

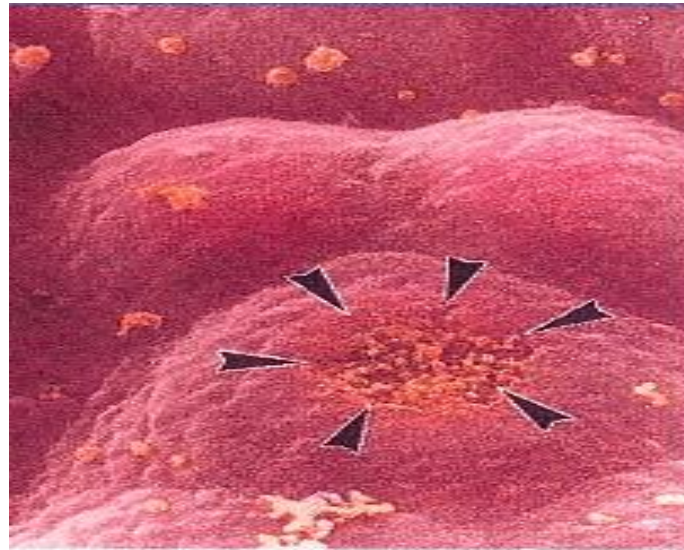
Intestinal Detox, Repair, and Recipes Healing Strategies

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.

Repairing



Leaky Gut

The 4R Process

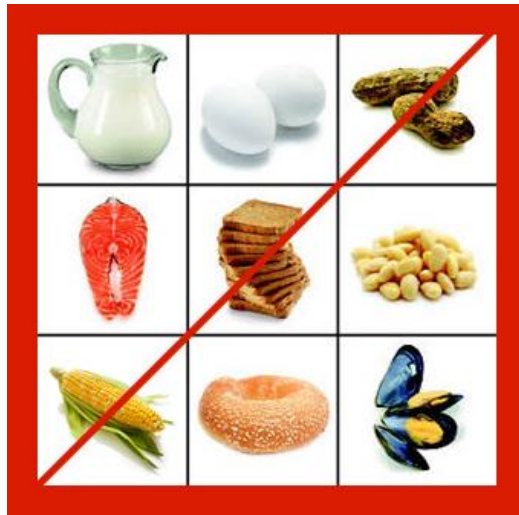


- Remove
- Replace
- Reinoculate
- Repair

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

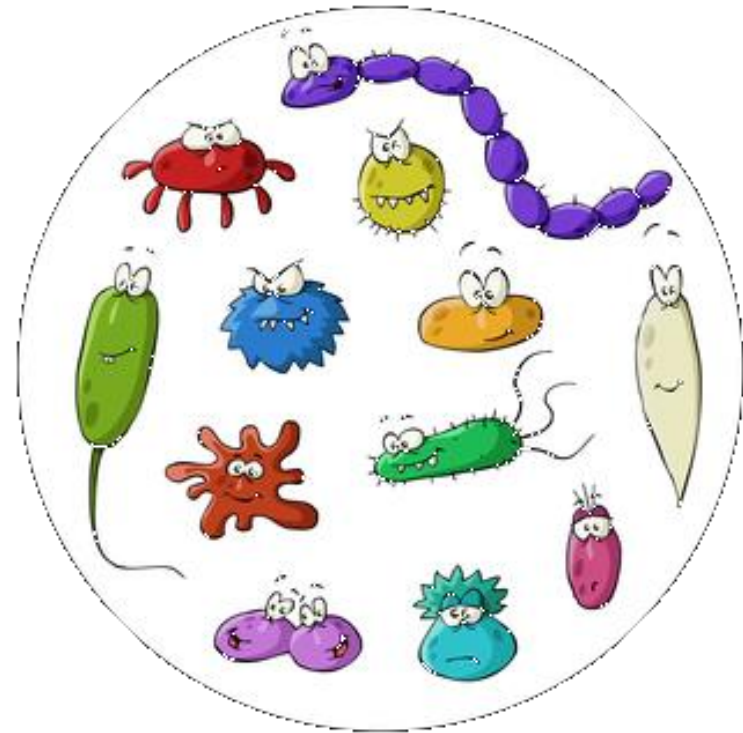
Remove Unfriendly Gut Bugs (Dysbiosis)

- **Candida albicans**

- ✓ A yeast: a single-celled fungus, normal inhabitant of the human body.
- ✓ In unhealthy conditions:
 - It changes shape and is called a mycelia and can embed into tissues and grow out of control.
 - Gives off toxins that lead to inflammation and lots of symptoms.

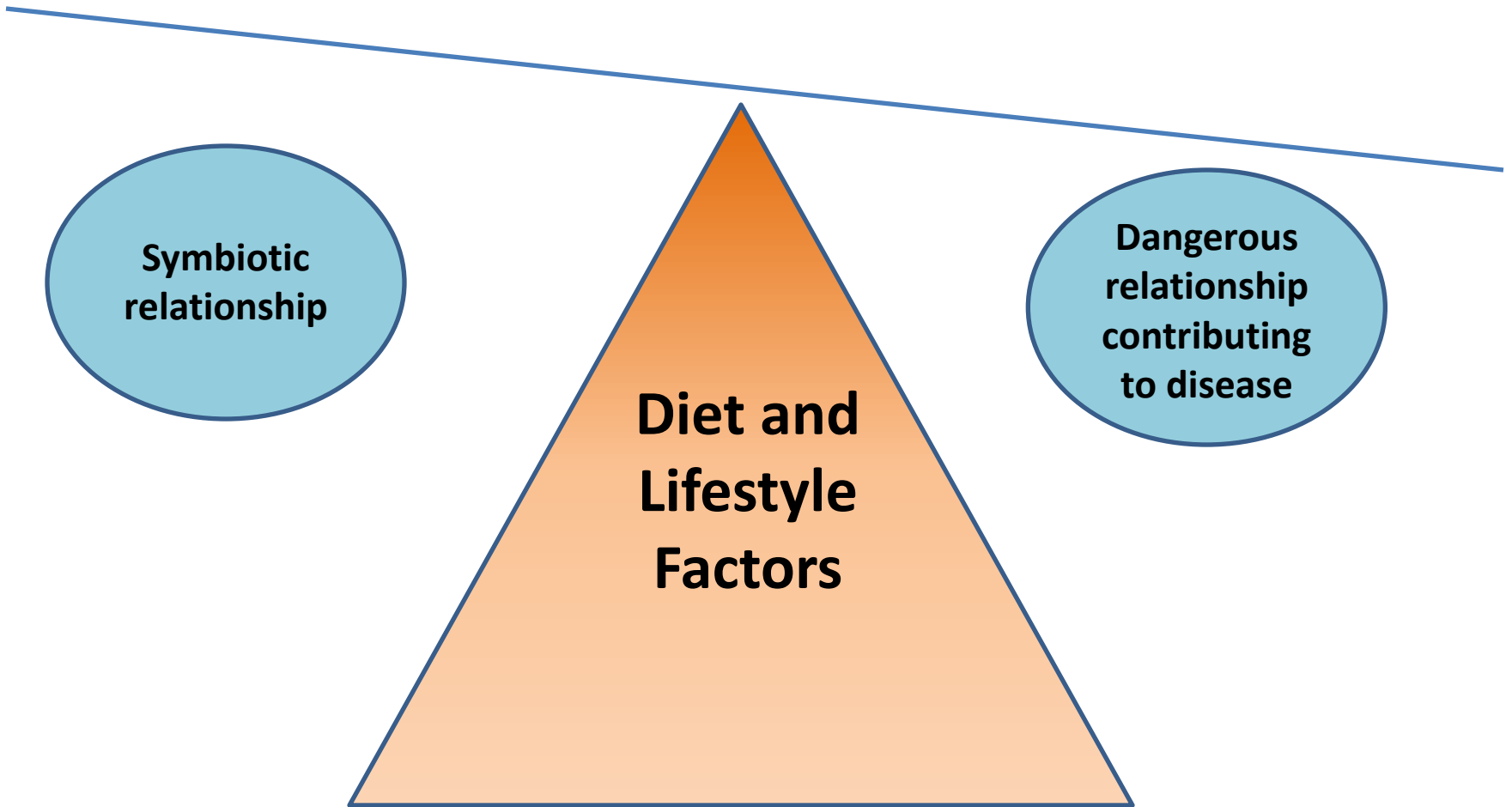
- **Parasites**

- **Viruses, bacteria**



Questionnaire to assess likelihood of candida, parasites, bacteria

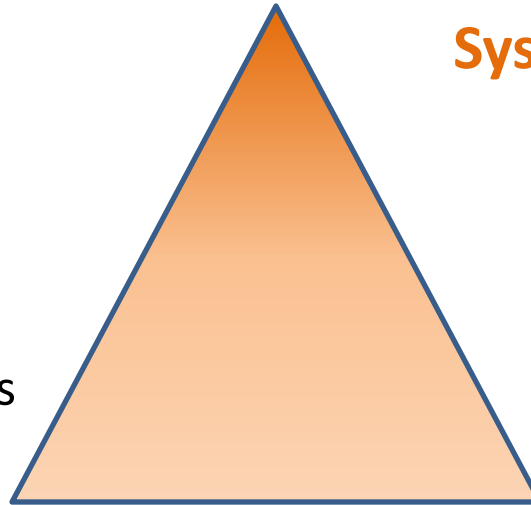
Dysbiosis – A Delicate Balance



Symptoms of Dysbiosis

Digestive Systems

- ✓ Bloating and gas
- ✓ Diarrhea
- ✓ Constipation
- ✓ Abdominal pain
- ✓ Burning in the esophagus
- ✓ Itching and burning anus
- ✓ Burping



Systemic Symptoms

- ✓ Headaches
- ✓ Muscle pains
- ✓ Fatigue
- ✓ Allergy symptoms
- ✓ Male and female disorders

Central Nervous System Issues

- Depression
- Memory loss
- Focus Problems – ADHD
- Balance problems
- Anxiety

Secrets Of Clearing Out Candidiasis

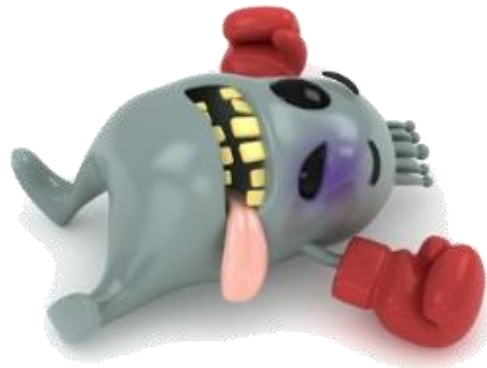
- **Stop eating anything that creates sugar** in the gut -- these critters love sugar including refined carbs, alcohol, and even fruit juice.
- **Take something that 'kills' yeast** like grapefruit seed extract and/or oregano oil.
- **Take probiotics** to reseed the good friendly bacteria.
- **Take nutrients that heal** the lining of the gut, since the mycelia can damage the lining.



Anti-Microbial Herbs

(these can mame or kill bad gut critters)

- Grapefruit seed extract
- Oregano
- Turmeric
- Thyme
- Propolis
- Fennel
- Raw pumpkin seeds
- Virgin coconut oil
- Pomegranate juice
- Rosemary
- Goldenseal
- Garlic



Replace

Missing Enzymes and Nutrients

- Raw and living foods contain enzymes
- Take digestive enzymes with all cooked or complex raw foods
- Greens, fresh fruits, and vegetables are nutrient dense foods
- Green juices, sea vegetables and microalgae are the most nutrient dense of all
- Nutritive herbs and supplements as needed





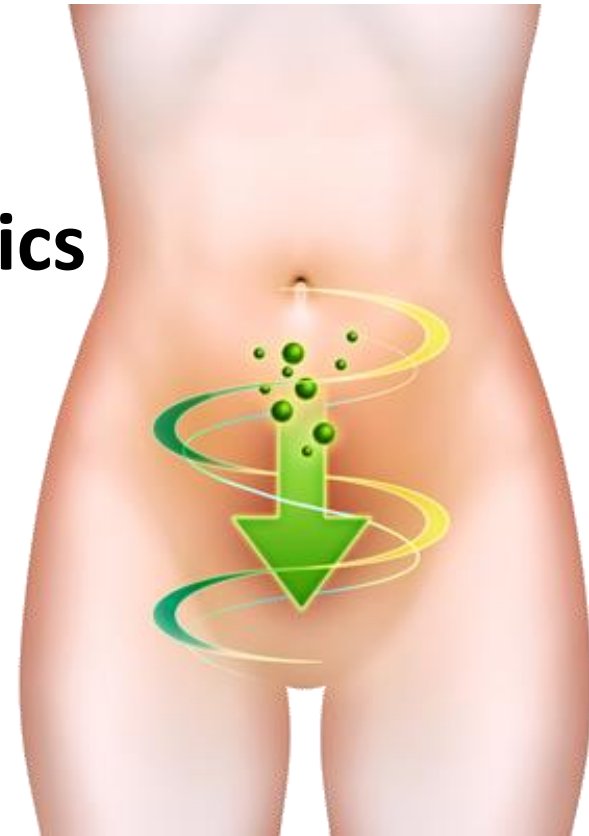
Reinoculate

- **Put back normal flora with probiotics**

- ✓ Lactobacillus
- ✓ Bifidus
- ✓ Saccharomyces boulari
- ✓ L. Sporagenes
- ✓ Mixed strains

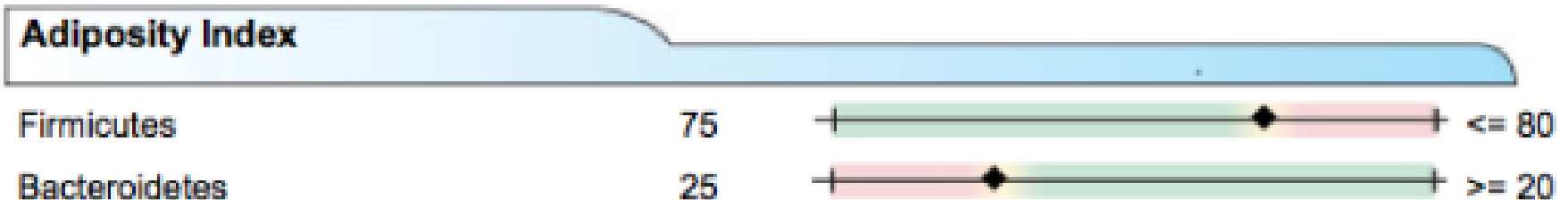
- **Feed the normal flora with prebiotics**

- ✓ Fructo-oligosaccarides
- ✓ Inulin



Is Your Gut Flora Making You FAT?

- **Firmicutes** are the “fat bugs.”
- **Bacteroidetes** are the “skinny bugs.” Get them by restoring good gut flora.
- Firmicutes extract more calories from food than Bacteroidetes and play a role in fat storage.
- Metamatrix 2100 comprehensive stool analysis
Adiposity Index



Probiotics to Re-Inoculate Your Gut



- Kimchee
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalec
- Miso
- Supplements

Food Sources Of Prebiotic



- Dandelion
- Wild yam
- Jerusalem artichokes
- Chicory
- Jicama
- Burdock
- Onion
- Garlic
- Yacón

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



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



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
- Echinacea
- Reishi



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**: supplements that promote it; doses vary
- **Vitamin E**: 400 IU's per day
- **DHEA**: if needed
- **Vitamin C**: 1000 mg 3 times per day or to bowel tolerance



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 - pepper
- Cinnamon
- Rosemary
- Basil
- Cardamom
- Chives
- Cilantro
- Cloves
- Garlic
- Parsley
- Boswelia
- Quercetin (bioflavonoid in onions)

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



Gut Healing Meal Replacements



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

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



Action Steps for Gut Repair

- Determine if you are likely to have a “dysbiosis” problem – take the candida quiz
- Follow antimicrobial protocol before repair phase if score is high. Diet plus:
 - HealthForce Nutritionals Scram
 - Allergy Research Tricycline
 - Chosen combination of antimicrobial herbs
- 7-day intensive intestinal rebuild
- 30-day intestinal repair (or longer)



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*
 - ✓ *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.***

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 has all but the NAC**

- 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*

Gut-Friendly Foods to Include Daily

- Green drinks – at least 32 ounces
- 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 sudden rises in blood sugar and potential to feed yeast
- Enzymes: 1-2 with all meals except juice only or shake



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 and longer if you have chronic irritated or inflamed gut tissue.

Healing Broth Recipe

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- water for steaming



Directions:

1. Steam veggies until tender and place in blender along with steaming water. If using sweet potato, cut into 1-inch pieces and start it 10 minutes before the rest of the vegetables.
2. Add additional water if too thick. Add a pinch of sea salt and oils after blended.
3. Season to taste with basil, cilantro, or other favorite herbs.

NOTE: Sweet potatoes and squash give a sweeter flavor but can trigger candida.

Gut Healing Porridge

Ingredients:

- 2 tablespoon chia seed
- 1 teaspoon psyllium
- 1 tablespoon flax seed
- 16 ounces nut milk



(e.g. sesame seed, coconut, almond or your choice) blended with 4 prunes(optional) and ½ cup blueberries(optional)

Directions:

- ✓ Soak chia, psyllium and flax seeds in ½ the nutmilk for several hours, ideally overnight.
 - ✓ Add remainder of nut milk mixture and serve.
- ❖ *This porridge increases gut healing SCFAs (short chain fatty acids)*

Which Herbs And Foods Heal Which Gut Parts

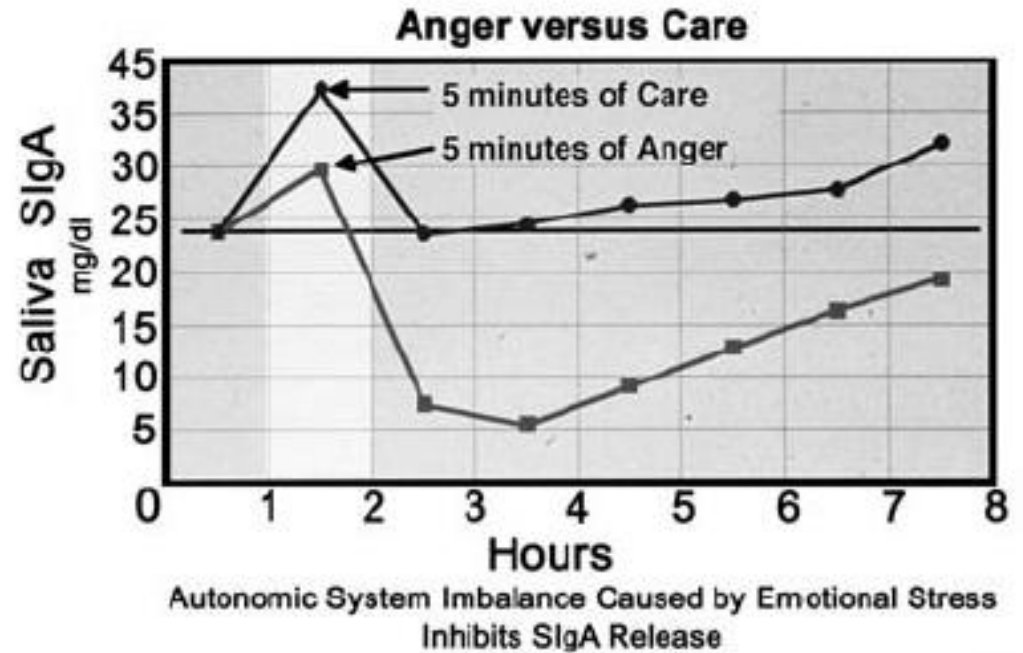
- **Licorice and slippery elm:** stomach and intestinal lining
- **Probiotics:** large and small intestine
- **Fiber:** the whole tract
- **Cabbage:** stomach
- **Chia and flax:** small and large intestines
- **Milk thistle seed:** gall bladder and liver
- **Colon:** fiber, water, short chain fatty acids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



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

Intestinal Repair Action Steps

- **Candida and leaky gut assessments**
- Continue meal time ritual: pre-meal de-stress, chewing, bitters, and enzymes
- Continue to avoid **foods that harm** (including allergens) and eat **foods that heal** your gut
- ***Candida and Parasite Cleanse Protocol***, if indicated
- ***30-Day Leaky Gut Detox and Intestinal Repair Protocol***, if indicated
- Review ***Modified Specific Carbohydrate Diet*** food list
- Investigate ***SIBO*** if not responding

