

Intestinal Detox, Repair, and Recipes How It Works and What Can Go Wrong

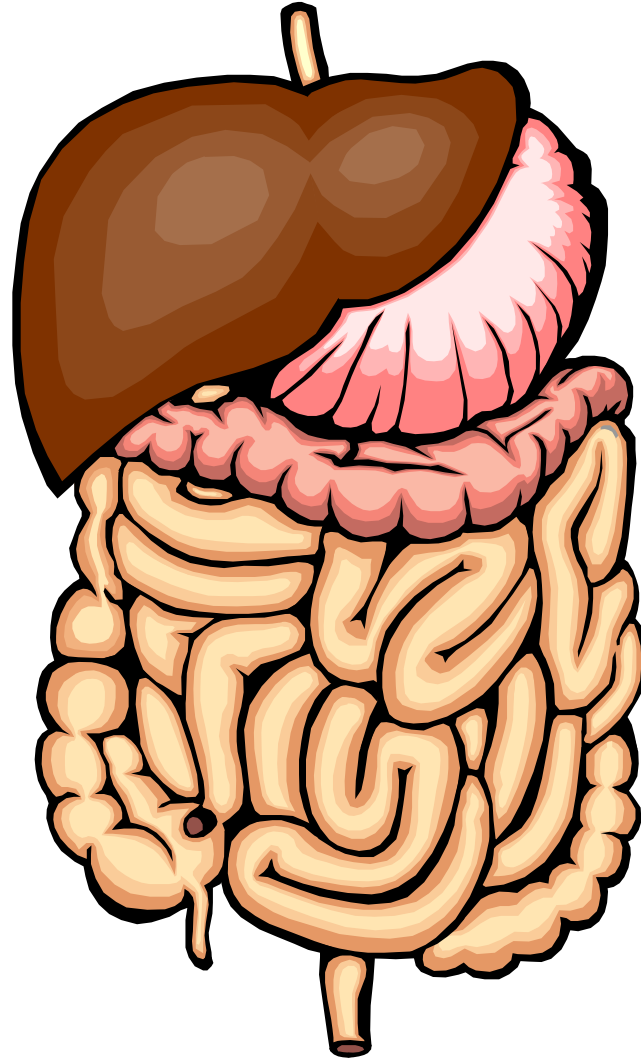
With

Dr. Ritamarie Loscalzo



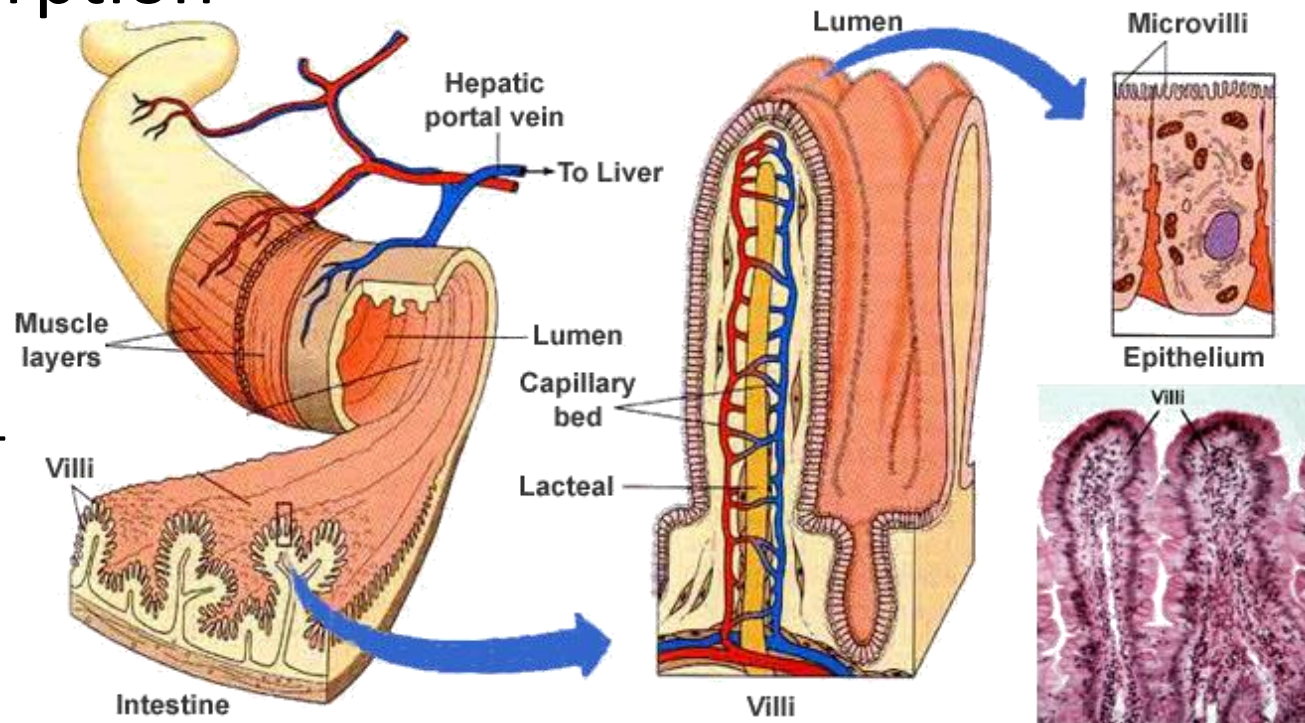
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo,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

Small Intestine



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



A Peek Inside the Small Intestine



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



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



Small Intestine Imbalance Symptoms

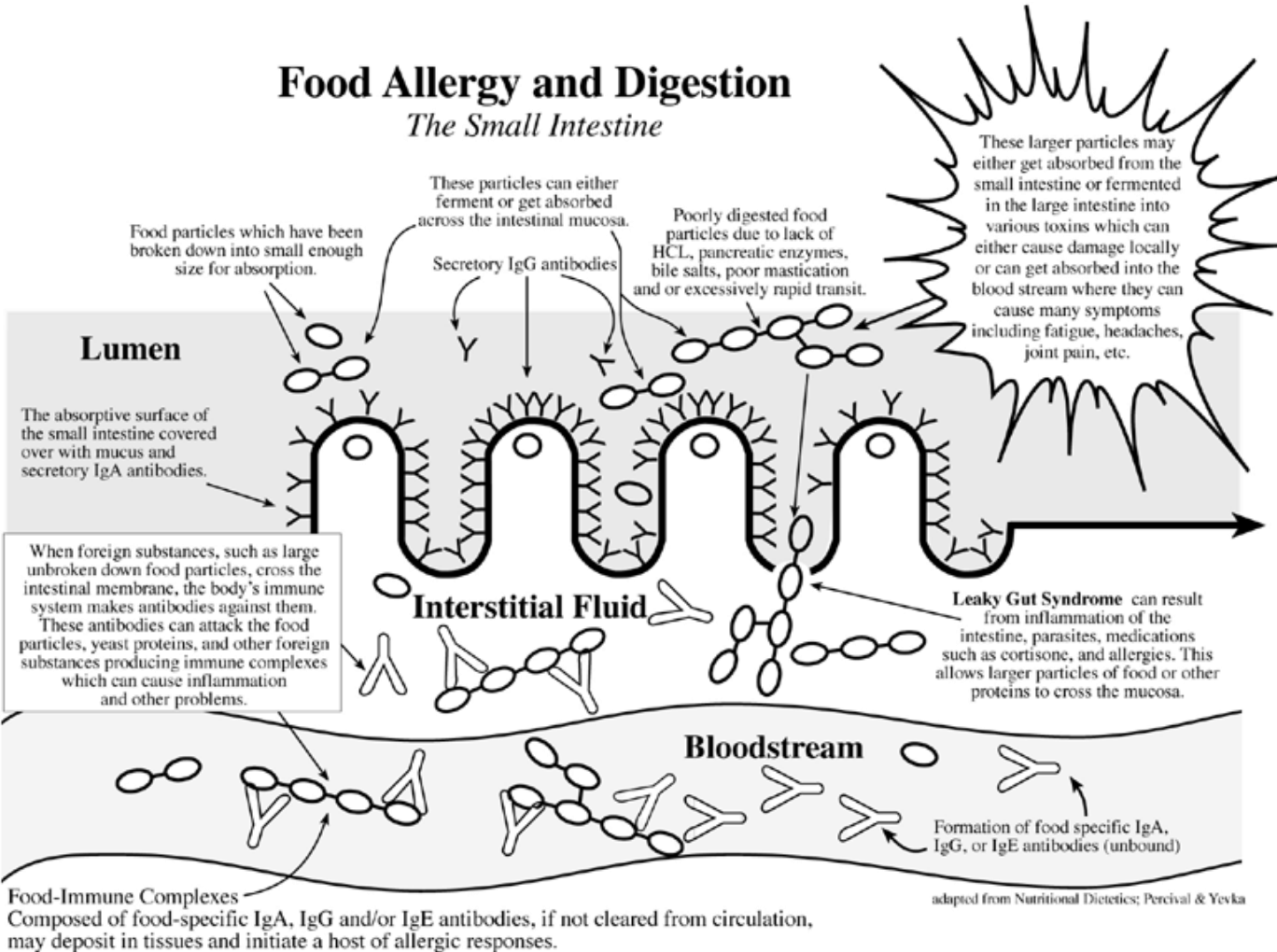
Related to enzymes, gut flora, and leaky gut

- 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



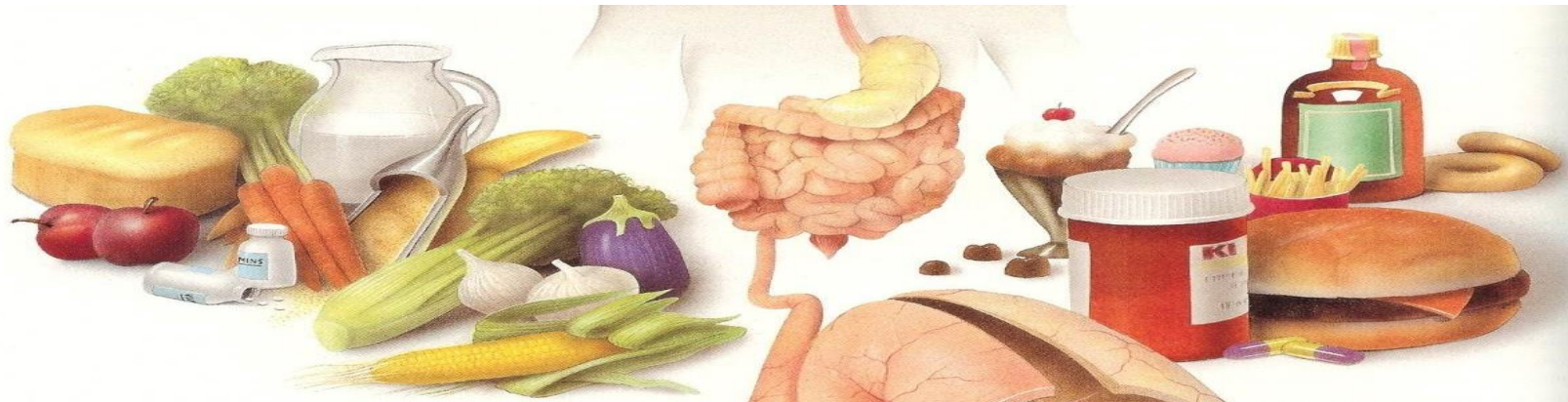
What Can Go Wrong - Small Intestine?

Food Allergy and Digestion The Small Intestine



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

How Your Small Intestine Works



Healthy Function

Healthy bacteria that coats and protects the intestinal wall, along with other factors obtained from food or from natural intestinal secretions, inhibit unhealthy bacteria and contribute to maintaining bacterial balance and optimal intestinal health.

Lactoperoxidase: A protein enzyme that damages unhealthy bacteria.

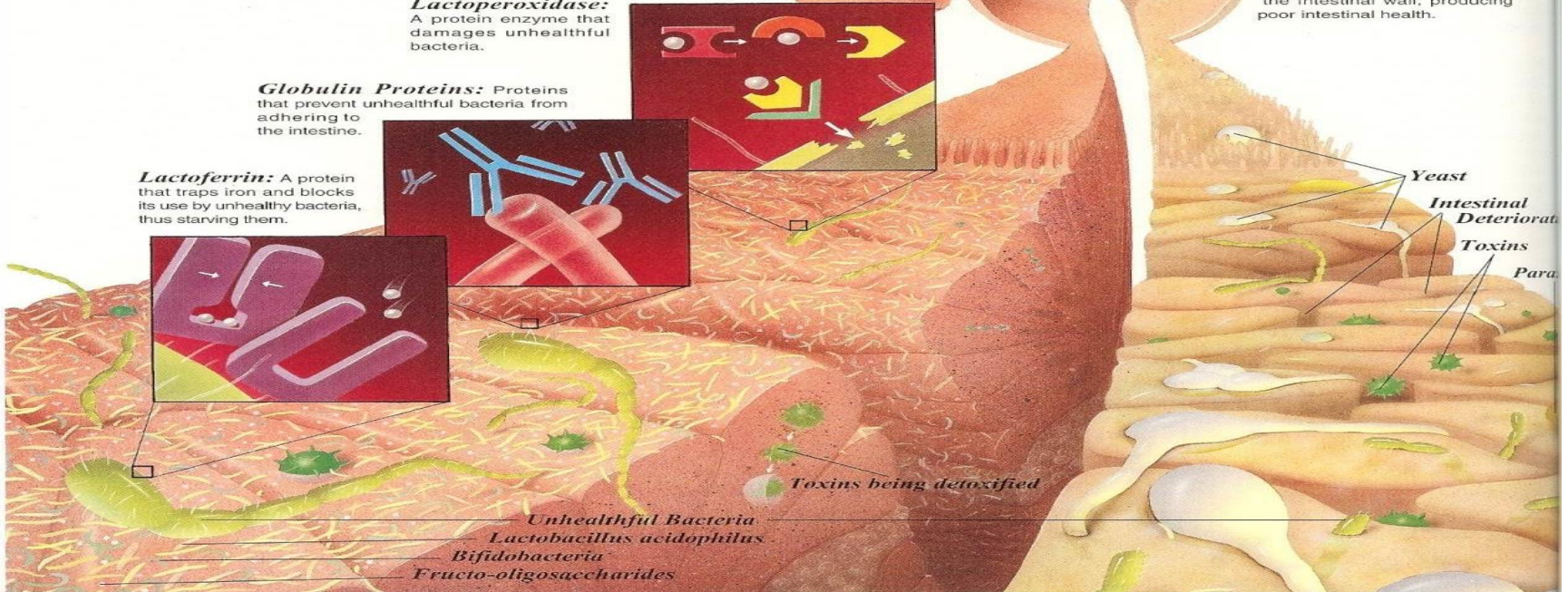
Globulin Proteins: Proteins that prevent unhealthy bacteria from adhering to the intestine.

Lactoferrin: A protein that traps iron and blocks its use by unhealthy bacteria, thus starving them.



Unhealthy Function

With healthy bacteria and other protective factors missing, unhealthy bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall, producing poor intestinal health.

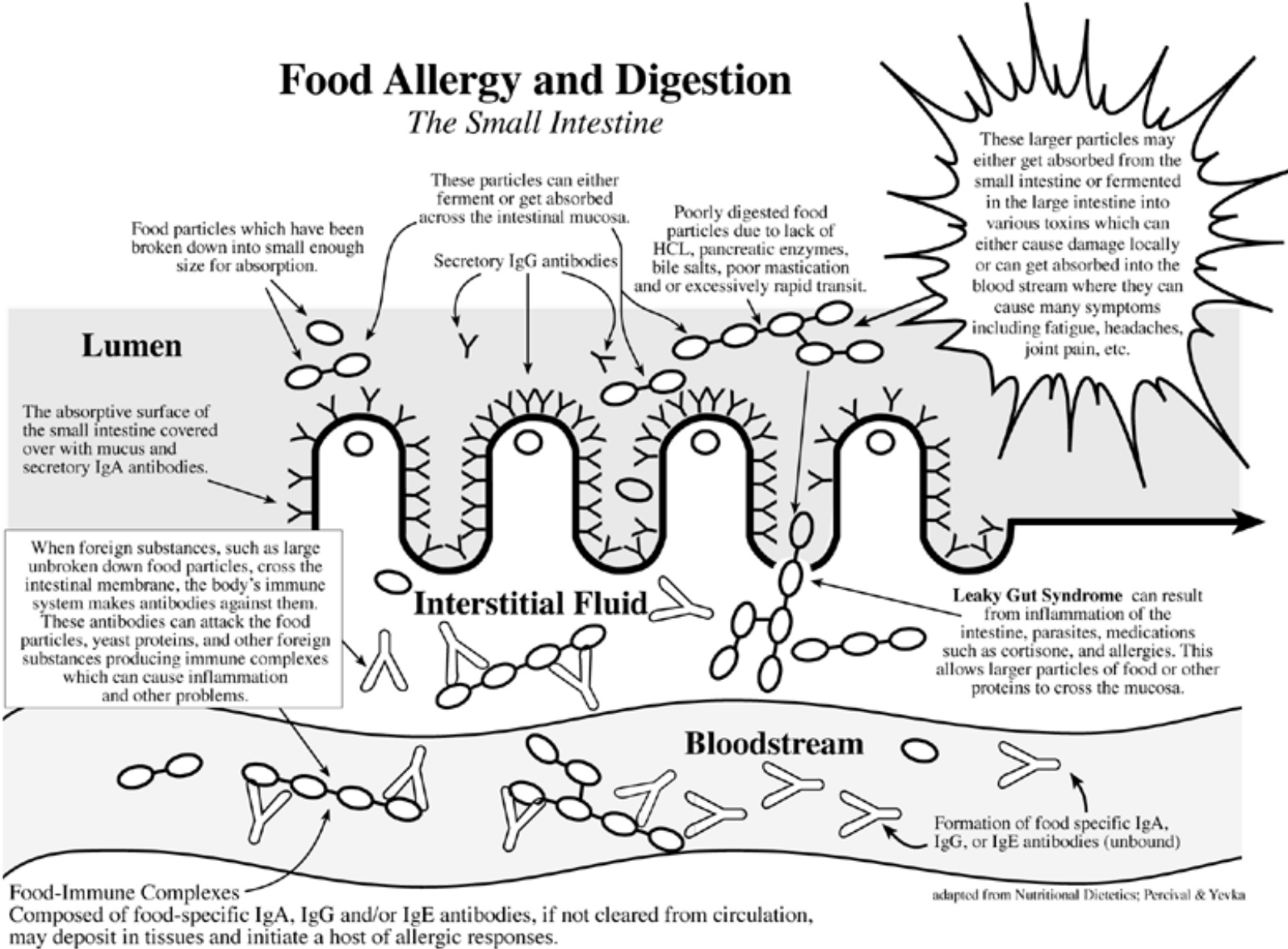


Damaged Intestine



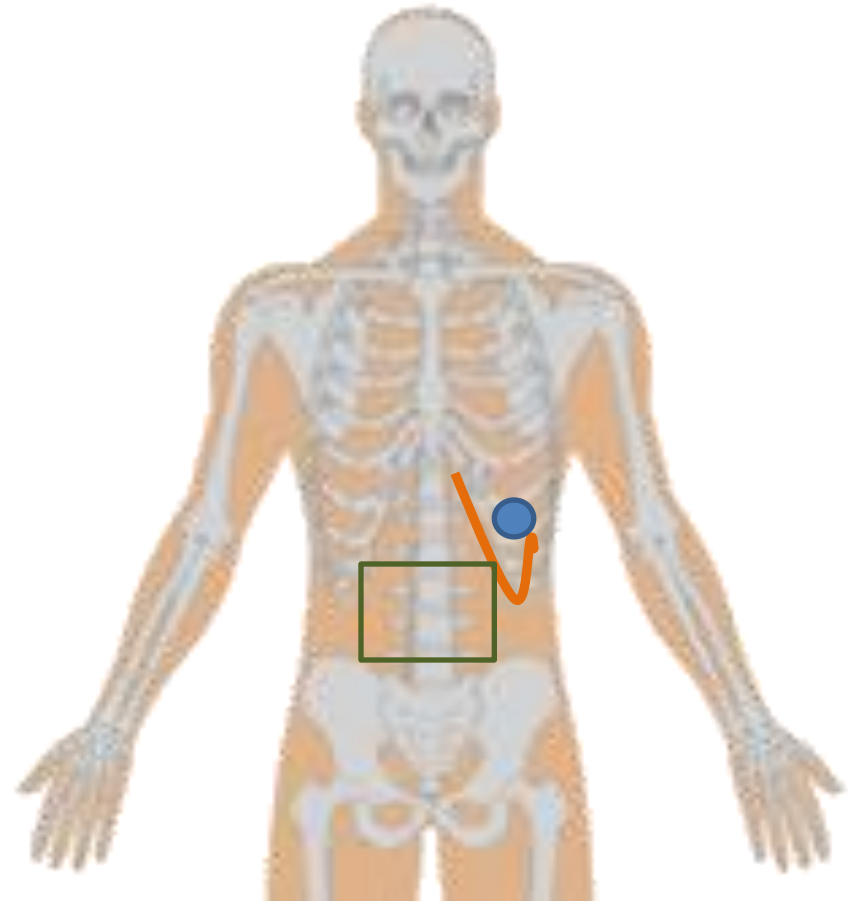
What's Going on Down There?

Food Allergy and Digestion *The Small Intestine*



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



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**



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



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/>

