

Optimizing the Upper GI: Mind, Mouth, and Stomach What Can Go Wrong

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.

What Can Go Wrong

- No Stomach Acid: Achlorhydria
- Low Stomach Acid: Hypochlorhydria
- Too much Stomach Acid: Hyperchlorhydria
 - ✓ Ulcers
 - ✓ Gastritis
- Acid in the Wrong Place
 - ✓ GERD: Gastroesophageal Reflux Disease
aka “heartburn”
 - ✓ Esophagitis
- H. pylori Infection → Ulcers
- Stomach Cancer
- Enzyme Insufficiency
- Pancreatitis
- Pancreatic Cancer



Stomach – Symptom Assessment

Low Stomach Acid

- Excessive belching, aching, or burning 1-4 hours after eating
- Gas immediately following a meal
- Offensive breath
- Difficult bowel movements
- Sense of fullness during and after meals
- Difficulty digesting fruits and vegetables
- Undigested foods found in stools

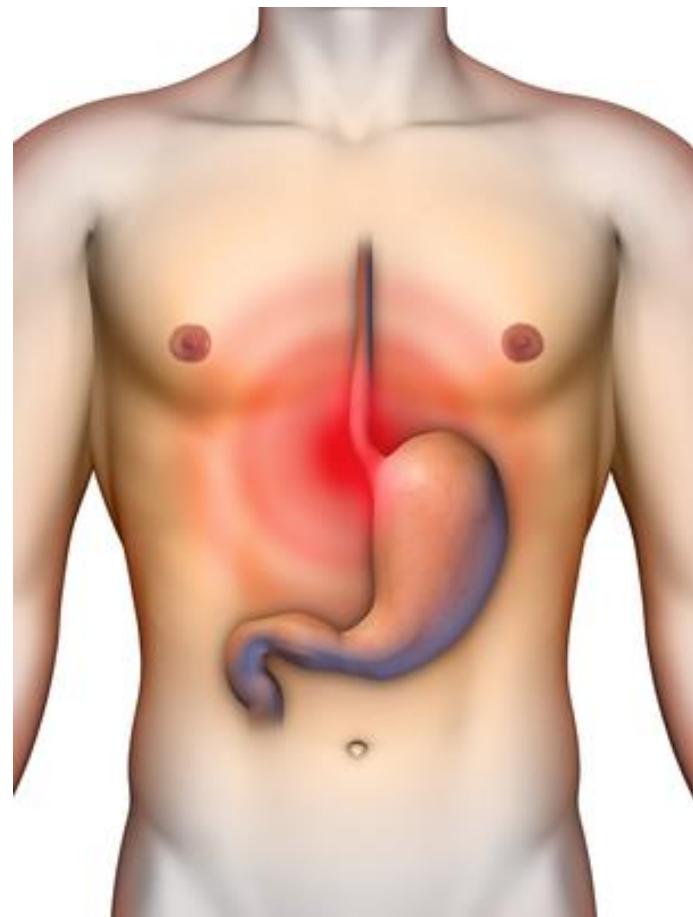
Excess Stomach Acid or Ulcer

- Stomach pain, burning or aching 1-4 hours after meals
- Feeling hungry an hour or two after eating
- Heartburn when lying down or bending forward
- Temporary relief from antacids, food, milk, and carbonated beverages
- Digestive problems subside with rest and relaxation
- Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine



GERD, aka Heartburn - Symptoms

- Food feels trapped behind breastbone
- Burning pain in the chest, worse with bending, lying down, at night
- Nausea after eating
- Difficulty swallowing
- Hiccups
- Hoarseness or change in voice
- Regurgitation of food
- Sore throat after eating
- Possibly: cough or wheezing



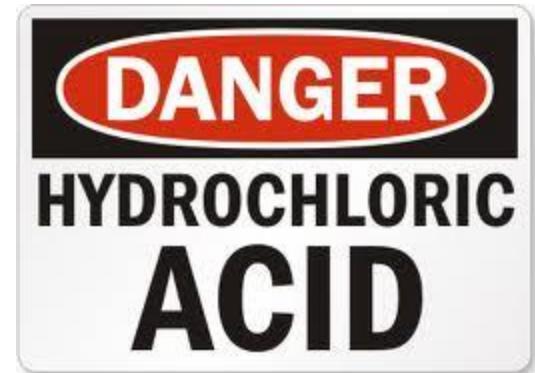
GERD, aka Heartburn - Causes

- Overeating
- Vigorous exercise after eating
- Alcohol
- Caffeine: coffee, chocolate
- Fried or fatty foods
- Tight garments
- Eating while or right before reclining
- Smoking
- Stress



HCl Challenge

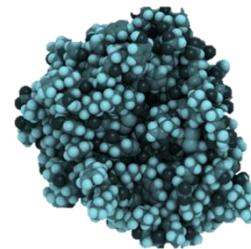
- Home test – assess need for stomach acid
- Start with ONE 500-650 mg capsule (not tablet) containing both hydrochloric acid (HCl) and 150 mg of pepsin.
- Take HCl after a few bites of food; **do not take on an empty stomach or after meals.**
- If you have no discomfort (burning or warm sensation), add one capsule per meal.
- If pain, burning, or a warm sensation, take one of the following:
 - ✓ 1 teaspoon slippery elm in 8 ounces warm water
 - ✓ $\frac{1}{4}$ cup aloe vera juice
 - ✓ $\frac{1}{4}$ teaspoon baking soda in water or.
- Next meal, go back to the dose that caused no pain.



DO NOT go above the maximal dose of 4 capsules per meal unless supervised.

Symptoms of Enzyme Deficiency

- **Gas, bloating and indigestion
½ hour to several hours after eating
- **Chronic bloat and gas,
1-2 hours after eating
- Chronic constipation, diarrhea,
or alternating
- Undigested food in the stool
- Frequent bubbles or grease in
the toilet bowl
- Stool contains undigested food,
foul smelling, mucous-like, very
light in color, greasy or poorly
formed
- Fat soluble vitamin
deficiencies (i.e. keep
taking vitamin D but
can't get levels to improve)
- Taking steps to improve
yourself but not getting the
appropriate response
- Indigestion and fullness last
2-4 hours
- Difficulty losing weight
- Pain, tenderness, soreness
on left side under rib cage
- Excessive passage of gas
- Nausea and/or vomiting



Causes of Low Pancreatic Enzymes

- Autoimmune diseases
- Cystic fibrosis
- Alcohol
- Chronic unremitting stress
- Eating too much heavily processed food
- Chronic overeating
- Overeating cooked foods

