ringing in the ears
- ✓ Puffy eyes
- ✓ Joint aches
- ✓ Loss of libido
- ✓ Headaches, dizziness
- ✓ Insomnia
- ✓ Depression and/or mental dullness
- ✓ Elevated cholesterol



Adrenal vs. Thyroid Major Symptoms

Sign or Symptom	Hypothyroid Tendency	<u>Hypoadrenal Tendency</u>
Body temperature	Low and consistent	Low and fluctuates
Energy pattern	Generally sluggish	"Wired and Tired"
Body type	Difficulty losing fat	Difficulty gaining muscle
Blood pressure	Normal to high	Low to normal
Total cholesterol	High	Low
Facial color	Reddish	Pale
Sweating	Scanty or none	Profuse
Bowels	Irritable or <u>hyperfunctioning</u>	Sluggish/Constipated



Insulin And Glucagon Imbalance

✓ Blood sugar imbalances weaken and imbalance:

- gut
- hormone levels
- lungs
- adrenal glands
- brain
- detoxification pathways

✓ This leads to

- impaired metabolism
- weakened thyroid function

✓ As long as you have blood sugar dysregulation, **whatever you do to fix your thyroid isn't going to work.**



Introducing Nutritional Endocrinology



What Interacts With Hormones

- ☐ Nutrients
- ☐ Foods
- ☐ Stress
- ☐ Environment
- ☐ Digestion
- ☐ Sleep
- ☐ Other Hormones

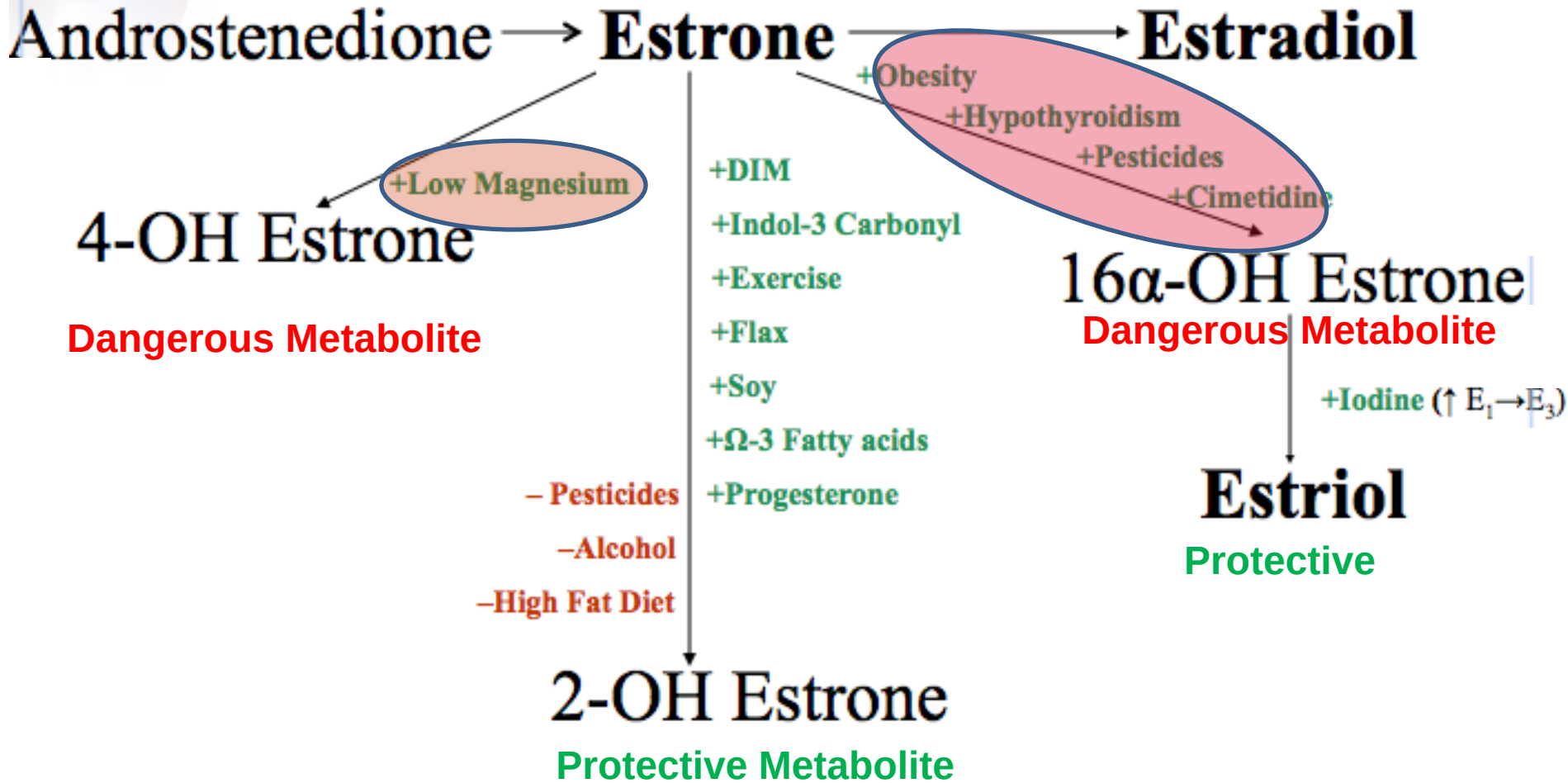


What is Nutritional Endocrinology

- ✓ Relationship between **nutrition and endocrine imbalances**
- ✓ Nutrient deficiencies or excesses impact hormones
- ✓ Understanding the relationship between food and hormones
- ✓ Hierarchy of interventions
 - Food
 - Herbs
 - Isolated nutrients
 - Bioidentical hormones – natural source



Estrogen Metabolism



Estrogen Quotient: $E_3 / (E_1 + E_2)$



Foods That Disrupt Hormones

- ✓ Charred meat: heterocyclic amines promote ER alpha
- ✓ Processed high glycemic foods: flour, sugar, grains
- ✓ Chemical-laden foods
- ✓ Foods in cans and plastic
- ✓ Hydrogenated and oxidized fats
- ✓ Caffeine
- ✓ Dairy
- ✓ Gluten
- ✓ Excess alcohol



Foods That Support Hormones

- ✓ Coconut oil
- ✓ Omega-3 fats
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame and pumpkin seeds, soybeans, broccoli, beans, and some berries.
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, chickpeas



Gluten and Hormones

- ✓ Inflammation leads to adrenal stress
- ✓ Antibodies cross react with thyroid
- ✓ Malabsorption leads to nutritional deficiencies
- ✓ Effects on estrogen and progesterone via adrenal exhaustion
- ✓ Effects on digestion and gut flora
- ✓ Effects on neurotransmitters
- ✓ Worsens at perimenopause



Fat and Hormone Balance

- ✓ High saturated fat promotes 16 alpha, the proliferative one
- ✓ Omega-3 fats promote 2 methoxy estrone, the protective one
- ✓ Estrogens and omega-3 oils work synergistically. Estrogen aids in absorbing and maintaining omega-3 levels. *Proc Nutr Soc. 2008 Feb;67(1):19-27, Lipids. 2008 Jan;43(1):19-28. Epub 2007 Oct 3*
- ✓ Omega-3 also reduce C-reactive protein



Hormone Nourishing Meal Ideas

- ✓ **Large veggie salad** with omega-3 rich salad dressing and seed toppings
- ✓ Green blender soups
- ✓ **Wraps using green leaves** and nori sea vegetable and filled with greens, sprouts, sauerkraut and topped with an omega-3 rich dressing or spread
- ✓ Steamed vegetables
- ✓ **“Big Bowl”** – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut or raw nuts or seeds



Photo by Annette Nolan
<http://www.itsallaboutyou.ca>





SHINE CONFERENCE

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

SCIENTIFIC AND HOLISTIC INVESTIGATION OF NUTRITIONAL ENDOCRINOLOGY
JANUARY 10 - 12, 2014 ~ AUSTIN, TEXAS

A 3-Day Transformational Workshop



The Best Way to Grow Your Practice is to Discover the Key to Unlocking Even the Most Difficult Client Cases



SHINE Is For You IF:

- ✓ You are passionate about being the best practitioner you can be
- ✓ You feel intimidated by the challenging cases
- ✓ You want to grow your practice by getting great results
- ✓ You love to learn and grow
- ✓ You learn by doing
- ✓ You feel inspired when surrounded by like minded health practitioners



Day 1: Demystify

- ✓ Hormones as the Master Control Center of the body.
- ✓ Nutritional Endocrinology as the basis of holistic health care
- ✓ Latest research in endocrinology
- ✓ Interconnections between hormones and between hormones and other body systems
- ✓ How to tell if someone has a hormone issue
- ✓ Details about the hormone families and their relationships including



Day 2: Decipher

- ✓ Assessments
- ✓ Case studies
- ✓ Sleuth history taking
- ✓ Exam findings
- ✓ Home testing
- ✓ Blood testing
- ✓ Specialty labs
- ✓ Genetic testing
- ✓ Practical, hands-on testing



Day 3: Determine

- ✓ Putting together protocols
- ✓ Strategies for correcting imbalances
- ✓ Movement and fitness for balancing hormones
- ✓ Herbs for hormone balance
- ✓ Kitchen wisdom for hormone balance
- ✓ Hormone balancing nutrient protocols
- ✓ Hormone balancing by the clock



Speakers

- ✓ **Speaker #1: *The Fitness Hormone Connection with Teresa Tapp*** – promoted in best selling books on hormone balance, including Mary Shomon's *The Thyroid Menopause Solution* and Dr. Perricone's *7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation*.
- ✓ **Speaker #2: *The Eclectic Herbal Medicine Approach to Nutritional Endocrinology with David Winston, Herbalist, AHG*** – co-author of Winston & Kuhn's *Herbal Therapies and Supplements*, *Adaptogens: Herbs for Strength, Stamina, and Stress Relief*, *Saw Palmetto for Men & Women*, *Herbal Therapeutics*, *Specific Indications For Herbs and Herbal Formulas*



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- ✓ Enjoy gourmet, plant-based, organic, whole food meals and stay nourished throughout the event
 - Breakfast – All 3 days
 - Lunch – All 3 days
 - Friday Night Buffet Dinner with special guest speaker
- ✓ A special VIP support package, “Goodie Bag”
- ✓ Pre- and Post-Conference online seminars and support, including interviews with functional medicine giants



VIP Early Bird Special

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Regular Price \$1297.00

Early Bird Conference Rate: \$497



✓ Includes a BONUS 70-page Home Assessments Handbook

✓ Until End of November



Quick Action Bonus

First 15 to register

- ✓ ***Correcting Adrenal Fatigue and Exhaustion (CAFE)*** Self-Study Program (Value \$197)
- ✓ ***Food Allergy Spy Training (FAST)*** Self-Study Program (Value \$197)
- ✓ Free Ticket to ***Spring into Vitality*** (Value \$497)
- ✓ RFU class ***Eating for Hormone Health*** (Value \$27)
- ✓ ***Beverages for Vibrant Energy*** e-book (Value \$15)

TOTAL Value: \$931



The Step-By-Step System that Creates Success for You and Your Clients

- 1) Connect clients to their values and goals
- 2) Ask the right questions to assess what's getting in their way
- 3) Labs and exams to determine current state of health and imbalances
- 4) Determine order of correction protocols
- 5) Restore balance with diet, lifestyle, and supplementation
- 6) Reassess and adjust at regular intervals



Top 3 Systems and Their Hormones

1. Digestion – Secretin, CCK
2. Blood Sugar – Insulin, Glucagon
3. Adrenal – Cortisol, DHEA

