



Unstoppable Health™

ENERGY RECHARGE INNER CIRCLE

Dr. Ritamarie Loscalzo
MS, DC, CCN, DACBN

Dr. Ritamarie's Unstoppable Health™ System

Have you ever considered what it would feel like to be unstoppable?

Unstoppable Health™ is freedom from fatigue, aches, pains, and that overall blah feeling.

Unstoppable Health™ gives you the freedom to NEVER again say NO when you really want to say YES, YES, YES!

Unstoppable Health™ gives you the energy and stamina to accept invitations to do fun things -- attend events, go out dancing, enjoy intimacy with your partner – whatever YOU desire.

What do you really want, more than anything? What's holding you back?

- Maybe your dressers are full of clothes of every size from the frustrating years of weight battling (*and inside you know that gazing into the mirror shouldn't incite a self-esteem war*).
- Maybe you struggle with disappointment in your career and finances because you lack the enthusiasm or energy to excel (*but inside you know you're meant for bigger and better things*).
- Maybe you're enduring a painful or threatening illness that no one has been able to help you resolve (*and you hope and pray that the right answer is out there somewhere, waiting for you to find it*).
- Maybe you've even experienced tiny glimmers of the inexpressible joy that bubbles up when you and your body-mind-spirit are healthy and in sync, and **you want MORE**.

As your eyes close and your thoughts break free from your reality of what is, do you escape into the possibilities of **what could be**? Are you happier there? Thinner? Healthier? More successful? Proud of your achievements?

Wherever you are right now, whatever you're doing...***Stop!***

Take *THIS* moment to really feel the “you” of possibility, the person **inside of you, waiting to emerge, and live the life you imagine**.

Stay connected to that vision, and **let me help you transform fantasy into reality, step by step**.

Are you ready to find out how we will work together to make YOUR dream happen?

Read about what it will be like to be part of my Unstoppable Health™ Energy Recharge Inner Circle (ERC), and make a choice from your heart – yes or no! “Maybe” keeps you stuck between what you really want and what you are afraid of.

Life is too short to settle for *maybe* or *someday*!

This is for you and the wonderful life you can create for yourself and all the lives you'll touch in doing so.

To Your Unstoppable Health and Boundless Energy,



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



Dr. Ritamarie's Unstoppable Health™ Energy Recharge Inner Circle

What is the Energy Recharge Inner Circle?

The Unstoppable Health™ Energy Recharge Inner Circle (ERC for short) is a 10-month long, fully guided **experience** where you get to create a bold vision for your life and decide to do what it takes to step into the vibrant health and the strong, lean, and energetic body you so desire AND deserve! The Inner Circle is specifically designed to empower you to engage in the activities that allow you to achieve optimal health, so you can realize your unlimited potential.

In addition to the many benefits of this program, **far and away the biggest outcome is that you get to create a body that works for you** and allows you to enjoy the hobbies, activities, and relationships that require abundant energy and an efficient and well-tuned you. As a participant, **you'll develop and follow your personalized Unstoppable Health™ Roadmap.**

The Inner Circle is the only way to get ongoing coaching and support from me. I only work closely with a handful of clients so that I can truly dedicate my time, knowledge, experience, and gifts to mentor you and a small group of highly motivated individuals.

I'm with you every step of the way, and I'm dedicated to your success. I devote my expertise as a seasoned coach and health practitioner to help people like you who are truly ready to do what it takes to overcome health challenges, create boundless energy, achieve hormonal balance, and live a life that allows your dreams to come alive.

How can I participate?

The Inner Circle provides complete access to my unique **Unstoppable Health™ System**, which blends cutting-edge science with natural healing wisdom, plus step-by-step guidance and tools to recharge your hormones, organs, and energy. The Unstoppable Health™ System empowers you to take charge of your own health and make sense of all the conflicting and confusing information you may have heard about along your journey.

The **Unstoppable Health™ System** includes training modules that provide the essentials for restoring balance and vitality to each of your organs and hormones. You'll receive checklists and tracking sheets, action plans, recipes, and a complete recipe preparation and fitness video library to empower you to action. To help you put it all to work for you, keep you motivated and inspired, and help you with challenges you encounter as you get into action, **you'll be coached and mentored every step of the way.**





Meet Your Mentor: Dr. Ritamarie Loscalzo

Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, founder of the Institute of Nutritional Endocrinology (INE), is passionately committed to transforming exhausted high achievers all over the globe into high-energy people who love their lives and live to their full potential.

A bestselling author, speaker, and internationally recognized nutrition and health authority, her focus is upon transforming our current broken disease-management system into a true health care system by finding and solving the root causes of health challenges.



She's the author of the Amazon #1 bestseller, *Unstoppable Health*, a contributing author of Amazon Bestseller *Trendsetters*, and the author of numerous books on healing foods and recipes. Dr. Ritamarie is a sought-after speaker at conferences and online summits internationally.

Her passion for health and healing began as a result of her own bout with illness. After recovering her health by changing what she put in her mouth and how she lived her life, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985. She is a Doctor of Chiropractic with certifications in acupuncture and clinical nutrition, a diplomat of the American Clinical Board of Nutrition, and a certified HeartMath™ instructor.

Dr. Ritamarie's online programs and private coaching marry the ancient healing wisdom of whole, fresh foods and herbs with modern scientific research and functional assessments to guide people worldwide to balance their hormones, flatten their bellies, and refuel their energy tanks. She wants people everywhere to experience more juice in their relationships, success in their careers, and joy in their lives. Using her skills as a certified living foods chef, instructor, and coach, Dr. Ritamarie offers the tools you need to reach your ideal weight while enjoying delicious healing meals.

When she's not writing, speaking, or coaching on health and nutrition topics, Dr. Ritamarie loves to run, hike, swim, paint, and make pottery.



You Can Take Charge of Your Own Health And Become Unstoppable!

The foundation of the Unstoppable Health™ Energy Recharge Inner Circle (ERC) is Dr. Ritamarie's unique Unstoppable Health™ System, including step-by-step guidance and tools to recharge your hormones, organs, and energy.

The Unstoppable Health™ System has emerged from working with thousands of patients for over 30 years. It's the process you'll go through in the Unstoppable Health™ Energy Recharge Inner Circle (ERC) to reboot your energy and restore your zest for life.

The Unstoppable Health™ System empowers you to take charge of your health and make sense of all the conflicting and confusing information you may have heard about along your wellness journey.

The Unstoppable Health™ System delivers the essential tools for restoring balance and vitality to each of your organs and hormones, including foundational lifestyle modules that provide checklists, tracking sheets, action plans, recipes, and a complete recipe preparation and fitness video library to empower you to action.

If your health is limiting your joy, your energy, your relationships, your life — **there is a solution.**

Get the coaching, training, and support you need to take charge of your health and create the energy and joy you need to live the life of your dreams.

If you deeply desire to have more of an impact in the world – the impact you were born to make – **stop struggling to do it all on your own!**

Allow our supportive and knowledgeable team to guide you every step of the way.



Receive High-Level Support to Create the Health You Desire

Knowing how to sift through all the conflicting information (diet, habits, and how your body functions), and discerning what applies to you, will get you quickly on the path to your dream life.

By working with Dr. Ritamarie and her team of trained Nutritional Endocrinology Coaches, you are more likely to **achieve long-lasting health** and **stick with the lifestyle choices** that truly recharge your tired body.

In the Unstoppable Health™ Energy Recharge Inner Circle (ERC), you'll **receive expert guidance and accountability**, so your path is clear and your progress is accelerated.

You'll benefit from over 30 years of scientific knowledge, clinical experience, and firm, loving guidance to keep you from making costly mistakes and losing ground on your journey to comfort, joy, and boundless energy.

Dr. Ritamarie offers sound advice based on scientific and natural wisdom, a “no dogma” personalized approach – a detailed look at the diet and lifestyle habits that are obstacles to your progress and a thorough explanation of tests and supplements that may be indicated. Regular check-ins, re-adjustments to your program, and loving support in making changes that last are key parts of The Unstoppable Health™ System.

Through teleconferencing and online groups, Q&A sessions, and individual feedback, communication is lively and interactive -- creating a true sense of personal relationship and community. Our members become friends and confidantes, and support each other on their path to wellness.

**Ultimate freedom comes from a well-tuned, finely
balanced body that performs whenever asked.**





Meet Simone Devenish

With this program and the education provided, I'm working on my root causes and I've got a deeper insight into what my body is capable of and what's happening through the functional tests.



I've always been interested in improving my health on my own. When I discovered Dr. Ritamarie's program, it looked like a good fit for me to address thyroid issues, improve my digestion, and regulate my blood sugar, which was in the pre-diabetic range with an A1c of 6.4%.

I thought I had reached the normal range from my blood work, but this program helped me understand the difference between the "normal" ranges of lab markers and the optimal ranges.

I did the Metabolic Reset in the blood sugar program. My A1c came down 4.8% and my cholesterol levels came down also. I have learned the underlying causes of my persistent gut issues, such as heavy metals, genetic SNPs, and parasites. I've also learned to have a grace about my healing journey because it will take more time- I have a hard time detoxing, so I need to take things very slow. I also learned how to interpret my Genetics so that I could fine-tune and customize my diet to work for my body. I learned that I had trouble digesting animal fat through my genetics interpretation so I could make changes to my diet.

One of my challenges was my low sex hormones - I was able to complete a functional hormone panel and Dr. Ritamarie interpreted it so that I know what lifestyle and dietary changes to make. While changing my diet and getting my blood sugar under control during the metabolic reset, the ERC community and Dr. Ritamarie was motivational and her approach showed me that balancing blood sugar is a holistic approach that includes sleep, stress, diet, exercise, and mindset.

I am still on a journey towards optimal health - I am in ERC for a second year. I am eating more plant-based now than I had before. I'm relying more on plant-based proteins rather than animal-based. I was pursuing DIY health for a long time before ERC but with this program and the education provided, I'm working on my root causes and I've got a deeper insight into what my body is capable of and what's happening through the functional tests.





Meet Heather O'Brophy

My biggest challenge prior to joining ERC was getting to the root cause of my weight gain and chronic inflammation, which included chronic allergies. Gradually, bit by bit, I came to understand all three issues were interconnected...after 5 years of getting some help and a lot of misdirection. I was frustrated with trying various approaches to being healthier and not seeing significant results, and determined to find a way to keep from dying from a heart attack like many family members.

Finally a series of assessments pointed me in the direction of blood sugar problems; while not clinically diabetes, certainly somewhere on the insulin resistance spectrum. I entered the Sweet Spot Solution, and for the first time after having children, I was able to maintain a steady, consistent healthy weight. However, my blood sugar wasn't very stable after the metabolic reset, so I kept limiting my diet to keep a healthy range.

Doing the genetics and blood sugar seminar with Dr. Ritamarie really pinpointed my inherited risk factors, including autoimmune susceptibilities and diabetes. I committed to ERC in order to delve deeper into my inflammatory root causes. Going through the modules I have come to understand the importance of building plans and habits for each of the 7 pillars of success. It took all of those in combination together for my chronic inflammation markers to reverse. There wasn't just one of those 7 lifestyle supports that made a big difference—they were all necessary for the rest of my body to repair and rebuild.

Getting these new routines in place was the biggest challenge; specifically expanding my culinary repertoire, sourcing supplements and foods I'd never tried, figuring out what exercise program is optimal and that I'll stick to; finding a meditation program that worked and I'll stick to, and sleep routines that work.

- I no longer use any allergy medication and eliminated seasonal allergies.
- After a lifetime of no sense of smell, I have a limited sense of smell.
- Lipid levels are controlled without the use of a statin drug (which use probably contributed to kidney disease) and my doctors say my results are all good.
- I have improved filtration rate for my kidneys (Stage 3 chronic kidney disease).
- I've maintained my weight at the same weight I was in high school for over a year now.
- My bone density scan showed reversal of osteopenia with improved bone density.
- My periodontist noted significant improvement in my gum & tooth pocket depths, and was especially impressed given I'd gone 8 months between cleanings vs the usual 4 (due to covid closure.)
- My mental fog significantly reversed as measured by my neuropathic psychologist on brain scan.

Subjectively, I move like a 20 year old, and I'm 70! I feel full of vitality, energy, and have mental clarity. I believe I've improved as an advocate for my health, certainly with my ability to understand my lab testing. I'm a self-motivated person, who enjoys learning. Having the structured content and taking the time to do "deep dive" learning was important for me.

The framework Dr. Ritamarie gives is absolutely proven and sound, and well worth the investment. The learning material is robust and extensive. At my level, the support is there if you make the effort to access it. I had to be very disciplined with my study time in order to have my questions ready for the ERC and/or open coaching calls with Dr. Ritamarie to access her expertise. While I didn't complete all the material in my year's time, having access to the programs' content for another year does take some pressure off. I completed the ones I felt most essential. Dr. Ritamarie says she "overdelivers" and that is certainly true.



Here's How the Inner Circle Works

1

We Start by Working With You to Identify Your Desired Outcome and Discover Your Imbalances

- **Clarify Your Values and Identify Your Goals** so that we can support you to reach them, and remind you what is most important so we can hold you accountable when you appear to be challenged with follow-through
- **Comprehensive lifestyle and health assessments** to identify stressed systems and the habits that get in the way of your health
- **Computerized blood chemistry analysis** for a peek inside your body - you'll get a computerized report that outlines the hormones and body systems that need to be addressed and the nutrients that need to be balanced.
- **Functional lab testing review** to get to the heart of your nutrient, hormone, and body chemistry imbalances
- **Analysis of Your Genetic Test** results to identify potential weaknesses and disease tendencies so we can help you to personalize your diet and lifestyle program to minimize your risks.
- **Self-assessments** you can do at home, to track and monitor your progress

2

You'll Learn to Make the Changes You Need to Recharge Your Energy and Feel Your Best

In-depth training modules, delivered in bite-sized pieces, designed to empower you to restore balance and vitality to organs and hormones covering a variety of topics. These are packaged into an online membership we call *The Empowered Self-Care Lab*.

- **Foundational Nutrition** - This is all the core diet principles that you'll learn to incorporate into your life to support the hormones and body systems that influence your energy. Resources here include hydration principles, healthy beverage swaps, the importance of greens, how to use herbs, guidelines for using alkalizing and healing foods, how to balance fats, carbohydrates, and protein, menu planning and kitchen make-over, and optimizing strategies for vitamins, minerals, and antioxidants
- **Foundational Lifestyle Habits** - including fitness, sleep, fun and managing stress
- **Environmental Cleanup** - including everyday detox and deep detox strategies
- **Gluten-Free Living Resources and Support** - tools and strategies for daily living
- **Managing Pain and Inflammation Naturally** - recipes, tools, and education



Here's How the Inner Circle Works (cont.)

- **Food Sensitivity Detection** - step-by-step guidance through elimination and provocation
- **Digestive Health and Repair** - including a Protocol for Healing Leaky Gut and restoring balance to the microbiome
- **Blood Sugar Balance** - everything you need to do to balance the hormones related to blood sugar control and do a 30-day metabolic reset to optimize fat-burning and overall healing
- **Adrenal Rebooting** - tools, recipes, and step-by-step guidance through an adrenal reboot protocol
- **Thyroid Rebuilding** - step-by-step guidance to testing, interpretation, and rebalancing your thyroid, the gland that controls your metabolism
- **Bone and Dental Health** - nutritional strategies for strengthening bones and teeth using specific foods, nutrients, and herbs
- **Organ and Gland Strengthening** - foods, nutrients, assessments, and protocols targeted to improving the function of each of your glands and organs
- **Periodic Cleansing** - including gentle and effective detox protocols and a process called “Fasting While Feasting” which guides you through a 5-day process that gets healing results similar to fasting
- **Immune System Balance** - including approaches to autoimmune disorders, allergy and improving your ability to fight off infectious disease
- **Nutrigenomics** - using your genetics reports, you’ll learn to create and follow a personalized nutrition and lifestyle plan customized to your genetics

3

We'll Empower You with Tools and Resources to Support Your Upgraded Diet and Lifestyle

- **Recipes Guides and “How-To” videos** to increase your confidence and skill set at making meals that nourish and energize your body and taste great too.
- **A fitness video library** to motivate you to move and enjoy the process
- Determine the **herbs best suited to your unique needs**, and to put their wisdom to use in activating your healing potential with resources and recipes that empower you to action
- Step-by-step **action plans** to help you move forward



Here's How the Inner Circle Works (cont.)

4

We'll Encourage You to Get the Results You're Looking for with 1:1 Coaching and Accountability Groups

- **Monitored Weekly Journals** for accountability and support, to keep you on target
- **Regularly scheduled coaching and support calls** with Dr. Ritamarie and Team. There's an opportunity to attend at least one support call just about every week
- **Regular check-ins and goal setting** for continual refocusing
- **Periodic virtual workshops and retreats**, to keep you focused, inspired and in action Monthly Coaching group calls led by a nutritional endocrinology coach and with a small group of your peers with whom you have the ability to support and be supported
- **Monthly 1:1 calls with your personal nutritional endocrinology coach** for guidance on diet and supplement protocols, lab review and accountability
- **Community support and guidance** through our interactive community
- **Coaching and encouragement from Dr. Ritamarie and Team** to guide you every step of the way





Meet Dr. Carolyn Love

I have been practicing holistic veterinary medicine for many years. became connected with the UHIC group of Dr. Ritamarie's last year after I heard one of her online videos. She said something that really spoke to me.

"Are you tired of guessing what supplements your body needs?"



I've had that thought many times—so, I decided to do her year-long program and learn for myself based on well-documented scientific research.

Dr. Ritamarie is brilliant, and very passionate about helping and empowering others to have vibrant health. When I first started the program, I thought I was already on a good diet. Compared to most people, I was.

I had some GI issues of strong gas, especially if I ate the wrong food or had a little sugar or bread... neither of which I had very much of. I also had some brain fog and trouble focusing, especially in the afternoon. I also was impatient at times, in a Zen sort of way...

I found out through some blood testing and the 23andMe test that I have a methylation defect in my liver. I don't absorb folic acid properly. It is a genetic defect and can cause irritability, and brain fog and depression among other things. I also realized I'd had a low-grade depression after starting the correct form of Methylfolate. Thank goodness I meditated for years or it would have been a lot worse! I am so grateful for that information!!! My brain is so much sharper and my energy level better. I am more patient now, too.

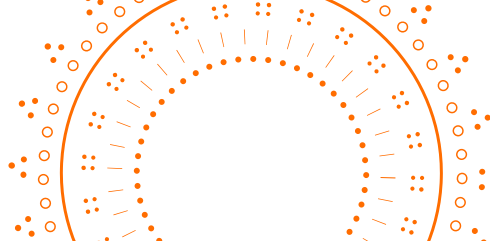
I found out through another test that my blood sugar was out of balance. I would have never known from a resting blood glucose test, as that was in the normal range. I don't eat Snickers bars, or drink Cokes, and have not for over 25 years. My hemoglobin A1c and fructosamine were elevated. I would not have thought to test them if it were not for Dr. Ritamarie!

My average blood sugar was too high. I had been having the GI issue and my energy level was still not what it could have been. I did the Sweet Spot Solution Module and got it all back into balance. I found out through scientifically testing my own blood glucose what foods worked in my body and what foods were causing the rise in blood glucose. I learned what supplements to take and how much, so I could heal my insulin receptors. I also learned how the stress I had been under the last two years created a rise in cortisol, which in turn triggered my liver to release glucose as if I had eaten that Snickers bar!

I am truly grateful for this information and profound difference it has made on my health. This program is really empowering to understand and do the right thing for vibrant health.

Dr. Carolyn Love, Holistic Veterinarian, www.LovePetHospital.com





Meet Jeani Rademacher

I spent years researching and doing programs on my own but when I came to ERC, I learned so much and felt my self-empowerment.



10 years ago, I was diagnosed with breast cancer. I did not eat well, I ate the Standard American Diet. After surgery, chemo, and radiation treatments, I asked my doctor what caused the cancer and what I could do to prevent the cancer from coming back. He responded that it was nothing I did, and there was nothing I could do. I just didn't accept that- and that started my mission to be healthy.

I spent years researching and doing programs on my own but when I came to ERC, I learned so much and felt my self-empowerment. I wanted to be told what to do, to follow a plan exactly right, but I discovered that health is a journey and I learned how to take care of my body rather than following a one-size-fits-all plan.

I learned how to implement a healthy diet in my busy, dynamic schedule. The lifestyle that I was leading before was eating for convenience- being on the go, eating something quick from a package. Now I never leave home without food that will make me feel good and save me from eating the wrong thing while I'm out.

Same thing when I'm home cooking- I take some time to prepare my meal and I have mastered simple but healthy food prep.

One of the biggest changes for me was being a Type A personality and wanting to do everything just right. I learned that sometimes when I get one area or symptom under control, something else comes up and I have learned how to be flexible and take it one step at a time. There's nothing more important than sharing what I learned with my kids and my grandkids.



Summary of What's Included

When you join Dr. Ritamarie's Inner Circle, there are 2 Levels from which to choose - Gold or Gold Plus.

To help you put it all to work for you, keep you motivated and inspired, and help you with challenges you encounter as you get into action in all levels, **you will be assigned a Nutritional Endocrinology coach to guide you one on one through the program PLUS a small accountability group for guidance and support.**

You'll also get complete access to all of Dr. Ritamarie's programs, recipe resources, videos, ebooks and much more via access to a full year membership in the one of a kind ***Empowered Self-Care Lab***, where you'll be guided through the following programs, real-time by a nutritional endocrinology practitioner.

- Food Sensitivity Detection
- Gut Repair
- Blood Sugar Balance
- Adrenal Reboot
- Thyroid Reset



At-a-Glance of What Members Receive

- **1:1 Private Initial Consultation** with your assigned Functional Nutrition Coach
- **1:1 Personalized Health Plan Presentation Meeting** with your assigned coach
- **Monthly 1:1 Private Progress and Planning** coaching calls with your coach
- **1:1 Private Progress and Planning coaching calls (3) with Dr. Ritamarie** (Gold-Plus Only)
- **Office Hours** for coaching and support from Dr. Ritamarie
- **Small Group Spotlight Coaching and Accountability** (usually no more than 6-8 people per group) (For Gold-Plus, these calls are led by Dr. Ritamarie)
- **Virtual Office Hours** and training with Dr. Ritamarie and/or senior coaches twice monthly as part of The Empowered Self-Care Lab
- **Weekly Support** from your coach via your online health journal and assessments
- **Coach on Call sessions** to get questions answered between scheduled calls with your coach
- **Community Support and Connection** with co-participants via a private Facebook group
- **LIVE Online Workshops and Group Lab Analysis Sessions** with Dr. Ritamarie and/or the health coaching team
 - Nutrients and Supplements Planning, Tracking and Optimizing
 - Lab Analysis Education and Guidance
 - Nutrigenomics report education and guidance
 - Group or private lab interpretation sessions with Dr. Ritamarie and/or senior coaches for the labs included with your level
- **Recorded Virtual Workshops** – Vision board, Kitchen Magic, Pantry Makeover
- **Quarterly "Let's Make Food Together"** Kitchen Sessions
- **Quarterly "Let's Get Fit Together"** Functional Movement Sessions
- **Emotional Energy Healing sessions** with one of our Energy Blocks Breakthrough Coaches (Gold- Plus Only)
- **Online Functional Movement Sessions** via Zoom (Gold-Plus Only)
- **Menu-Makeover Consultations** with one of our Master Whole Foods Chef and Nutrition Consultants. (Gold-Plus Only)
- **Functional Lab Tests** - test fees plus analysis sessions included
 - Fatty Acids with group interpretation support
 - DUTCH Plus with group interpretation support
 - Metabolomix+ that includes testing of vitamins, minerals, organic acids, amino acids, fatty Acids and Toxic and Essential Elements with 1-1 interpretation support (Gold-Plus Only)
 - Comprehensive Digestion - GI Effects with H-Pylori with 1-1 interpretation support (Gold-Plus Only)





Meet Vanessa Horn

After joining ERC, I'm feeling so much better. My energy is back, my joint pain is relieved, and my cognitive function has been restored!

A few years ago, I had a severe burnout and adrenal fatigue. I couldn't get out of bed, my joints hurt, I had zero energy, I felt depressed for the first time in my life, I couldn't sleep and I lost cognitive function so I couldn't think straight or remember words.

Needless to say, my business and family suffered. I had no energy to participate in social functions, not even simple things like an egg hunt on Easter. Over the course of a year, I lost \$70,000 in revenue and gained sixty pounds!

I went to several doctors, and felt like I had to convince them that something was wrong. They couldn't figure it out. The only solution they proposed was to put me on medications for the symptoms of depression, anxiety, lack of sleep, gut issues, and hormones. They did nothing to diagnose the deeper issues going on.

After joining ERC, I'm feeling so much better! Thanks to the ERC program and the comprehensive labs helping me diagnose the root cause for my symptoms, Dr Ritamarie and my coach, Lisa, helped me get my energy back, my joint pain relieved, and my cognitive function restored! Since then, I have scaled my business to multiple millions and lost 22 pounds!

Dr. Ritamarie has a very generous heart and is wickedly smart. She will not hold back. Her brain is remarkable! She remembers all the details about your lab work and how it all fits together to get you the best plan. It's an extraordinary program. I have stayed in it for several years. I have zero hesitation recommending it if you want something comprehensive and personalized.





Meet Claudia Meuhlenweg

ERC made such a difference in my life, my health, my energy, and I feel better now, at age 59, than I did at 29.

I found Dr. Ritamarie on a webinar and joined her Sweet Spot program, which was a life-changing program for me. My mom has diabetes, high blood pressure and I was always told that there was nothing I could do to reduce my risk of those conditions. After completing Sweet Spot, I lost weight and I felt good, but I realized that was just the first layer of the onion.

I found out that I had adrenal fatigue, digestion imbalance, and low vitamin D despite living in sunny, southern California. By looking at the labs, my genetics, and having a coach who asked me thorough questions about my symptoms, we were able to put together a diet, supplement, and lifestyle program for me.

Now I'm set up to live the rest of my life with optimal health. Learning and fine-tuning is a continuous process but now I know strategies, what foods to eat, and which to avoid, how to reduce my stress. Moreover, I use a combination of my functional lab tests, symptoms, and genetics to make better choices for my body.

ERC made such a difference in my life, my health, my energy, and I feel better now, at age 59, than I did at 29.



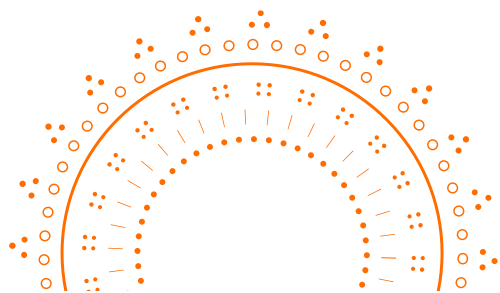
Meet Lynn Lowe

When I started ERC I was tired, apathetic, and anxious and now I feel vibrant, with new possibilities for enriching my life.

Changing my patterns, behavior, and diet to heal my Hashimoto's has taken time and having professional support has been critical. Dr. Ritamarie's ERC program is educational and empowering - it's a life changer! The expertise she brings to the table and her methods of amalgamating all of her knowledge and experience into a clear, concise, and practical manner are very impressive. It is also a great relief for me because I am a busy professional and this program is a one-stop-shop.

When I started ERC I was tired, apathetic, and anxious and now I feel vibrant, with new possibilities for enriching my life. Thank you Dr. Ritamarie for all of your dedication to creating such an incredible and empowering program.





Meet Dr. Kelly J. Meyers

Before I joined Dr. Ritamarie's Inner Circle, I was exhausted, hormonally imbalanced, and was dealing with severe digestive issues. I was feeling pretty desperate because I had tried a lot of programs, and I'd been working with different practitioners, but nothing was working.



I knew that I needed something really comprehensive -- something that would look at ALL the different facets of my health challenges -- because so many of the other programs and practitioners I'd worked with were focused on just one thing. As a result, I was extremely restrictive in my diet, and I wasn't enjoying my food at all. I felt I needed something that would look at the complete picture of my health -- stress, digestion, food, hormones, and all of that together. I also knew I needed a higher level of support than I'd found anywhere else.

When I came to the Inner Circle, I was so impressed with the community, the support and positivity of all of her coaches, and Dr. Ritamarie's own loving support, positivity, and constant belief in me.

I so appreciate the level of support I have found and the belief in my ability to heal and have a vibrant life. I'm always in awe of how Dr. Ritamarie speaks, her genuine care, and how she had changed her own life when faced with similar challenges to mine.

While I still have a ways to go to fully realize all of my goals, I now understand what's going on inside and how all of my challenges are connected. My exhaustion is improved, my digestion is much better, my diet is greatly expanded, and I feel confident that I am continuing to move in the right direction.

It's such a joy now to be able to eat so many more foods than when I started, and I can honestly say that I love my food and all the recipes provided to me that I now get to enjoy. My attitude and my ability to handle stress are so much better now. I was in extreme overwhelm (a classic type A), and I was not taking appropriate time for self-care. I feel more empowered, happier, and much more comfortable in my body than ever before. The depth of knowledge displayed by Dr. Ritamarie and her coaches and the level of caring and support is way beyond what I've ever experienced in the many other programs I've been in.

Dr. Kelly J. Myers
Clinical Psychologist
Eden Energy Medicine Certified Practitioner
Certified Holistic Health Coach



Detailed Program Features

Complete access to Dr. Ritamarie's unique Unstoppable Health™ System of step-by-step guidance and tools to recharge your hormones, organs, and energy as part of *The Empowered Self-Care Lab*

Your ERC Journey

1:1 Onboarding Meeting

A member of our client care team will get you all hooked up to our online client portal, the membership site and all of your resources. Your care team concierge will make sure your lab test kits are ordered, and get you started on completing your assessments.

12-Week Rapid Health Transformation Accelerator

During your first 12 weeks we'll take you by the hand and help you to accelerate your transformation. We'll take you through the resources you need to get you started, you'll commit to 1-3 daily activities each week, and be held accountable during your weekly calls with Dr. Ritamarie and the coaching team. Together with our team, you'll create your first 90-day outcome plan, and we'll keep you accountable to achieving it.

Lifestyle/Health Assessments to Identify Impediments to Optimal Energy and Health

Using Dr. Ritamarie's unique **Organ and Gland Assessment Scorecard** and **Nutrient Evaluations**, you'll pinpoint areas of imbalance that need work, while Dr. Ritamarie's **Personal Physical Exam** form will show you how to interpret your physical signs and the imbalances they signal.

These self-assessments will help your coaching team guide you in additional functional lab testing, if indicated. Once your imbalances are determined, you can choose the correct action steps that bring you back into balance.

Health Resource Library

The library includes audios, videos, documents, recipe guides, and a recipe preparation and fitness video collection to empower you to action.

Step-by-Step Action Plans to Help You Move Forward

There's a roadmap to guide you through all the segments of the program, and a handbook you can use as a checklist for each of the learning segments. Each learning segment will include a set of actions for you to put into place, guiding you to your ideal energy balance. The action plans make it possible for you to immediately benefit from newly acquired information.



Detailed Program Features (cont.)

In-Depth Training Modules to Guide You to Restore Balance and Recharge Your Energy

Foundational diet and lifestyle modules include checklists and tracking sheets, action plans, recipes, videos, and webinars that guide you to put into action habits and attitudes that balance your body and skyrocket your energy. There are also modules that provide the essentials for restoring balance and vitality to key organs and hormones. Guidance is given in bite-sized pieces, so you can easily fit the protocols into your busy life.

An Interactive Community of Supportive, Health-Seeking Members You Can Lean On

You'll have access to a members-only Facebook group where you can share knowledge and ideas with other members, receive and give feedback, and support each other.





Meet Sarah Eaton

Joining Dr. Ritamarie's Inner Circle has been the best thing I have ever done for my health. I feel better than I have in 20 years, I have reclaimed myself and my life, and I am more excited about my future than I have ever been. All because of this program.

When I joined the UHIC program almost 2 years ago, I was living on the sofa, I could barely walk, and was in constant pain. My mind was very slow and I had large scary blanks in my short- and long-term memory, which was rapidly getting even worse. I was very depressed, my skin peeled ongoingly, I never slept more than an hour without waking. My creativity was vanishing, and I had to stop working as an artist, so my income was dwindling.

I was a size 16 and growing, and every night after dinner I would watch as my body swelled and my jeans got tight before my eyes. I could do one thing a day - get dressed, and that took it out of me. My life was grinding to a halt. And I had no idea what was wrong with me. I thought I had tried every diet and attended every health webinar, and nothing was changing.

What this program has done for me is a miracle to me. Within 3 months in the UHIC program, my depression vanished, and my energy began to soar. Now, 2 years later, my creativity has returned, and I am also working as an artist again. My skin has completely cleared up, I sleep really well through the night. My memory is coming back! And it keeps getting faster and sharper. I do not have blanks in my memory anymore. I carry only 10% of the physical pain I used to have. I have more range of motion. Even old injuries are starting to heal more. I walk usually with almost no pain, and that is improving, too. Recently I have been able to climb stairs with zero pain for the first time in 20 years! My emotional eating is no longer a problem. I am a size 12 currently and have been losing weight slowly and steadily. Inflammation is a thing of the past.

Regardless of life's setbacks, even the death of a beloved sibling, I continue to improve over time. I am learning what works for me, and I continue to achieve health goals, something I have never done before in my life. My husband joined the UHIC program, and now he is regenerating, too! We are learning how to maintain our health and to keep on getting even better. We have mastered vacations and travel-eating and health! I can depend on me now, to really take care of myself - for the first time ever. And it is all because of Dr. Ritamarie and the UHIC program.

I have never met more knowledgeable, kind, generous, and accessible people than Dr. Ritamarie and her phenomenal coaches. They know how to get you where you want to go. And you don't have to be a nurse or scientist to get it. I am never alone in this program, and they have supported me every single step of the way. This is a full-spectrum program. They deal with it all - physically, mentally, emotionally, and spiritually. And being live on webinars, the phone, and on FB with other people in the UHIC program, learning so much from them, being uplifted and strengthened by them all, is just amazing.

Today I am a brand-new person who really gets to be me! And I feel like I have just begun. My health is supporting me. I am excited about today and my future. I really know I can achieve Unstoppable Health™ like Dr. Ritamarie and her coaches. This is truly the best thing I have ever done for my health, and I wouldn't trade it for anything. I have been a member of the ERC Unstoppable Health™ Inner Circle for several years, and I have learned so much to improve my health. I really treasure having that support in dealing with my many complex health issues. -- **Sarah Eaton, Artist**





Meet Maia Alpern

I have been a member of Dr. Ritamarie's Inner Circle for several years, and I have learned so much to improve my health. I really treasure having that support in dealing with my many complex health issues.

Dr. Ritamarie has created an in-depth, comprehensive, and up-to-date program that will support everyone, no matter their learning style. There are live calls, videos, audios, and written materials on every topic.

But the true gem is Dr. Ritamarie herself. She is a patient, generous, and well-informed coach. Her knowledge of how the body works is phenomenal. And her multifaceted approach to wellness will help keep you out of the doctor's office, and support you with ways to get the most out of working with your doctor. Her program has so many opportunities to receive personal time with her and her team of coaches, plus you get to know so many wonderful members on the calls and the Facebook group. Give yourself the gift of this fabulous experience. You deserve it!

Maia Alpern, Holistic Health Coach, GlutenfreeFairyGodmother.com, El Cerrito, CA



Meet Lynn Mahler

Before I attended Spring into Vitality, I was 40 pounds overweight, exhausted, and foggy brained. I didn't know it then, but my adrenals were in stage 3 burnout.

During the day, my body ached all over. At night, I couldn't sleep without heavy duty drugs. My only coping strategy, just to get through life, was to go to the chiropractor at least 2 times per week and get a massage 1 time per week.

Spring into Vitality inspired me so much that I joined Dr. Ritamarie's Inner Circle at the Gold level. I needed the support from Dr. Ritamarie Loscalzo -- The Queen of Health herself!! The transformation for me has been dramatic. Now I see the chiropractor once a week and receive a massage once every 3 weeks. I got off the "knockout" medicines, and now I sleep on my own. My brain fog has cleared, my energy level is through the roof, and I am in love with life!

This was the best health investment of my LIFE! **Nothing tastes as good as Healthy Feels!** Happy Health to all!

Lynn Mahler, Yoga Teacher and Health Coach





Meet Barbara Dunn

Since joining ERC and managing my blood sugar, my A1C has dropped from 7% to 5.3 %.

Prior to finding Dr. Ritamarie's programs, I was diagnosed with type 1 diabetes, which was later downgraded to type 2 diabetes. Because of Dr. Ritamarie's programs, I've come to realize that high insulin is just as dangerous as high blood sugar. So the thing that's supposed to be helping you, just kills you in a different way.

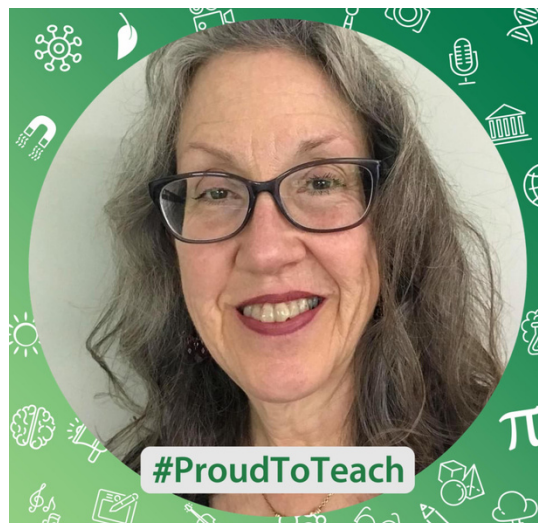
My interactions with Dr. Ritamarie and the other coaches have made me feel like everyone across the board is real. It's a presence that you can feel. There's an immediate trust. All your questions are answered.

By following her protocols, I've been able to come off my medication and my labs are better now than they ever were while on medication. I've gained a great deal of knowledge through ERC, everything from understanding genetics, reading labs, and asking my doctor to do additional labs.

Since joining ERC and managing my blood sugar, my A1C has dropped from 7% to 5.3 %. I've gained a great deal of knowledge through ERC, everything from understanding genetics, reading labs, and asking my doctor to do additional labs.

My family's acceptance of my new habits was a challenge at first, but I'm enjoying sharing what I've learned with them and my friends. This includes where to source food items, where to find kitchen equipment, and how to prepare healthy delicious meals. I'm finding that people are hungry for this information and I love serving it up to them!

My family now sees the amount of energy I have. There are no more naps in the afternoon. My brother and I were both diagnosed with Type 2 Diabetes at the same time and he has suffered serious damage to his nerves in his legs because he is not willing to manage his condition with diet. All I can do is set an example. You impact the folks you can and you work on yourself.



#ProudToTeach



Unstoppable Health™

Energy Recharge Inner Circle

Education and Empowerment Library as part of The Empowered Self-Care Lab (Value \$2997.00) including...

Body Freedom Foundations

Complete nutrition and lifestyle protocol collection, which includes action steps, videos, audios, checklists, ebooks, documents, and courses:

- 7 core modules covering the 7 Foundational Pillars of Unstoppable Health™
 - **F**un
 - **R**est, relaxation, and sleep
 - **E**xercise
 - **E**nvironment
 - **D**iet - *The Body Freedom Nutrition Lab* (Value \$997)
 - **O**utlook
 - **M**indfulness
- Eat Your Way Out of Pain Home Study System
- Kitchen and Pantry Makeover Video Course
- Dr. Ritamarie's 30-Day Transforming Stress System
- Dr. Ritamarie's Inspired Health Vision System

Body Balance Program Access, which includes

- Empower Your Inner Healer 12-step program
- Gut Repair and Alkalizing Nutrition for Digestion (GRAND) program (Value \$697)
- The Sweet Spot Solutions program to balance your blood sugar (Value \$997)
- Adrenal Energy Reboot program (Value \$597)
- Thyroid Revive and Thrive program (Value \$497)
- Nutrigenomics program (Value \$997) Plus a virtual retreat day to review results of your genetics testing
- Lifetime access to the GREEN Cleanse program (Value \$997)

Exclusive Members-Only Website to Access All Your Resources

You'll receive access to our Unstoppable Health™ Community Membership site to access the audio and/or video education and transcripts, forms, recipe collections, and tools to ensure your success. You'll benefit from ongoing enhancements to the site and cutting-edge information. All materials are downloadable, so you are assured lifetime access.

Access to the Body Freedom Nutrition & Empowered Self-Care Lab Libraries including...

- Recorded health topic presentations (over 150 recordings)
- Healing Kitchen food prep class recordings (over 150 topics)
- Checklists, recipes, and special reports



Unstoppable Health™

Energy Recharge Inner Circle GOLD

Unstoppable Health™ Inner Circle GOLD is for you if any of these apply:

- You're experiencing uncomfortable symptoms or health challenges, have less energy than you'd like, are **not getting all the help you feel you need from your current health care team**, and you're looking forward to identifying and correcting imbalances before they become a serious health crisis.
- You struggle with sticking to the health habits you know would help, and **you need personalized support and accountability** to help you follow through.
- You keep trying the latest supplements, superfoods, and fad strategies. As a result, you've become so confused you don't know where to turn and could **benefit from personalized guidance**.
- You would benefit from having help in determining **what tests to run, how to interpret them**, and how to optimize your lifestyle regimen based on the results.
- You are committed to truly **understanding how your body works** so you can stay healthy and happy.

The Gold level is designed to deliver one-on-one opportunities to access the expertise of your Dr. Ritamarie-trained Nutritional Endocrinology Coach.

In addition, Gold includes 2 functional lab tests with analysis, a monthly small group call with Dr. Ritamarie, and extra bonuses. This level is for you if you're struggling with some troublesome health challenges, and you feel the need for regular contact with Dr. Ritamarie and your Nutritional Endocrinology Coach.



Unstoppable Health™

Energy Recharge Inner Circle Gold

GOLD Features Everything listed above in the
All Levels section PLUS...

Private Coaching

A Private Comprehensive 90-minute Initial Consultation and Lab review with Your Assigned Coach

Here's where your coach gets to know you and understand your needs. He or she will review your assessments and goals, and ask you about your diet and lifestyle habits, your previous health history, blood chemistry labs and the obstacles that have, up until now, gotten in your way.

A Private Personalized Health Plan Presentation Meeting with Your Coach (45 minutes)

After your comprehensive consultation, your coach will determine what additional assessments and labs (if any) would be helpful for you to obtain, and will begin to create a plan to empower you towards your goals -- including suggestions for health-improving habits, foods, movements, and self-care activities. Together, you'll identify a 90-day health goal that's specific, measurable, and achievable within the timeframe and your coach will encourage, motivate, and guide you towards achieving it.

Monthly 1:1 45-minute Progress and Planning calls with Your coach (8)

Meet with your coach privately on a regular basis to discuss successes and challenges, get guidance in implementing the plan on your road map, ask questions, review lab results, and anything else you need to succeed.

End-of-year Comprehensive Re-evaluation and Next Steps Progress Check-in (45 minutes)

This is where you and your coach evaluate your progress and map out your recommended next steps, so you can maintain the progress you've made and continue to improve your health status.

Lab Analysis

Computerized Report of Your Blood Chemistry Results

You'll be guided to order appropriate blood testing based on the results of your assessments, either through your own doctor or through an online, discount direct access lab service. Submit your results and you'll get a detailed report of imbalances and identification of stressed organ and gland systems, plus you get to review with your coach and attend a group call with Dr. Ritamarie to review results.

Blood Spot Fatty Acid Lab Test

This is a test that looks at the balance of your omega 3 and 6 fats and provides insights into nutrient status and tendency to inflammation.

DUTCH Plus Lab Test

This is a comprehensive hormone test that includes a mapping of hormone metabolites for adrenal and sex hormones PLUS some key organic acids.



Unstoppable Health™

Energy Recharge Inner Circle Gold

GOLD Features Continued...

Group Coaching

A Semi-Private “Get to Know You” Coaching Call with Dr. Ritamarie

This is the opportunity for Dr. Ritamarie to get to know you, understand your needs, review your goals and challenges, answer your questions, and address your concerns in a much smaller group.

Office Hours with Dr. Ritamarie

During the bi-monthly drop-in “Office Hours” session, you will have access to Dr. Ritamarie to ask questions and get targeted support on a key challenge or obstacle, review labs, or update your supplement plan. The lines will be open, and you can drop in any time to get support.

Monthly Small Group Spotlight Coaching calls led by Nutritional Endocrinology Coaches

Get support from your group members and from your Nutritional Endocrinology Coaches who know you and your health concerns and who are deeply committed to your success. Build relationships with other members and create relationships that contribute to your healing.

Quarterly Progress Review and Planning Group Calls with Dr. Ritamarie

Every 3-months you'll be invited to a call with Dr. Ritamarie and all of the inner circle members to review your progress, celebrate your successes, evaluate your progress, and set updated goals if indicated. This is an opportunity to review what's been working and identify where improvements can be made, ask your questions and address any challenges that are coming up.

Virtual Office Hours Opportunities for Laser Coaching with Dr. Ritamarie and/or our senior coaches

Twice a month, as part of the Empowered Self-Care & Body Freedom Nutrition Labs, during drop-in “office hours” sessions, you will have access to Dr. Ritamarie and/or our senior Nutritional Endocrinology coaches to ask quick questions and get targeted support on a key challenge or obstacle. The lines will be open, and you can drop in anytime to get support.

Virtual Workshops with Dr. Ritamarie and/or the Health Coaching Team for Training, Support and Lab Reading Related to the Topic

- Nutrients and Supplements Planning, Tracking and Optimizing with Dr. Ritamarie
- Lab Analysis Education and Guidance with Dr. Ritamarie
- Nutrigenomics with Dr. Ritamarie
- "Let's Make Food Together" Kitchen Sessions quarterly with our certified natural foods chefs
- "Let's Get Fit Together" Functional Movement Sessions
- Body Balance Program to do as a group, led by a coach

1/2 Day Group Coaching Session for DUTCH Plus and Blood Spot Fatty Acids Lab Analysis

You'll spend a 1/2 day together with senior coach and functional nutritionist Lisa Fouladi to review what the results of your DUTCH and Blood Spot Fatty Acid Tests mean and you'll walk away with specific action steps based on imbalances discovered.



Unstoppable Health™

Energy Recharge Inner Circle GOLD-PLUS

Unstoppable Health™ Inner Circle GOLD-PLUS is for you if any of these apply:

- You're experiencing an **acute health crisis**, or you've been **struggling for years with chronically poor health**.
- You **need personalized attention** and want leading-edge expertise to get you on the right track.
- It feels like you've **tried everything to no avail**. You're ready for new clarity, science-based support, and experienced guidance to determine what to do next to get your energy and health back.
- You desire to put **Dr. Ritamarie's ongoing insights and expertise** to work on your health.
- **You're busy and prefer to get answers more quickly** with extra one-on-one support and guidance.

Unstoppable Health™ Energy Recharge GOLD-PLUS gives you all the one-on-one support of the Gold program, monthly group support with Dr. Ritamarie and other Gold-Plus members PLUS one-on-one sessions with Dr. Ritamarie. It also includes extra sessions with experts on fitness, menu planning and emotional trauma and a group blood chemistry lab analysis session with Dr. Ritamarie and other Gold- Plus members.

Limited to 7 members at this level.



Unstoppable Health™

Energy Recharge Inner Circle GOLD-PLUS

GOLD-PLUS Features Everything listed above in the GOLD section PLUS...

Private Coaching

A Private “Get to Know You” Coaching Call with Dr. Ritamarie

This is the opportunity for Dr. Ritamarie to get to know you, understand your needs, review your goals and challenges, answer your questions, and address your concerns in private.

Three 1:1 Progress Check-ins with Dr. Ritamarie

You'll meet with Dr. Ritamarie to review new labs, ask diet questions, review your plan, and anything else that you need support with. This is an opportunity to review what's been working and where improvements can be made.

End-of-year Comprehensive Re-evaluation and Next Steps Progress Check-in with Dr. Ritamarie

This is where you and Dr. Ritamarie evaluate your progress and map out your recommended next steps, so you can maintain the progress you've made and continue to improve your health status

Lab Analysis

Metabolomix+ Test with Fatty Acids and Toxic Mineral Add-ons

This includes an Organic Acid Panel, a comprehensive evaluation of your metabolic pathways, including gut dysbiosis, mitochondrial function, neurotransmitter function, vitamins, antioxidants, amino acids, oxalates and ketones. It also includes a Fatty Acid analysis that looks at the balance of your fat status, including your omega 3 and 6 balance and provides insights into nutrient status and tendency to inflammation. Analysis of amino acids, nutrients and toxic minerals is also part of this very comprehensive panel. You'll get an extra session with functional nutritionist Lisa Fouladi, our resident expert in this test.

Comprehensive Digestive Stool Analysis with H-Pylori

This test evaluates for indication of gut dysbiosis, including yeast and fungal overgrowth, parasites, bacteria, and disordered microbiome. It also looks at markers for digestive function and gut inflammation. plus tests for H-Pylori, You'll get a 1-1 analysis session with Steph Jackson, our resident Gut Guru.

1/2 Day Group Coaching Session for DUTCH Plus Lab Analysis

You'll spend a 1/2 day together with Lisa Fouladi and other Gold-Plus members learning what the results of your DUTCH test mean and will walk away with specific action steps based on imbalances discovered.



Unstoppable Health™

Energy Recharge Inner Circle GOLD-PLUS

GOLD-PLUS Features Continued...

Lab Analysis (cont.)

1-1 Coaching Session to review your Comprehensive Digestive Analysis Stool Test

You'll get to meet with Steph Jackson, our resident Gut and Microbiome expert. learning what the results of your Comprehensive Digestive (Stool) Analysis Test mean and will walk away with specific action steps based on imbalances discovered.

1-2 Coaching Session for Metabolomix+ Test Review

You'll get to meet with functional nutritionist Lisa Fouladi, an expert on this test, learning what the results of your Metabolomix+ Test mean and will walk away with specific action steps based on imbalances discovered.

Group Coaching

Monthly Gold-Plus only Spotlight Coaching Group calls led by Dr. Ritamarie

Get support from Dr. Ritamarie EVERY month in an intimate setting with other Gold-Plus Members.



Unstoppable Health™

Energy Recharge Inner Circle GOLD-PLUS

GOLD-PLUS Features Continued...

For NEW GOLD-PLUS Members

Pick 3 of the following

3 Emotional Energy Healing sessions with one of our Energy Blocks Breakthrough Coaches (60 minutes each)

Quite often, in cases of chronic health challenges, there is an underlying emotional and energetic block that can get in the way of healing. These sessions are with a certified Energy Healing Practitioner, who's skilled at guiding you to work through these invisible impediments.

Personalized Functional Movement Sessions

You'll meet for 90 minutes with a doctor of physical therapy specializing in functional movement for an evaluation and she'll create a plan based on your needs. Then you'll get a 30-minute follow-up session, 30-days later to support you in putting the plan into action.

3 Menu-Makeover Consultations with one of our Master Whole Foods Chef/Nutrition Consultants (60 minutes each)

Diet is a cornerstone pillar of Unstoppable Health. As a Gold-Plus member, you'll work with one of our Master Whole Foods Chef and Nutrition Consultants, so you get the one-on-one support you need to personalize your menus to your specific health needs AND taste preferences.

2 Drug-Nutrient Interactions sessions with Doctor of Pharmacy

This session is for you if you're taking any pharmaceuticals. Identify drug nutrient interactions and create a plan for ensuring that your diet and supplement plan is set up to prevent the adverse effects of these interactions.

GOLD-PLUS is Limited to 7 people



Unstoppable Health™ Energy Recharge Inner Circle (ERC)		
Dr. Ritamarie’s Unstoppable Health™ System™ with Members-only website, interactive community, downloadable recordings		
Membership Levels At-A-Glance	Gold-Plus	Gold
12-Week Rapid Health Transformation Accelerator		
Education and Training		
Empowered Self-Care Lab Membership (Complete collections of Health Assessments, Recipe Books, Food Prep Videos, Monthly health topic trainings, Monthly food prep classes and much more)	12 months	12 months
Body Balancing Programs: Optimize Digestion and Detox, Stabilize Blood Sugar, Repair & Rebuild Adrenals, Restore Thyroid, Managing Pain and Inflammation and Nutrigenomics		
Guidance through Body Freedom Pillars		
Health Topic Trainings with Dr. Ritamarie and Guest Experts	1/month	1/month
Food Preparation Trainings	1/month	1/month
Group Coaching		
Initial Small Group “Get to Know You” Coaching Call with Dr. Ritamarie	1:1 with DrR	
Monthly Small Group Spotlight Coaching calls with Your Coach	10 with DrR	10
Quarterly Goal Setting with Dr. Ritamarie and/or Senior Coach Team - Kickoff plus 3 quarterly calls	4	4
Office Hours sessions with Dr. Ritamarie for Spotlight Coaching	5	5
Drop-in Office Hours sessions with Dr. Ritamarie and/or Coaches for Laser Coaching (part of ESCL)	2/month	2/month
Coach on Call Sessions for getting questions answered as needed	2/month	2/month
Quarterly Let's Make Food Together, Let's Get Fit Together	4	4
Group Retreat Days		
Nutrient and Supplement Analysis and Planning Virtual Workshop with Dr. Ritamarie		
Lab Review Virtual Workshop day to get your lab tests analyzed with Dr. Ritamarie		
Nutrigenomics Virtual Workshop day to get your gene tests analyzed with Dr. Ritamarie		
DUTCH Plus and Fatty Acid Test Analysis call group session with Coach Lisa Fouladi		

Unstoppable Health™ Energy Recharge Inner Circle (ERC)

Dr. Ritamarie's Unstoppable Health™ System™ with
Members-only website, interactive community, downloadable recordings

Membership Levels At-A-Glance

Gold-Plus

Gold

Private Coaching

Screening Questionnaires Review and Analysis by Coach



Lab Analysis for all included tests by Coach



Diet, Supplement & Next Testing Recommendations Preparation



Check-Ins via Weekly Online Progress Journals

1/week

1/week

Private Sessions

90-Minute Initial Results & Recommendations Review Session

1

1

Blood Chemistry Results Review Session



45-Minute Continuing Coaching Sessions

10

10

1-1 Metabolomix Test review with Functional Nutritionist/Nutritional Endocrinology Practitioner Lisa Fouladi



1-1 GI Effects Review Session with Nutritional Endocrinology Practitioner Steph Jackson



45-Minute End-of-Program Re-Evaluation and Next Steps Support Call

with DRL

As-needed Coaching Sessions with DrRitamarie

3

Lab Analysis

Computerized Report and Review of Your Blood Chemistry Results



DUTCH Plus Test (Dried Urine Test for Comprehensive Hormone Analysis)



Blood Spot Fatty Acid Test

Part of Metabolomix



Comprehensive Digestive Stool Analysis Test with H-Pylori



Metabolomix+ with add-on Fatty Acids, Toxic Elements and Essential Elements



GOLD-PLUS Only Extras (Choose 3)

3 Emotional Energy Healing sessions with Energy Breakthrough Coach



3 Menu-Makeover Consultations with Whole Foods Chef and Nutrition Consultant



3 Private Online Functional Movement sessions with a Doctor of Physical Therapy

Part of Metabolomix

2 Drug-Nutrient Interactions sessions with Doctor of Pharmacy



Energy Recharge Inner Circle EVERYDAY BONUS BUNDLE

All Levels, All New Members

- **Program Binder**, complete with tabs for all the resources and assessments you'll have access to throughout the program (Value \$67.00)
- **Recorded Vision Board Workshop** with Lynn DeBuhr Johnson (Value \$497.00)
- **Recorded Early Childhood Trauma Workshop** with Kimberly Ward (Value \$97.00)
- **Recorded Advanced Sleep Strategies Talk** with Jim Otis (Value \$97.00)
- **Recorded Online Group Fitness Class** with Maria Horstmann (Value \$47.00)
- **Recorded Emotional Energy Healing Circle** with Laura Fine (Value \$97.00)
- **Recorded Kitchen Magic workshop** with Dr. Ritamarie (Value \$497.00)
- **Recorded Emotional Eating Workshop** with Tricia Nelson (Value \$297.00)
- **Recorded Female Hormone Balance Workshop** with Dr. Allison Grimston (Value \$297.00)

Total All Levels Bonuses Value: \$1,996.00

Register TODAY at
<http://DrRitamarie.com/ERCSelect>

