

G.R.A.N.D.

GUT REPAIR & ALKALIZING NUTRITION FOR DIGESTION



PROGRAM ACTION GUIDE

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Austin, Texas, USA.

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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.

Edition Date: June 3, 2024

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Edition Date: June 3, 2024



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Program Actions Checklist

In this document, you'll find a helpful checklist of the step-by-step actions to move forward in the ***Gut Repair and Alkalizing Nutrition for Digestion (GRAND)*** program.

The action items below are short summary points. You will find more complete descriptions and links to materials and resources on the GRAND private members' website.

Important: You are welcome to move through the steps **at your own pace**.

Getting Started

- Check when complete.
 - Access and print your **GRAND Program Action Guide** (this document).
 - Get familiar with navigating on the Vibrant Living Member (VLM) website.
 - Add these e-mail addresses to your e-mail safe lists:
 - o HelpDesk@dritamarie.com
 - Mark the dates for upcoming LIVE calls in your calendar.
 - Learn how to download your materials, audios, and videos.
 - (Optional) Consider installing a download tool/plugin to download all pdf, audio, and video files on a page in one click.
 - Join the Unstoppable Health Community Facebook Group (<https://dritamarie.com/UHFacebook>) and make your first post (introduction).
 - o Optional: You may also join the public Unstoppable Health Facebook group for additional support.
 - Begin the first module of the program (once released) and complete the program steps at your own pace.





Part 1: "Discover the Healing Power of Your Second Brain" - Digestion Basics - How it All Works

- Check when complete.
 - Watch the instructional video, *Digestion Basics: How it All Works*.
 - Assess your digestion and nutrient absorption.
 - Do a bowel transit time test.
 - Drink the **AM Gut Rejuvenator** drink upon rising (before food).
 - Add green drinks or green soups to your diet each day using the *GRAND Recipe Collection* and *GRAND Menu Guidelines*.
 - Follow Dr. Ritamarie's pre-meal ritual before each meal:
 - Stop
 - Look
 - Tune into your heart
 - Breathe fully and deeply
 - Feel sincere appreciation
 - Begin to remove the foods that harm your gut and digestion using the *Foods that Harm, Foods that Heal Your Gut* guide.
 - Complete your *Part 1 Progress Journal*.

Notes on Section: Record any notes you want to remember as you work through the section.





Part 2: "Optimize Your Fuel Generator for Maximum Energy" - Upper GI - Starting at the Top: Mind, Mouth, and Stomach

- Check when complete.
 - Watch the instructional video, *Introduction*.
 - Watch the instructional video, *Anatomy and Physiology of the GI Tract*.
 - Watch the instructional video, *What Can Go Wrong*.
 - Watch the instructional video, *Rebalancing Protocols*.
 - Do the *HCl Challenge* if, on your *Digestive Function Assessment*, you scored 20 or more on the "Low Stomach Acid" section and below 20 on the "Excess Stomach Acid" section. **Do not do the HCl challenge if you've been diagnosed with gastritis or ulcers.**
 - Be consistent with drinking the **AM Gut Rejuvenator** drink upon rising (before food) and green drinks each day.
 - Begin to add foods that heal your gut while continuing to remove the foods that harm your gut -- EVERY DAY using the *Foods that Harm, Foods that Heal Your Gut* guide.
 - Before each meal, take bitters to stimulate HCl and bile release and/or take herbs like slippery elm or DGL powder to soothe your gut using the *Nutrition and Herbs for the Stomach and Digestion* guide. Be sure to also take zinc as a building block to HCl.
 - Get consistent with following Dr. Ritamarie's pre-meal ritual before each meal.
 - Stay calm and present at all meals.
 - Take digestive enzymes with each meal.
 - Take time to chew food thoroughly.
 - Complete your *Part 2 Progress Journal*.

Notes on Section: Record any notes you want to remember as you work through the section.





Part 3: "Boost Your Nutrient Absorption to Feel Amazing" - Intestinal Detox, Repair, and Recipes

- Check when complete.
 - Watch the instructional video, *Introduction and Review*.
 - Watch the instructional video, *How it Works and What Can Go Wrong*.
 - Watch the instructional video, *Healing Strategies*.
 - Complete both the candida and leaky gut assessments.
 - Continue your digestion meal-time rituals.
 - Remove both allergenic and potentially allergenic foods from your diet; also continue to add foods that heal and remove the foods that harm your gut. Use the *Elimination/Provocation Protocol - How to Do an Elimination Diet* and the *Foods that Harm, Foods that Heal Your Gut* documents as resources.
 - Get to know the protocols that help to heal your gut using the *Healing Regimes For Your Gut* and *Vitamin C Calibration* documents.
 - Focus on making gut-friendly meals using the *GRAND Recipe Collection* and *GRAND Menu Guidelines* while following the gut-healing protocols.
 - Complete your *Part 3 Progress Journal*.

Notes on Section: Record any notes you want to remember as you work through the section.





Part 4: "Break Free of your Gut Bugs" - Implementation Protocols and Special Strategies

- Check when complete.
 - Watch the instructional video, *Gut Repair Summary*.
 - Watch the instructional video, *Candida, Parasites, and Gut Bugs*.
 - Watch the instructional video, *30-Day Gut Repair*.
 - Watch the instructional video, *SCD, FODMAPs, and SIBO*.
 - Follow the *Candida and Parasite Cleanse Protocol* if indicated by a score greater than 60 on the *Candida / Dysbiosis Assessment*.
 - Follow the *30-Day Leaky Gut Detox and Intestinal Repair Protocol* if indicated by a score greater than 6 on the *Leaky Gut Assessment*.
 - Follow *Dr. Ritamarie's Modified SCD and FODMAPs Diets Combined* if you continue to have difficulty or symptoms worsen while using the gut healing nutrients as directed.
 - If you are following the gut healing protocols and you're not seeing improvement or your symptoms are worsening, take the *SIBO Assessment*, review the *SIBO: Small Intestinal Bacterial Overgrowth* document, and follow the recommendations outlined in the document.
 - Complete your *Part 4 Progress Journal*.

Notes on Section: Record any notes you want to remember as you work through the section.





Part 5: "Boost Elimination and Get Rid of Toxins" - Optimizing Elimination

- Check when complete.
 - Watch the instructional video, *Introduction and How It Works*.
 - Watch the instructional video, *What Goes Wrong and How to Heal*.
 - Watch the instructional video, *Liver and Gallbladder Function*.
 - Do a bowel transit time test using the *Bowel Transit Time Tracker*.
 - Continue drinking the **AM Gut Rejuvenator** drink and eating a green breakfast with chia seeds.
 - Continue your digestion meal-time rituals including pre-meal de-stress, chewing thoroughly, taking bitters before meals, and taking digestive enzymes with meals.
 - Continue to add foods that heal and remove the foods that harm your gut (including allergens) -- EVERY DAY. Use the *Foods that Harm, Foods that Heal Your Gut* document as your guide.
 - Practice habits to optimize your elimination via daily exercise; abdominal massage; and the proper intake of fiber, chia seeds, and hydration. Follow the *Moving Toxins Out: Elimination Bootcamp for Your Bowels* guidelines.
 - Eat Brassicas every day.
 - Include greens at each meal (if you handle them well).
 - Consume probiotic foods, juices, smoothies, and supplements each day.
 - Use calming herbs to soothe irritable bowel symptoms.
 - Consider a gentle 5-day liver/gallbladder cleanse.
 - Complete your *Part 5 Progress Journal*.

Notes on Section: Record any notes you want to remember as you work through the section.





Action Protocols: Putting It All Together

Now that you've completed the program content for GRAND, it's time to determine which protocols are indicated and the ideal order in which to do them. Keep in mind that several protocols may be indicated, and, except in a few circumstances which will be outlined below, you can do them concurrently.

Digestive Assessment Score Protocol Tracker: Instructions

Let's start by completing a grid, the *Digestive Assessment Score Protocol Tracker*, so you know **which areas are compromised and which to give priority attention**. You'll find a copy of both an example chart and blank chart below.

Steps:

- Check when complete.
 - Put the date you first tested each digestive component in the "First Assessment Date" column.
 - When you completed the *Digestive Function Assessment*, you should have received a score on each component of your digestion. Copy the percentage scores from your test results printout to the "Score of First Assessment" column.
 - If you completed the assessment for candida and leaky gut, follow the same instructions and put in the dates and total score.
 - Following the charts, you'll find score interpretations that will tell you whether your score is one of the following: **very high, high, medium, or low**. Using these guidelines, mark the priority for each of your scores in the "Priority" column.
 - At the end of this document, you'll find a "Gut Healing Protocols Table" with protocols to follow for each digestive component. Indicate when you start to follow the protocols.
 - After following the protocols, complete the digestive assessments again to reassess your score. Reassess your scores after completion of the 30-day gut repair and/or candida cleanse. If not doing that part, reassess at 6 weeks, then 3 months.
 - Complete the GRAND survey to provide feedback on your experience and success.
 - Complete your *Final Progress Journal*.



Digestive Assessment Score and Protocol Tracker: EXAMPLE

Name							
Assessment	Ideal Score	First Assessment Date <small>YYYY-MM-DD</small>	Score of First Assessment	Priority: Very High High Med Low	Protocols Started Date <small>YYYY-MM-DD</small>	Protocols Completed Date <small>YYYY-MM-DD</small>	Score After Protocols
Low stomach acid	<10%	2014-11-13	42%	High	2014-11-14		22
Excess stomach acid	<10%	2014-11-13	12%	Low	N/A		5
Pancreas/small intestine	<10%	2014-11-13	33%	Med	2014-11-21		12
Large intestine	<10%	2014-11-13	35%	Med	2014-11-21		14
Liver/gallbladder	<10%	2014-11-13	17%	Low	2014-12-15		10
Candida/dysbiosis	<20	2014-11-13	190	Very High	2014-12-21		60
Leaky gut	0	2014-12-20	5	Low	2015-01-01		1
SIBO	<20	2014-12-20	20	Low	2015-01-01		5

Ideal Score: Congratulations! Follow the “General Healthy Gut Guidelines” to maintain a healthy digestive tract.

Low Score: It could be helpful to follow the protocols from the “Gut Healing Protocols Table”.

Medium, High, or Very High Score: You should follow the protocols indicated in the “Gut Healing Protocols Table”.



Digestive Assessment Score and Protocol Tracker Chart

Name							
Assessment	Ideal Score	First Assessment Date <small>YYYY-MM-DD</small>	Score of First Assessment	Priority: Very High High Med Low	Protocols Started Date <small>YYYY-MM-DD</small>	Protocols Completed Date <small>YYYY-MM-DD</small>	Score After Protocols
Low stomach acid	<10%						
Excess stomach acid	<10%						
Pancreas/small intestine	<10%						
Large intestine	<10%						
Liver/gallbladder	<10%						
Candida/dysbiosis	<20						
Leaky gut	0						
SIBO	<20						

Ideal Score: Congratulations! Follow the “General Healthy Gut Guidelines” to maintain a healthy digestive tract.

Low Score: It could be helpful to follow the protocols from the “Gut Healing Protocols Table”.

Medium, High, or Very High Score: You should follow the protocols indicated in the “Gut Healing Protocols Table”.



Score Interpretations and Indications for Assessments

Digestive Function Assessment Score Interpretations

- 0-10% - **Ideal** - Overall good balance. Sound nutrition and healthy habits will maintain good balance.
- 11-20% - **Low** - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.
- 21-35% - **Medium** - Things are out of balance and need attention.
- 36-50% - **High** - Very compromised and likely to significantly affect your state of health, well-being and energy level.
- 51-100% - **Very High** - Severely compromised and requires immediate attention.

Candida/Dysbiosis Score Interpretations

For Women, yeast connected health problems are:

- <20 - **Ideal** - likely balanced
- <60 - **Low** - less likely present
- 60–119 - **Medium** - possibly present
- 120-180 - **High** - probably present
- >180 - **Very High** - almost certainly present

For Men, yeast connected health problems are:

- <20 - **Ideal** - likely balanced
- <40 - **Low** - less likely present
- 40–89 - **Medium** - possibly present
- 90-140 - **High** - probably present
- >140 - **Very High** - almost certainly present

Leaky Gut Score Interpretations

- 0 - **Ideal** - Congratulations. You display no overt signs and symptoms of leaky gut. Be sure to follow diet and lifestyle guidelines for a healthy digestive tract.
- 1-5 - **Low** - While a few signs and symptoms of leaky gut are present, the likelihood of it being a major health issue is low.
- 6-12 - **Medium** - Things are out of balance and need attention.
- 13-19 - **High** - Very compromised and likely to significantly affect your state of health, well-being and energy level.
- 20+ - **Very High** - Severely compromised and requires immediate attention.



SIBO Score Interpretations

- <20 - **Ideal** - likely balanced
- <50 - **Low** - less likely present
- 50–119 - **Medium** - possibly present
- 120-180 - **High** - probably present
- >180 - **Very High** - almost certainly present

Consider SIBO if other attempts to repair your digestion are not working. Review the *SIBO: Small Intestinal Bacterial Overgrowth* document for lab testing and conventional and alternative treatment protocols.

Gut Healing Protocols

If your scores are in the ideal range, continue following all of the “General Healthy Gut Guidelines”. If your scores are low, you may also benefit from following the “General Healthy Gut Guidelines” and additional suggestions in the “Healing Gut Protocols Table”. If your scores are in the medium to very high range, you should follow the protocols in the table.

While it is possible to start everything indicated at the same time, it could be overwhelming. If you find the protocols in the table overwhelming, start with the “General Healthy Gut Guidelines” set of protocols and build towards additional activities.

You’ll find suggestions for products in the “Gut Repair Products” section of the *Creating a Healing Kitchen* document. <https://drritamarie.com/CreateHealingKitchen>

General Healthy Gut Guidelines

- | | |
|--|--|
| <input type="checkbox"/> Gut Rejuvenator drink | <input type="checkbox"/> Gut healing foods |
| <input type="checkbox"/> Green drinks | <input type="checkbox"/> Bitters plus zinc |
| <input type="checkbox"/> Pre-meal ritual, chewing, calm meals | <input type="checkbox"/> Enzymes |
| <input type="checkbox"/> Remove gut hurting foods | <input type="checkbox"/> Gut soothing herbs - mucilaginous |
| <input type="checkbox"/> Elimination diet – food sensitivities | <input type="checkbox"/> Carminative herbs |
| | <input type="checkbox"/> Probiotics |

In the table below, use the colors to decide which protocols to follow and prioritize:

Key: Very Important / Mandatory Helpful Caution Avoid



Gut Healing Protocols Table									
FOCUS/ CONDITION	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida / Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP / Specific Carbohydrate Sensitivity (SCD)	SIBO
PROTOCOLS									
Gut Rejuvenator drink		Monitor – remove citrus or apple cider vinegar if it aggravates							
Green drinks							May need to restrict to juices or cooked and blended greens if severe	Replace restricted greens with allowed	Replace restricted greens with allowed
Pre-meal ritual, chewing, calm meals									
Remove gut hurting foods									
Elimination diet – food sensitivities									
Add gut healing foods							May need to restrict to cooked and pureed	Modify to only include the allowed foods	Restrict to FODMAP and SCD allowed foods and consider elemental diet
HCL challenge		NO					Caution		
Bitters plus zinc		Caution						Limit to allowed	Limit to allowed



Gut Healing Protocols Table

FOCUS/ CONDITION	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida / Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP / Specific Carbohydrate Sensitivity (SCD)	SIBO
PROTOCOLS									
Enzymes		Caution							
Gut soothing Herbs - mucilaginous								Some may not be tolerated – Modified SCD chart	Some may not be tolerated – Modified SCD chart
Antispasmodic herbs								Limit to allowed	Limit to allowed
Carminative herbs								Limit to allowed	Limit to allowed
Candida parasite cleanse									
Leaky gut repair protocol									
Liver / gallbladder cleanse									
Probiotics									Not in early stages
Prebiotics								Caution	Caution
Cholagogues (some also stimulate HCl)		Caution- some stimulate HCl						Limit to allowed	Limit to allowed
Key: Very Important / Mandatory Helpful Caution Avoid									



Protocol Considerations

If certain gut healing nutrients or foods seem to cause symptoms like increased gas, bloating, pain, or distention, **then stop them.**

You might need to temporarily do either the modified SCD diet, a juice or water cleanse, or an elemental diet consisting of a tolerated protein powder (or amino acids) along with healing oils and nutrients. There are some powdered gut healing mixes on the market that could be useful.



Take things at your own pace. It may take a while to transition off your trigger foods. Obviously, the quicker you remove the offenders the sooner you will feel better, but going too fast may sabotage your progress.

