Optimizing Elimination

Introduction & How It Works

With

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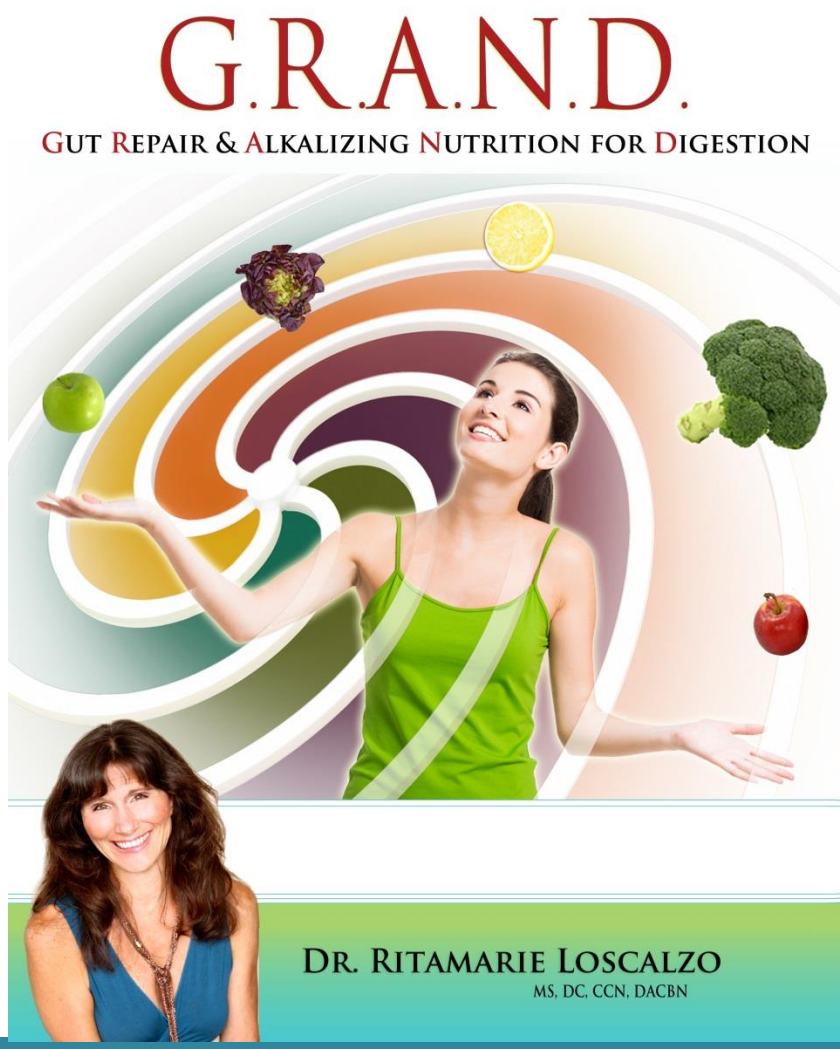
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo,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

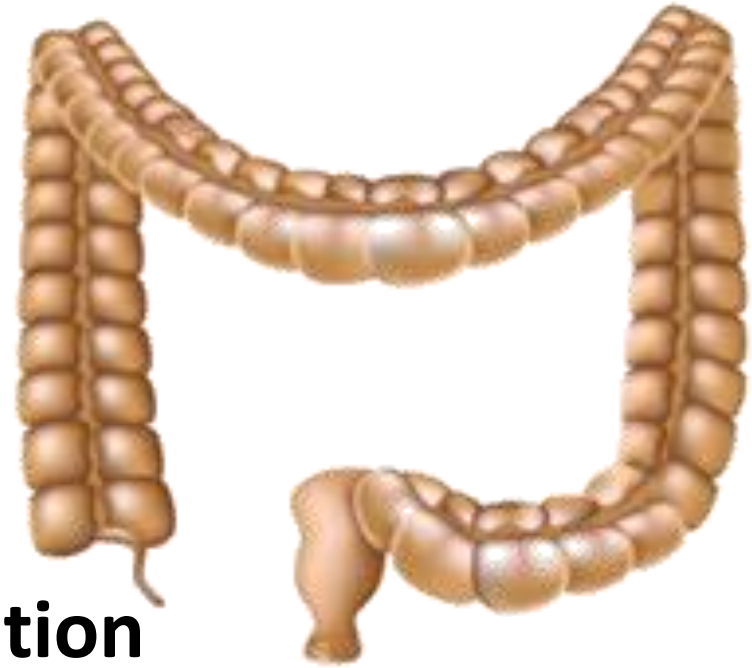
Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

- **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:** Implementation Protocols and Special Strategies
- **Part 5: Optimizing Elimination**



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**



3 Main Functions of a Digestive System

Digestion
Breaks down food into molecules your body can use

Absorption
Molecules absorbed into the blood and carried through body

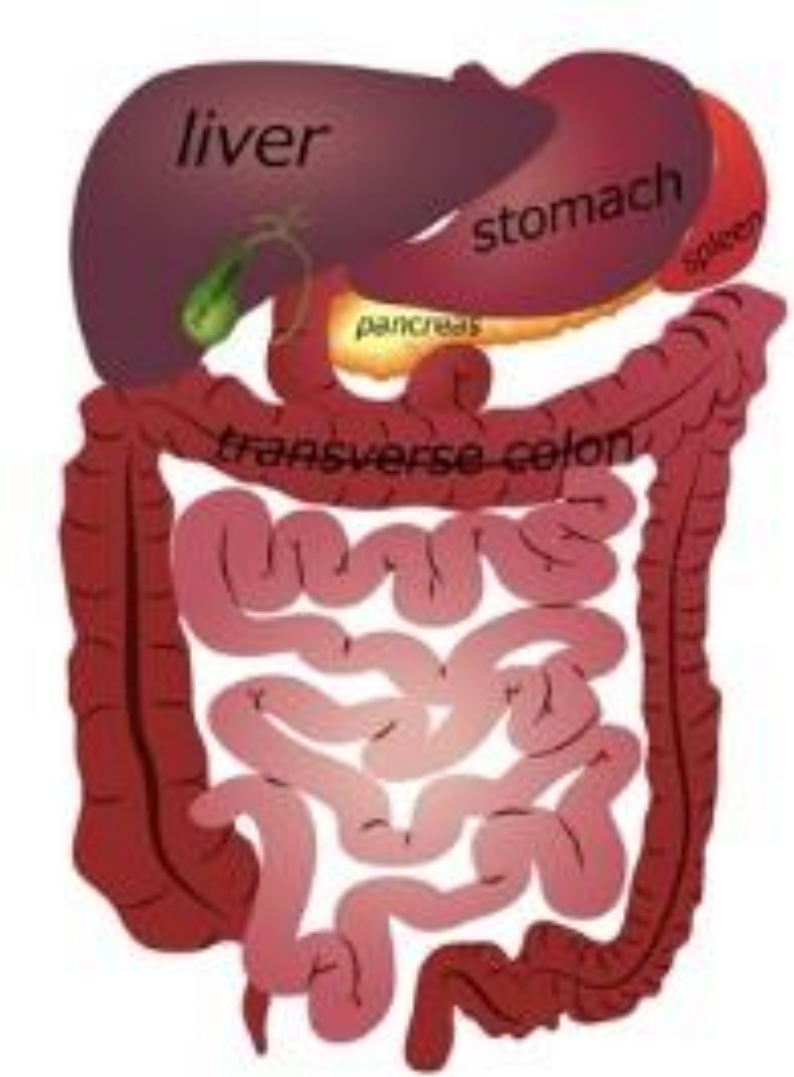
Elimination
Wastes are eliminated from the body

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

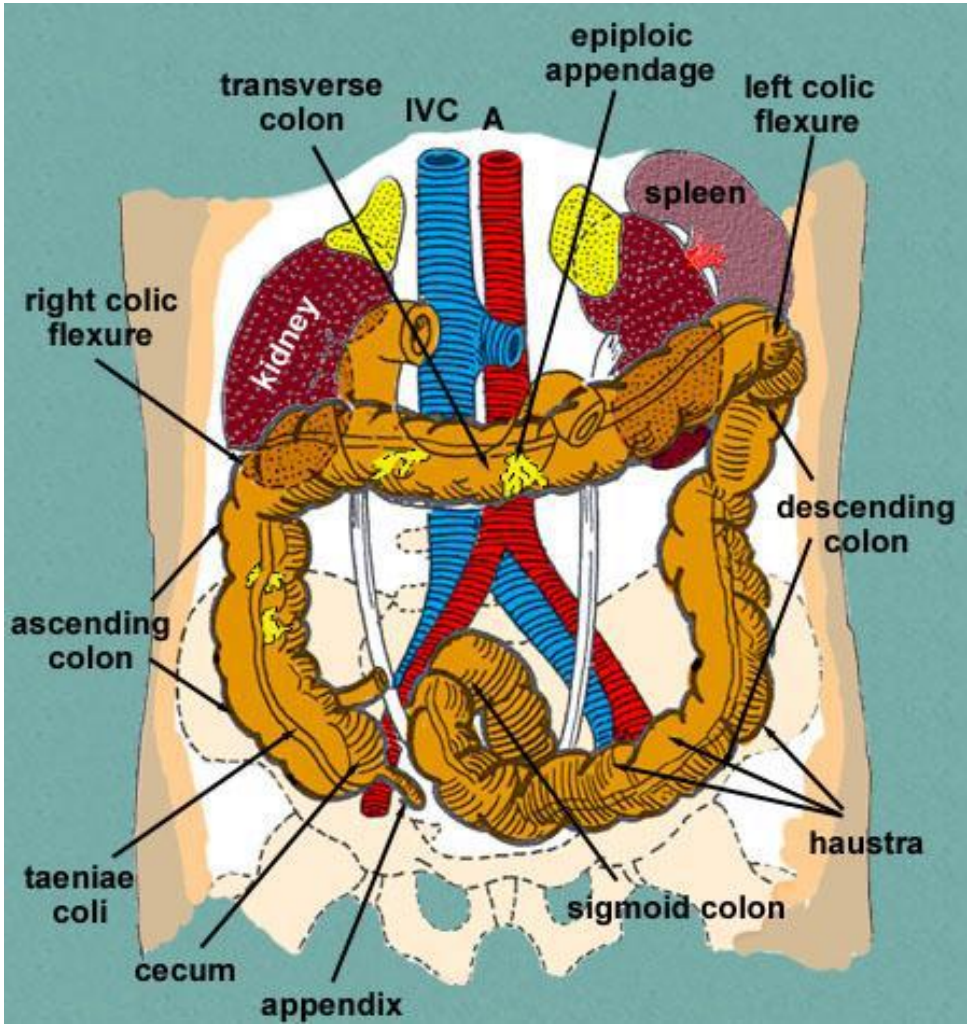
Large Intestine Parts

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

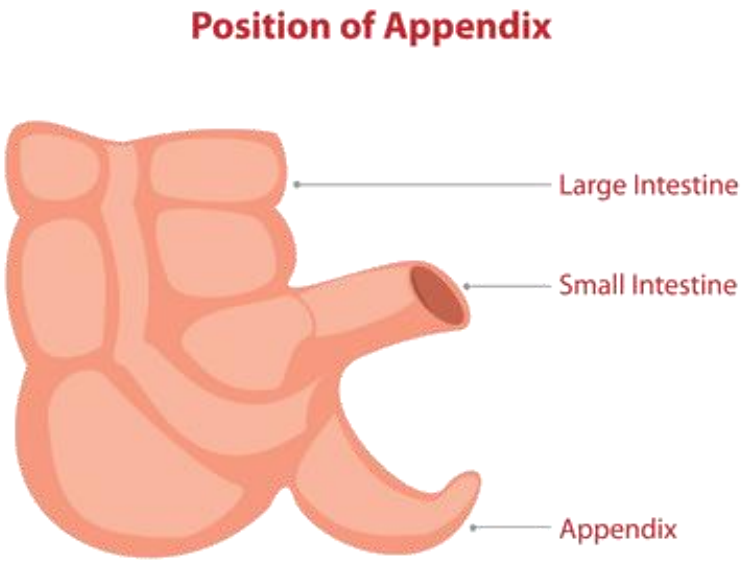


Large Intestine Details

- 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

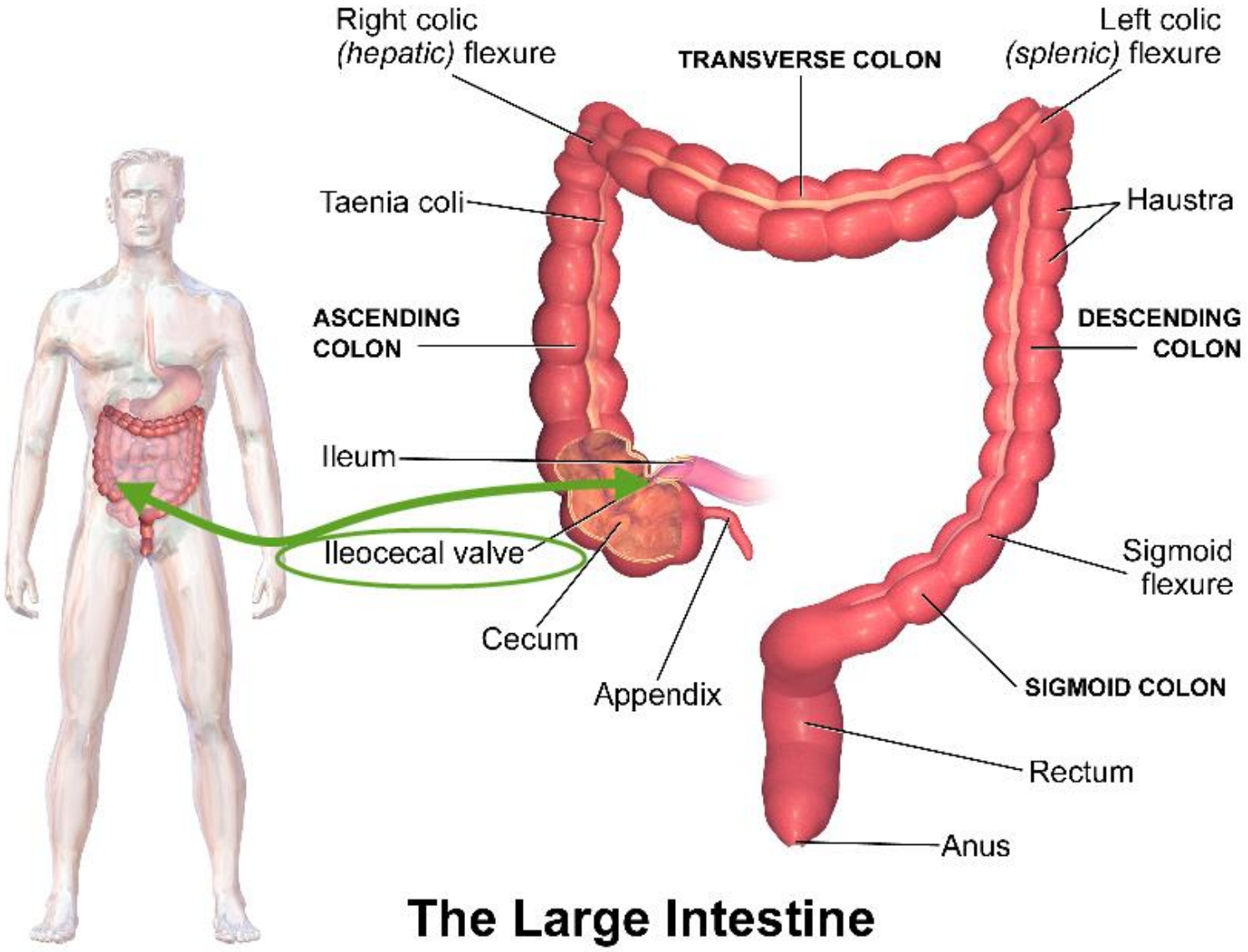


The Appendix



- 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

Ileocecal Valve



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.

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. **Entirely Liquid**

