

# 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](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.

# 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  $\frac{1}{2}$  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

