

# GRAND: Digestion Basics - How it All Works

## Digestion Basics: How It All Works

With  
**Dr. Ritamarie Loscalzo**



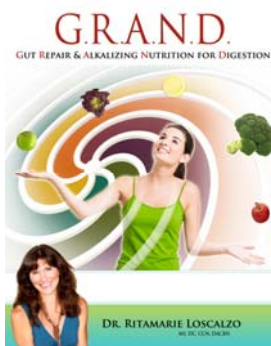
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## Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

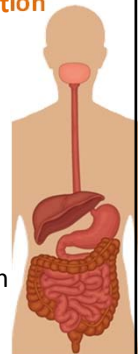
- **Preparation**
- **Part 1: Digestion Basics**  
— How It All Works
- **Part 2:** Upper GI  
Starting at the Top:  
Mind, Mouth, and Stomach
- **Part 3:** Intestinal Detox,  
Repair, and Recipes
- **Part 4:** Implementation Protocols  
and Special Strategies
- **Part 5:** Optimizing Elimination



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## Part 1: What We'll Cover

- How to tell if your **digestion needs attention**
- Influences on other body systems
- **Digestive anatomy and physiology**
- **Assessment** of digestive function
- The concept of **transit time**
- **The importance of pre-meal**  
de-stress practices and chewing
- The **4R process** for healing your digestion
- Elimination diet



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## Does Your Digestion Need Help?

### Obvious

- Bloating
- Gas
- Flatulence
- Burping
- Pain
- Hemorrhoids
- Irritable bowel
- Diarrhea
- Constipation
- Crohn's
- Diverticulitis
- Colitis

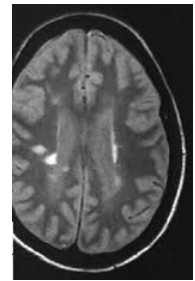
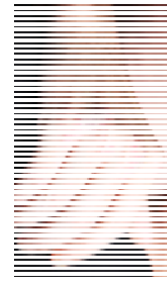


### Not so Obvious

- Acne
- Eczema
- Brain fog
- Depression and anxiety
- Joint pain
- Frequent illness
- Hormone swings
- Thyroid imbalance
- Headaches
- Autoimmune disease
- Allergies
- ADD
- Asthma
- Fatigue
- Fibromyalgia

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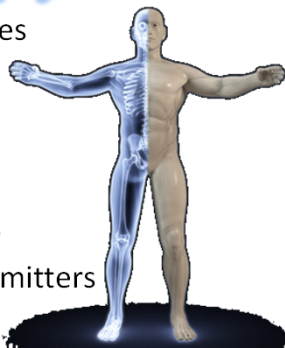
## Digestion Recovery Stories



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## Digestion Influences On Other Body Systems

1. Nutritional deficiencies
2. Inflammation
3. Toxin absorption
4. Immune stress
5. Hormone imbalances
6. Brain and neurotransmitters



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## Your Digestive Tract's Job

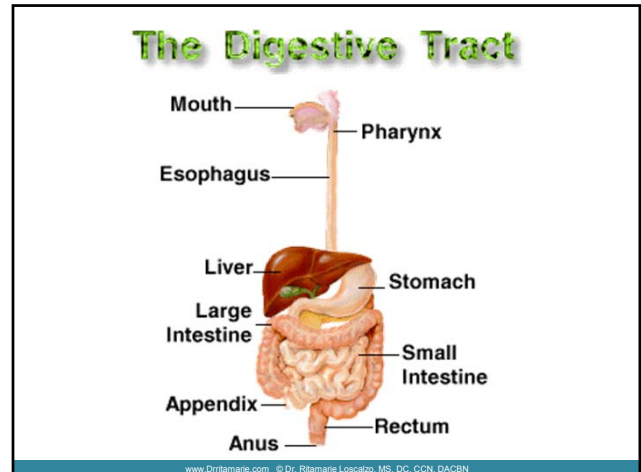
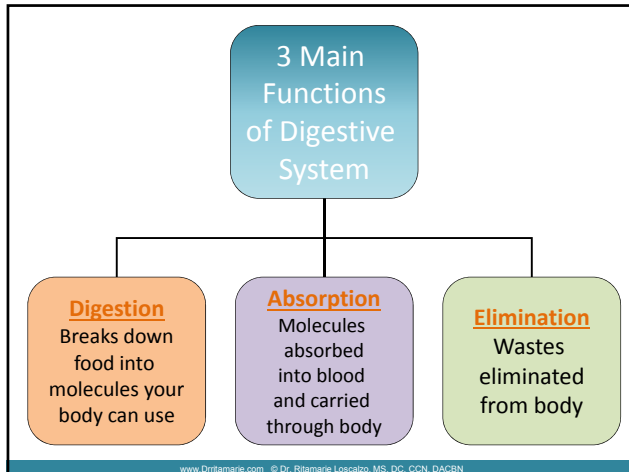


The role of your digestive system is to take nutrients from the foods you eat so that the cells of your body can use them.




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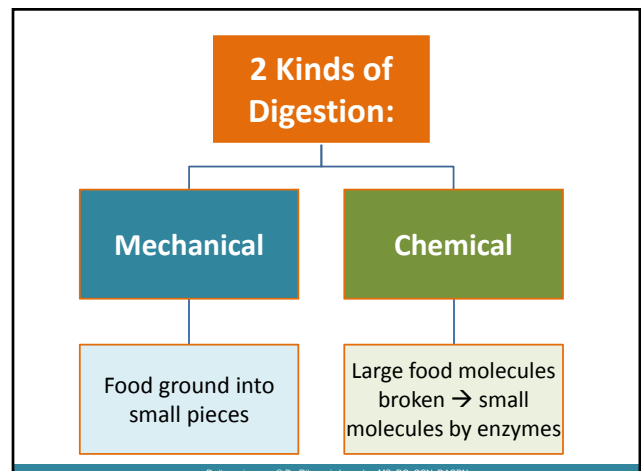


### 4 Stages of Food Processing

- **Ingestion** (eating): taking in nutrients -- **mouth**
- **Digestion**: physical and chemical break down of complex organic molecules into smaller usable parts -- **mouth, stomach, pancreas, duodenum, liver, gall bladder**
- **Absorption**: pulling in digested molecules into the bloodstream for distribution -- **jejunum**
- **Elimination**: the removal of wastes -- **large intestine**



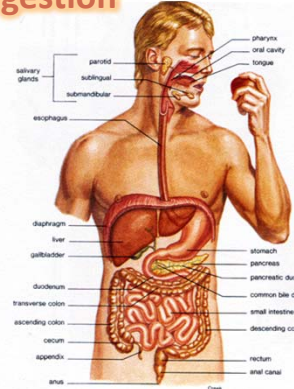
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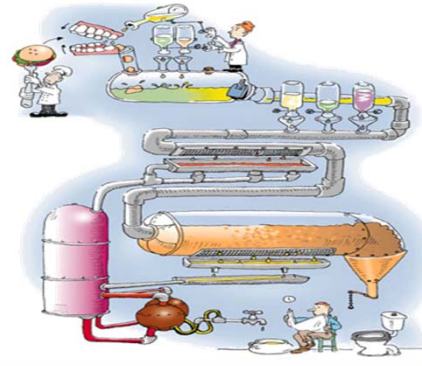
## Four Phases Of Digestion

- Cephalic phase
- Esophageal phase
- Gastric phase
- Intestinal phase



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## Physiology of Digestion

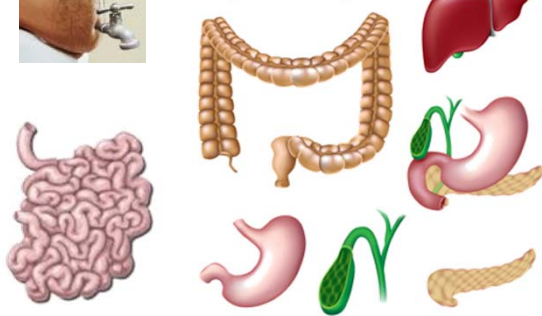


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## What Can Go Wrong With Digestion



Digestive organs



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## Digestive Tract Assessment



- **Symptoms:** online assessment scores
- **Transit time** measurement
- **Lab:** markers of malabsorption
- **Physical signs** of nutrient deficiencies due to malabsorption
- **Inflammation** and **allergic reactions**
- **Symptoms outside digestive tract:** skin, gums, nails, lips, tongue, joints, bones

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## Transit Time



- Time from mouth to anus
- Should be 18 – 24 hours
- Can test using charcoal
- Hippocrates, the 'father of medicine,' urged the citizens of Athens that it was essential that they should pass large bulky stools after every meal!

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## The Psychology of Digestion

Digestion Begins in your HEAD and HEART  
Not Your Gut!!!

- Impact of thoughts
- Fight/flight effects on digestion
- Relaxation effects on digestion
- Role of breathing on digestion
- Pre-meal ritual

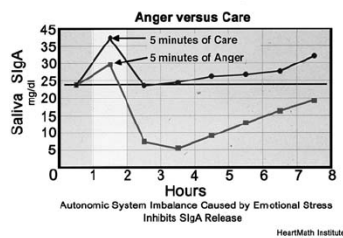


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## Stress vs. Gut



Figure 6. Effect of Emotion on SigA Release



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## Pre-meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO this **EVERY** Time You Put Food into Your Body

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## Chewing

- Only your mouth has teeth.
- Unchewed food comes out the other end intact.
- Loss of nutrient value when food not chewed.
- **Starts digestive** process in your mouth when food properly chewed.
- Without chewing, you eat more quickly and thus eat too much.
- Not chewing properly can lead to reflux.
- Poorly chewed food can lead to flatulence, indigestion, heartburn, gas, and IBS.



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## The 4R Process



- **Remove**
- **Replace**
- **Reinoculate**
- **Repair**

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## Foods That Can Hurt Your Gut

- Gluten
- Dairy
- Sugar and sugar alcohol in some
- Refined carbohydrates
- All allergens
- Caffeine
- Alcohol
- Trans fats
- Processed meats
- Nightshades in some people
- Lectins: grains, beans, dairy in some people
- FODMAPs in Some people



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## Remove

### Toxic Foods, Chemicals, and Organisms

- Foods that hurt your gut
- Medications, unless prescribed by a doctor
- Candida, parasites, bacteria
- Common Allergens
  - ✓ Gluten
  - ✓ Dairy
  - ✓ Egg
  - ✓ Peanuts
  - ✓ Corn
  - ✓ Soy



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## Elimination Diet

- Common allergens
  - ✓ Gluten
  - ✓ Dairy
  - ✓ Egg
  - ✓ Peanuts
  - ✓ Corn
  - ✓ Soy
- Known allergens
- Foods you eat frequently
- Foods you crave
- Foods you don't digest well



## Elimination/Provocation



- Identify suspicious/common allergens
- Remove from diet for adequate time
- Reintroduce in systematic manner in high dose
- Sleuth* how you feel (old symptoms) immediately to 2 days out

You may feel exhausted or “sick as a dog” the first few days you go off allergens, sugar, and stimulants



## Begin To Heal Your Gut



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## Daily Green Drinks



- Provides gut soothing chlorophyll
- Source of magnesium
- Abundant source of minerals
- Smooth and easy on gut mucosa – allows it to heal faster

Work up to one quart or more daily, any combination

- green juice
- blended green drinks
- green soups
- powdered green drinks

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## Daily AM Gut Rejuvenator



- 32 ounces pure water
- 1 lemon, juice of
- 2 drops peppermint oil
- 2 drops lemon oil

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## Action Plan

- Complete the online digestion assessment
- Add *Daily AM Gut Rejuvenation* before any food in morning
- Add daily green drinks or blended soups
- Do pre-meal ritual before each meal
- Begin to eliminate the foods that hurt your digestion



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## GRAND

### A Glimpse of What's to Come

#### Gut Repair & Alkalizing Nutrition for Digestion

- **Part 2:** Starting at the Top: Mind, Mouth, and Stomach
- **Part 3:** Intestinal Detox, Repair, and Recipes
- **Part 4:** Optimizing Elimination
- Coaching calls
- 30-day guided leaky gut repair and candida/parasite cleanse
- 140-page recipe collection
- Assessments, checklists, supplements, resources, food lists



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## GRAND: Digestion Basics - How it All Works

### Specific Digestive Issues Covered

- Low stomach acid
- H. pylori, ulcers, gastritis
- Reflux
- Irritable bowel
- Leaky gut and celiac
- Gall bladder congestion and surgical removal
- Digestive enzyme insufficiency
- SIBO: Small Intestinal Bacterial Overgrowth
- Candida and other gut critter overgrowth
- Inflammatory bowel disease – Crohn's, colitis, diverticulitis



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