

Optimizing Elimination

What Goes
Wrong &
How to Heal It

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.

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

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

Probiotics to Re-Inoculate Your Gut



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

Food Sources Of Prebiotics



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

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

Possible Causes of IBS

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



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



Natural Anti-Spasmodics for IBS

(decrease cramping)

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



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



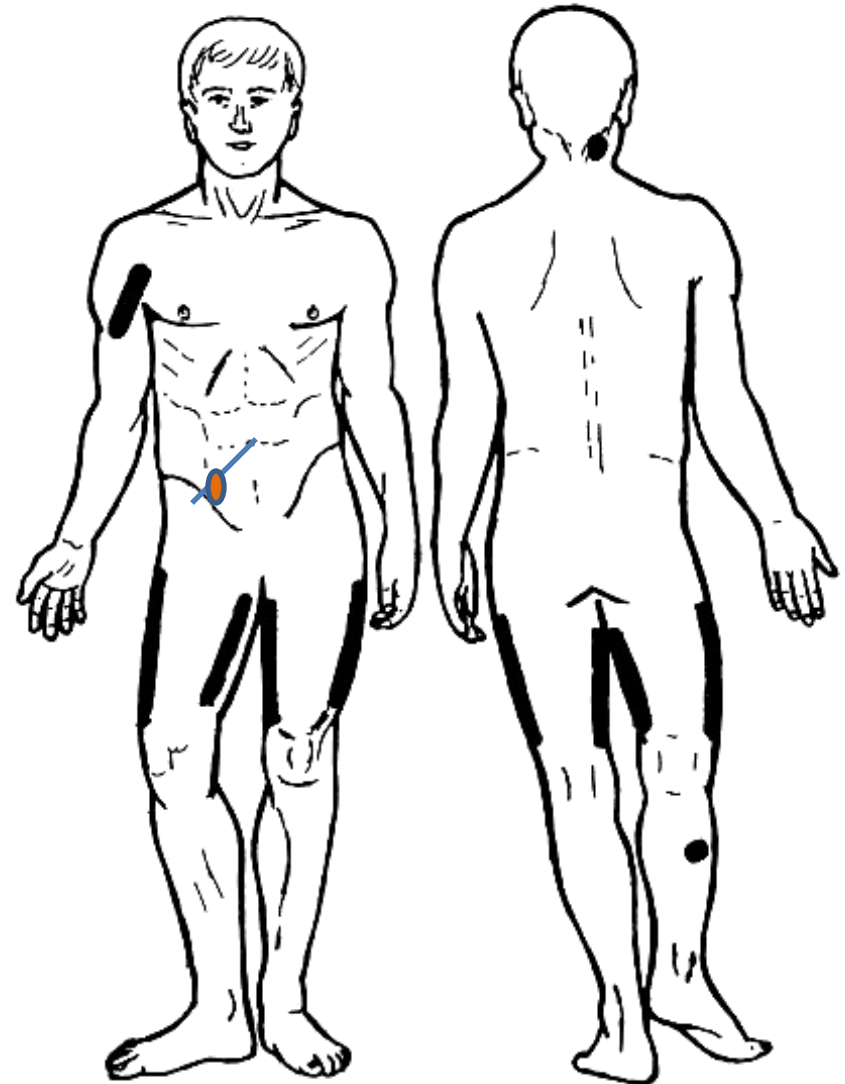
Symptoms of Ileocecal Valve Dysfunction

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



Ileocecal Valve

Location and Reflexes



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!

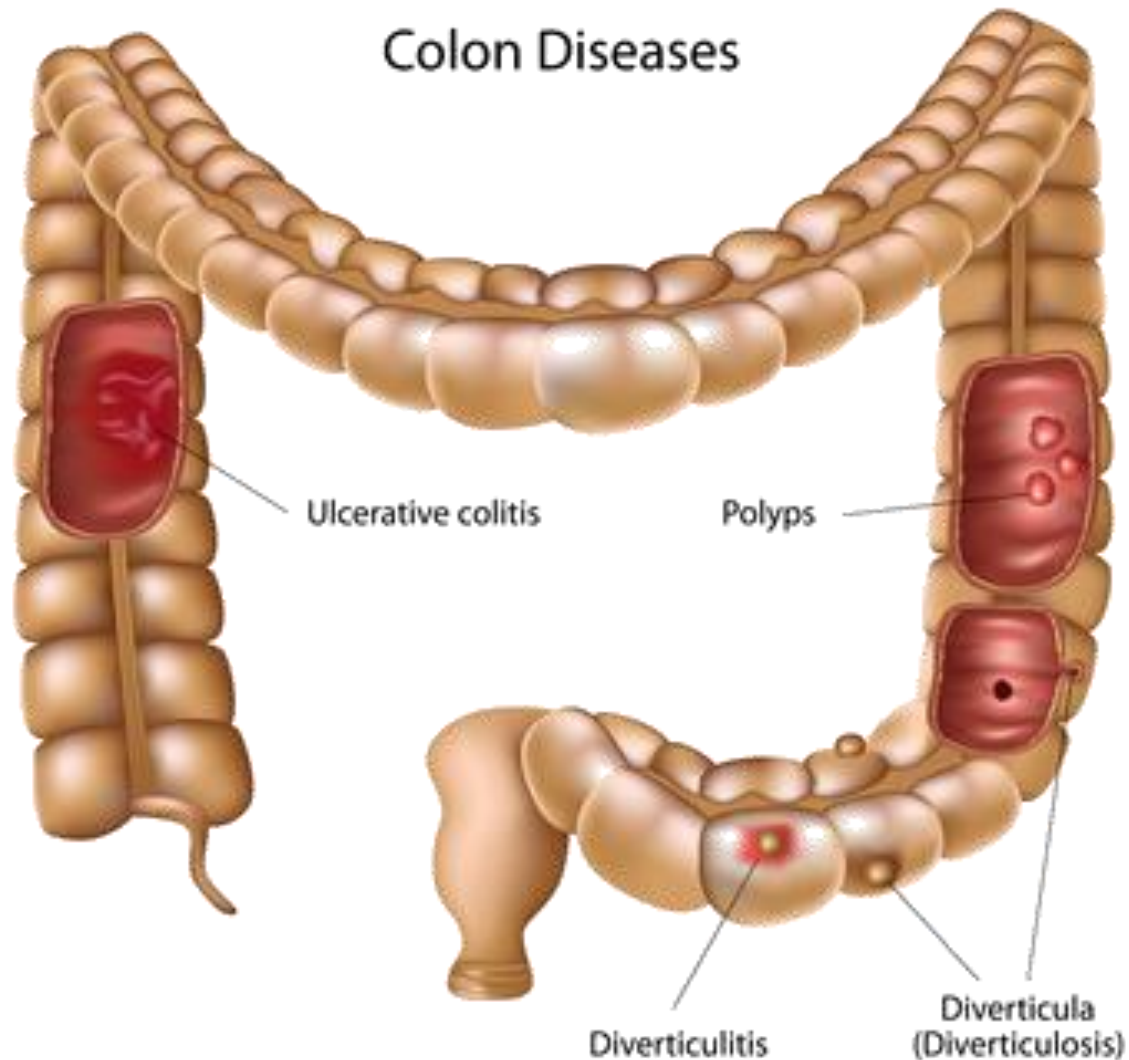
Improving Transit Time

(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.



Serious Large Intestine Diseases



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



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
- Boswelia
- Quercetin (bioflavonoid in onions)

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



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

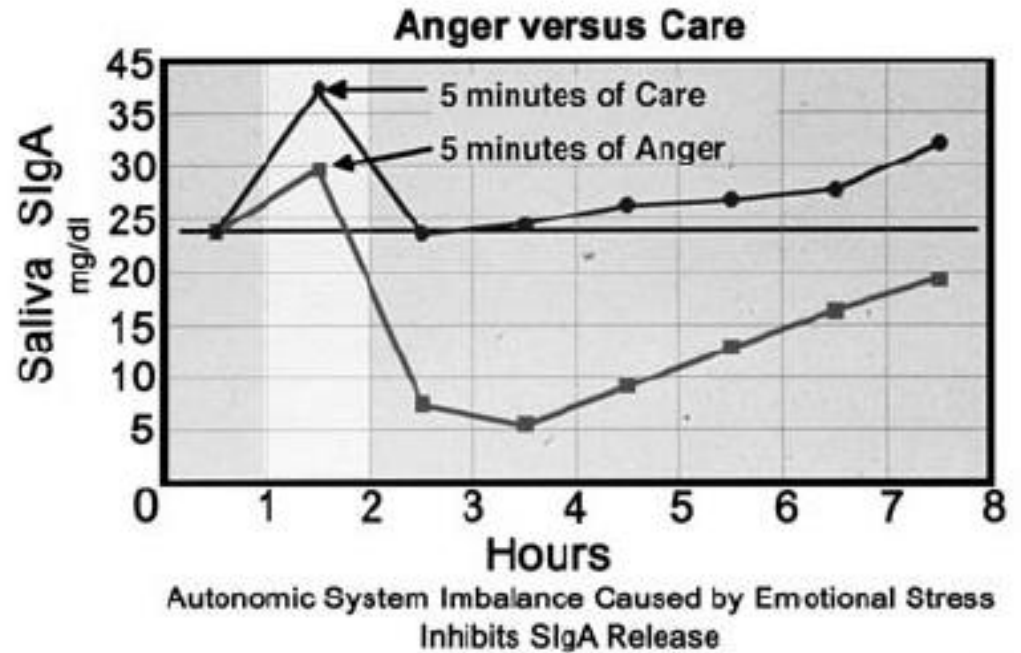


Short-Chain Fatty Acids and Water: colon

Stress vs. Gut



Figure 6. Effect of Emotion on SIgA Release



HeartMath Institute

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

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



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

