

Optimizing the Upper GI: Mind, Mouth, and Stomach Rebalancing Protocols

With

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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.

The 4R Process



- Remove
- Replace
- Reinoculate
- Repair

Bitter Herbs to Stimulate Digestion

Actions of Bitters

- Stimulate HCl, pepsin, mucous in upper GI
- Can stimulate bile, pancreatic enzymes, and hormones
- Decongest portal vein and decrease varicosity
- Enhance immunity
- Calm the nervous system
- Stimulate the parasympathetic nervous system
- Lower blood glucose



Some Common Bitters

- Licorice
- Hops
- Milk thistle
- Gentian
- Orange peel
- Dandelion
- Goldenseal and Oregon grape
- Chicory
- Yarrow
- Mugwort

Healing Factors For The Stomach

- Bitters
- Licorice root
- Slippery elm
- HCl supplementation, if needed
- Pepsin
- Lemon juice
- Apple-cider vinegar
- Extract of black pepper
- Glutamine
- Chlorophyll



Digestive Enzyme Activity Support

- Breathe and relax before eating
- Take bitters 5-15 minutes before each meal
- Chew thoroughly
- Drink warm water ½ hour before meals
- Eat in a calm relaxed state
- Eat slowly and focus on the meal
- Eat living foods that supply enzymes
- Avoid gluten and dairy
- Eat probiotic foods (sauerkraut, kimchi, cultured veggies, kombucha, coconut kefir, non-dairy yogurt)
- Avoid sugar, refined carbohydrates, and alcohol
- Take digestive enzymes with each meal – away from any stomach acid supplementation



Demulcent Herbs – 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

- Licorice
- Marshmallow
- Slippery elm
- Comfrey
- Irish moss
- Cinnamon
- Chamomile
- Fenugreek
- Jujube dates
- Plantain



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

Action Plan for Soothing Upper GI

- Bitters 15 minutes before meal
- Get consistent with pre-meal ritual
- Take enzymes with meals
- Chew thoroughly
- Try gut soothing herbs –
i.e., slippery elm tea and DGL
powder before each meal
- Do HCl Challenge if desired
- Stay calm and present at all meals – harness the power
of appreciation and conscious eating



Review Part 1 Action Plan

- Complete the online digestion assessment if you haven't yet
- Continue *Daily AM Gut Rejuvenator* before any food in the morning
- Continue daily green drinks or blended soups
- Do pre-meal ritual before each meal
- Eliminate the foods that hurt your digestion

