

# Digestion Basics: How It All Works

**With**

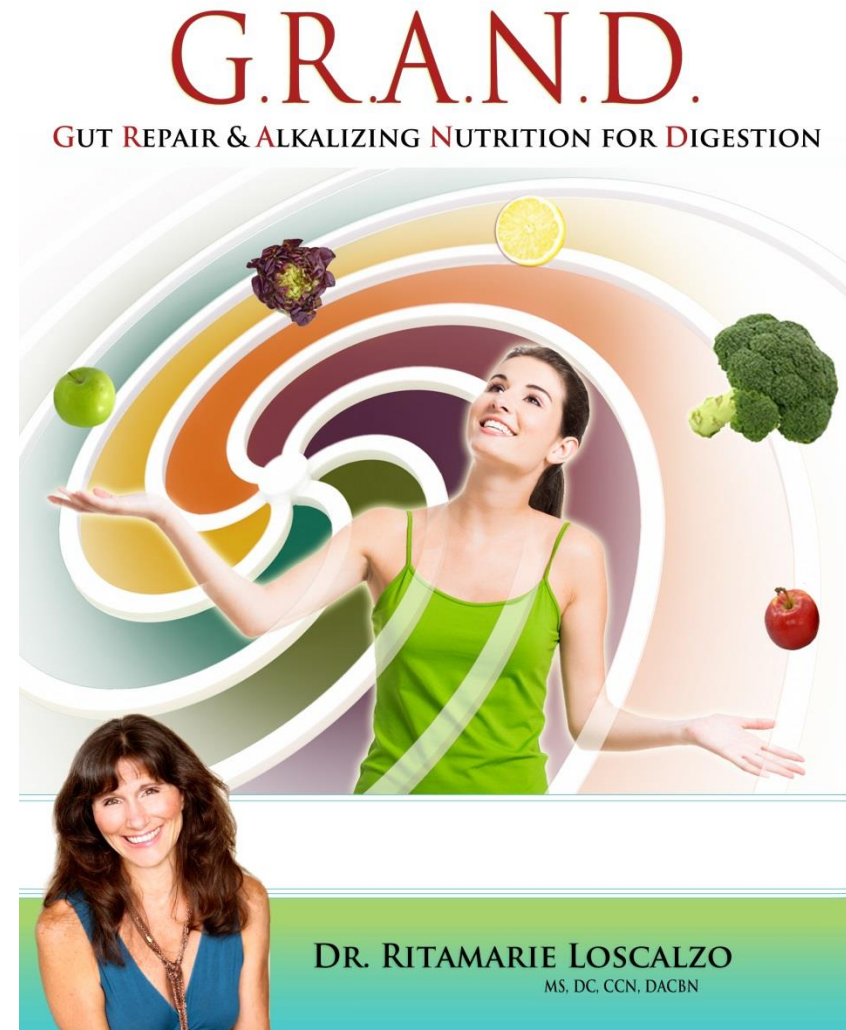
**Dr. Ritamarie Loscalzo**



**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

# 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**



# 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



# Does Your Digestion Need Help?

## Obvious

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

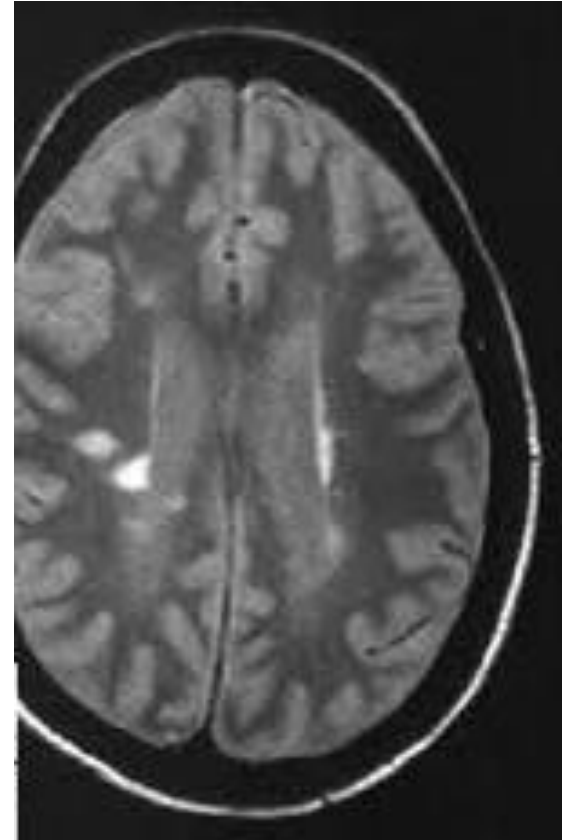


## Not so Obvious

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

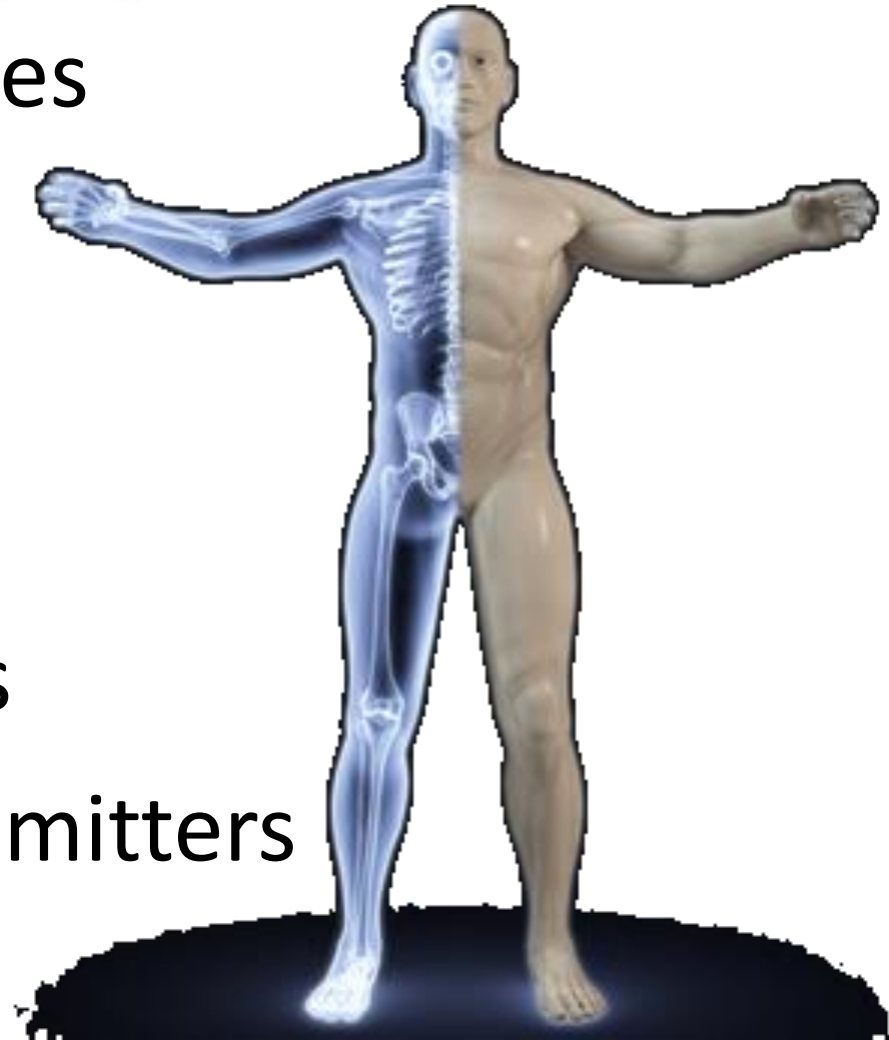


# Digestion Recovery Stories



# Digestion Influences On Other Body Systems

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



# 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.





# 3 Main Functions of Digestive System

```
graph TD; A[3 Main Functions of Digestive System] --> B[Digestion]; A --> C[Absorption]; A --> D[Elimination];
```

## Digestion

Breaks down  
food into  
molecules your  
body can use

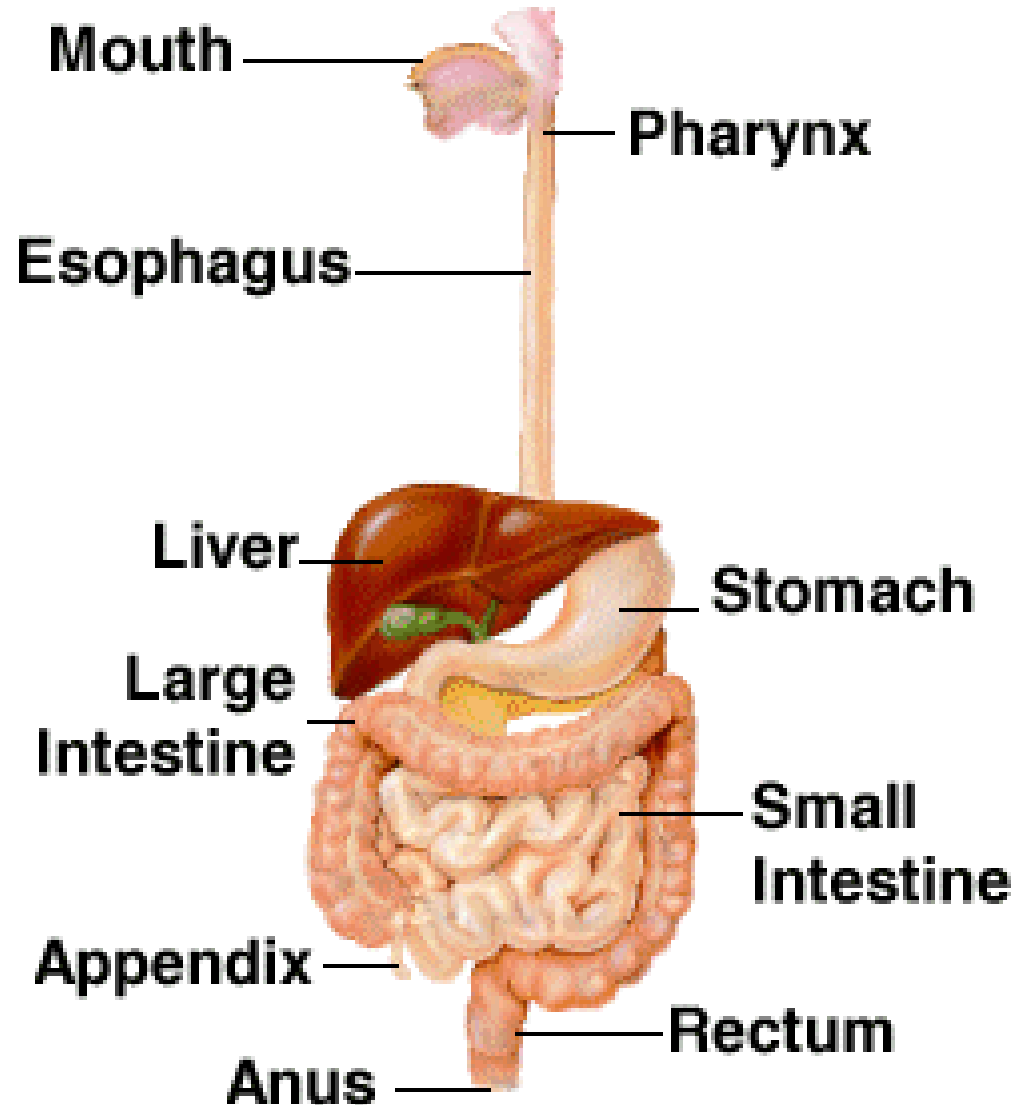
## Absorption

Molecules  
absorbed  
into blood  
and carried  
through body

## Elimination

Wastes  
eliminated  
from body

# The Digestive Tract



# 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**



## 2 Kinds of Digestion:

```
graph TD; A[2 Kinds of Digestion:] --> B[Mechanical]; A --> C[Chemical]; B --> D[Food ground into small pieces]; C --> E[Large food molecules broken → small molecules by enzymes];
```

### Mechanical

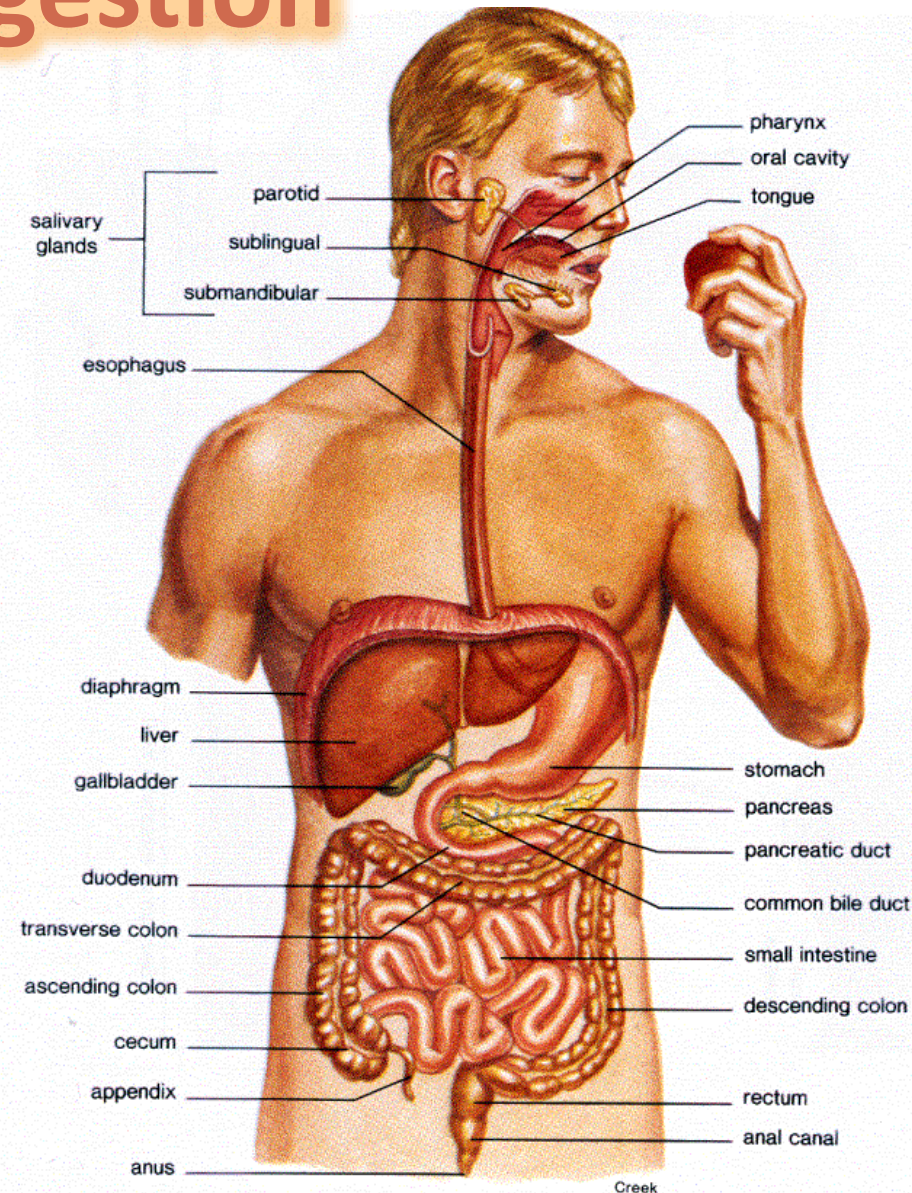
Food ground into  
small pieces

### Chemical

Large food molecules  
broken → small  
molecules by enzymes

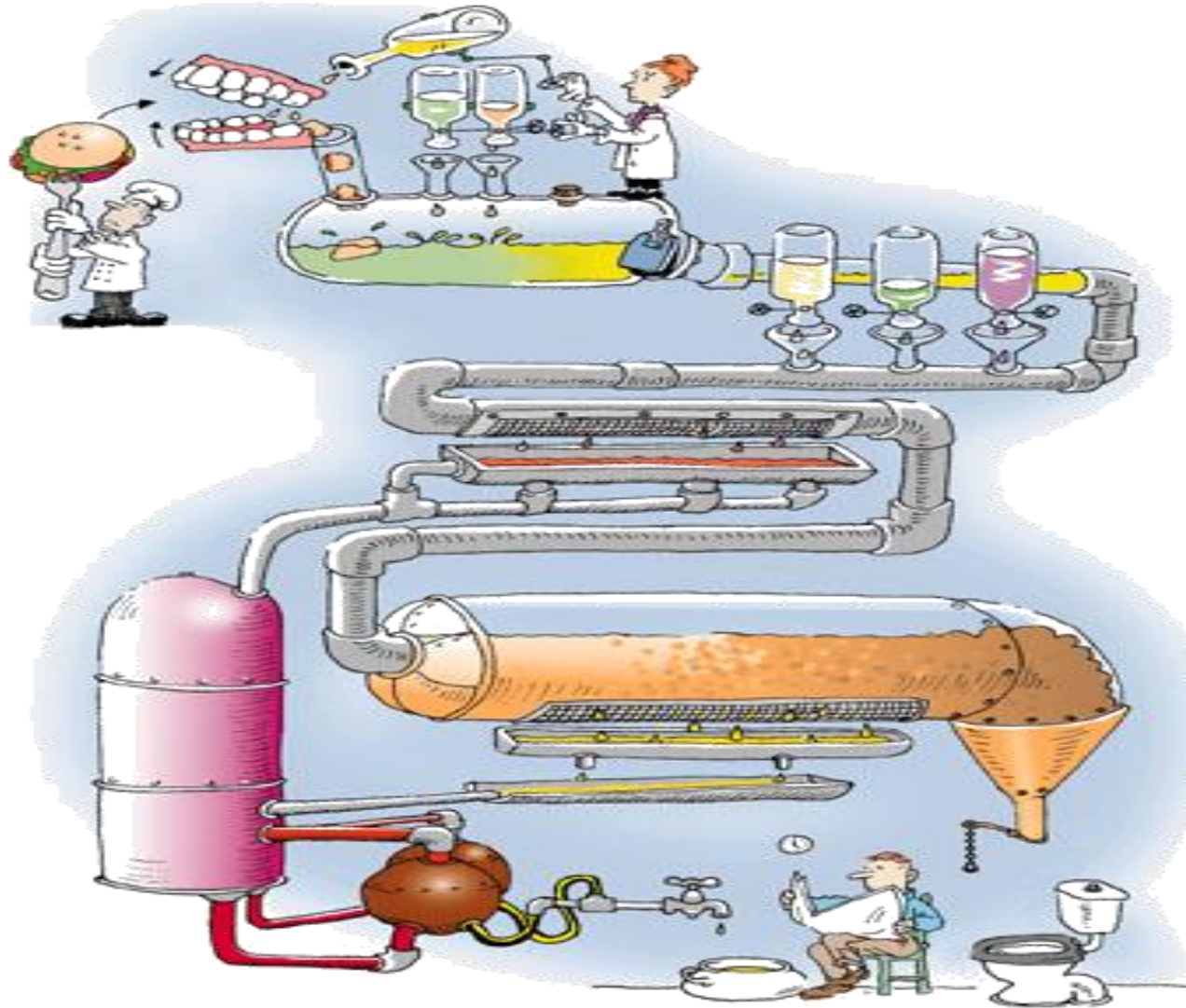
# Four Phases Of Digestion

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





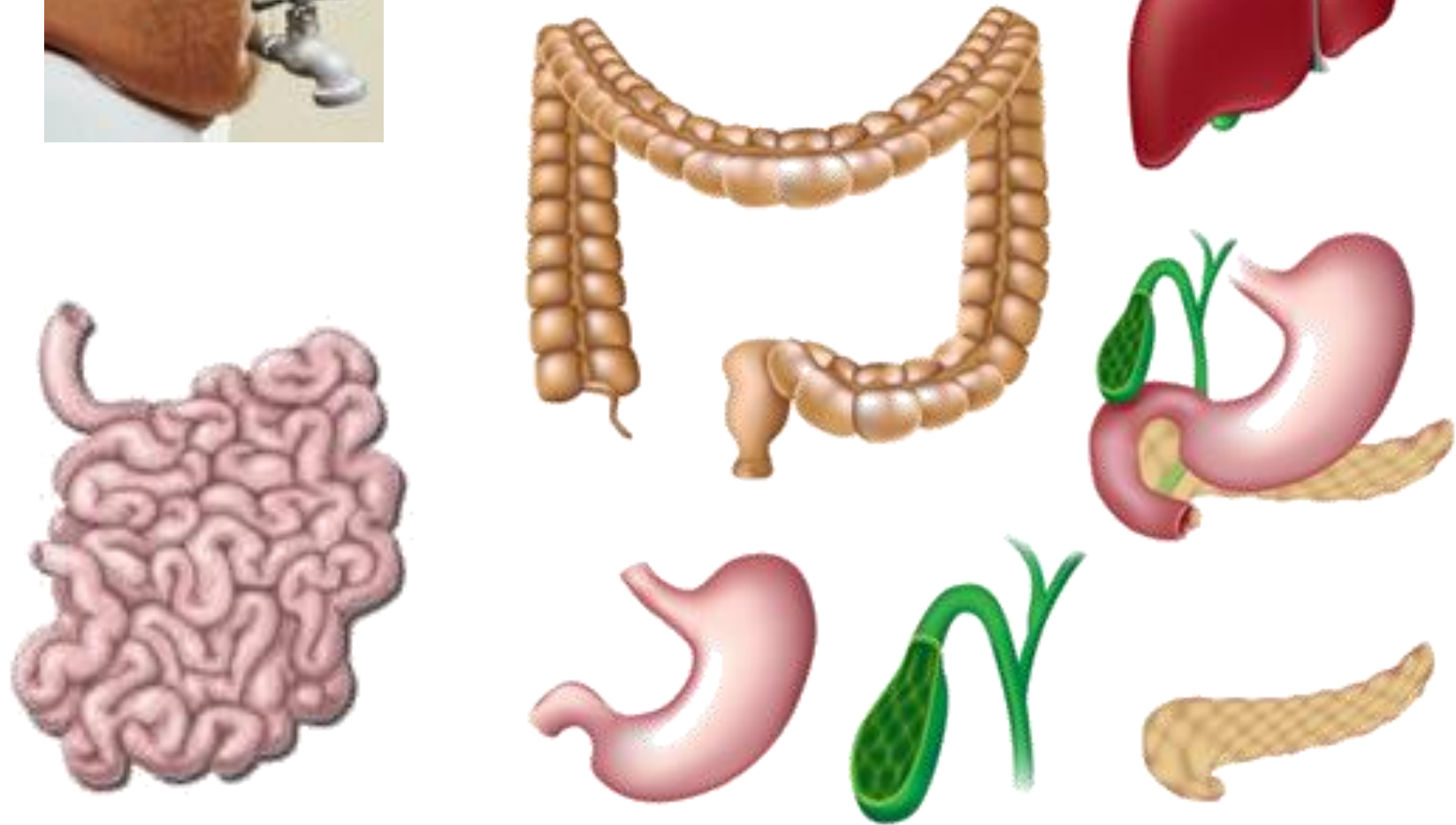
# Physiology of Digestion



# What Can Go Wrong With Digestion



Digestive organs



# 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

# 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!

# 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

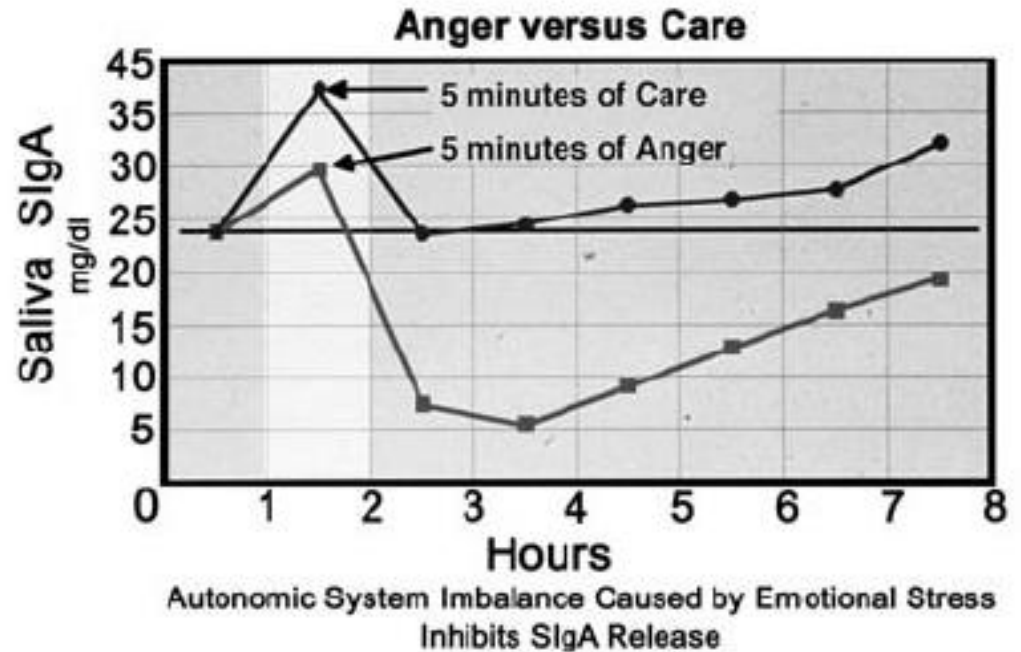




# Stress vs. Gut



**Figure 6. Effect of Emotion on SIgA Release**



HeartMath Institute

# 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

# 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.



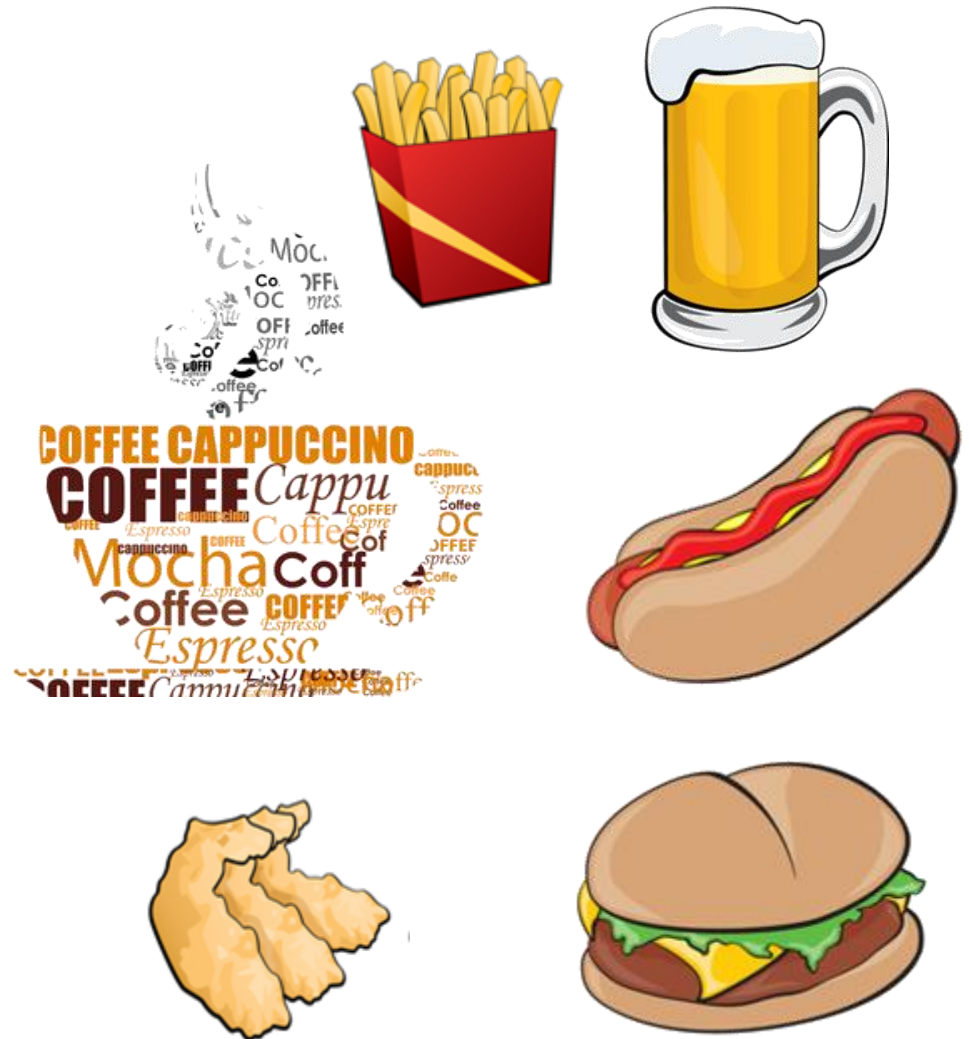
# The 4R Process



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

# 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





# Remove

## Toxic Foods, Chemicals, and Organisms

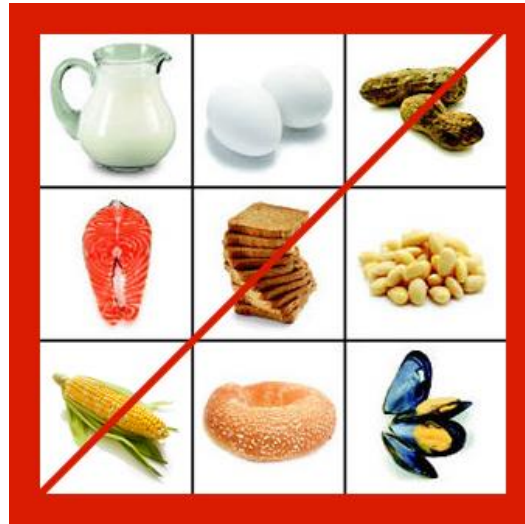
- Foods that hurt your gut
- Medications, unless prescribed by a doctor
- Candida, parasites, bacteria
- Common Allergens
  - ✓ Gluten
  - ✓ Dairy
  - ✓ Egg
  - ✓ Peanuts
  - ✓ Corn
  - ✓ Soy



# 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





# Daily Green Drinks

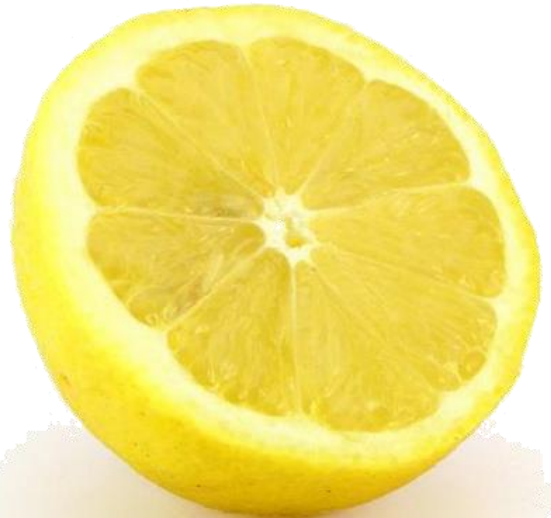


- Provides gut soothing chlorophyll
- Source of magnesium
- Abundant source of minerals
- Smooth and easy on gut mucosa – allows it to heal faster

Work up to one quart or more daily, any combination

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

# Daily AM Gut Rejuvenator



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

# 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

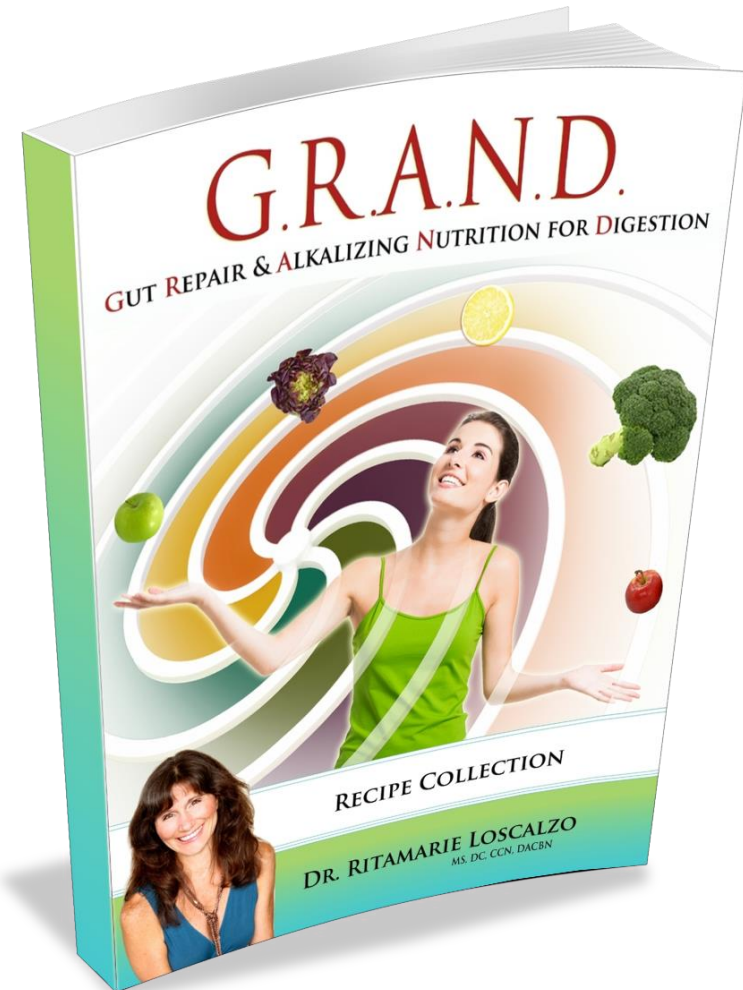


# GRAND

## 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



# 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

