

# Optimizing Elimination

## Introduction & How It Works

With  
Dr. Ritamarie Loscalzo



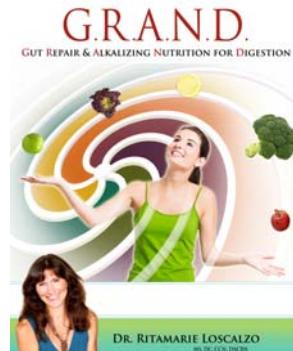
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## Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

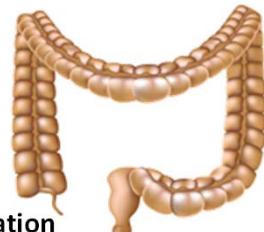
- Preparation
- Part 1: Digestion Basics
  - How It All Works
- Part 2: Upper GI
  - Starting at the Top: Mind, Mouth, and Stomach
- Part 3: Intestinal Detox, Repair, and Recipes
- Part 4: Implementation Protocols and Special Strategies
- Part 5: Optimizing Elimination



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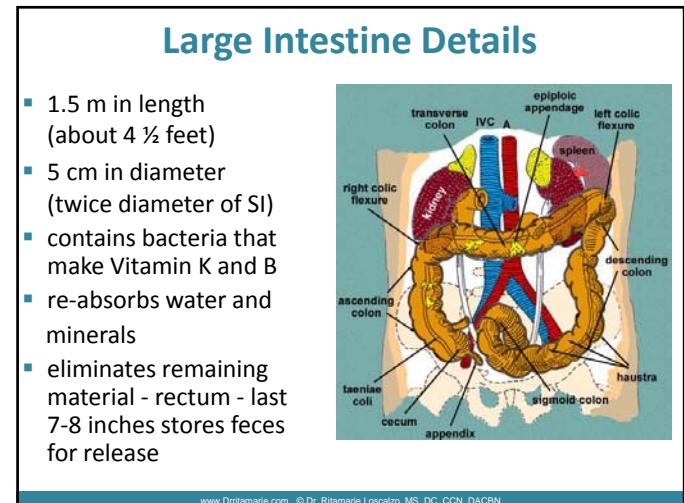
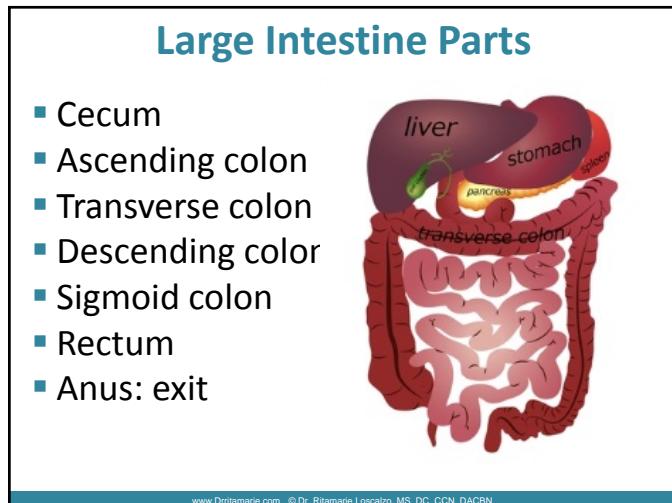
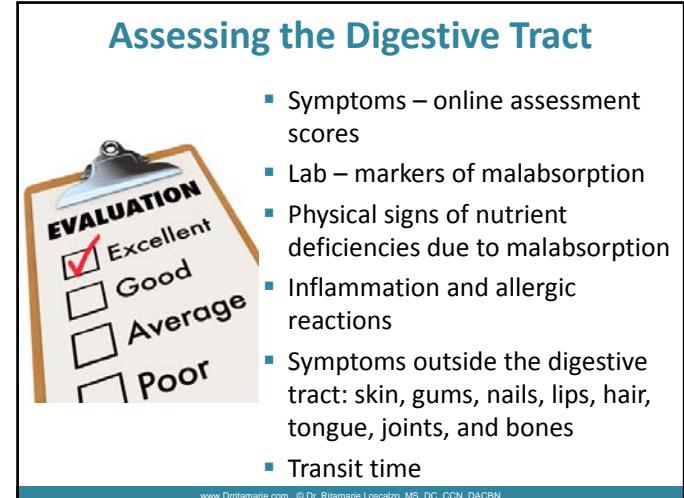
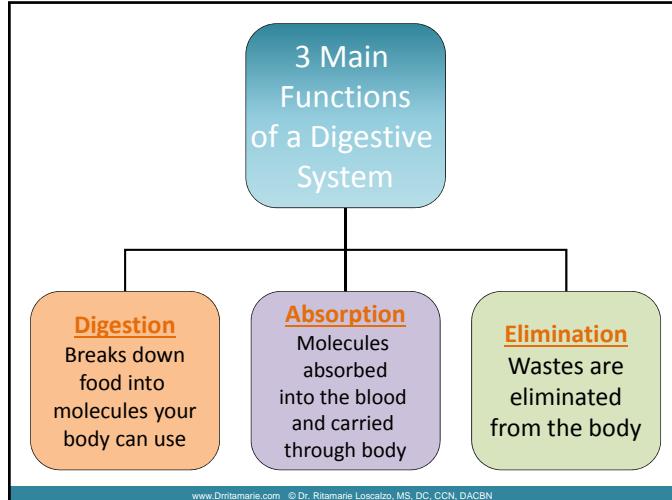
## Elimination

- The **structure and function** of the large intestine
- The **physiology of the large intestine** – what it does and how it does it
- What happens **when elimination slows down**
- How to identify and correct **sluggish elimination**



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# GRAND: Optimizing Elimination - Introduction and How It Works

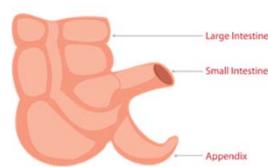


# GRAND: Optimizing Elimination - Introduction and How It Works

## The Appendix

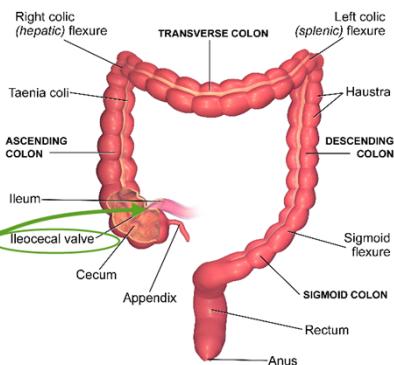
- Barely 4 inches long
- Controversial
- Has abundant infection-fighting lymphoid cells, which suggests immune function
- Believed to act like a bacteria factory, cultivating the good germs

Position of Appendix



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## Ileocecal Valve



The Large Intestine

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## The Story in Your Poop

- Your fecal material tells a story about what's going on in your digestive tract.
- Take a look over a few days and observe.
- It will give you clues about what areas need attention.



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## Bristol Stool Chart

Type 1	Separate hard lumps, like nuts (hard to pass)
Type 2	Sausage-shaped but lumpy
Type 3	Like a sausage but with cracks on its surface
Type 4	Like a sausage or snake, smooth and soft

Type 5	Soft blobs with clear-cut edges (passed easily)
Type 6	Fluffy pieces with ragged edges, a mushy stool
Type 7	Watery, no solid pieces. <b>Entirely Liquid</b>

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