


GRAND: Optimizing the Upper GI - Mind, Mouth, and Stomach - Introduction

Optimizing the Upper GI: Mind, Mouth, and Stomach Introduction

With
Dr. Ritamarie Loscalzo




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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.

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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



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Part 1: What We Covered

- How to tell if your **digestion needs attention**
- Influences on other body systems
- **Digestive anatomy and physiology**
- **Assessment** of digestive function
- The concept of **transit time**
- **The importance of pre-meal**
de-stress practices and chewing
- The **4R process** for healing your digestion
- Elimination diet

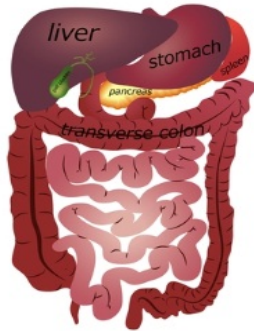


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Basic Anatomy of Digestion

- ✓ Mind
- ✓ Mouth
- ✓ Esophagus
- ✓ Stomach
- ✓ Small intestine
- ✓ Liver
- ✓ Gallbladder
- ✓ Pancreas
- ✓ Large intestine



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Review Part 1 Action Plan

- Complete the online digestion assessment
- Add *Daily AM Gut Rejuvenator* before any food in morning
- Add daily green drinks or blended soups
- Do pre-meal ritual before each meal
- Begin to eliminate the foods that hurt your digestion



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