

# GRAND: Implementation Protocols and Special Strategies - Gut Repair Summary

## Implementation Protocols and Special Strategies Gut Repair Summary

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.

### Damaged Intestine



### Damaged Stomach



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## The 4R Process



- Remove
- Replace
- Reinoculate
- Repair

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## Gut Repair Action Plan

- Complete the online digestion assessment including **candida and leaky gut**
- Add **Daily AM Gut Rejuvenator before any food in morning**
- Add daily green drinks or blended soups
- **Do pre-meal ritual before each meal**
- Eliminate the foods that hurt your digestion including allergens
- Chew thoroughly
- Bitters 15 minutes before meal
- Do HCl Challenge if desired
- Take enzymes with meals



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## Gut Repair Action Plan



- Try gut soothing herbs – i.e., slippery elm tea and DGL powder before each meal
- Stay calm and present at all meals – harness the power of appreciation and conscious eating
- **Candida and Parasite Cleanse Protocol**, before repair phase if indicated by high candida assessment score
- **30-Day Leaky Gut Detox and Intestinal Repair Protocol**, if indicated by high leaky gut assessment score
- Review **Modified Specific Carbohydrate Diet** food list
- Investigate **SIBO** if not responding

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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

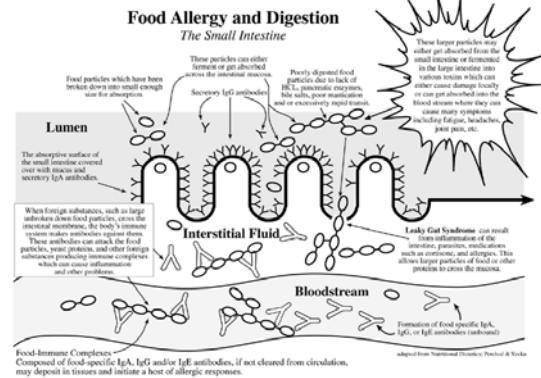


You Need to DO This **EVERY** Time You Put Food into Your Body

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## What's Going on Down There?



## Lab Tests

- **Intestinal Permeability:** <http://www.cyrexlabs.com/>
- **Stool Test:** normal flora, pathogens, inflammation – Genova, Metametrix, Diagnos-Techs, BioHealth
- **Gluten Test**
  - ✓ Stool Antibodies: <http://www.enterolab.com/>
  - ✓ Blood Antibodies Complete: <http://www.cyrexlabs.com/>
- **SIBO Test:** Hydrogen methane breath test – needs doctor order



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## Remove Foods That Can Hurt Your Gut

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



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## Elimination Diet

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



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