

GRAND: Putting It All Together: Customizing Gut Optimization Special Strategies

**Putting It All Together:
Customizing Gut Optimization Special Strategies**

With
Dr. Ritamarie Loscalzo

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Gut Repair & Alkalinizing 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

GRAND
GUT REPAIR & ALKALIZING NUTRITION FOR DIGESTION

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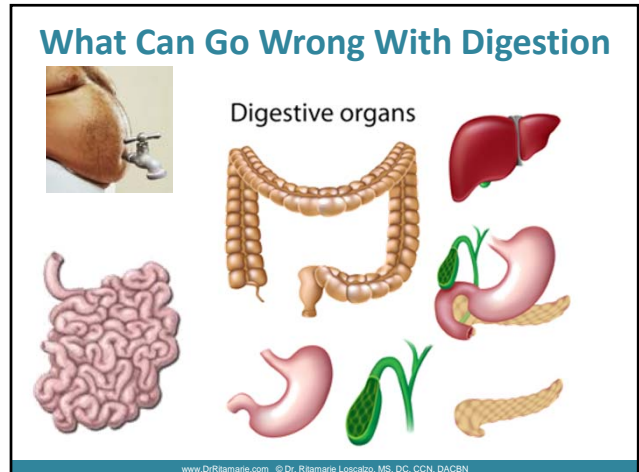
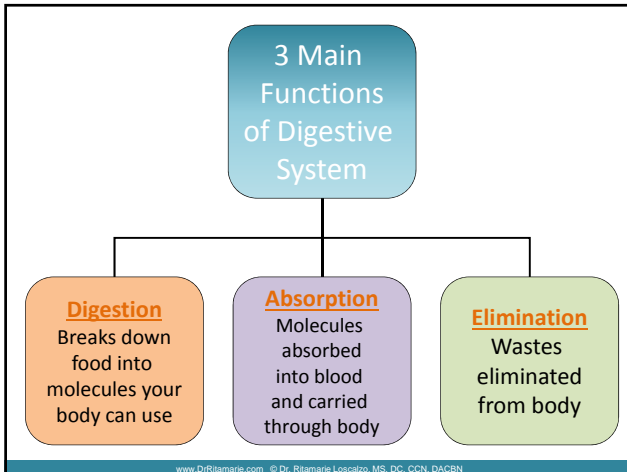
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Does Your Digestion Need Help?

<u>Obvious</u>	<u>Not So Obvious</u>
<ul style="list-style-type: none"> ▪ Bloating ▪ Gas ▪ Flatulence ▪ Burping ▪ Pain ▪ Hemorrhoids ▪ Irritable bowel ▪ Diarrhea ▪ Constipation ▪ Crohn's ▪ Diverticulitis ▪ Colitis 	<ul style="list-style-type: none"> ▪ Acne ▪ Eczema ▪ Brain fog ▪ Depression and anxiety ▪ Joint pain ▪ Frequent illness ▪ Hormone swings ▪ Thyroid imbalance ▪ Headaches ▪ Autoimmune disease ▪ Allergies ▪ ADD ▪ Asthma ▪ Fatigue ▪ Fibromyalgia

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Digestive Tract Assessment

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

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Specific Digestive Issues Covered

- Low stomach acid
- H. pylori, ulcers, gastritis
- Reflux
- Irritable bowel
- Leaky gut and celiac
- Gall bladder congestion and surgical removal
- Digestive enzyme insufficiency
- SIBO: Small Intestinal Bacterial Overgrowth
- Candida and other gut critter overgrowth
- Inflammatory bowel disease – Crohn’s, colitis, diverticulitis

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The 4R Process



- **Remove**
- **Replace**
- **Reinoculate**
- **Repair**

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Remove

Foods That Can Hurt Your Gut

- Gluten
- Dairy
- Sugar and sugar alcohol
- Refined carbohydrates
- All allergens
- Caffeine
- Alcohol
- Lectins: grains, beans, dairy
- Trans fats
- Nightshades
- Processed meats

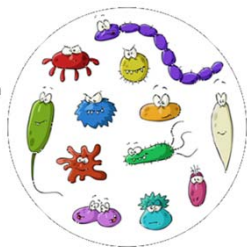


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Remove

Unfriendly Gut Bugs (Dysbiosis)

- **Candida albicans**
 - ✓ A yeast: a single-celled fungus, normal inhabitant of the human body.
 - ✓ In unhealthy conditions:
 - It changes shape and is called a mycelia and can embed into tissues and grow out of control.
 - Gives off toxins that lead to inflammation and lots of symptoms.
- Parasites
- Viruses, bacteria



Questionnaire to assess likelihood of candida, parasites, bacteria

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Replace

Missing Enzymes and Nutrients

- **Raw and living foods** contain enzymes
- Take **digestive enzymes** with all cooked or complex raw foods
- **Greens, fresh fruits, and vegetables** are nutrient dense foods
- **Green juices, sea vegetables, and microalgae** are the most nutrient dense of all
- Nutritive **herbs and supplements** as needed



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Gut Balancing Action Plan

- Complete the online digestion assessment including **candida and leaky gut**
- Add **Daily AM Gut Rejuvenator before any food in morning**
- Add daily green drinks or blended soups
- Do pre-meal ritual before each meal**
- Eliminate the foods that hurt your digestion including allergens
- Chew thoroughly
- Bitters 15 minutes before meal
- Do HCl Challenge if desired
- Take enzymes with meals



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Gut Balancing Action Plan

- Try gut soothing herbs – i.e., slippery elm tea and DGL powder before each meal
- Stay calm and present at all meals – harness the power of appreciation and conscious eating
- Candida and Parasite Cleanse Protocol**, before repair phase if indicated by high candida assessment score
- 30-Day Leaky Gut Detox and Intestinal Repair Protocol**, if indicated by high leaky gut assessment score
- Review **Modified Specific Carbohydrate Diet** food list
- Investigate **SIBO** if not responding
- Liver/gallbladder cleanse



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FOCUS/ CONDITION PROTOCOLS	Gut Healing Protocols Table									
	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	
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	Revert to FODMAP and SCD Allowed foods and consider elemental diet		
HCl challenge		Not advised								
Bitters plus zinc		Caution								
Enzymes		Caution								
Gut soothing Herbs - mucilaginous							Some may not be tolerated – Modified SCD	Some may not be tolerated – Modified SCD chart		
Antispasmodic herbs							Limit to allowed chart	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
Cholagogues (some also stimulate HCl)		Caution- some stimulate HCl					Caution	Caution		

Demulcent aka Mucilaginous 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

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




Demulcent herbs are also known as "mucilaginous"

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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
 - Boswelia
 - Quercetin (bioflavonoid in onions)

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Carminative Herbs

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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Antimicrobial Herbs

(these can maim or kill bad gut critters)

- Grapefruit seed extract
- Oregano
- Turmeric
- Thyme
- Propolis
- Fennel
- Raw pumpkin seeds
- Virgin coconut oil
- Pomegranate juice
- Rosemary
- Goldenseal
- Garlic
- Clove oil



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Probiotics to Reinoculate Your Gut



- Kimchi
- Sauerkraut
- Coconut kefir
- 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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Therapeutic Foods

Nitric Oxide

- Arugula (100x more than any other foods)
- Spinach
- Beets
- Hawthorn extract/berries/tea
- Dark leafy greens



NAC

- Red peppers
- Garlic
- Onions
- Broccoli
- Brussels sprouts



Arabinogalactans

- Tomatoes
- Carrots
- Radishes
- Pears
- Echinacea
- Reishi



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Gut Healing Supplements

- **Glutamine:** 2500 mg 2 times per day
- **Quercetin:** 500 mg 2 times per day
- **N-Acetyl Cysteine (NAC):** 500 - 1000 mg per day
- **Vitamin A:** 20,000 - 25,000 IU's per day
- **Vitamin B1:** 150 mg 3 times per day
- **Zinc:** 50 - 80 mg per day
- **Arabinogalactans:** 3 grams 3 times per day
- **Nitric Oxide:** supportive herbs and aminos
- **Vitamin E:** 400 IU's per day
- **DHEA:** if needed
- **Vitamin C:** 1000 mg 3 times a day or to bowel tolerance



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Liver Supportive Foods

- Brassicas – indole-3-carbinol
 - ✓ Especially broccoli sprouts and seeds
- Citrus peels: limonene
- Caraway: limonene
- Turmeric
- Avocado
- Basil
- Beets
- Leafy bitter greens
- Mushrooms
- Cardamom
- Cayenne
- Chlorella
- Cilantro
- Cinnamon
- Dandelion
- Dill
- Fennel
- Garlic
- Ginger
- Grapefruit
- Green juices
- Jerusalem artichoke
- Onion
- Peppermint
- Rosemary
- Sea vegetables
- Thyme
- Radishes
- Wheat grass



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Cholagogue Herbs

What they do:

- Stimulate flow of bile from liver
- Stimulate bile secretion from gall bladder
- Strengthen liver
- Enhance detoxification

Who they are:

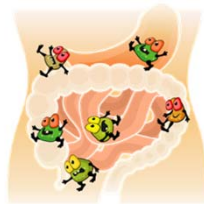
- Artichoke
- Barberry
- Blue flag
- Boneset
- Dandelion root
- Fringetree bark
- Gentian
- Goldenseal
- Greater celandine
- Rosemary
- Sage
- Wild indigo
- Wild yam
- Yellow dock



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Special Circumstances and Intolerances

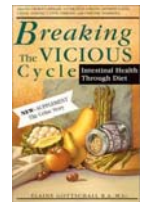
- Specific Carbohydrate Diet: **SCD** (GAPs)
- Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols: **FODMAPs**
- Small Intestinal Bacterial Overgrowth: **SIBO**



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Specific Carbohydrate Diet™ (SCD)

- Intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea
- Foods allowed based on the molecular structure
- Monosaccharides can be easily absorbed - allowed
- Disaccharides and polysaccharides - not allowed
- Premise: Complex carbohydrates that are not easily digested feed harmful bacteria and produce by-products and inflame the intestine wall

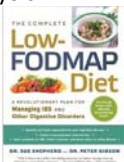


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FODMAPs

- Fermentable
 - Oligosaccharides
 - Disaccharides
 - Monosaccharides
 - And
 - Polyols
- Short-chain carbohydrates
 - Incompletely absorbed in the GI tract
 - Difficult to digest with functional gut disorders
 - Easily fermented by gut bacteria
 - Exert an osmotic effect, increasing fluid into the large bowel
 - Causes fermentation and osmosis
 - Can lead to IBS symptoms
 - May be due to SIBO or dysbiosis
 - Stress is likely a factor in FODMAP sensitivity



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SIBO

Small Intestinal Bacterial Overgrowth

- Overgrowth of large intestine bacteria in small intestine
- Rob you of B12, iron, and other nutrients
- Damage mucosa
- Can deconjugate bile leading to fat malabsorption
- Trigger pro-inflammatory cytokines and cause leaky gut
- Can cause sugar cravings
- Increase mucus production
- Damage to migrating motor complex



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28-Day Candida/Parasite Cleanse

- HealthForce Nutritionals SCRAM™ *
 - ✓ Cloves
 - ✓ Black Walnut Hull
 - ✓ Wormwood Herb
 - ✓ Milk Thistle Seed Extract (to control die-off reactions)
 - ✓ Wasabi Extract (to control die-off reactions)
 - ✓ Enzymes (protease, amylase, cellulase, lipase)
- Or choose other similar formula – i.e., Allergy Research Tricycline



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Intestinal Rebuild Healing Jumpstart

First 2 days (or longer)

- Liquid repair and healing cleanse
- Supplements (next slide) 3 times per day
- Optional: a clean protein powder
 - ✓ Sunwarrior: Warrior Blend or Sprouted Brown Rice
 - ✓ HealthForce Nutritionals: Warrior Food or Elite Green Protein
 - ✓ Boku: Protein in the Buff
- OR gut-healing protein and nutrient blends
 - ✓ Apex: RepairVite
 - ✓ NuMedica: GlutaMed plus protein
 - ✓ Thorne: MedClear Plus
 - ✓ Metagenics: UltraClear Sustain or UltraInflamX*

Next 5 Days

- Drink 2-3 green drinks - replace one or two meals.
- Eat one meal of veggies, raw or lightly steamed, optionally with soaked nuts and/or seeds.
- Take supplements twice a day and continue supplements for a month.



*Read labels carefully. Thorne and Metagenics change formulas sometimes and there have been added sugars.

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SIBO Management

Small Intestinal Bacterial Overgrowth

- **Starve the bacteria:** Elemental, SCD, FODMAP Diets
- **Kill the bacteria:** Antimicrobials
 - ✓ Formulas shown in studies to be as effective as antibiotics
 - Dysbiocide and FC-Cidal (by Biotics Research) or
 - Candibactin-AR and Candibactin-BR (by Metagenics)
 - ✓ Single herbs reported to work well, too; 1-3 for 4 weeks:
 - Berberine- 5 grams per day (Berber 500 from Thorne, or Goldenseal, Oregon Grape, Barberry, Coptis)
 - Allicin from Garlic - Allimed (the highest potency formula I know of is [Allimed](#))
 - Oregano
 - Neem
 - Cinnamon
- **Repair the gut:** Healing foods and herbs
- **Prokinetics:** Rx low-dose Naltrexone or herbal Triphala
- **Restore gut function:** Stomach acid and ICV

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Gentle 5-Day Liver/Gallbladder Cleanse


- **Take Herbs for Liver and Gallbladder**
 - ✓ **HealthForce Nutritionals Liver Rescue:** 1 capsule 3 times daily
 - ✓ Any favorite formula
- **Daily Diet**
 - ✓ Continue *Gut Rejuvenator Drink* in the morning
 - ✓ Continue green drinks – 1 quart or more each day
 - ✓ Eat simple-to-digest foods
 - ✓ Bitters with each meal
 - ✓ Incorporate as many liver support foods as possible
- **Daily Drink – 3x/day – Natural Gentle Cholagogue**
 - ✓ 1 tablespoon lemon juice
 - ✓ 1 tablespoon organic olive oil
 - ✓ 1 tablespoon apple cider vinegar
- **Maintenance**
 - ✓ Take the liver formula 2 times a day for 1 month
 - ✓ Consume probiotics daily
 - ✓ Continue following Daily Diet list above



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Living Without a Gallbladder: Special Considerations

- **Avoid** fried foods, trans fats
- **Minimize or avoid** dairy
- **Avoid** fats cooked with sugar
- **Reduce grains** – inefficient digestion of starch without gallbladder’s bicarbonate
- **Use bitters** before meals to stimulate bile production and movement
- **Supplement with lipase**, the fat digesting enzyme
- **Supplement with bile salts**, 2 with all fatty meals - 5 days on, 2 days off until feeling well. Cycle on and off.



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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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Daily AM Gut Rejuvenator



- 32 ounces pure water
- 1 lemon, juice of
- 2 drops peppermint oil
- 2 drops lemon oil

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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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Optimizing Your Digestion

- Eat in a calm relaxed state – deep breathing and appreciation
- Start the day with a cleansing beverage of warm or room temperature water, lemon, cayenne, mint oil
- Drink a glass of lukewarm water ½ hour before the meal
- **Bitters** 5 minutes before the meal
- Chew food thoroughly
- Eat slowly and focus on the meal
- **Digestive enzymes** with all cooked and complex raw meals
- Food combining or food sequencing
- **Liver/gallbladder support**
- Heal inflammation and leaky gut
- **Probiotics** – eliminate pathogens and allergens – main culprit often gluten and casein (milk protein)
- **Colon cleansing** – toxic debris



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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
- Chologogues
- Regularly cleansing
- Hydration



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