

## Implementation Protocols and Special Strategies

### 30-Day Gut Repair

With  
**Dr. Ritamarie Loscalzo**



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## Repair Your Digestive Tract Lining

- Demulcent (aka mucilaginous) herbs and foods
- Therapeutic foods
- Gut healing supplements
- Anti-inflammatory herbs and foods
- Gut healing meal replacements
- Bitters
- Carminatives



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## Demulcent Herbs and Foods – Soothe and Heal


### What they do

- Soothe the GI tract
- Rebuild the mucous layer
- Anti-inflammatory
- Lubricate the digestive tract
- Nourish body fluids and tissues

*Demulcent herbs are also known as "mucilaginous"*

### Who they are

- Chia seed
- Flax seed
- Licorice
- Marshmallow
- Slippery elm
- Comfrey
- Irish moss
- Cinnamon
- Chamomile
- Fenugreek
- Jujube dates
- Aloe vera gel
- Plantain
- Calendula
- Yarrow



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## Therapeutic Foods

### Nitric Oxide

- Arugula (100x more than any other foods)
- Spinach
- Beets
- Hawthorn extract/berries/tea
- Dark leafy greens



### NAC

- Red peppers
- Garlic
- Onions
- Broccoli
- Brussels sprouts



### Arabinogalactans

- Tomatoes
- Carrots
- Radishes
- Pears
- Echinacea
- Reishi



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## Gut Healing Supplements



- **Glutamine:** 2500 mg 2 times per day
- **Quercetin:** 500 mg 2 times per day
- **N-Acetyl Cysteine (NAC):** 500 - 1000 mg per day
- **Vitamin A:** 20,000 - 25,000 IU's per day
- **Vitamin B1:** 150 mg 3 times per day
- **Zinc:** 50 - 80 mg per day
- **Arabinogalactans:** 3 grams 3 times per day
- **Nitric Oxide:** supportive herbs and aminos
- **Vitamin E:** 400 IU's per day
- **DHEA:** if needed
- **Vitamin C:** 1000 mg 3 times a day or to bowel tolerance

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## Anti-Inflammatory Herbs, Foods, and Nutrients

- Ginger
- Turmeric
- Licorice
- Chia seeds
- Flax seeds
- Hemp seeds
- Deep ocean fish
- Algae and sea greens
- Purslane
- Vitamin C
- Omega-3 fats
- Bromelain and other proteolytic enzymes



- Capsaicin containing foods - peppers
- Cinnamon
- Rosemary
- Basil
- Cardamom
- Chives
- Cilantro
- Cloves
- Garlic
- Parsley
- Boswellia
- Quercetin (bioflavonoid in onions)

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## Carminative Herbs

### What they do:

- Reduce gas and bloating
- Enhance digestive secretions
- Tone the digestive tract
- Reduce smooth muscle spasms
- Increase peristalsis

### Who they are:

- Dill
- Fennel
- Ginger
- Caraway
- Cinnamon
- Turmeric
- Clove
- Cardamom
- Chamomile
- Oregano
- Rosemary
- Thyme



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## Gut Healing Formulations



- **MediClear Plus:** Thorne
- **RepairVite:** Apex Energetics with protein powder
- **UltraClear SUSTAIN or UltraInflamX:** Metagenics
- **GlutaMed RX** with protein powder: NuMedica
- **Earth:** HealthForce Nutritionals (add a clean protein powder)

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## Supplements for Gut Repair Jumpstart

- NAC: 600 mg
- L-Glutamine: 3500 mg
- Arabinogalactan: 2000 mg
- DGL (Deglycyrrhizinated Licorice Root): 500 mg
- Aloe Leaf Extract: 100 mg



\*\*\**GlutaMed by NuMedica and RepairVite by Apex have all but the NAC. RepairVite includes a nice assortment of other healing herbs.*

*Sialex (Ecological Formulas) optional, 1-3 capsules after each meal for irritable and inflammatory bowel*

*\*\*This is one sample regime, and it may need to be adapted if you don't tolerate some of the ingredients*



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### 7-Day Gut Detox and 23-Day Repair Protocol

#### Gut Detox: First 2 Days (or longer if desired)

1. **Green drinks** only, no solid food. Drink as much as you'd like. Options:
  - Green juice
  - Green smoothie with greens and optionally fruit (skip if candida overgrowth), no nuts, no fats except coconut oil or avocado
  - Green soup
  - Green powder
2. **NAC** 600 mg - 1 scoop 3X/day
3. **Glutamated** or **RepairVite** 1 scoop 3X/day
4. **Vitamin B1** 150 mg 3X/day
5. **Optional: Clean protein powder** 1-2 scoops per day
6. **Optional: Sialex**\*\*\* 1-3 capsules 3X/day - the higher your digestive imbalance scores, the more you need
7. **Optional: Quercetin** 500 mg 3X/day

\*\*\**Sialex* added for symptoms of irritable bowel, pain, discomfort, inflammation. 1-3 capsules 3X per day until symptoms subside then 2X per day for a month

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Glutamine  
DGL  
Aloe  
Arabinogalactan  
Marshmallow  
Slippery Elm

#### Gut Detox: Next 5 Days

1. **2-3 green drinks each day** - replace one or two meals with green drinks
2. **One veggie meal**, raw or lightly steamed, optionally with soaked nuts and/or seeds, sprouts and sweet potatoes if needed and blood sugar tolerates.
3. **Digestive enzymes and bitters** with meals if assessments showed impaired small intestine or stomach.
4. **Take supplements** twice a day now. Continue for a month.
5. **Nitric Oxide veggies** - arugula salad once or twice a day with spinach leaves and grated beet

### 7-Day Gut Detox and 23-Day Repair Protocol

#### Gut Repair: Days 8 - 30

- Continue with **2 or more green drinks** each day (more if you are so inclined) - Whenever possible, replace one or two meals with green drinks.
- Continue **supplements** twice a day.
- Continue **elimination diet**.
- Use *"Foods that Harm, Foods that Heal Your Digestion"* as a guideline of what to eat.
- Make the **Healing Broth Recipe for Inflamed Colon** recipe from the GRAND Recipe Collection as often as possible.
- Take **bitters** before meals if you scored high on the low stomach acid part of the digestive assessment.
- Take **digestive enzymes** with each meal if you scored high on the low stomach acid or small intestine/pancreas part of the digestive assessment.
- Make sure you are eliminating! Consult *"Moving Toxins Out: Elimination Bootcamp for Your Bowels"* for additional suggestions and consider enemas and colonics. For lots of resources on doing enemas at home check out: <http://www.drRitamarie.com/go/CoffeeEnemaLiterature>

If you've had long standing, chronic or severe digestive issues, have been diagnosed with Crohn's or ulcerative colitis, or you have a negative reaction to mucilaginous foods and herbs, consider choosing only those foods on the *"Modified Specific Carbohydrate Diet"*.

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## Optimizing Your Digestion

- Eat in a calm relaxed state – deep breathing and appreciation
- Start the day with a cleansing beverage of warm or room temperature water, lemon, cayenne, mint oil
- Drink a glass of lukewarm water ½ hour before the meal
- Bitters 5 minutes before the meal
- Chew food thoroughly
- Eat slowly and focus on the meal
- Digestive enzymes with all cooked and complex raw meals
- Food combining or food sequencing
- **Liver/gallbladder support**
- **Heal inflammation and leaky gut**
- **Probiotics** – eliminate pathogens and allergens – main culprit often gluten and casein (milk protein)
- **Colon cleansing** – toxic debris



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## Intestinal Rebuild Healing Jumpstart

### First 2 days (or longer)

- Liquid repair and healing cleanse
- Supplements (next slide) 3 times per day
- Optional: a clean protein powder
  - ✓ Sunwarrior: Warrior Blend or Sprouted Brown Rice
  - ✓ HealthForce Nutritionals: Warrior Food or Elite Green Protein
  - ✓ Boku: Protein in the Buff
- OR gut-healing protein and nutrient blends
  - ✓ Apex: RepairVite
  - ✓ NuMedica: GlutaMed plus protein
  - ✓ Thorne: MediClear Plus
  - ✓ Metagenics: UltraClear Sustain or UltraInflamX\*

### Next 5 Days

- Drink 2-3 green drinks - replace one or two meals.
- Eat one meal of veggies, raw or lightly steamed, optionally with soaked nuts and/or seeds.
- Take supplements twice a day and continue supplements for a month.



*\*Read labels carefully. Thorne and Metagenics change formulas sometimes and there have been added sugars.*

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## Gut-Friendly Foods to Include Daily

- Green drinks – 32 ounces or more
- Sea veggies
- Chlorella
- Probiotic-containing foods
- Lots of greens, to tolerance
- Brassicas, aka cruciferous vegetables
- Fruit should be eaten with greens or celery to prevent a sudden rise in blood sugar, and potential to feed yeast
- Enzymes: 1-2 with all meals, except juice only or shake



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## Gut Repair and Healing Cleanse

Liquid only, any combination

- ✓ Water
- ✓ Chia beverage
- ✓ Green juice
- ✓ Green smoothie
- ✓ Green soup
- ✓ Green powder
- ✓ Protein powder
- ✓ HealthForce Nutritionals Earth
- ✓ Slippery elm drinks
- ✓ Aloe vera



\*Include some arugula leaves in green drink

- At least 2 days of liquid only recommended; longer if you have chronic irritated or inflamed gut tissue.

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### Which Herbs And Foods Heal Which Gut Parts

- **Licorice and slippery elm:** stomach and intestinal lining
- **Probiotics:** large and small intestine
- **Fiber:** the whole tract
- **Cabbage:** stomach
- **Chia and flax:** small and large intestines
- **Milk thistle seed:** gall bladder and liver
- **Colon:** fiber, water, short-chain fatty acids that come from having good amounts of friendly bacteria – (probiotics, cultured foods, fiber, leafy veggies)



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