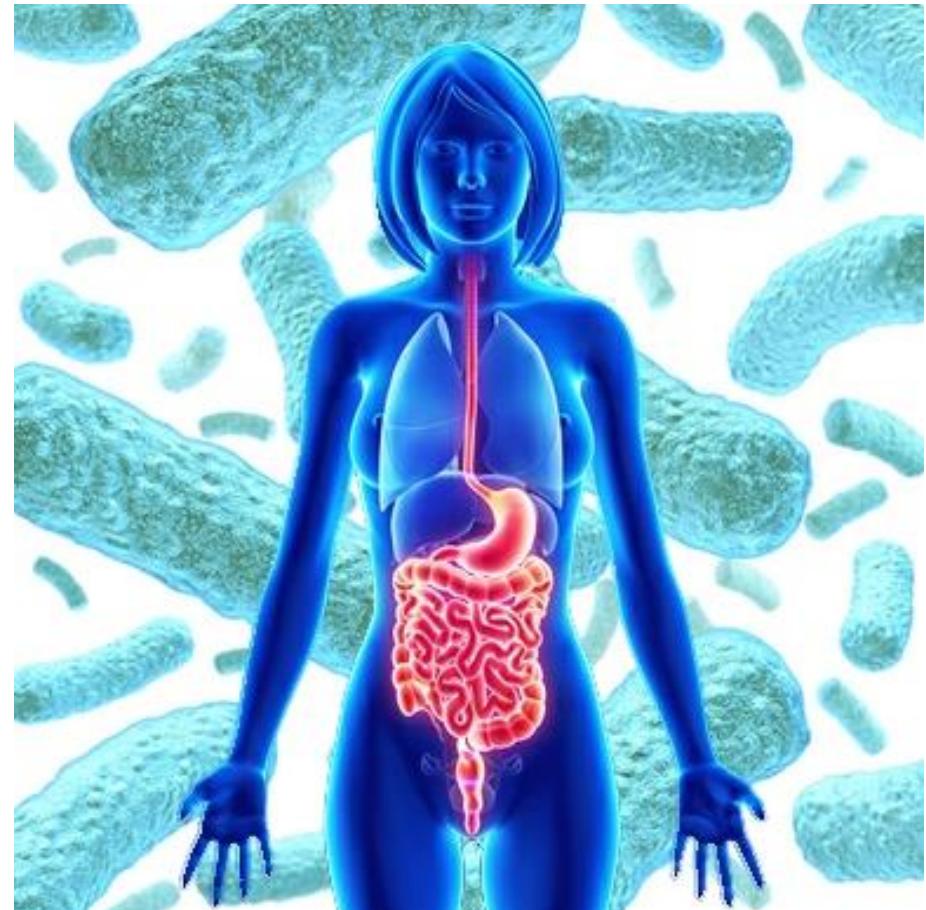


# Implementation Protocols and Special Strategies

## 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](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.

# Damaged Intestine



# Damaged Stomach



# The 4R Process



- Remove
- Replace
- Reinoculate
- Repair

# 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



# 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



# Pre-meal Ritual to Optimize Digestion and Absorption

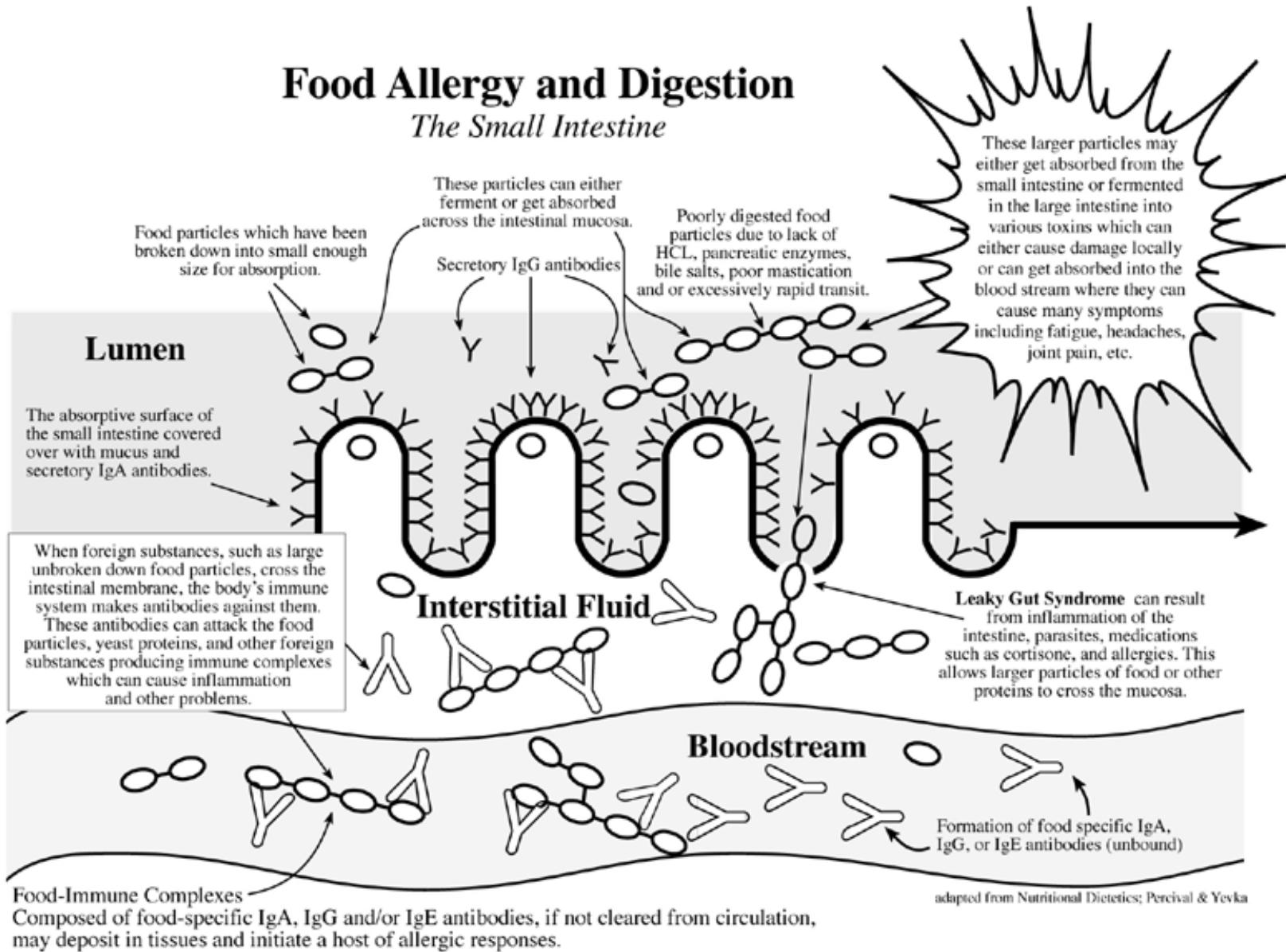
- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



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

# What's Going on Down There?

## Food Allergy and Digestion *The Small Intestine*



# 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



# Remove Foods That Can Hurt Your Gut

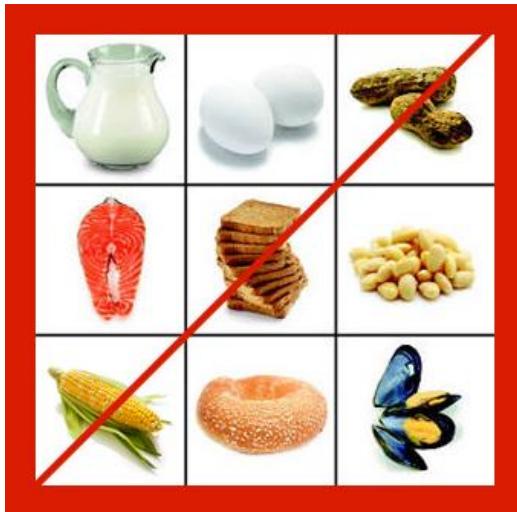
- Gluten
- Dairy
- Sugar and sugar alcohol
- Refined carbohydrates
- All allergens
- Caffeine
- Alcohol
- Lectins: grains, beans, dairy
- Trans fats
- Nightshades
- Processed meats



# 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