

# Intestinal Detox, Repair, and Recipes Introduction and Review

**With**

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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](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.

# Gut Repair & Alkalizing 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**



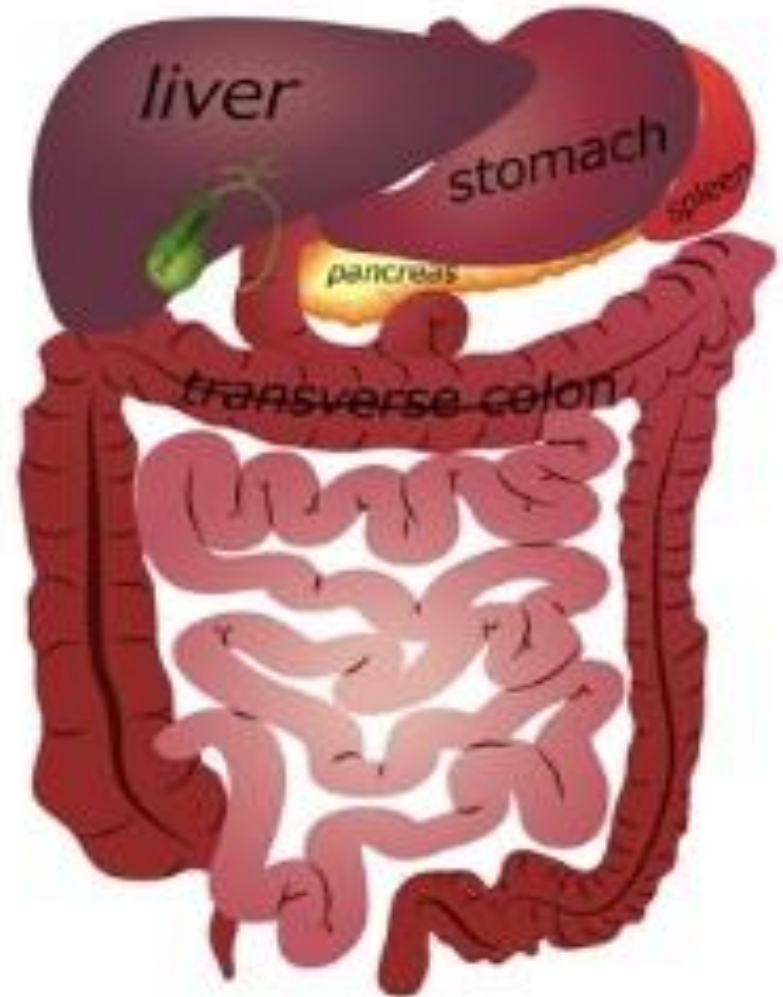
# Part 1: What We Covered

- 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



# Basic Anatomy of Digestion

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



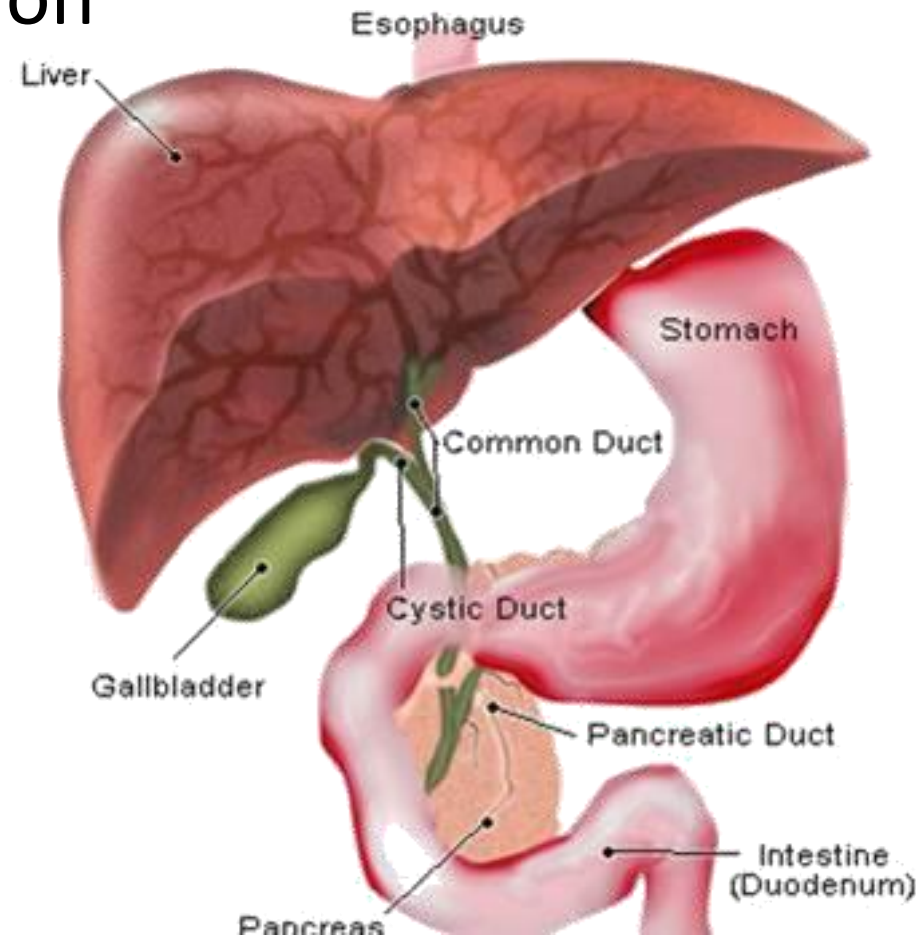
# Review Part 1 Action Plan

- 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



# 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



# 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



# 3 Main Functions of Digestive System

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graph TD; A[3 Main Functions of Digestive System] --> B[Digestion]; A --> C[Absorption]; A --> D[Elimination];
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## Digestion

Breaks down food into molecules your body can use

## Absorption

Molecules absorbed into blood and carried through body

## Elimination

Wastes eliminated from body