

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

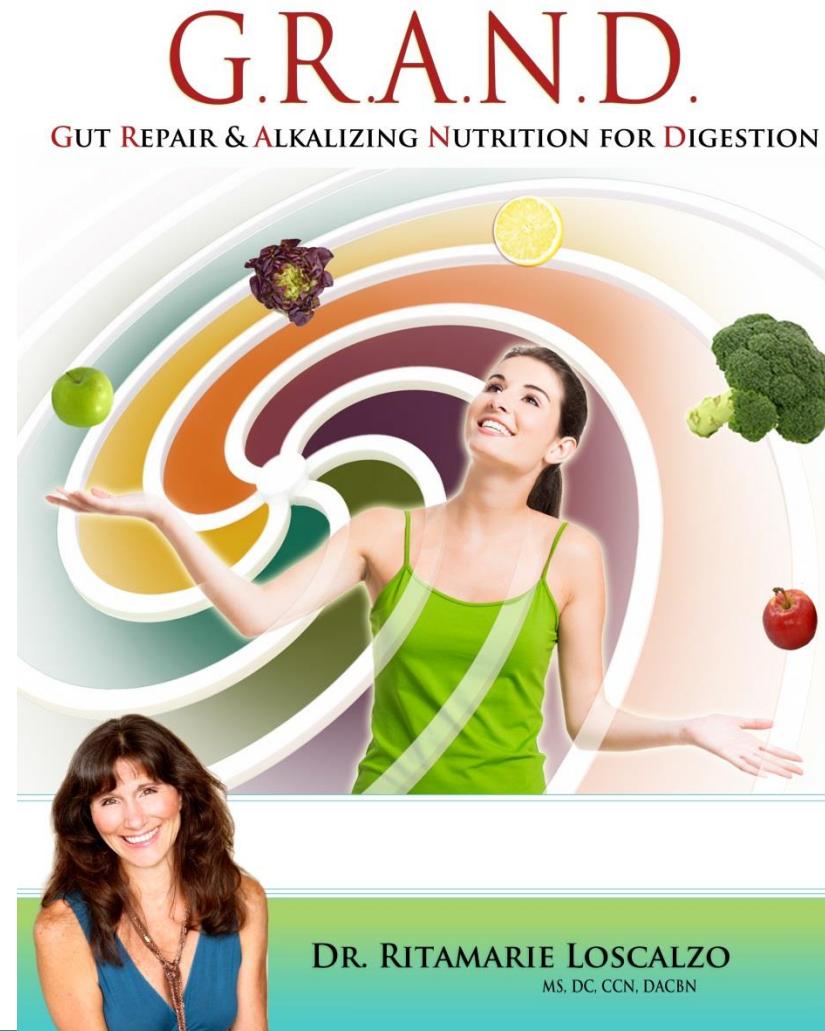
With  
**Dr. Ritamarie Loscalzo**



**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.

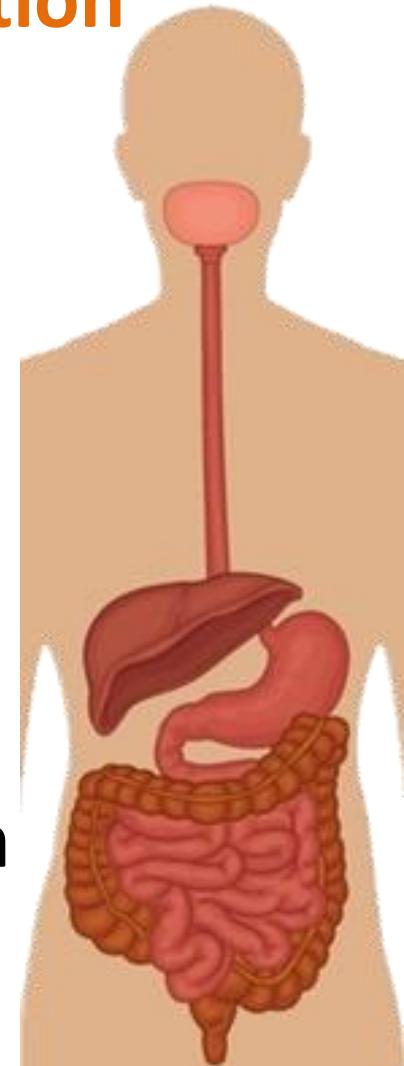
# Gut Repair & Alkalizing Nutrition for Digestion - Program Flow

- 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



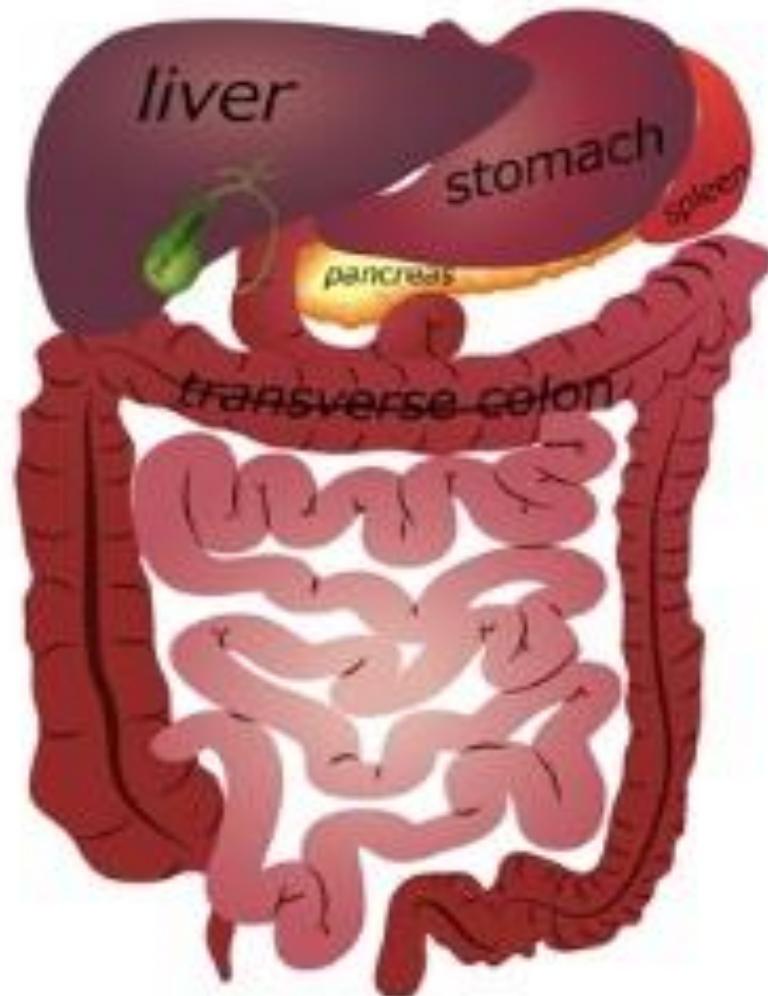
# Part 1: What We Covered

- 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



# Basic Anatomy of Digestion

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



# 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

