

Optimizing Elimination

Introduction & How It Works

With
Dr. Ritamarie Loscalzo



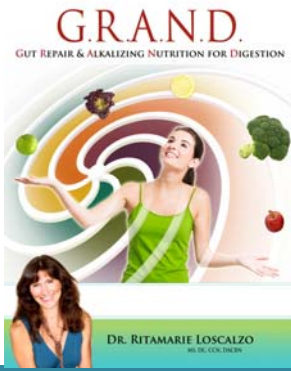
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Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

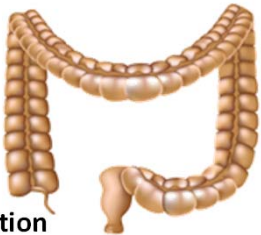
- Preparation
- Part 1: Digestion Basics – How It All Works
- Part 2: Upper GI Starting at the Top: Mind, Mouth, and Stomach
- Part 3: Intestinal Detox, Repair, and Recipes
- Part 4: Implementation Protocols and Special Strategies
- Part 5: Optimizing Elimination



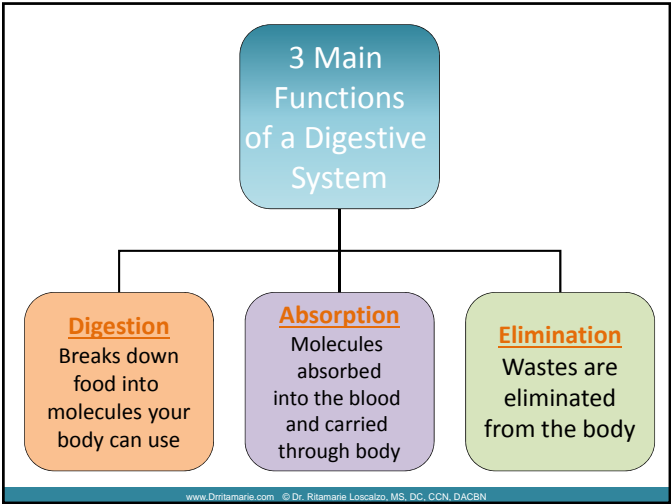
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Elimination

- 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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Assessing the Digestive Tract

- Symptoms – online assessment scores
- Lab – markers of malabsorption
- Physical signs of nutrient deficiencies due to malabsorption
- Inflammation and allergic reactions
- Symptoms outside the digestive tract: skin, gums, nails, lips, hair, tongue, joints, and bones
- Transit time

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Large Intestine Parts

- Cecum
- Ascending colon
- Transverse colon
- Descending color
- Sigmoid colon
- Rectum
- Anus: exit

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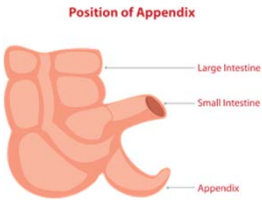
Large Intestine Details

- 1.5 m in length (about 4 ½ feet)
- 5 cm in diameter (twice diameter of SI)
- contains bacteria that make Vitamin K and B
- re-absorbs water and minerals
- eliminates remaining material - rectum - last 7-8 inches stores feces for release

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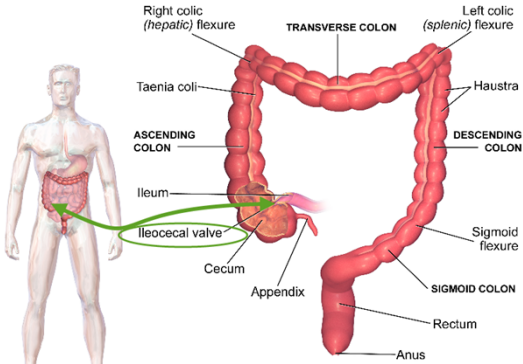
The Appendix

- 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



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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 5	Soft blobs with clean-cut edges (passed easily)
Type 2	Sausage-shaped but lumpy	Type 6	Fluffy pieces with ragged edges, a mushy stool
Type 3	Like a sausage but with cracks on its surface	Type 7	Watery, no solid pieces. Entirely Liquid
Type 4	Like a sausage or snake, smooth and soft		

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