

Digestion

Basics:

How It All

Works

With

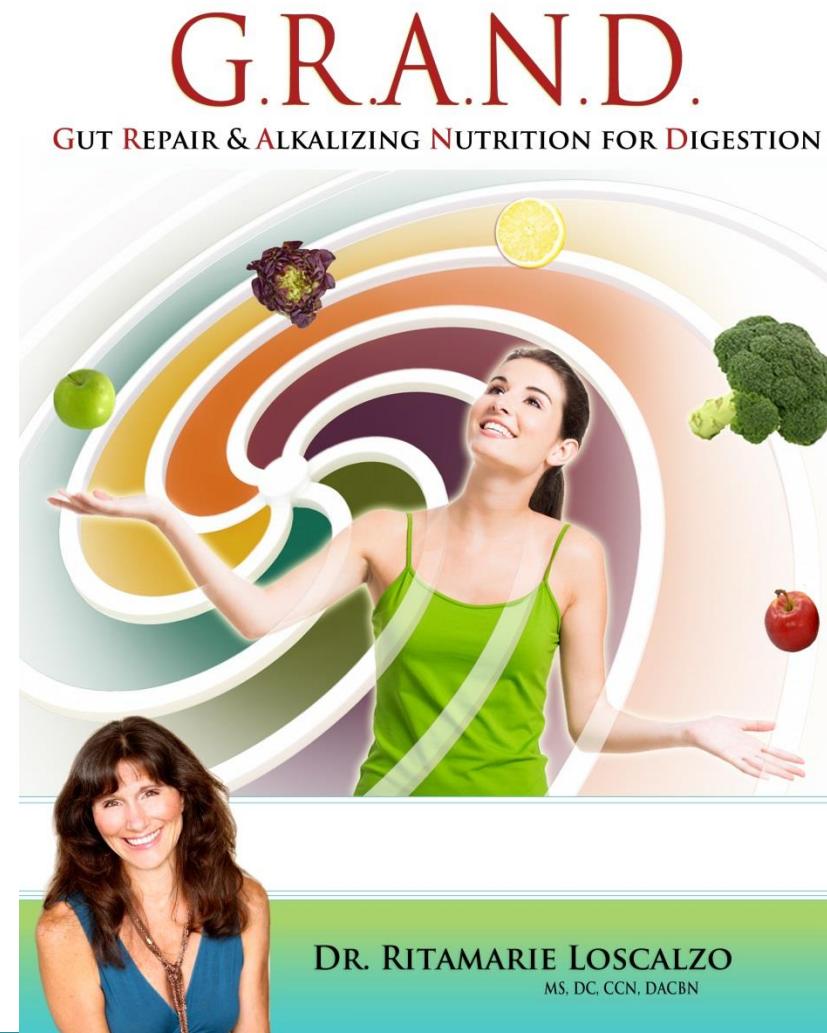
Dr. Ritamarie Loscalzo



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, 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.

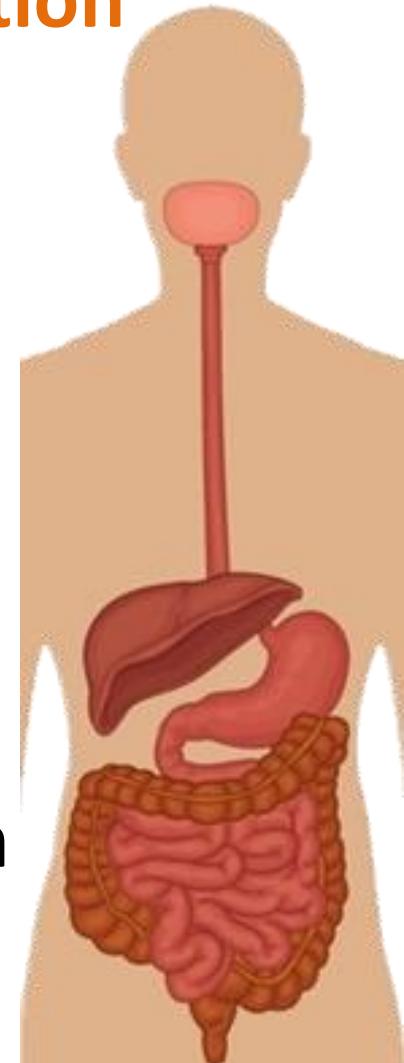
Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

- 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

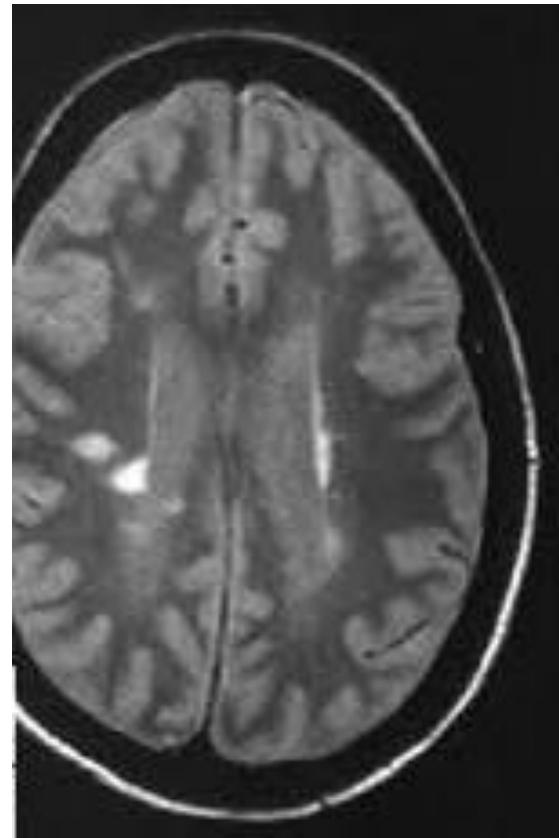
- Bloating
- Gas
- Flatulence
- Burping
- Pain
- Hemorrhoids
- Irritable bowel
- Diarrhea
- Constipation
- Crohn's
- Diverticulitis
- Colitis



Not so Obvious

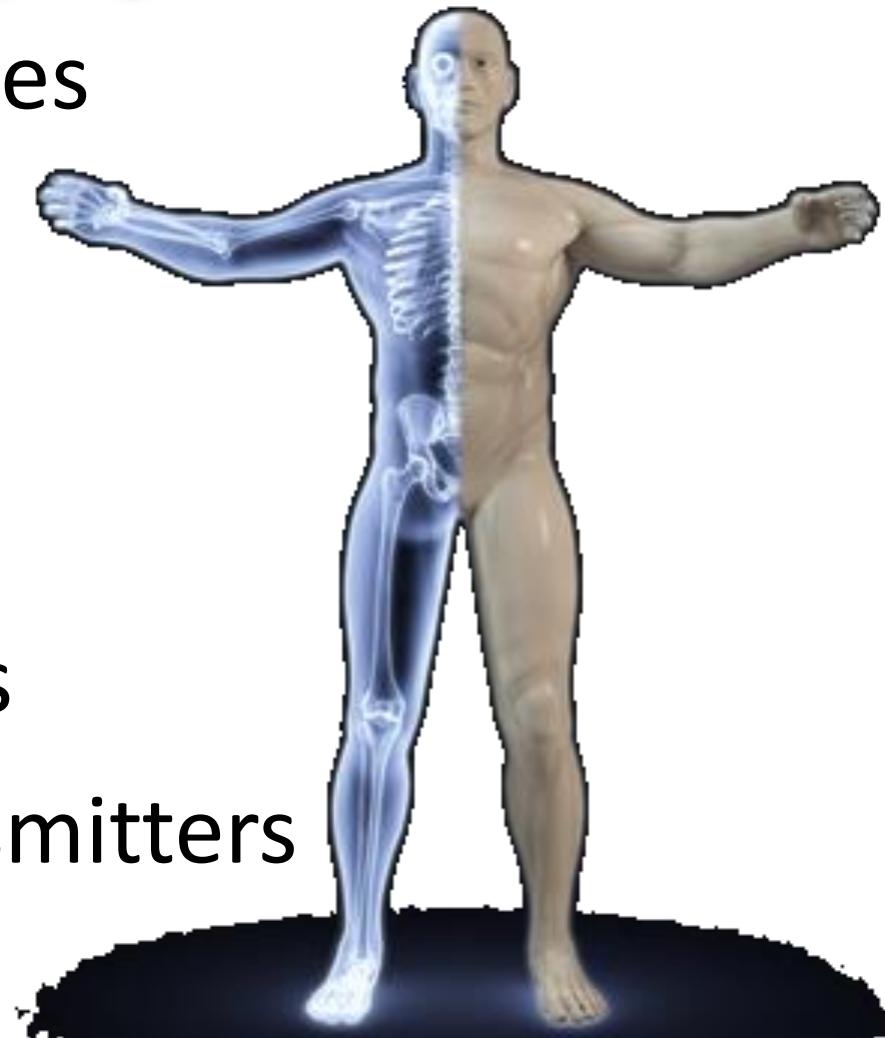
- Acne
- Eczema
- Brain fog
- Depression and anxiety
- Joint pain
- Frequent illness
- Hormone swings
- Thyroid imbalance
- Headaches
- Autoimmune disease
- Allergies
- ADD
- Asthma
- Fatigue
- Fibromyalgia

Digestion Recovery Stories

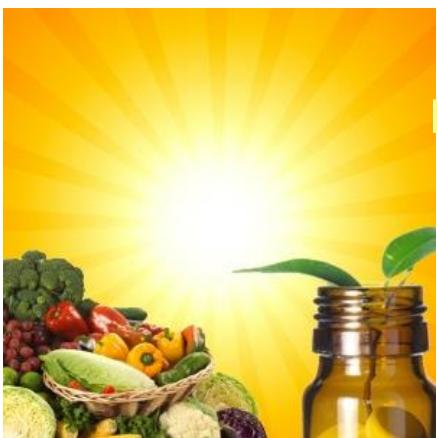


Digestion Influences On Other Body Systems

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

Digestion

Breaks down food into molecules your body can use

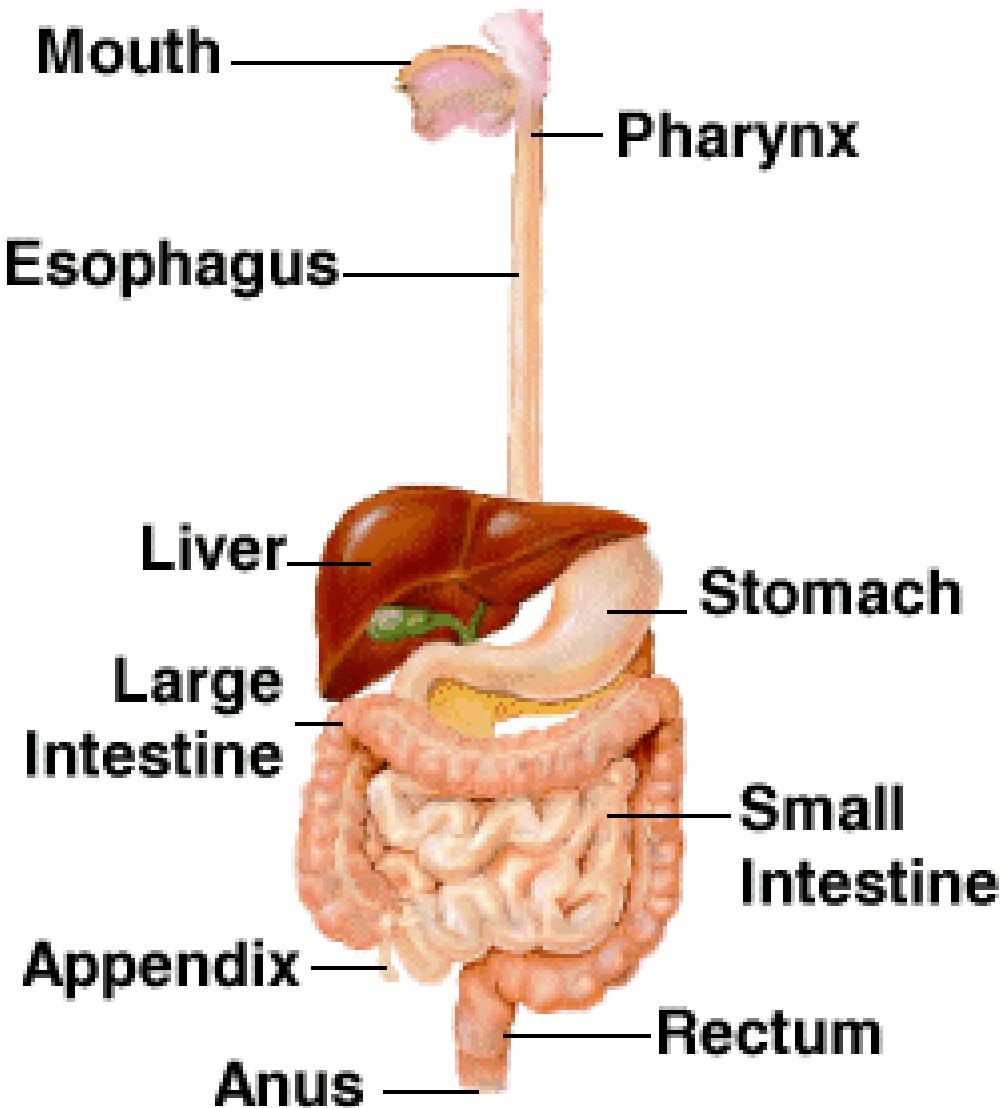
Absorption

Molecules absorbed into blood and carried through body

Elimination

Wastes eliminated from body

The Digestive Tract

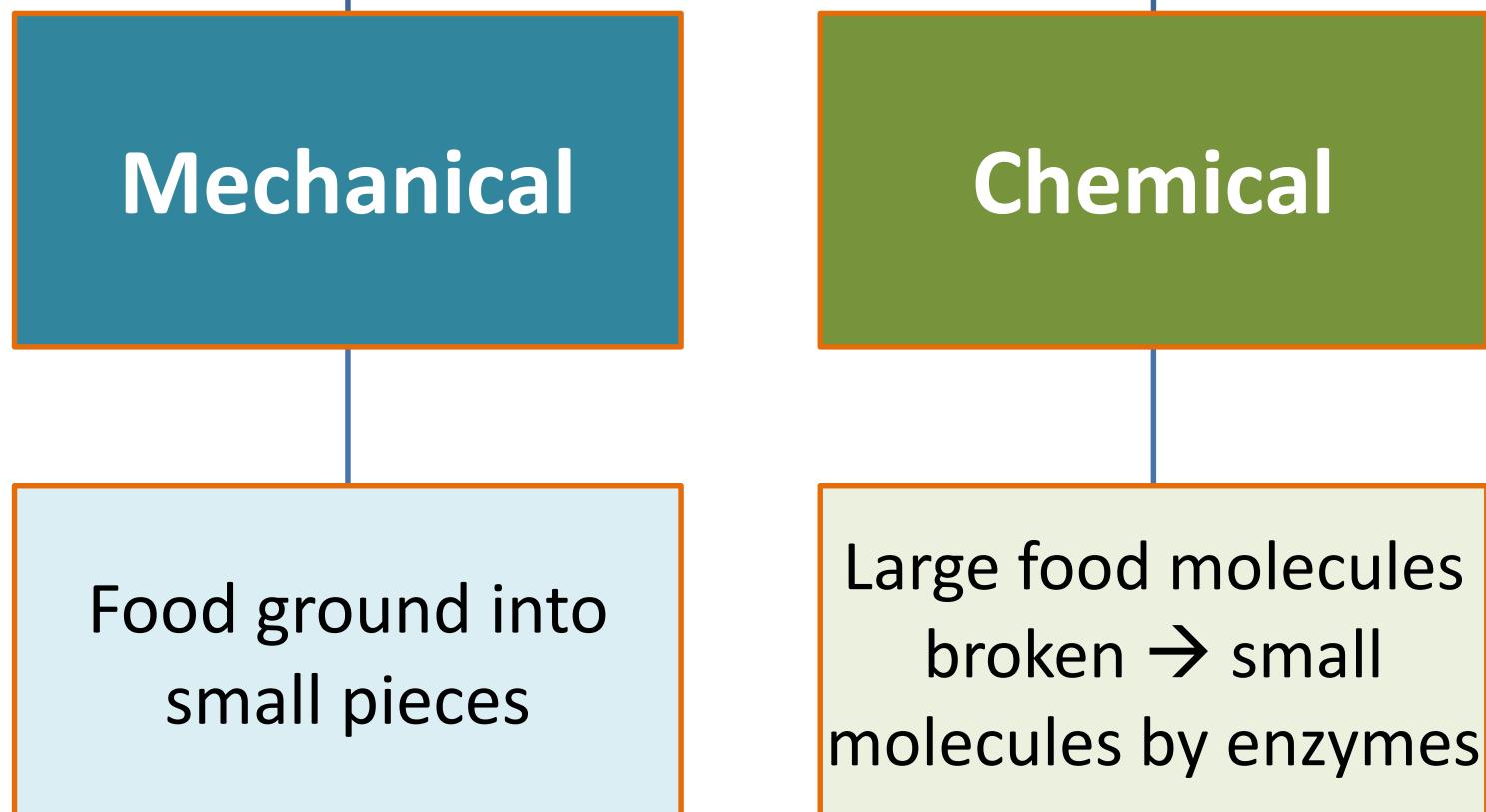


4 Stages of Food Processing

- **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 -- **jejunem**
- **Elimination**: the removal of wastes
 - **large intestine**

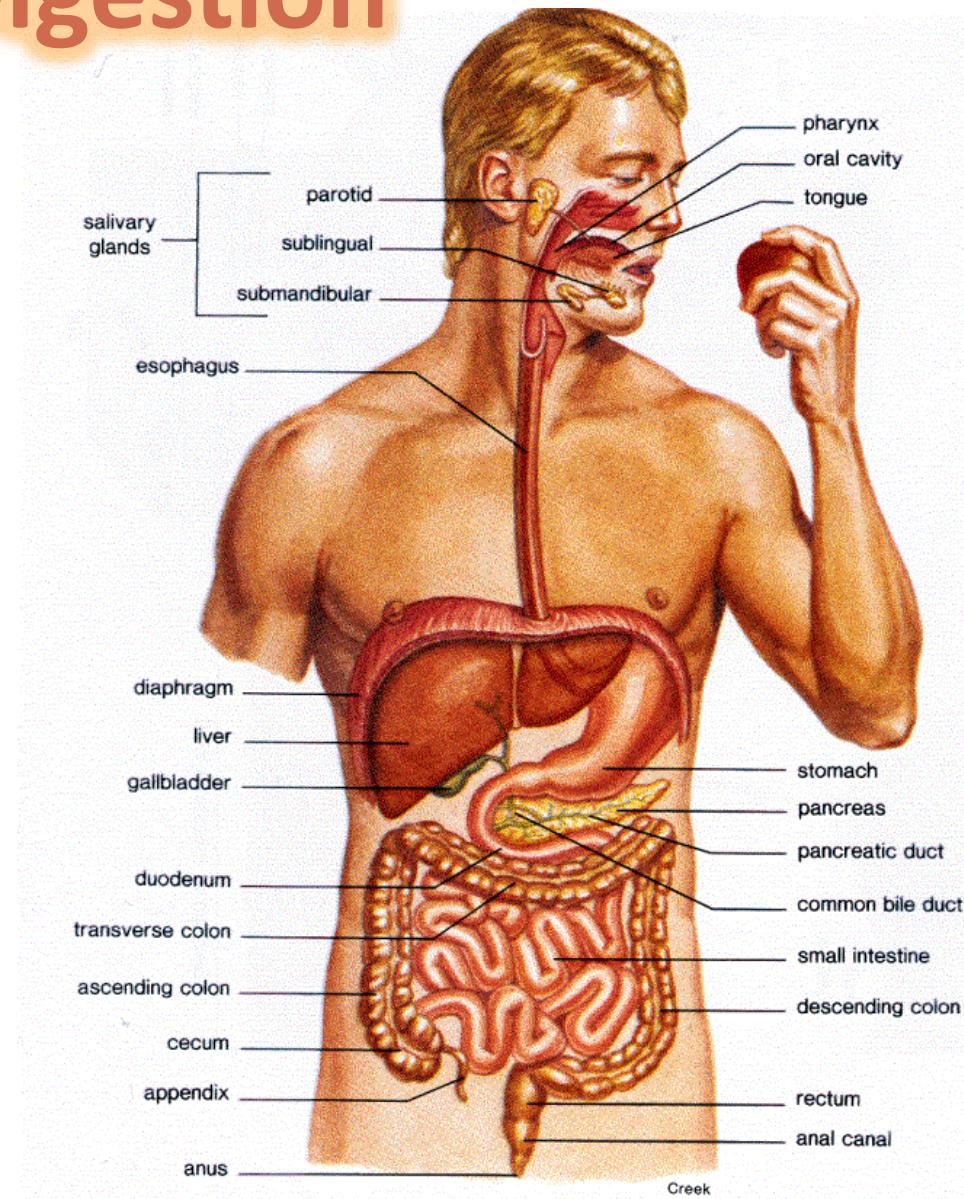


2 Kinds of Digestion:

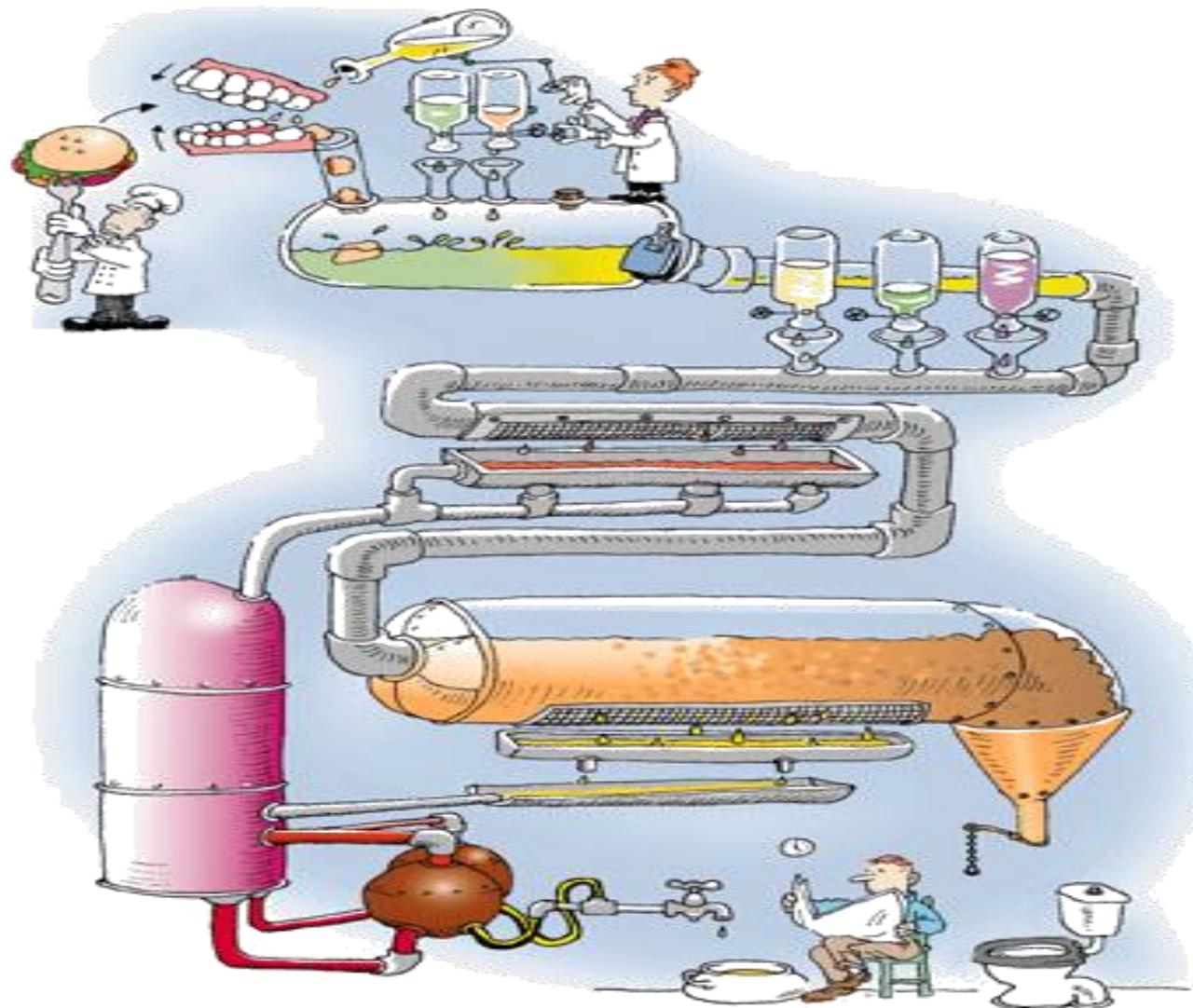


Four Phases Of Digestion

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



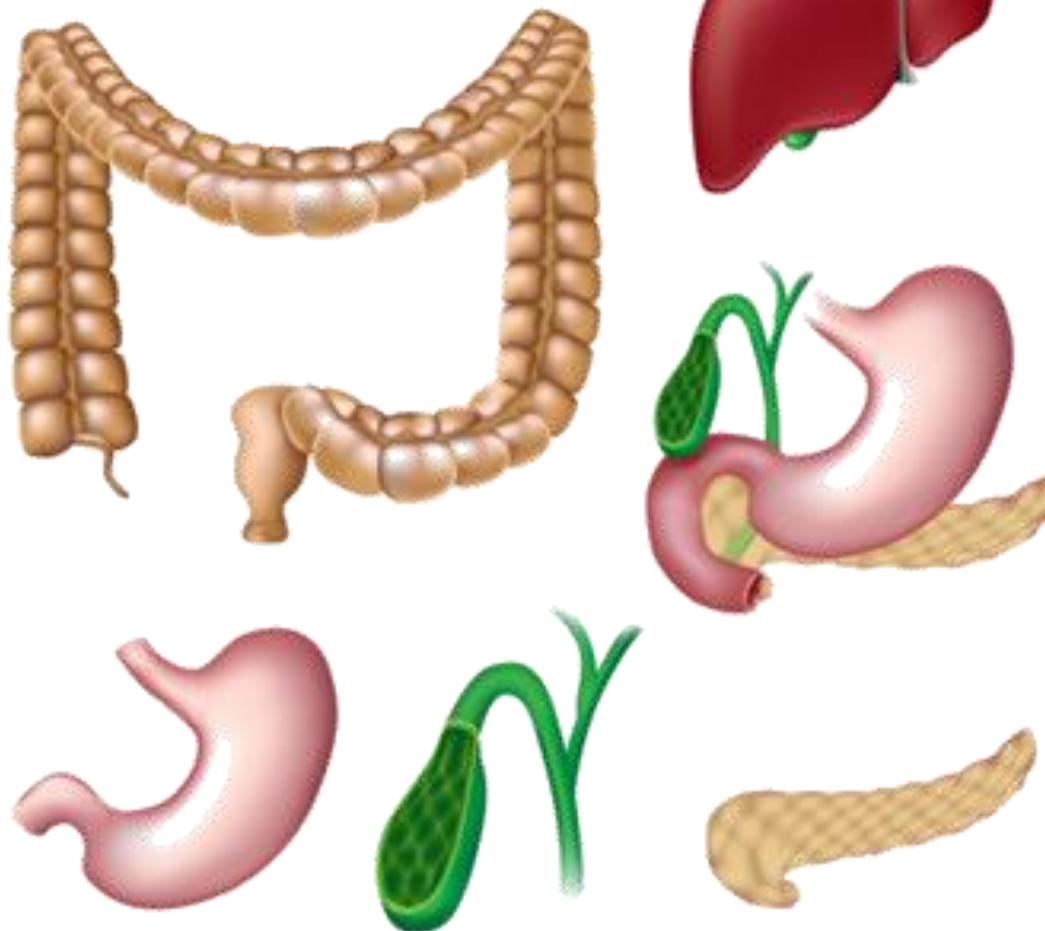
Physiology of Digestion



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!!!

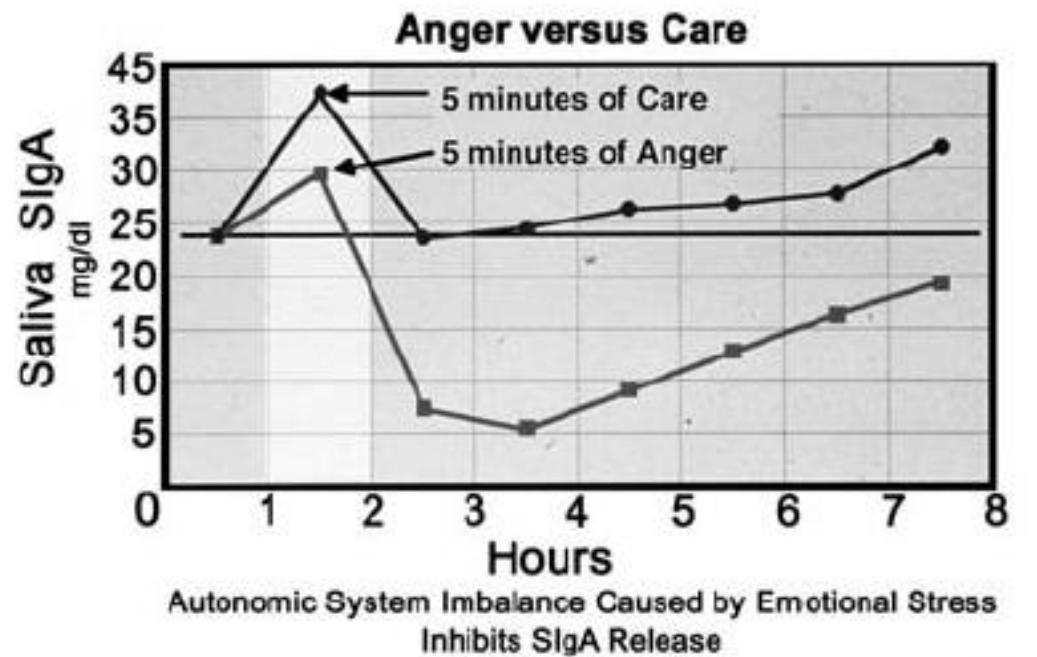
- Impact of thoughts
- Fight/flight effects on digestion
- Relaxation effects on digestion
- Role of breathing on digestion
- Pre-meal ritual



Stress vs. Gut



Figure 6. Effect of Emotion on IgA 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.



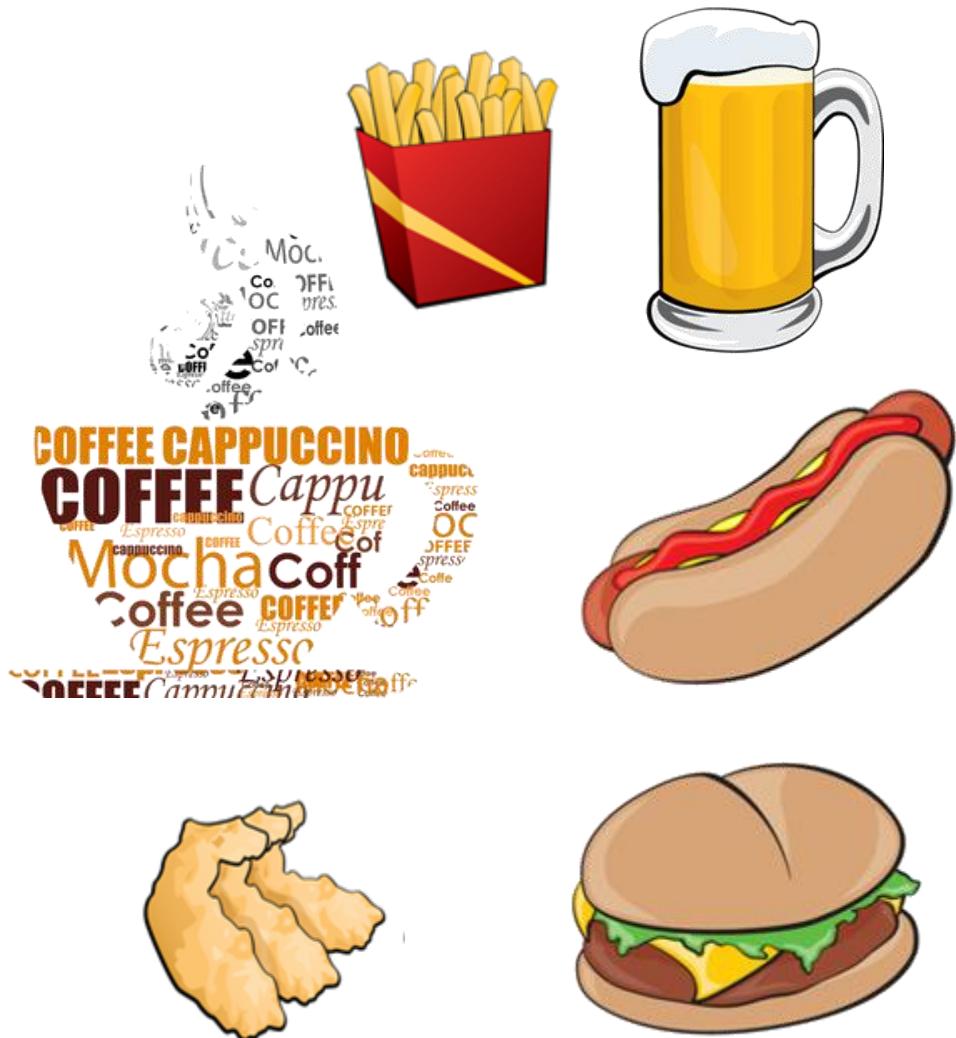
The 4R Process



- 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

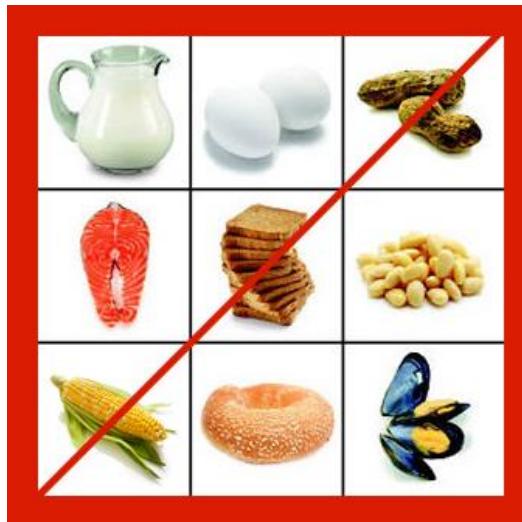
- Foods that hurt your gut
- Medications, unless prescribed by a doctor
- Candida, parasites, bacteria
- Common Allergens
 - ✓ Gluten
 - ✓ Dairy
 - ✓ Egg
 - ✓ Peanuts
 - ✓ Corn
 - ✓ Soy



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

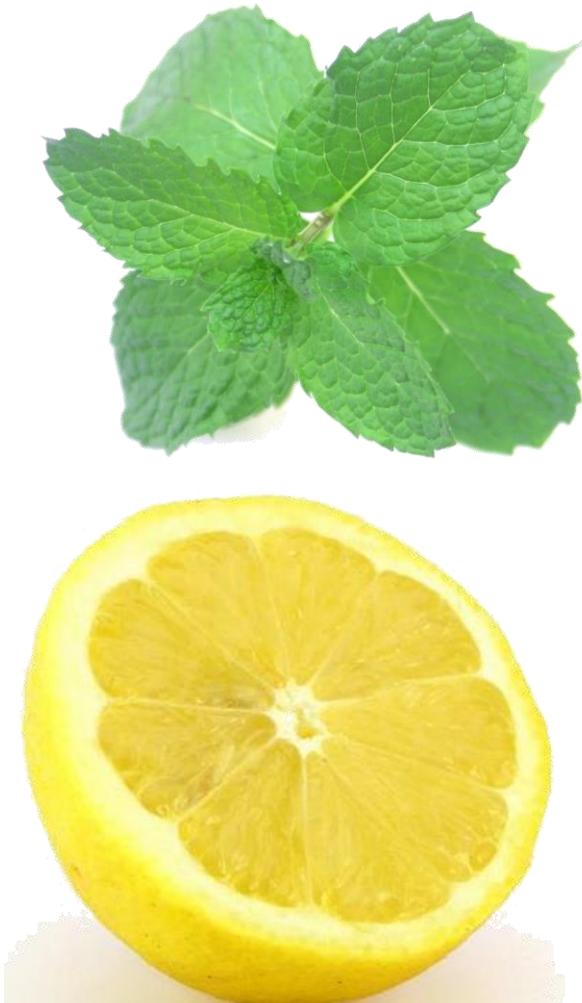


- Provides gut soothing chlorophyll
- Source of magnesium
- Abundant source of minerals
- Smooth and easy on gut mucosa – allows it to heal faster

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

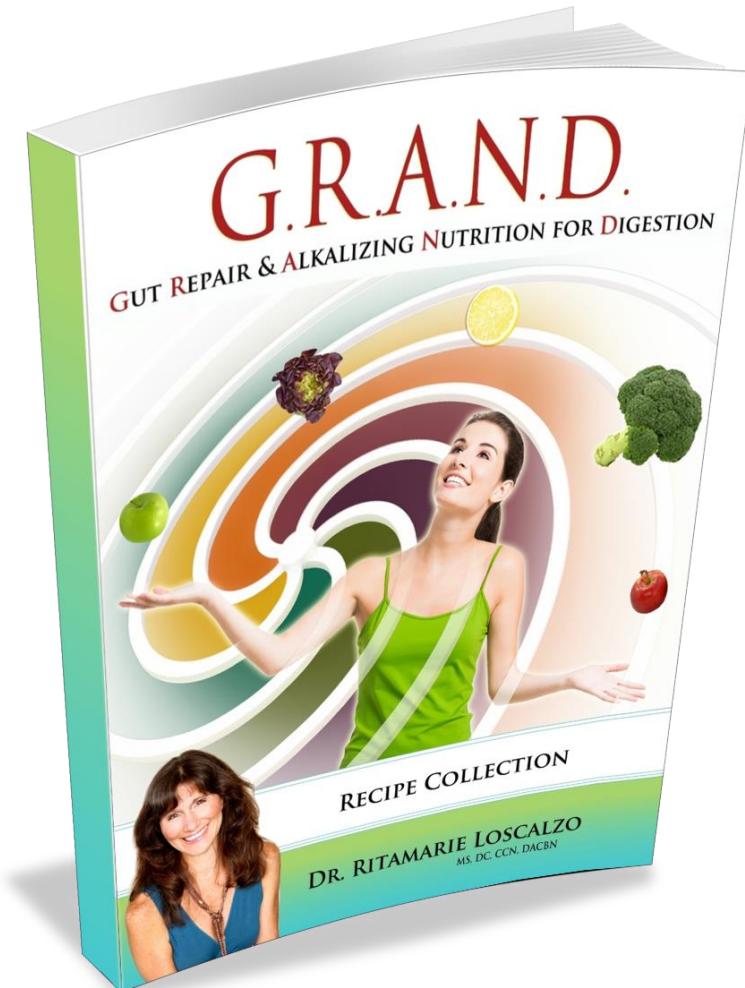


GRAND

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

