

# Intestinal Detox, Repair, and Recipes

## Introduction and Review

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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## Gut Repair & Alkalinizing Nutrition for Digestion - Program Flow

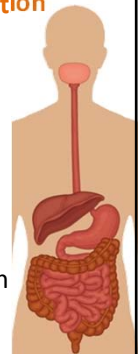
- **Preparation**
- **Part 1:** Digestion Basics  
– How It All Works
- **Part 2:** Upper GI – Starting at the Top: Mind, Mouth, and Stomach
- **Part 3: Intestinal Detox, Repair, and Recipes**
- **Part 4:** Optimizing Elimination



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## Part 1: What We Covered

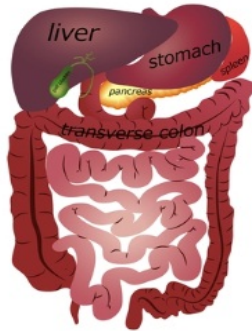
- How to tell if your **digestion needs attention**
- Influences on other body systems
- **Digestive anatomy and physiology**
- **Assessment** of digestive function
- The concept of **transit time**
- **The importance of pre-meal** de-stress practices and chewing
- The **4R process** for healing your digestion
- Elimination diet



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## Basic Anatomy of Digestion

- ✓ Mind
- ✓ Mouth
- ✓ Esophagus
- ✓ Stomach
- ✓ Small intestine
- ✓ Liver
- ✓ Gallbladder
- ✓ Pancreas
- ✓ Large intestine



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## Review Part 1 Action Plan

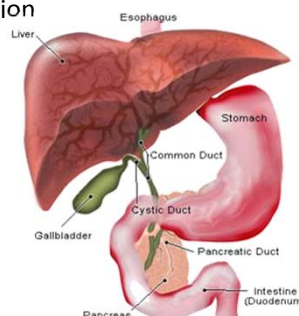
- Complete the online digestion assessment
- Add *Daily AM Gut Rejuvenation* before any food in morning
- Add daily green drinks or blended soups
- Do pre-meal ritual before each meal
- Begin to eliminate the foods that hurt your digestion



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## Part 2: Optimizing Your Upper GI - Stomach Acid and Enzymes

- The structure and function of the upper GI tract
- The physiology of the upper GI tract – what it does and how it does it
- How to know when something is wrong
- How to correct what's wrong



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## Review Action Plan for Soothing Upper GI

- Get consistent with pre-meal ritual
- Chew thoroughly
- Bitters 15 minutes before meal
- Do **HCl Challenge** if desired
- Take enzymes with meals
- 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



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# GRAND: Intestinal Detox, Repair, and Recipes - Introduction and Review

