

# Putting It All

# Together:

## Customizing Gut

## Optimization

## Special

## Strategies

### With

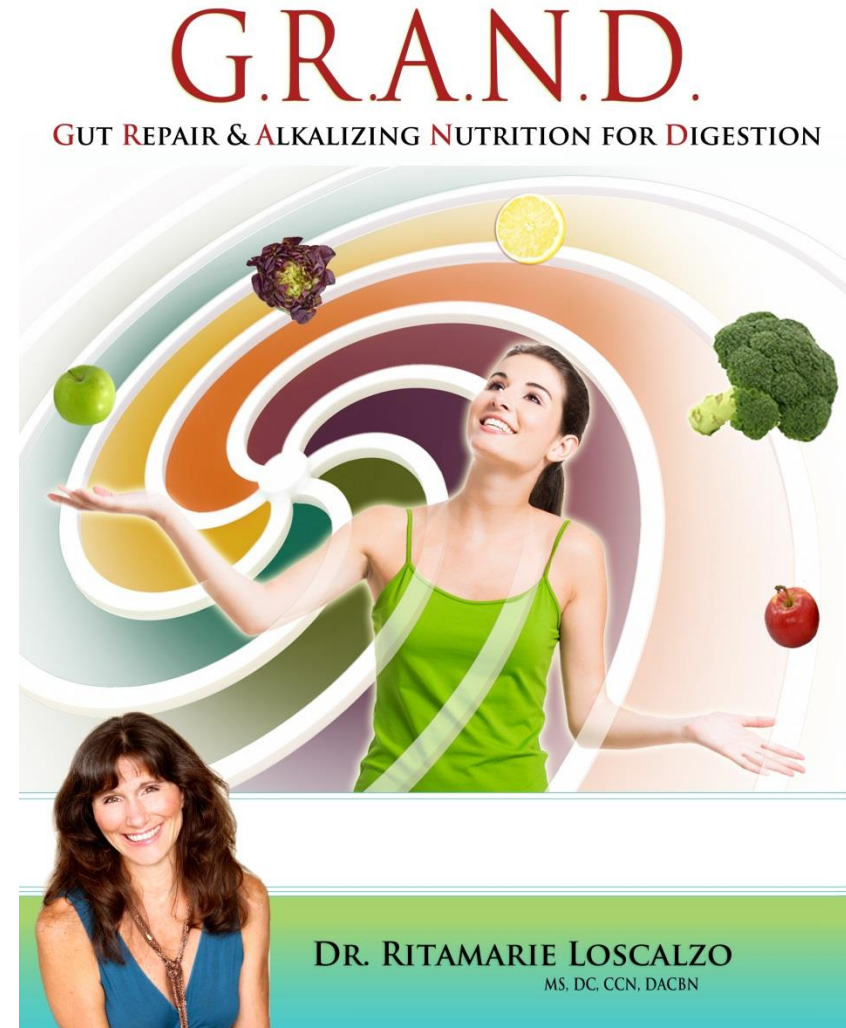
## Dr. Ritamarie Loscalzo



**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](http://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**



# Does Your Digestion Need Help?

## Obvious

- Bloating
- Gas
- Flatulence
- Burping
- Pain
- Hemorrhoids
- Irritable bowel
- Diarrhea
- Constipation
- Crohn's
- Diverticulitis
- Colitis



## Not So Obvious

- Acne
- Eczema
- Brain fog
- Depression and anxiety
- Joint pain
- Frequent illness
- Hormone swings
- Thyroid imbalance
- Headaches
- Autoimmune disease
- Allergies
- ADD
- Asthma
- Fatigue
- Fibromyalgia

# 3 Main Functions of Digestive System

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graph TD; A[3 Main Functions of Digestive System] --> B[Digestion]; A --> C[Absorption]; A --> D[Elimination];
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## Digestion

Breaks down food into molecules your body can use

## Absorption

Molecules absorbed into blood and carried through body

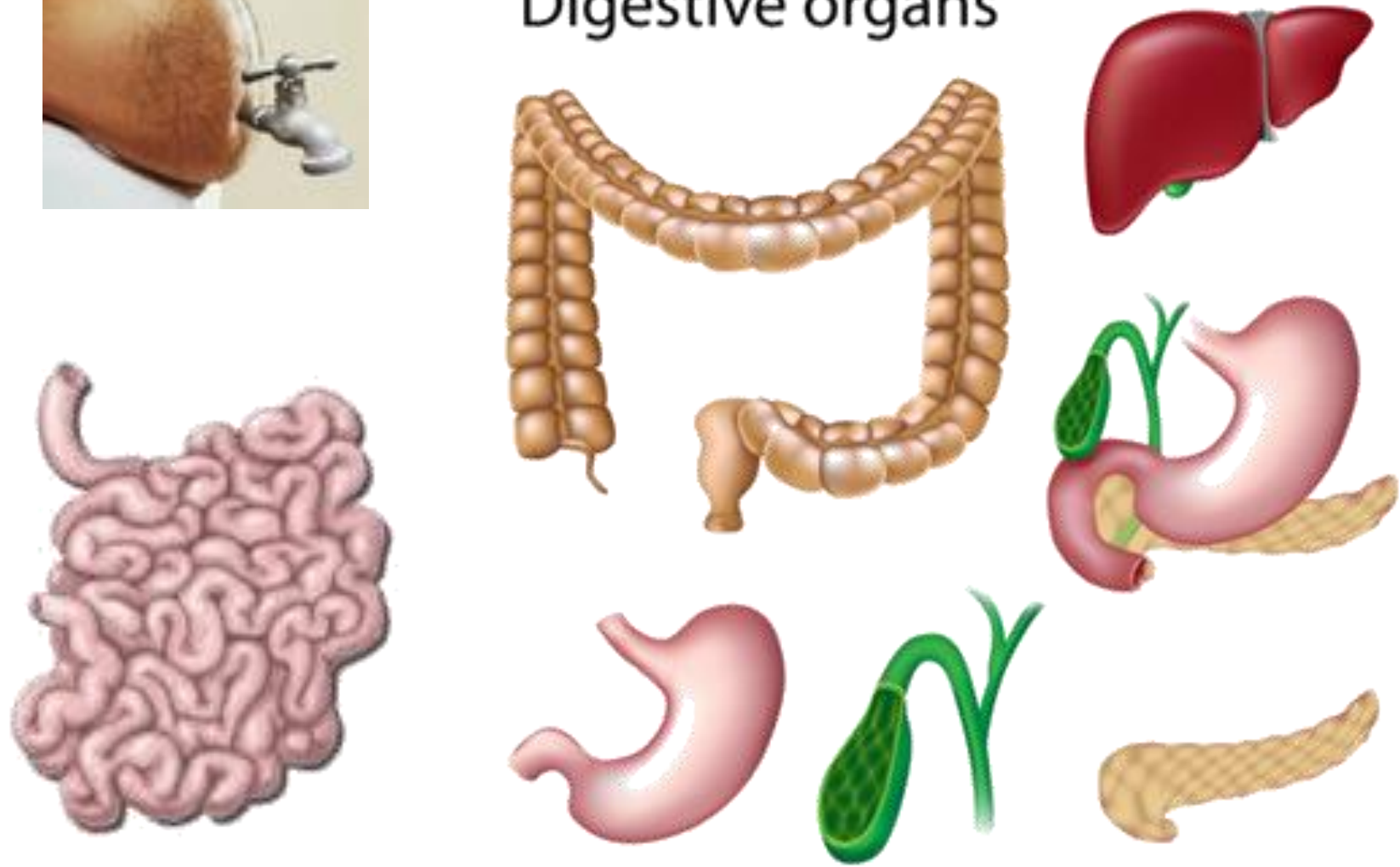
## Elimination

Wastes eliminated from body

# What Can Go Wrong With Digestion



Digestive organs



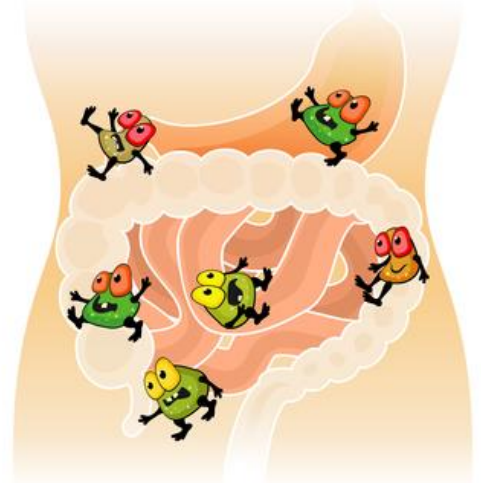
# Digestive Tract Assessment



- **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

# 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



# The 4R Process

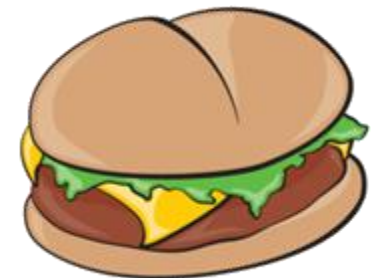


- **Remove**
- **Replace**
- **Reinoculate**
- **Repair**

# 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



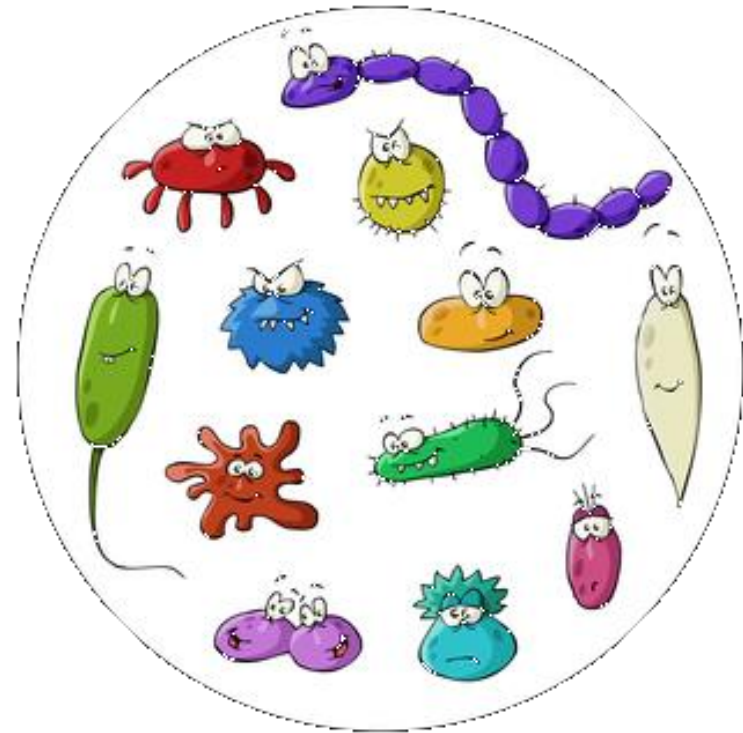
# Remove Unfriendly Gut Bugs (Dysbiosis)

- **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

# 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



# Repair

## Your Digestive Tract Lining

- Demulcent (aka mucilaginous) herbs and foods
- Therapeutic foods
- Gut healing supplements
- Anti-inflammatory herbs and foods
- Gut healing meal replacements
- Bitters
- Carminatives





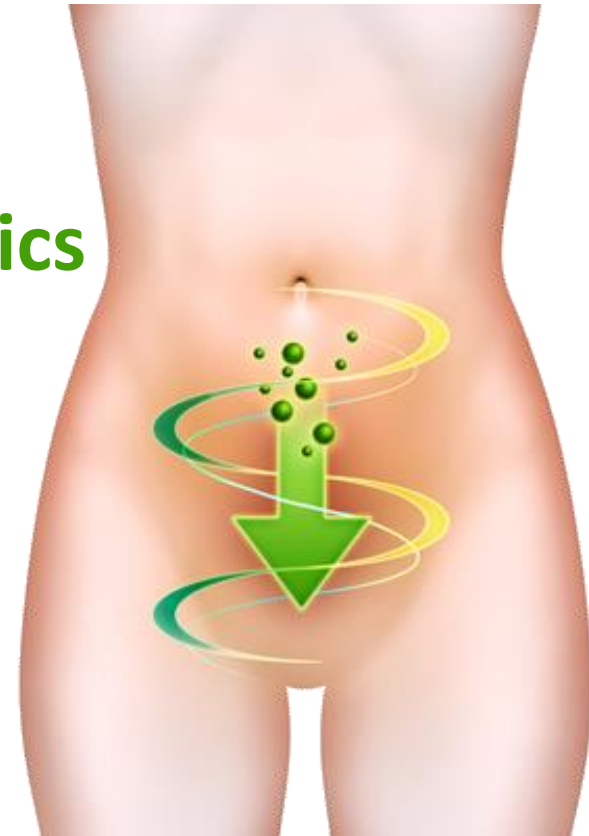
# Reinoculate

- **Put back normal flora with probiotics**

- ✓ Lactobacillus
- ✓ Bifidus
- ✓ Saccharomyces boulardii
- ✓ L. Sporogenes
- ✓ Mixed strains

- **Feed the normal flora with prebiotics**

- ✓ Fructooligosaccharides
- ✓ Inulin



# Gut Repair and Alkalizing Nutrition for Digestion (GRAND) Assessments

Here you'll find all the assessments used throughout the GRAND program.



**Digestive Function Assessment:** This assessment reviews several areas of your digestion including upper gastrointestinal conditions, liver, gallbladder, small intestine, pancreas, and large intestine.



**General Nutrient Balance Assessment:** This health assessment will examine your general nutritional needs, essential fatty acid needs, and potential levels of amino acids.



**Mineral Balance Assessment:** This health assessment will examine your potential levels of minerals including calcium, chromium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, and zinc.



**Vitamin Balance Assessment:** This health assessment will examine your potential levels of vitamins including all of the following vitamins: A, B, B1, B2, B3, B5, B6, B7, B9, B12, and C.



**Candida Assessment:** Candida is a yeast-like, parasitic fungus that can sometimes cause thrush (infection due to yeast). This assessment will help determine if you are at risk for gut dysbiosis or overgrowth of unfriendly bacteria in your bowel.



**Leaky Gut Assessment:** This health assessment probes into questions related to signs and symptoms of leaky gut. You will receive a score that establishes your likelihood of leaky gut being a health challenge for you.



## Digestive Assessment Score and Protocol Tracker Chart

Name							
Assessment	Ideal Score	First Assessment Date YYYY-MM-DD	Score of First Assessment	Priority: Very High High Med Low	Protocols Started Date YYYY-MM-DD	Protocols Completed Date YYYY-MM-DD	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”.

# 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



# 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



### 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		<b>NO</b>					Caution		
Bitters plus zinc		Caution						Limit to allowed	Limit to allowed
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									<b>Not in early stages</b>
Prebiotics								Caution	Caution
<b>Cholagogues (some also stimulate HCl)</b>		Caution- some stimulate HCl						Limit to allowed	Limit to allowed

Key: Very Important/ Mandatory Helpful Caution Avoid

# 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

*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)

# 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



# Natural Anti-Spasmodics for IBS

(decrease cramping)

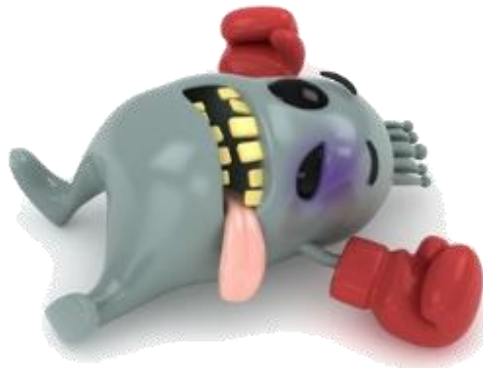
- Chamomile
- Wild yam (not long-term)
- Valerian
- Kudzu
- Peppermint
- Ginger



# 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



# Probiotics to Reinoculate Your Gut



- Kimchi
- Sauerkraut
- Coconut kefir
- 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

# 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



# 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



# 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



# Cholagogue Herbs

## What they do:

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



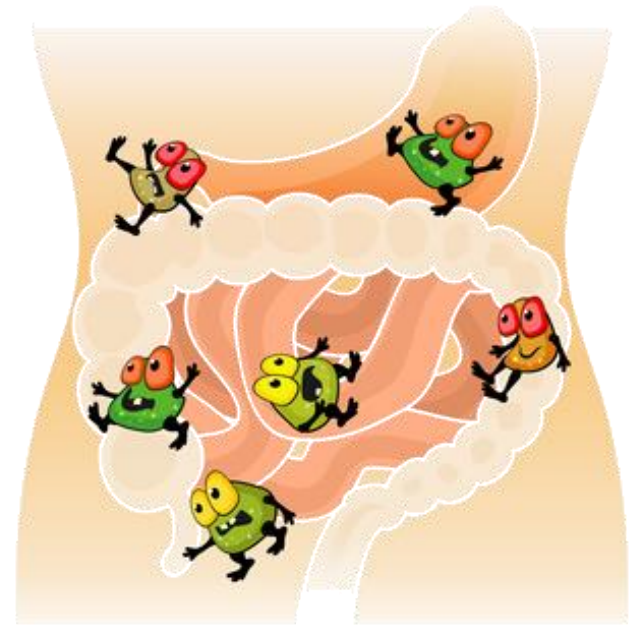
## Who they are:

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



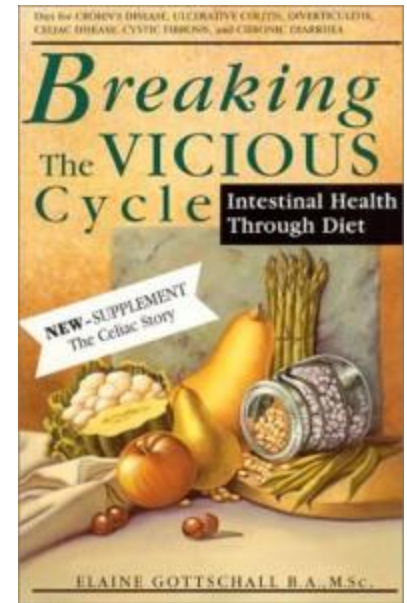
# Special Circumstances and Intolerances

- Specific **C**arbohydrate **D**iet:  
**SCD** (GAPs)
- Fermentable **O**ligosaccharides,  
**D**isaccharides,  
**M**onosaccharides **A**nd **P**olyols:  
**FODMAPs**
- Small **I**ntestinal **B**acterial  
**O**vergrowth: **SIBO**



# Specific Carbohydrate Diet™ (SCD)

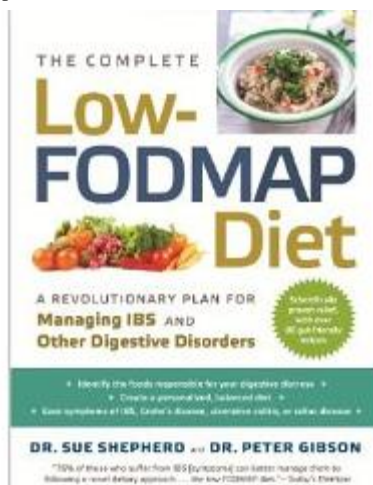
- Intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea
- Foods allowed based on the molecular structure
- Monosaccharides can be easily absorbed - allowed
- Disaccharides and polysaccharides - not allowed
- Premise: Complex carbohydrates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



# FODMAPs

- Fermentable
- Oligosaccharides
- Disaccharides
- Monosaccharides
- And
- Polyols

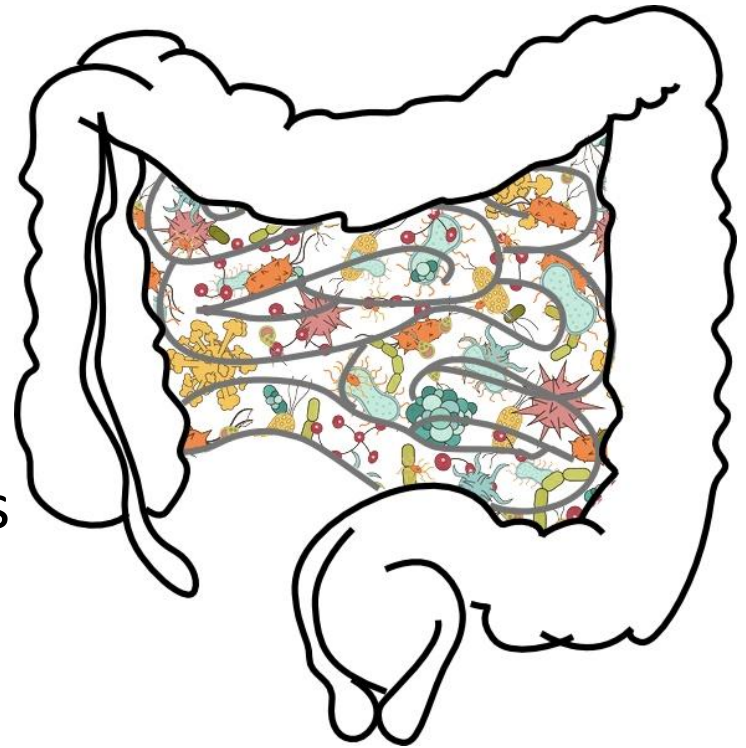
- Short-chain carbohydrates
- **Incompletely absorbed in the GI tract**
- Difficult to digest with functional gut disorders
- **Easily fermented** by gut bacteria
- Exert an osmotic effect, increasing fluid into the large bowel
- Causes **fermentation and osmosis**
- Can lead to IBS symptoms
- May be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



# 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



# 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

# 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: MediClear 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.***

# 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



# 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



# 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.



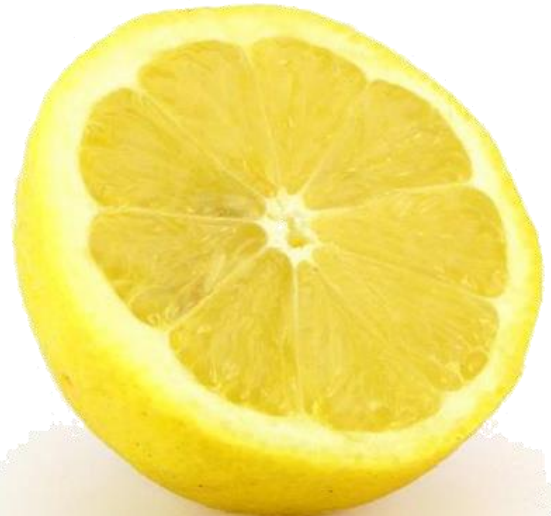
# Pre-meal Ritual to Optimize Digestion and Absorption

- 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

# Daily AM Gut Rejuvenator



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

# 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



# 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



# 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
- Cholagogues
- Regularly cleansing
- Hydration

