



## Upper GI: Mind, Mouth, and Stomach Introduction

### Transcript

Hello and welcome. I'm Dr. Ritamarie Loscalzo and I'm excited to have you here to present some really valuable information about how you can balance the upper part of your gastrointestinal tract including balancing stomach acid and the enzymes that get produced. We are going to have a look at that part of the digestive tract today.

Before we get started I want to make sure that you are aware that the information in this presentation is not intended to replace a one-on-one relationship with a qualified healthcare professional. It's not intended as medical advice. It's intended as a sharing of knowledge and information from my research and experience to you.

I encourage you to make your own healthcare decisions based upon your own research including what I have to share and in partnership with a qualified healthcare professional, especially if you are under the care of a healthcare professional and are on any kind of medication. So are you ready to begin?

This video is all about the **Upper GI** and that includes the **Mouth** and the **Mind** and the **Stomach** and the esophagus and we will get into all that detail. But before we do I want to make sure we are clear on where this fits into the big picture of our program, our tour through the digestive tract, and our balancing of the whole digestive tract.

- We started out with preparation - all the stuff we do before we get started.
- Next we went into **Part 1** and went over digestion basics and showed how it all works, kind of a bird's eye view of how it all fits together. I'll do a bit of a review of what we went over in that part.
- This next part, **Part 2**, is all about the upper part of the GI tract and it really does start in the mind, goes into the mouth, stomach and the esophagus. We'll go into all the details in just a few moments.

- And then in **Part 3** we are going to go into intestinal detox where we are going to work a lot on helping to repair the small intestine, get some detox in that part of the system and then share some recipes which you've already got access to.
- Then in **Part 4** we are going to go through optimizing elimination, because remember our digestion is just as good as how well we absorb and eliminate. If we are eating all kinds of great food but we are not absorbing the nutrients from it and/or we are not eliminating the waste, we are going to get into trouble.

That is the layout of the program.

As a review what we covered before was your digestion, how do you know if it needs attention, what are some of those signs and symptoms that clue you in?

We talked about those obvious things like gas and bloating and things that are obviously in the digestive tract and a sign that the digestive tract is not working really well.

We also talked about the fact that you can have perfectly functioning digestion and not really feel symptoms there but feel it in other parts of your body because of the influence that the digestion has on the brain, on the hormones, on the skin etc.

Then we went into an overview, bird's eye view, of the digestive anatomy and physiology. That was an overview of what the parts are, and this presentation is going to go into a lot more detail about the upper part - how that works and how you can optimize it.

And then in **Part 1**, we went into assessing the function of your digestive tract, including transit time—remember that's the time it takes food to go from mouth to anus—that's the full trip.

Next we talked about pre-meal de-stress practices, and we'll review those in each of our lessons because they are so important. Then we talked about the importance of chewing, and then we introduced the **4R** process of healing your digestion, and we started out with the remove phase, which means we taught you how to do an elimination diet and remove foods that hurt digestion.

Basically if you are not caught up with the materials up to now, or if some of these things aren't familiar, I would recommend that you stop this video now and go back to review **Part 1**.

Or you continue this one and make a note to yourself to go back later. The reason it could be good to continue, then go back, is because the more often you hear things the better. So if you make it through this part, then you go back and review part one, and then you come back and review part two, you are going to understand it more.

The more you understand it, the more you hear it, the more you are going to incorporate it into your life. Let's review the anatomy of digestion. Most people think that digestion begins in your mouth or in your stomach, and a lot of people believe it begins in the stomach.

I believe that digestion begins in your mind and it's actually borne out by science by having that labeled as something called the cephalic phase of digestion.

That's when your mind starts to focus and you need to get yourself prepared and relaxed and start salivating and readying your digestive juices. Your mouth comes next and that's the only place where you can mechanically break down the food. The rest of the digestive tract chemically breaks it down.

You've got the esophagus, which transports, contracts and relaxes to transport the food from mouth to stomach. You've got the stomach, which we are going to go over in detail. Then your small intestine. Your liver which we will touch upon today but we will talk more about when we get further along, same with the gall bladder, the pancreas and finally your large intestines.

The liver, gallbladder, and pancreas are considered accessory organs of the digestive system.

What I mean is they are not part of the tube of mouth to esophagus to stomach to small intestine to large intestine. It's all one tube, and the liver, gallbladder and pancreas are off to the side squirting their wonderful juices in to help digestion happen.

Then we gave you some action items to do as part of the digestion basics so I suggest if you haven't already mastered these that you go back and revisit them and start to incorporate them into your daily habits.

We have an online assessment which will give us scores about which of the parts of the digestive tract seem most out of whack.

We talked about having an *AM Gut Rejuvenator* before any food in the morning. Remember, that's water with lemon juice and essential oils, and it basically kick-starts your digestive tract.

In the recipe guide we've given you a bunch of variations of that *AM Gut Rejuvenator* to help you move things through. Some people like cayenne, some people don't. Some people like ginger, some people don't, so we've added some variations, but you can just stick with the basic.

If you are allergic to citrus fruits, which a number of people are, you can use apple cider vinegar instead of the citrus. We talked about adding daily green drinks or blended soups and we've given you some recipes in the *Recipe Guide*, and then we talked about doing the *Pre-Meal Ritual* before each meal and we are going to review that in the rest of this **Part 2**.

Finally, we talked about how to begin to eliminate the foods that hurt your digestion. If you remember there's a document that's called *Foods That Hurt And Foods That Heal Your Digestion*.

If you are not yet familiar with all these things from **Part 1**, I recommend that you stop the video, go back and review those pieces, and then come on back and listen to the rest of this **Part 2**.