

GRAND: Intestinal Detox, Repair, and Recipes - How it Works and What Can Go Wrong

Intestinal Detox, Repair, and Recipes How It Works and What Can Go Wrong With Dr. Ritamarie Loscalzo

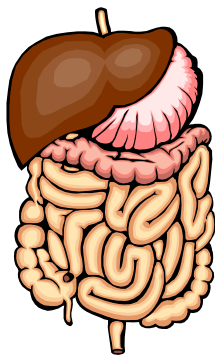


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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information 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.

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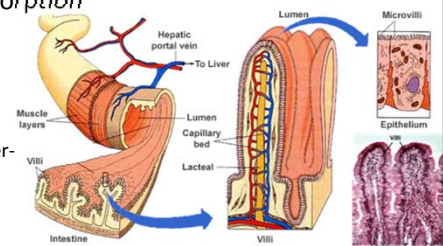
Small Intestine



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Small Intestine

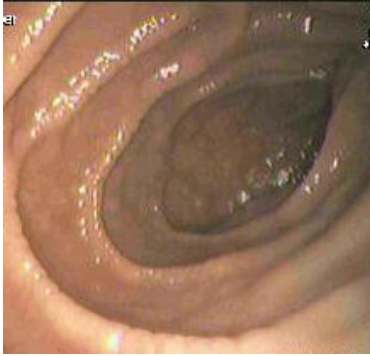
- Approximately 18 feet long and 1-inch in diameter
- pH: 8 (Alkaline)
- Duodenum: Digestion (first 10")
- Jejunum: Absorption
 - Villi: increase surface area to size of a football field
 - Microvilli: millions of finger-like projections



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A Peek Inside the Small Intestine



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Gut Flora to the Rescue

- Collection of microorganisms living in your intestines
- A healthy person should have between 3-5 pounds
- Many species inhabit the digestive tract
- Largest concentration in large intestine and lower small
- Benefits related to protection and nourishment



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Gut Flora at Work

- Coat digestive tract and physically block blood stream from harm
- Chelate heavy metals, carcinogens, and other toxins and excrete them
- Convert food into nourishment for gut lining, protection from leaky gut
- Produce enzymes that break down food and transport minerals and vitamins
- Synthesize vitamin K2 and a plethora of B vitamins and amino acids
- Control pathogenic microbes



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Small Intestine Imbalance Symptoms

Related to enzymes, gut flora, and leaky gut

- Roughage and fiber cause constipation
- Indigestion and fullness last 2-4 hours
- Difficulty losing weight
- Pain, tenderness, soreness on left side under rib cage
- Bloating 1-2 hours after eating
- Excessive passage of gas
- Nausea and/or vomiting
- Stool contains undigested food, foul smelling
- Stool is mucous-like, greasy, or poorly formed
- Frequent urination
- Decreased thirst and appetite
- Alternating constipation and diarrhea



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What Can Go Wrong - Small Intestine?

Food Allergy and Digestion
The Small Intestine

Food particles which have been broken down into small enough size for absorption.

These larger particles may either get absorbed from the small intestine or fermented in the large intestine into various toxins which can either cause damage locally or can get absorbed into the blood stream where they can cause many symptoms including fatigue, headaches, joint pain, etc.

These particles can either ferment or get absorbed in the large intestine. Poorly digested food particles due to lack of BCL, pancreatic enzymes, bile salts, poor mastication and/or excessively rapid transit.

When foreign substances, such as large antibodies cross food particles, cross the intestinal membrane, the body's immune system makes antibodies against them. These antibodies can attack the food particles, yeast proteins, and other foreign substances producing immune complexes which can cause inflammation and other problems.

Leaky Gut Syndrome can result from inflammation of the intestinal mucosa, medications such as corticoids, and allergies. This allows larger particles of food or other proteins to cross the mucosa.

Formation of food specific IgA, IgG, or IgE antibodies (antibodies)

Food-Immune Complexes
Composed of food-specific IgA, IgG and/or IgE antibodies, if not cleared from circulation, may deposit in tissues and initiate a host of allergic responses.

- Leaky Gut
- Malabsorption
- Dysbiosis
- Celiac
- Food Allergy
- SIBO: Small Intestinal Bacterial Overgrowth
- Crohn's

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How Your Small Intestine Works

Healthy Function
The small intestine is the primary site for the digestion and absorption of nutrients. It is divided into three parts: the duodenum, jejunum, and ileum. The duodenum receives chyme from the stomach and pancreatic juice from the pancreas. The jejunum is the longest part and is responsible for the majority of nutrient absorption. The ileum is the final part and is responsible for the absorption of bile salts and vitamin B12.

Malabsorption
Malabsorption occurs when the small intestine is unable to absorb nutrients properly. This can be caused by a variety of factors, including damage to the intestinal lining, inflammation, or infection. Symptoms include diarrhea, weight loss, and nutrient deficiencies.

Food Allergy
Food allergies occur when the immune system reacts to a specific food protein as if it were a harmful invader. This reaction can cause a variety of symptoms, including hives, swelling, and difficulty breathing.

Leaky Gut
Leaky gut syndrome is a condition in which the intestinal lining becomes more permeable than normal, allowing large particles of food and other substances to pass through the gut wall into the bloodstream. This can lead to inflammation and a variety of symptoms.

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Damaged Intestine

Damaged intestinal microvilli

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What's Going on Down There?

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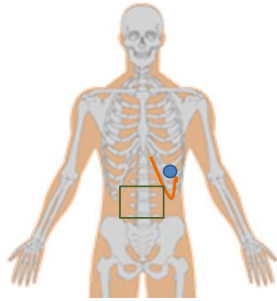
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Small Intestine Physical Findings

- Tender spot at tips of 8th through 10th ribs
- Tender spot between 7th and 8th ribs on left
- Tenderness, hardness or distension in a square 3 inches in all directions from belly button



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Symptoms of Leaky Gut

- Constipation and/or diarrhea
- Abdominal pain or bloating
- Mucus or blood in stool
- Food allergies, sensitivities or intolerance
- Ulcerative colitis, Crohn's disease, or celiac disease
- Alcohol consumption makes you sick
- History of antibiotic use
- Use of non-steroidal anti-inflammatory drugs (Aspirin, Tylenol, Motrin)
- Depression
- Hormone imbalance
- Brain fog
- Confusion, poor memory, or mood swings
- Joint pain or swelling, arthritis
- Chronic or frequent fatigue
- Sinus or nasal congestion
- Chronic or frequent inflammation
- Eczema, skin rashes, or hives
- Asthma, hayfever, or airborne allergies

****Red indicates systemic symptoms**



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Symptoms of Gluten Intolerance

- Weight loss or weight gain
- Nutritional deficiencies due to malabsorption (e.g. low iron levels)
- Gastro-intestinal problems (bloating, pain, gas, constipation, diarrhea)
- Fat in the stools (due to poor digestion)
- Aching joints
- Depression
- Eczema
- Headaches
- Exhaustion
- Irritability and behavioral changes
- Infertility, irregular menstrual cycle, and miscarriage
- Cramps, tingling, and numbness
- Decline in dental health



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Leaky Gut Lab Tests

- Intestinal Permeability: <http://www.cyrexlabs.com/>
- Stool Test: normal flora, pathogens, inflammation – Genova, Metametrix, Diagnostechs, Biohealth
- Gluten Test
 - ✓ Stool Antibodies: <http://www.enterolab.com/>
 - ✓ Blood Antibodies Complete: <http://www.cyrexlabs.com/>



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