

# 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](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.

# 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

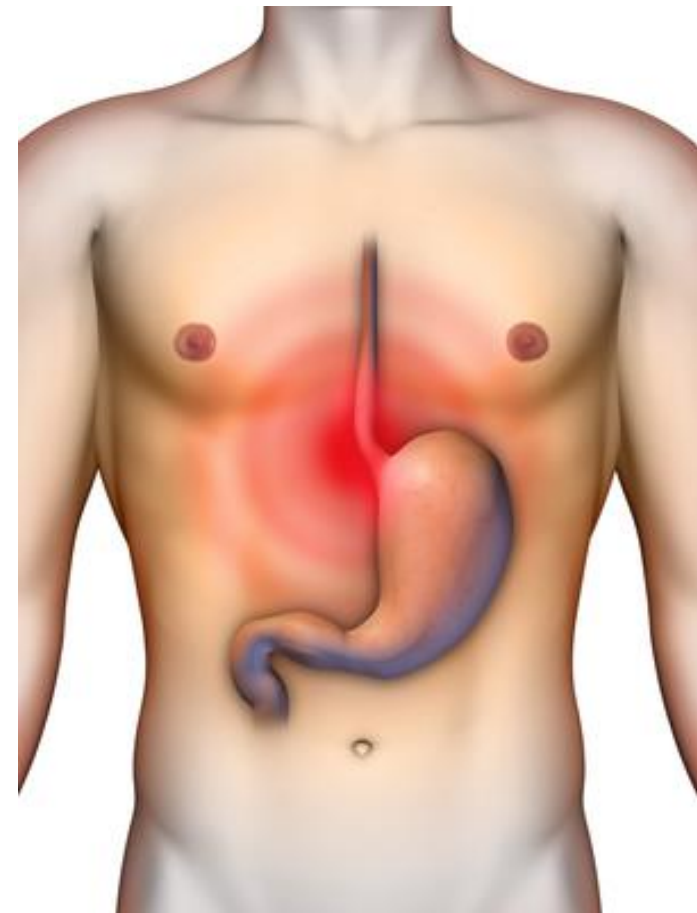
## Excess Stomach Acid or Ulcer

- 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





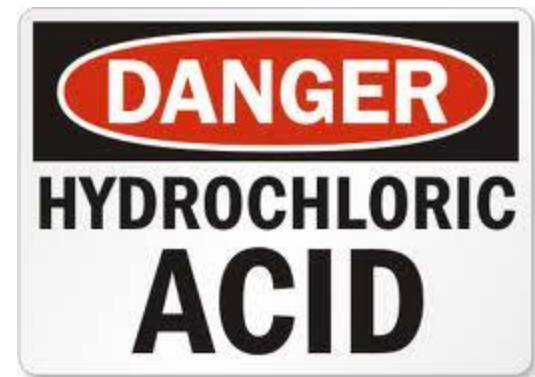
# GERD, aka Heartburn - Causes

- 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

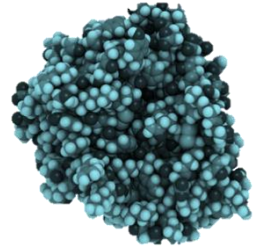
- Home test – assess need for stomach acid
- Start with ONE 500-650 mg capsule (not tablet) containing both hydrochloric acid (HCl) and 150 mg of pepsin.
- Take HCl after a few bites of food; **do not take on an empty stomach or after meals.**
- If you have no discomfort (burning or warm sensation), 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
  - ✓ ¼ cup aloe vera juice
  - ✓ ¼ 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

