

Women's Vitality Summit

Dr. Keesha Ewers Interviews Ritamarie Loscalzows

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DR. KEESHA EWERS: Hi everybody and welcome back to the Women's Vitality Summit, caring for yourself Body and Soul. It is my delight to introduce you to my colleague and friend Dr. Ritamarie Loscalzows, who is passionately committed to transforming exhausted high-achievers all over the globe into high energy people who love their lives and live to their fullest potential.

She founded the Institute of Nutritional Endocrinology so that she could be instrumental and transforming our current, broken, diseased management system into a true Healthcare System, in which each and every practitioner is skilled in finding the root cause of health challenges. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research and restore balance to hormones, with a special emphasis on adrenaline and insulin imbalances.

Her practitioner training programs empower health and nutrition professionals including health coaches, nutritionists, physicians, nurses to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Welcome to the Women's Vitality Summit, Dr. Ritamarie.

RITAMARIE LOSCALZOWS: I'm happy to be here, Dr. Keesha. This is so fun.

DR. KEESHA EWERS: We've spent some time together last weekend and it was so much fun. We're soul sisters from a different mother. It was really fun. You talk a lot about sugar and wellness and how it affects the whole endocrine system and the hormone balance for women. This is a big

subject. I always love to start these interviews, because it's the Women's Vitality Summit, with your definition of vitality. Then we can jump into some of the things I've mentioned that wreck vitality.

RITAMARIE LOSCALZOWS: Yes, that's true, because most people spend their days wrecking their vitality, when, really, they want to achieve vitality. It doesn't make sense. A lot is about knowledge, which is why summits like this and the information we are putting out there is so transformational. Vitality is the ability to just go and live your dream. Be in a life you love and not be stopped by a body that feels icky or tired or that makes you feel any discomforts that might stop other people from doing the things they might want to do on a daily basis.

But long-term prevent them from doing what they could be doing to make a difference in the world. So, vitality is just like waking up and feeling great and empowered and just want to charge through and doing the things you want to do and having a lot of fun at the same time.

DR. KEESHA EWERS: I couldn't agree with you more. What is one of the biggest things that drain's women's vitality in our era right now?

RITAMARIE LOSCALZOWS: One is the way they think and the other is what they eat. There are others too but I think those are the main ones. A lot of women were brought up with the idea that their job is to take care of everybody else. And that taking care of everybody else, they don't get to take care of themselves because taking care of themselves is just selfish. How many times have you heard women say that when they come to you and they're sick and tired and they've finally broken down to the point where they need to seek help for themselves.

That's what a lot of women do when they are that broken because they feel guilty about taking care of themselves. I think that that change of mind-set in that self-care is the most unselfish thing you

could possibly do. Unselfish. And that every single day and every moment you are taking care of you. It doesn't mean you are not taking care of everybody else. It means that by taking care of you, you have more to give to others. That's the first thing. The other thing in the thought process is we believe that as we age, we do this: "oh my God, menopause, I don't want to go through menopause, because I am going to be cranky, irritable and gain weight.

I'll have hot flashes and I don't want to do that" When in reality that time of your life can be the most powerful and if you've set the stage for it and taking care of yourself and protected the whole vitality through all those years, this is what happens at menopause. Because most women don't have all these things, like kids and people, to take care of, they are self-sufficient and can just go through with what they want to do. For most women, because of what they've done to themselves up to that point with bad dietary habits, lack of sleep, stressing out, not taking care of themselves they fall apart at menopause. It's like "Oh, I don't have to take care of anybody else, I can take care of me".

The way to take care of you is getting yourself better. Instead of getting better from being ill as opposed to "Wow, now I have this opportunity to score in the world and I have all this energy to do it with". So the second one is food. As you know, the food that we eat affects how we feel. And medicine doesn't really talk about it, except for people who've 'jumped ship' and gone over to the functional medicine, natural, an alternative type of regime. They say "Wait, food does make a difference, doesn't it?" Doesn't the fuel that you put in your car make a difference to how your car performs? Why would the fuel you put in your body, not make a difference to how you perform? Most of us grew up on Cap'n'Crunch and Wonder bread and M&M's and Kool-Aid. At least that's how I grew up.

That wasn't food or fuel for my hormone balance. My hormone balance was a mess, starting when I was in my teens. My energy fell apart when I was in my Twenties. My digestion fell apart when I was in my Twenties. I was one of the lucky ones, because I figured it out

and sorted it after that. The thing is, we put food that is not fuel. Food is information to ourselves. `If you give the wrong information, the cells aren't going to be performing right. It affects our hormones, our digestion, the brain chemistry, how we feel, blood, sugar etc.

DR. KEESHA EWERS:

You know, I think is important because you are talking about menopause and I want to come back to that because I always say, this is a time when you should be taking a pause and evaluating your life and figuring out: "What's the next chapter of my life going to look like?", "What do I want?" Often, women, haven't even asked themselves that question: "What do I want?" Again, what you are saying it's selfish: "I'm adding all these other people and I know what they want." But why am I then so out of touch with myself? This often includes out of touch with the body. That mindless reaching for something because you're stressed or reaching for something because you're sad or reaching for something because you're bored, whatever they are: overwhelmed perfectionism.

All the things that women of our era are presented with each and every minute of each and every day. That mindless idiom gets us into trouble. And so, I think that pause that is a time when we finally learn that we do have to take a pause. And be very mindful about what our next steps are. That being said, let's talk about what are the foods that commonly get reached for when those symptoms of adrenal fatigue or thyroid imbalance or progesterone/estrogen deficits come up in women. That's going to be translated in the body as fatigue and weight gain, brain fog, low libido. All of those things and yet we are reaching for something that doesn't even related to those things to keep us powered up. Often it's something that is sugar or coffee or red bull related.

Let's talk about this, this gets us into trouble.

RITAMARIE LOSCALZOWS: It does and I was the queen of that when I was in my twenties. The funny thing is, looking back I never considered myself tired. Because I was always wired up from sugar and caffeine all day long.

DR. KEESHA EWERS: I used to study with peanut M&M's when I was a student.

RITAMARIE LOSCALZOWS: And buttercups.

DR. KEESHA EWERS: Yes, me too. If it had peanut butter or peanuts in it, it had proteins. So it must be healthy. At least I was getting something

RITAMARIE LOSCALZOWS: I wasn't thinking about it back then. You just eat. I mean, the way my mom taught me.

DR. KEESHA EWERS: It was a better choice than Red Vine licorice or something like that because at least it had some protein in it.

RITAMARIE LOSCALZOWS: You were at least thinking like that.

DR. KEESHA EWERS: I convinced myself, that if I was going to go for a snack option, this was the healthiest of them. It's funny to think about.

RITAMARIE LOSCALZOWS: I didn't think about it. I had the Pringles too. Do you remember them?

DR. KEESHA EWERS: Yes, I do.

RITAMARIE LOSCALZOWS: What we are reaching for is comfort and energy. So we've associated certain things that give us a temporary lift because I

never though I was tired. I just knew, that if I left work and had an hour drive home and didn't have my last diet Coke of the day, halfway home, I'd have to stop at the nearest, I don't know Pancake House or whatever was on the way and get a cup of black tea to make it home. Because I would find my eyes dripping close. But it never hit me, that that was a problem. That was normal.

So we reach for things that would give us a temporary lift. Sugar will do that, very temporary because there is the crash. Caffeine does that, but again, there is a crash. People who get addicted to it. A couple of hours later they keep needing another hit and another hit. That was me all day long and you will see that. They will say, "No, I don't drink so much coffee, just five cups a day." Wow. "I only go through five or six packs of Diet Coke a week, I don't drink a lot of it, I used to drink more".

DR. KEESHA EWERS: Or people will say they compare themselves to other people, right? "Compared to, the people I work with" or "Compared to the people I hang out with at the playground while our kids are playing" or "Compared to... I don't have that much" right? And I just think: We're not in comparison with other people".

RITAMARIE LOSCALZOWS: Exactly. If you want to compare yourself to other people, how sick are other people? What does our nation look like? What is the cancer rate? The heart disease rate? How many people? 80% of all women will have some sort of fatigue diagnosis in their life. 80%.

That's not just 10%. It's not just a rare problem. It's a big problem. And the food we are reaching for, the M&M's, even if they're peanut M&M's and they have a little bit of protein in them, the sugar and the deficient foods are...

DR. KEESHA EWERS: Fructose, corn syrup, food coloring, I mean... there is so much wrong with them.

RITAMARIE LOSCALZOWS: They are wrecking us. And what happens with the sugar is that the blood sugar goes up and our blood-sugar is where we go to get our energy. People think sugar is energy, so they'll eat it. No, sugar isn't energy, Sugar gets into your cells and then the cells, the mitochondrial cells, make ATP, which is energy. But there is a process that needs to happen and you need a hormone called insulin. It drives it all back to hormones. We need a hormone called insulin to be able to shuttle. It's like: oh, sugar you are lonely, you can't make it through this to the cell yourself.

Attach to me and I'll take you into the cell. And that's the only way the sugar can get into the cells. What happens when we eat a lot of these sugars and the starches, like Pringles I was eating and the bread and all that it causes the sugar to rapidly go up. And the pancreas who secretes insulin makes a whole bunch of insulin. With the idea to get it into the cells. The problem is that excessive insulin can be damaging to the cells. The right amount of insulin, the Goldilocks principle is at work: not too little, not too much, just the right amount is perfect. When we eat this high-starch and high-sugar foods, the insulin goes way up. And the cells get scared. I like to think of body parts like of people. The cells get scared and they say "I'm going to get hurt and the insulin will bombard me". We get a barrier and we call it insulin resistance. And then, the insulin can't get the sugar into the cells. And the sugar keeps rising because it isn't getting into the cells and the pancreas says "Oh, I have a solution.

I'll just make more insulin". And it makes more and more. The insulin does damage to the body and meanwhile, the blood-sugar doesn't get down until we get this massive amount of insulin. Then it floods into the cells, usually fat cells. They don't become insulin resistant. The muscle cells, the heart cells, the liver cells, all those cells become insulin resistant. The fat cells don't. The other place that doesn't become resistant is the lining of the blood-vessel. What happens with all that insulin in the blood is that the vessels become brittle and stiff and can't respond to our need of extra energy. We go running and we need extra energy and the vessels need to contract - expand and allow more blood to flow. That doesn't happen. We get increased blood pressure and are at higher risk of

heart disease. There are a lot of mechanisms at play here and a lot of ways that that is sapping our vitality. If we want to take it to the next step and find out how it affects our vitality, I just talk about heart disease and stuff... Well, if your cells don't get the fuel that they need, they can't do their job. So, just like you feel drained when you don't get enough sleep or good food, each of your cells feels drained and tired. And the organ systems they belong to get sluggish.

So, the heart gets sluggish, the liver gets more sluggish so you can't detoxify from our not so clean environment. The liver is more sluggish and builds up more toxins in the cells and the bloodstream. Our hormones get more sluggish, the thyroid gets more sluggish. The adrenals are trying really hard to deal with this. The brain. I don't know about you, but when we were in school, they taught us that the brain cells didn't need insulin, that the glucose can get right in. Well, more recent research says that is not true. The large parts of the brain: the cerebellum and the hippocampus, the cortex. All those parts of the brain need insulin just like every part as well. And they become insulin resistant. Now they are talking about Alzheimer, which most people fear and dread and have at least one relative or friend that's had it, is due to insulin resistance to the brain.

DR. KEESHA EWERS: Diabetes type III.

RITAMARIE LOSCALZOWS: Exactly right. So, we need to get this under control. The sooner the better because this damage has already been happening if you have been eating the diet that we grew up on.

DR. KEESHA EWERS: This is something that I think is an interesting paradox that keeps happening. We start talking about it people listen to summits and say "Ok, I need to do a Detox". Right? And I call it the Detox-Redox rollercoaster. Where you do a Detox, you clean everything out, you get everything going and then go back to the old ways of eating.

That goes in cycles. What's the impact on the endocrine system when you do that?

RITAMARIE LOSCALZOWS: It's horrendous. Think about it this way: if I have a hammer let's pretend this is a hammer. I am hitting myself over the head with the hammer and I go to the doctor and the doctor says: "OK, here is some aspirin and you might want to stop hitting yourself over the head with the hammer".

So, I stop hitting myself, I take the aspirin and the headache goes away and I say "Oh, it used to be real fun. I am missing it. I am really missing hitting myself over the head with a hammer. Ah, darn, the headache came back" Right? Same thing with our imbalances: our hormone imbalances, our digestive imbalances. The problem is, it's the way we've been brought up. We were brought up thinking of going on a diet, right?

So you go on a diet. You go on a Detox diet. You go on a leaky-gut-repair diet. You go on a hormone reset diet. And it's seven days. It's not seven days. It's the rest of your life.

DR. KEESHA EWERS: I want really to get everyone to hear this, because this is something I say too, like "get off the Detox, the Detox Rollercoaster". This is so important, this is a lifestyle. And when I have people come in and they say "My birthday is coming up so I don't really want to start this until after my birthday" and then I say that holidays will come and so will birthdays of kids and friends and then there is a dinner party coming up this weekend and a vacation.

I am always on airplanes and hotels because I travel a lot, so, you know, it's just funny, because this idea of eating in a healthy way that actually is the fuel that your body needs, can only be done, when you're all alone in your house?

RITAMARIE LOSCALZOWS: No kids, no dog, no distraction.

DR. KEESHA EWERS: It doesn't make any sense.

RITAMARIE LOSCALZOWS: Yeah. I hear it all the time. We're just done with our blood-sugar-reset program that we are working on now. We have this 30-day metabolic reset. For 30 days you are measuring your blood sugar and making sure it stays below a certain threshold we have set out.

And if food makes it go up higher or an activity, you'll eliminate that for the next 30 days. And you can gradually start to see which things you can put back in. Some of the things you eliminate while you are in that phase because you are so out of balance are good things. Like, you know, pineapple or blueberries which may temporarily be raising your sugar, because of this problem. We are trying to give you 30 days in which your insulin levels are just really low. Your insulin need is really low. It's just 30 days, not that long. But then people think "oh great. 30 days are over.

So I have this list". Well, these are the foods you are never allowed to go back to unless you want the problem back. And here are the foods you tested and maybe because of your metabolism you can't go back to grains or bread or whatever. And then, these are the foods you are allowed to have because they are usually good for you and you are probably going to be able to eat them again. We get people who go (sigh). But people need to get their blood sugar below that threshold. For at least 3 weeks straight. Otherwise, the insulin resistance is not going to get healed.

So, it's funny, because I have people who say "I can't start it on February 1st. because I am traveling". We had a person writing "I was doing really well for the first 2 weeks and then I went traveling and I had to have a little wine and you know". So, what does that mean to what you are going to do after if you were doing it like this in this brief 30 day period? It's like you expect to be able to just get in shape and then go back to what was causing it.

DR. KEESHA EWERS: "I work in Sales and I have to go out to dinners with clients and I just have to have a glass of wine with them" And I just think "What?" The way I talk to people now is "Why don't you pretend like you are an alcoholic". Because if you were out for dinner on a Sales call, with somebody who was an alcoholic, you wouldn't force them to have wine. They would say, they're recovering and you know "I don't drink" and you accept that. You can always order water with a lemon.

RITAMARIE LOSCALZOWS: Yeah exactly. You can always say: "I can't have the desert, I am a diabetic" And people aren't going to bug you. But if you only say: you don't eat sugar; "Why don't you eat sugar", "What do you mean sugar is bad for you blah-blah-blah" They're trying to convince you of their agenda, because they don't want to give it up. You can say "I have food allergies", "I am diabetic". Right? It's all you have to say. Or "My family has a history of diabetes and I am really being careful". Just say simple things like that, my son used to do this and he'd come home from being away at an overnight with friends, he'd be gone for 24 hours and he'd open the refrigerator and start eating like crazy. And I'd ask him "What happened?" "I haven't eaten in 24 hours" "What do you mean?" "Well, they didn't have anything I can eat".

I mean, what do you say to people when they say that? He just chooses to eat well. He says "I had one apple, that's all they had in their house that I would eat". And he said he just told them, he is allergic. So I asked him if his friends think he is allergic to everything.

DR. KEESHA EWERS: My daughter started carrying her food with her. She watched me getting ready for trips and I always pack a big old thing of food to take with me when I go on an airplane and I open it up on the airplane and I eat. I have my food with me. She started doing that for sleepovers and things she was going on and a very short period of time, her friends' parents would look over her shoulder and ask her "What are you eating?" She would say "This and this and I get

very sick if I eat dairy or gluten or sugar and I just bring my own food.

And it's no big deal" They would be super interested and would say "I want you to teach me how to do this. Pretty soon she started teaching parents and she had her own little catering business making food for my patients. She was so good at it and she had hung out in the kitchen with me for so many years and learned how to cook for herself that she became really good at this. I think that, what your son was doing, it becomes very very important. You can actually influence other people rather than having them influencing you by saying "Oh, what's that". It's all about what's up here.

RITAMARIE LOSCALZOWS: Exactly.

DR. KEESHA EWERS: If you feel like you don't want to be different, that's something you want to work on for yourself. Because it has nothing to do with other people or their belief structure.

RITAMARIE LOSCALZOWS: Yes, nobody is forcing you to be another way. When my son was three and we were at the supermarket, he used to say: "Lady, you shouldn't eat that". And then it's like "What stuff should I eat?" He'd say: "Nothing". "How about the apple juice". "No, it's pasteurized". And they went like "How do you know all this stuff"?

So, it's cute when they're 3 and they do that, but you don't want to be telling people they shouldn't eat it. But they watch and they are influenced. My younger son who was not as clean as my older son. We have this monthly Paw-Wow at our house, where we invite people in and they bring food and it's a great thing. So he invited one of his friends. And his mom said "How interesting". What happened there? The friend might've said "Hey, I am thinking about becoming vegan" or "I am thinking about giving up gluten". So, usually, it's like "I'm embarrassed by my mom, because she doesn't serve my friends Coke and things like this". But, he brought this kid over with his mom and apparently, I didn't know this, but my son had invited his friend over and they were making stir-fries and the kid got so excited about them and how good he felt after eating

them, that he went home and told his mom. His mom said "I want to meet this kid".

So, he came over and after that he completely changed his diet. He gave up all the sugar, all the dairy, all the processed foods. All the time he came over, instead of my son being embarrassed and going like "Oh, mom don't offer your food to my friends", he was like "He wants to try something cool".

RITAMARIE LOSCALZOWS: Yeah you know, I think it's really important to stand for what you stand for. The school use to ask me to send bake good to the bake sale or I was asked one year to sun soda pop to the bake sale, and I said: "I'm sorry but I don't serve soda pop to my children and I am not going to serve it to someone else's children. But I am happy to do something different but it will be in this kind of barometer". So I told them what I would do.

The teacher felt it was a very self-righteous letter and a very judgmental letter and started looking at the couple of the things that I wrote down like some statistics about sugar and gluten and ended up living in the parameters I wrote about. Losing about 100 pounds, curing a long-lasting back issue And came back and told me about it later.

RITAMARIE LOSCALZOWS: Wow.

DR. KEESHA EWERS: Yes, you I mean who knows what you end up doing once you have these different value system, that you say "Well this isn't food".

RITAMARIE LOSCALZOWS: Exactly that is the point. It's not food.

DR. KEESHA EWERS: Yes, it's not food. So you are selling a substance and you're selling it. You're putting vending machines with this substances, these chemicals, these toxins in the public school system. This is what I say in my Detox pro program: "These are the foods I want you to eat at least things that I want you to eliminate they are not food, they are toxins." They're not even food.

RITAMARIE LOSCALZOWS: They are food substitutes, food look-alikes. Fakes.

DR. KEESHA EWERS: Yes, they are substances.

RITAMARIE LOSCALZOWS: And they are addictive.

DR. KEESHA EWERS: They are very addictive. They're designed to be addictive.

RITAMARIE LOSCALZOWS: Exactly. They hire people in these companies to figure out what is the exact amount of sugar that you need for the Bliss factor, so you can want more and more. If it's too much is going to be 60 if you have too little you're going to have more. But the Bliss factor is when it becomes addictive.

DR. KEESHA EWERS: There people finding this Bliss factor, putting it on the market selling it to other people is for me a crime.

RITAMARIE LOSCALZOWS: It's a crime. It's definitely a criminal. And it's making our children addicted who don't know better.

DR. KEESHA EWERS: So to all parents listening to us, we are trying to save the world. You can get yourself un-addicted, you can break the cycle. Dr. Ritamarie has a great sugar program and I want you to talk about it because that ability to clean your cell out, stop the addiction pattern with the chemicals that are going on in your brain: Like when you are dopamine jazzed up, it makes everything be wired up.

This feeds the bacteria in your digestive system, and they wake up at 2 p.m. in the afternoon and say: "We're going to eat now". They will also tell you what they want to eat and it will always have a carbohydrate in it. And in those critters in your gut, the hundred trillion or more outnumber our other cells by 10 to 1. So we are not posting them they are hosting us. So when they say they won the short chained carbohydrate you just obey.

So I think it's really important that people know that they can actually change that Micro bacteria environment, you can program them not to be asking for sugar all the time. You can alter your brain chemistry you can alter your endocrine system. And you can do this in a very strategic methodical way and then stay that way for the

rest of your life. You'll achieve great health and great energy, it's so simple really.

RITAMARIE LOSCALZOWS: Yes it really is. This is why I started with you know what's up here. It starts with what we are thinking and what we are programmed to think. I open the refrigerator and I take something to eat out I take food. On my way home I stopped at supermarket and I just buy stuff and I just stick into the tiny refrigerator. If I'm in a hotel I'm going to open the tiny box and see what's inside and if there's something good I'm going to eat it. If I'm at a dinner somewhere and I see something interesting I'm going to try probably won't get full, because there's usually not a lot of there. But I want to supplement with stuff for my refrigerator. And you know being hungry is not as bad as people might think there are actually some very interesting physiological aspect that happen with hunger.

So I like say make friends with hunger. Enjoy it. Say "Oh wow I am hungry right now, my body is producing more growth hormone to reduce fat and build muscle tissue right no. Wow I'm hungry look at all these great things that are happening, right? My cells are just getting I love bit of rest they're not getting this bombarded with fuel to deal with, with insulin they have to deal with". I always tell people something like an itch in a private spot in a public place. Like when you feel like you tend to scratch it but then you do wait to get to an appropriate place. It's the same thing with the hunger. If you're in a place where there is no appropriate food. You'll survive.

Then it's not time to satisfy it. It's just a sensation. You know there are people going back I can go for two hours without eating because I won't survive. Of course you will survive looking at you you have a lot of stores. Even if you are a thin person most thin people have a lot of stores. A lot of people that I've then actually have a lot of fat because it's unhealthy thin. They have more fat and they have muscle and this is why they are so thin.

DR. KEESHA EWERS: This idea of being friends with hunger is a good one. There's some new research now that is only proving what Ayurveda said 10,000 years ago. This is basically hilarious for just new at the table with this. Ayurveda said your stomach should be only one third full with

food, a third full with a warm fluid that will actually help break it down and a third empty so that the actual thing can actually happen. You have got to have room I mean it's like filling up bowl to the side and then moving around it will eventually spilled out of the side. But then we say there's too much stomach acid so just take a pill to reduce that it's actually going on that you have overfull bowl, because you're overeating.

There's not too much stomach acid it's just over spilling because we are just over eating constantly. I'm I miss people would look at what restaurant place used to look like back in the 1950s compared to what they look like today, what the servings are like and consider that we're over nourished today. And over fat. Over fed, under nourished.

RITAMARIE LOSCALZOWS: Over fed, under nourished. You know the interesting thing is that the general public eating amounts of food I'm the hypothalamus in the brain gets a signal that we're full. The problem is it's not just about the calories and but also the nutrient value in the food.

So what happens is we maybe feeling full in the stomach area but we're not really full because the brain is thinking where are all the vitamins? Where are the minerals? Where are all the enzymes that I actually need? So we still feel hungry even though we're not hungry from physical point of view. The adrenaline stops being produced because the stomach's full. We are craving the nutrients but what are we really reach for? For some carbohydrates for a desert we're going to top everything off with the desert. It stays that way.

So when you start to nourish the brain you start to nourish the body. However big I am on "Food first! Food first!" Sometimes I actually start giving people supplements with things that I know that they're deficient in. Supplements the fact that whole mechanism and that allows the sugar to get into the cells. I will start people off with the supplements for a couple of weeks and just talk about the diet change saying that they don't have to do it yet.

This thing is and what happens over those weeks that their craving to go down. When we say we're going to eliminate the starch and the sugar, they say: "Oh yes, fine".

DR. KEESHA EWERS:

I give a neurotransmitter balancer and a bunch of a bouncer and I think .This is so important because it's actually the chemistry that is influencing all of this. So going back to the portion you're eating is so big, think about having a portion that would fit in a rice bowl. That's actually a great idea and the great strategy to use a Rice bowl for your food.

Even if you don't eat with chopsticks, which would be a good thing, eating with chopsticks because it slows you down. Which is great because you get a chance to actually chew your food and be mindful of what goes in. Also if you're limited to this bowl of food you can also savor it. If you pay attention to each bite then you really, really enjoy it. We have lost track a little bit of really slowly eating and smaller portions and being mindful of each bite and what it does.

Ayurvedic medicine really says that digestion starts with your eyes. The minute you see food your digestive fluids are starting to happen. When you touch your food than they really begin to flow. So when do you actually put the food in your mouth, you already have the sight of it, the smell of it, the touch of it. So I really think it's important that for these 30 d you're going to clean yourself and you have a really nice program for this and it is called?

RITAMARIE LOSCALZOWS: It's called the Sweet Spot Solution. It's based on the fact that when we get to that sweet spot, the sugar is perfectly balanced force all the time and then everything is in sync. The brain chemistry is better.

There is no more fatigue. I can't even begin to tell you how many people have written to me recently and told me: "I have started to think clearly, I have the energy to do all of thing I'm not constantly thinking about food not craving food all the time". We have people facing their meals more so they don't have this flood of insulin and their blood all the time. It's called the Sweet Spot Solution. It

includes an intro where we teach them, I teach everybody how to test their blood sugar. It's a \$15 Device that you can actually use daily and find out which food are highly Glycemic for you. You may have heard the term high glycemic and there are high glycemic charts But I really think that they're useless. I mean there're general Guidelines.

You don't really like to say honey is a low glycemic food for their people, a little bit there blood sugar goes to 150. And that is not a low glycemic food nobody blood sugar should go up to 150.

DR. KEESHA EWERS: I don't think anybody actually sells Honey has a low glycemic food.

RITAMARIE LOSCALZOWS: I mean people say it. People say that he is a low glycemic food. Of course I go like: "Really?"

DR. KEESHA EWERS: I think honey and maple syrup have the same glycemic index like sugar.

RITAMARIE LOSCALZOWS: But then we have a low glycemic, which is considered to be somewhere around 50. What I mean, like: 50? Maybe more like 10. But that is no chart says because the chart is an average of thousands of people. I love this analogy: you say you're going to supply shoes, like baseball shoes, to the team. It's a low-income team but they need baseball shoes.

And then you calculate the average shoe size and you go out and you buy hundred pairs of shoes, size 7. Many kids aren't too going to fit into those size 7 shoes? Very few. And it's exactly the same thing with foods. You can have pineapple and your blood sugar goes up to 165, I can have pineapple in my blood sugar goes up to 95. We're different.

DR. KEESHA EWERS: Yeah it does go up to 165. I can't do with very much fruit.

RITAMARIE LOSCALZOWS: I can figure out how to eat it. I can have small pineapple piece with a large green smoothie or a green salad.

DR. KEESHA EWERS: Exactly with some fiber.

RITAMARIE LOSCALZOWS: And then it won't have that kind of effect. But first we need to find this out so this is what we do in the first month all the program: everybody is experimenting, they're learning about the nutrients. They started with the other pieces the fitness of the stress levels. This sleep and the timing which is huge. People eat right until they go to bed.

My mother and father-in-law, every night, they would eat before they went to bed, a bowl of ice cream. At 11 o'clock. This is how you become a diabetic. This is really bad stuff.

DR. KEESHA EWERS: Wait a second, if you eat if you're diabetic and you need to bowl of ice cream before you go to bed all you have to do is take a little bit of insulin, Ritamarie.

RITAMARIE LOSCALZOWS: That's just like with the aspirin and the hammer on the head. It doesn't work.

DR. KEESHA EWERS: I don't know why have diabetic neuropathy and my vision is going away, I am using my insulin.

RITAMARIE LOSCALZOWS: Yes, we have to change our whole attitude towards this, it has to change. This is very important to know we have the power to heal it is inside of us. Our bodies now would we lose this ability when we feed M&M's and Pringles before bed time. And then the body is like what is this I don't know how to heal. And then we reach for medicine. We have been led to believe this: Just take this medicine. That's not the way. And I mean if: "I get cancer that's fine because I'm just going to go get chemo". But no. That's not okay. The chances of survival are really low. We have got to prevent we have to be proactive. Prevention doesn't mean getting the mammogram. Prevention means leading the lifestyle that is going to prevent it. I mean early detection that is good too but you really want to start earlier than that, decades earlier than that.

Some people asked me when they should get ready for menopause. Well you know like when you're 10, 12, and 15 when your hormones start to kick in. This is when you're taking care of your

hormones. I had horrendous periods when I was teenager. There were years of irregularities and prompts and all this stuff. And I took a lot of stuff like Midol and Advil. But when I changed my diet and I change my attitude I didn't have those problems: my periods became regular. Like sometimes some people ask me to talk about menopause in a few words and say how that experience was for me; and I said I can actually talk for only a couple minutes about it. So I said: "My period stopped".

Because that's it. And it should only be it. Do you think in other cultures and indigenous cultures that anybody goes like: "let's talk all about menopause, like a lot"?

DR. KEESHA EWERS: This is exactly it. Going through menopause is not a thing.

RITAMARIE LOSCALZOWS: It's not a thing.

DR. KEESHA EWERS: Menopause in the Western world is being diagnosed. And this is crazy because it's not the disease. It's just a change. It's just a change and we go to and you can go through it gracefully or you can ram your head against the wall.

RITAMARIE LOSCALZOWS: And that yes you can change and you can change things when you get there but it's just going to be a lot slower.

DR. KEESHA EWERS: It's like changing a tire in winter on a side of the street instead of checking your tires getting them rotated. If you don't do that then you're going to get the flat tire in winter on the side of the road.

RITAMARIE LOSCALZOWS: Exactly you want to prevent it so you have to start early. It's exactly the same without you can handle PMS. If you have this huge crimes during your period.

DR. KEESHA EWERS: It's not normal.

RITAMARIE LOSCALZOWS: Yes, it's not normal. And it is a signed up you're headed towards hell when you're going to get to menopause

DR. KEESHA EWERS: Right. Alright, sister.

RITAMARIE LOSCALZOWS: We're run out of time.

DR. KEESHA EWERS: Yes, all your material will be on our website. I so appreciate you coming and talking.

RITAMARIE LOSCALZOWS: Thank you for having me.

DR. KEESHA EWERS: It's funny, it's like having another head over here.

RITAMARIE LOSCALZOWS: I know. It's so cool.

DR. KEESHA EWERS: Thanks for all the great work you are doing in the world. Again everybody this is Dr. Ritamarie Loscalzows and you should definitely check the Sweet Spot.