

GRAND: Optimizing Elimination - What Goes Wrong and How to Heal

Optimizing Elimination

What Goes Wrong & How to Heal It

With
Dr. Ritamarie Loscalzo




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Symptoms of Large Intestine Imbalance



- Coated tongue or "fuzzy" debris on tongue
- Pass large amount of foul smelling gas
- More than 3 bowel movements daily
- Frequent use of laxatives
- Cramping in lower abdomen
- Blood or mucus in stool
- Irritable bowel syndrome
- Inflammatory bowel disease
- Episodes of 'left' sided pain (suggest diverticular disease)
- Feeling that bowels do not empty completely
- Lower abdominal pain relief by passing stool or gas
- Alternating constipation and diarrhea
- Diarrhea (more than 4 bowel movements a day or watery stools)
- Constipation (less than 2 bowel movements a day)
- Hard, dry, or small stools
- Itchy anus

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What Can Go Wrong in the Large Intestine?



- Constipation
- Diarrhea
- Gas and bloating
- Pain
- Dysbiosis - infections
- Irritable Bowel Syndrome (IBS)
- Inflammatory bowel
- Diverticulosis
- Diverticulitis
- Hemorrhoids
- Polyps
- Impaction

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Probiotics to Re-Inoculate Your Gut



- Kimchi
- Sauerkraut
- Coconut kefir
- Nut or seed yogurt
- Kombucha
- Rejuvalec
- Miso
- Supplements

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Food Sources Of Prebiotics



- Dandelion root
- Wild yam
- Jerusalem artichokes
- Chicory root
- Jicama root
- Burdock root
- Onions
- Garlic
- Leeks
- Asparagus
- Yacón

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Irritable Bowel Syndrome (IBS)

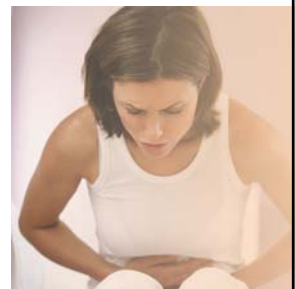


- Up to 15% of the population
- More common in women
- Diarrhea with urgency
- Constipation
- Alternating constipation and diarrhea
- Cramping
- Bloating
- Mucus in stool

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Possible Causes of IBS

- Stress
- GI motor problems
- Hypersensitivity
- Infection
- Hormones
- Neurotransmitters
- Gut flora imbalance
- Food sensitivity: especially gluten and dairy
- Genetics



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Carminative Herbs for IBS

What they do

- Reduce gas and bloating
- Enhance digestive secretions
- Tone the digestive tract
- Reduce smooth muscle spasms
- Increase peristalsis

Herbs you may know

- Dill
- Fennel
- Anise
- Mint
- Ginger
- Caraway
- Cinnamon
- Turmeric
- Clove
- Cardamom
- Chamomile
- Oregano
- Rosemary
- Thyme



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Natural Anti-Spasmodics for IBS

(decrease cramping)

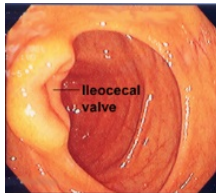
- Chamomile
- Wild yam (not long-term)
- Valerian
- Kudzu
- Peppermint
- Ginger



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Ileocecal Valve Dysfunction

- Valve between small and large intestine
- Normally distention of ileum causes the valve to open
- Stress causes it to contract and get stuck
- **Open:** backflow of large intestine contents into small intestine
- **Closed:** lack of progression of feces from small intestine into large intestine



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Symptoms of Ileocecal Valve Dysfunction

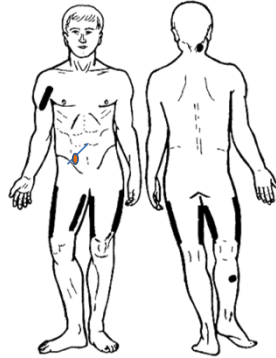
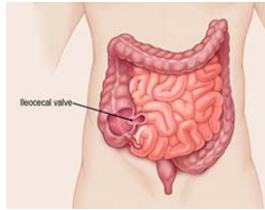
- Constipation
- Palpitations
- Chest pain with activity
- Pseudo Meniere's
- Migraine
- Edema
- Right shoulder pain
- Neck stiffness
- Midafternoon nausea
- Dizziness
- Tinnitus
- Dark circles under eyes
- Aches



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Ileocecal Valve Location and Reflexes



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Transit Time



- Time from mouth to anus
- Should be 18 – 24 hours
- Can test using charcoal
- Hippocrates, “the father of medicine”, urged the citizens of Athens that it was essential that they should pass large bulky motions after every meal!

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Improving Transit Time

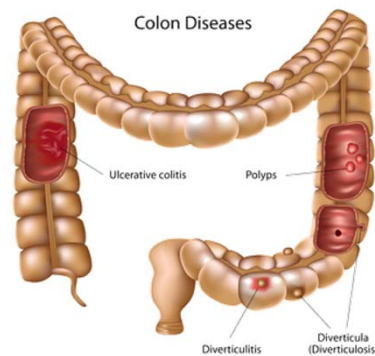
(Ideally your food should be eliminated within 18 hours!)

- **Avoid irritants:** Avoid caffeine, alcohol, processed fats, chocolate, wheat/gluten, and dairy.
- **Avoid allergens:** Culprits are usually WHEAT, CORN, SOY, DAIRY, EGGS, and PEANUTS, but can be anything to which you have a sensitivity.
- **Relax before and during your meals:** Take a few deep breaths and avoid multitasking.
- **Eat enough fruit:** Sometimes just adding fruit and more water helps transit time.
- **Drink enough water** to keep things moving along.
- **Use demulcent (mucilaginous) herbs** to lubricate stool: chia and flax, slippery elm, etc.
- **Keep your gut critters balanced:** Use probiotics and anti-candida protocols.
- **Exercise** to keep the muscles in the large intestine working properly.



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Serious Large Intestine Diseases



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Demulcent Herbs and Foods – Soothe and Heal

What they do

- Soothe the GI tract
- Rebuild the mucous layer
- Anti-inflammatory
- Lubricate the digestive tract
- Nourish body fluids and tissues

Demulcent herbs are also known as "mucilaginous"

Who they are

- Chia seed
- Flax seed
- Licorice
- Marshmallow
- Slippery elm
- Comfrey
- Irish moss
- Cinnamon
- Chamomile
- Fenugreek
- Jujube dates
- Aloe vera gel
- Plantain
- Calendula
- Yarrow



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Anti-Inflammatory Herbs, Foods, and Nutrients

- Ginger
- Turmeric
- Licorice
- Chia seeds
- Flax seeds
- Hemp seeds
- Deep ocean fish
- Algae and sea greens
- Purslane
- Vitamin C
- Omega-3 fats
- Bromelain and other proteolytic enzymes



- Capsaicin containing foods - peppers
- Cinnamon
- Rosemary
- Basil
- Cardamom
- Chives
- Cilantro
- Cloves
- Garlic
- Parsley
- Boswellia
- Quercetin (bioflavonoid in onions)

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Gut-Friendly Foods to Include Daily

- Green drinks – 32 ounces or more
- Sea veggies
- Chlorella
- Probiotic-containing foods
- Lots of greens, to tolerance
- Brassicas, aka cruciferous vegetables
- Fruit should be eaten with greens or celery to prevent a sudden rise in blood sugar, and potential to feed yeast
- Enzymes: 1-2 with all meals, except juice-only or shake



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Organ Specific Healing Foods



Licorice and Slippery Elm: GI lining



Probiotics: large and small intestine



Fiber: the whole tract



Cabbage: stomach



Chia and Flax: small and large intestine



Milk Thistle Seed: liver and gallbladder



Short-Chain Fatty Acids and Water: colon

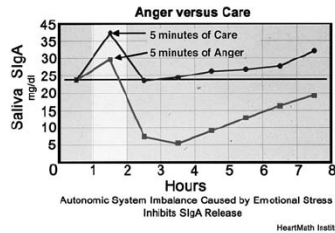
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Stress vs. Gut



Figure 6. Effect of Emotion on SIgA Release



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Pre-meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to DO This **EVERY** Time You Put Food into Your Body

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Regular Cleansing Throughout the Year

- Fully reinforce habits thus far
- Give your gut a break
- Support your liver
- Get moving
- Show appreciation
- Add FUN
- Reward yourself



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Healthy Digestion Daily Schedule

- **AM Gut Rejuvenator:** Water with lemon, lemon and peppermint oil, optionally cayenne
- Green breakfast with chia seeds
- Pre-meal ritual (HeartMath™)
- Chew, chew, chew (or blend)!
- Daily brassicas, including broccoli sprouts and/or ground broccoli seeds
- Avoid "gut hurters"
- Greens at each meal
- Probiotic foods, juices, smoothies, supplements
- Bitters before meals
- Enzymes with meals
- Exercise
- Regularly cleansing
- Hydration



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