



Making Peace With Your Gut

Soothing Strategies for Optimizing Digestion

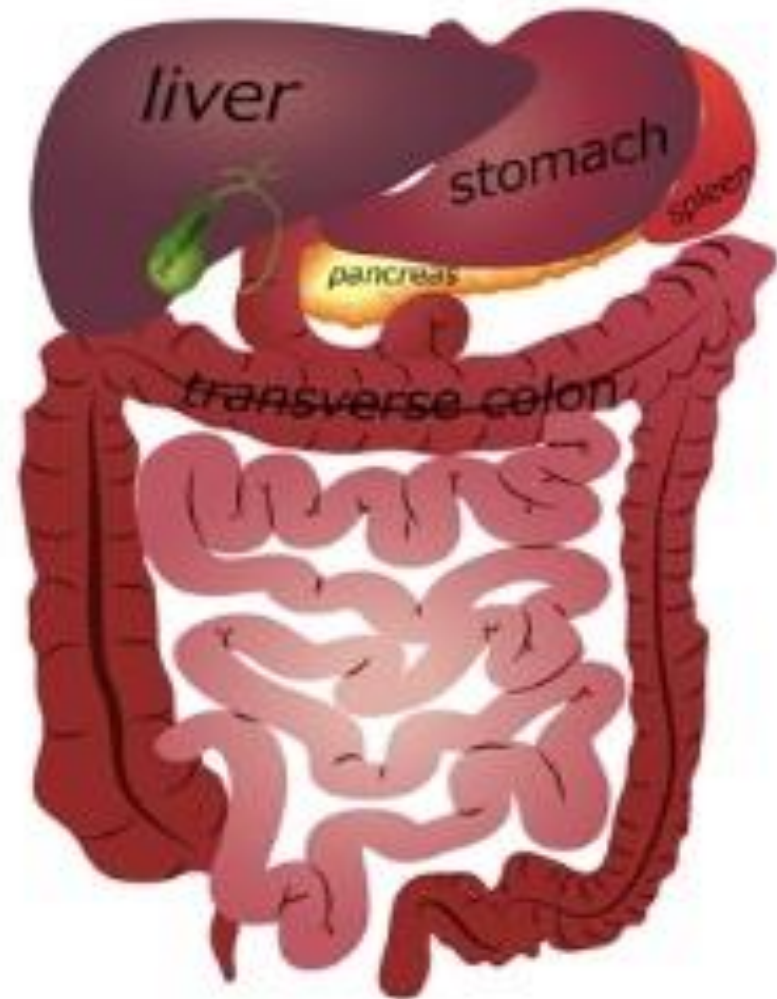


with
Dr. Ritamarie Loscalzo

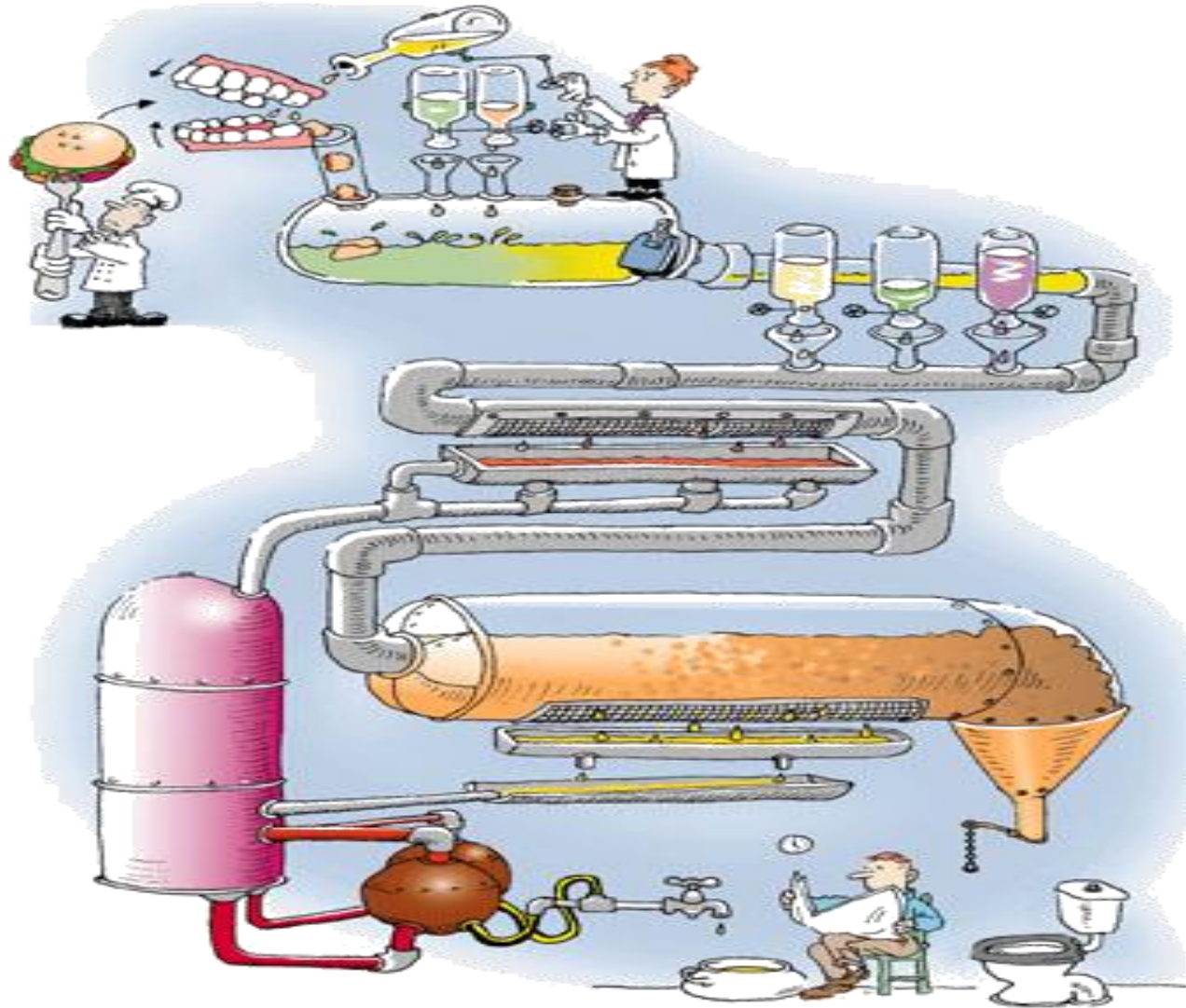
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Basic Anatomy of Digestion

- ✓ Mind
- ✓ Mouth
- ✓ Esophagus
- ✓ Stomach
- ✓ Small intestine
- ✓ Liver
- ✓ Gall bladder
- ✓ Pancreas
- ✓ Large intestine

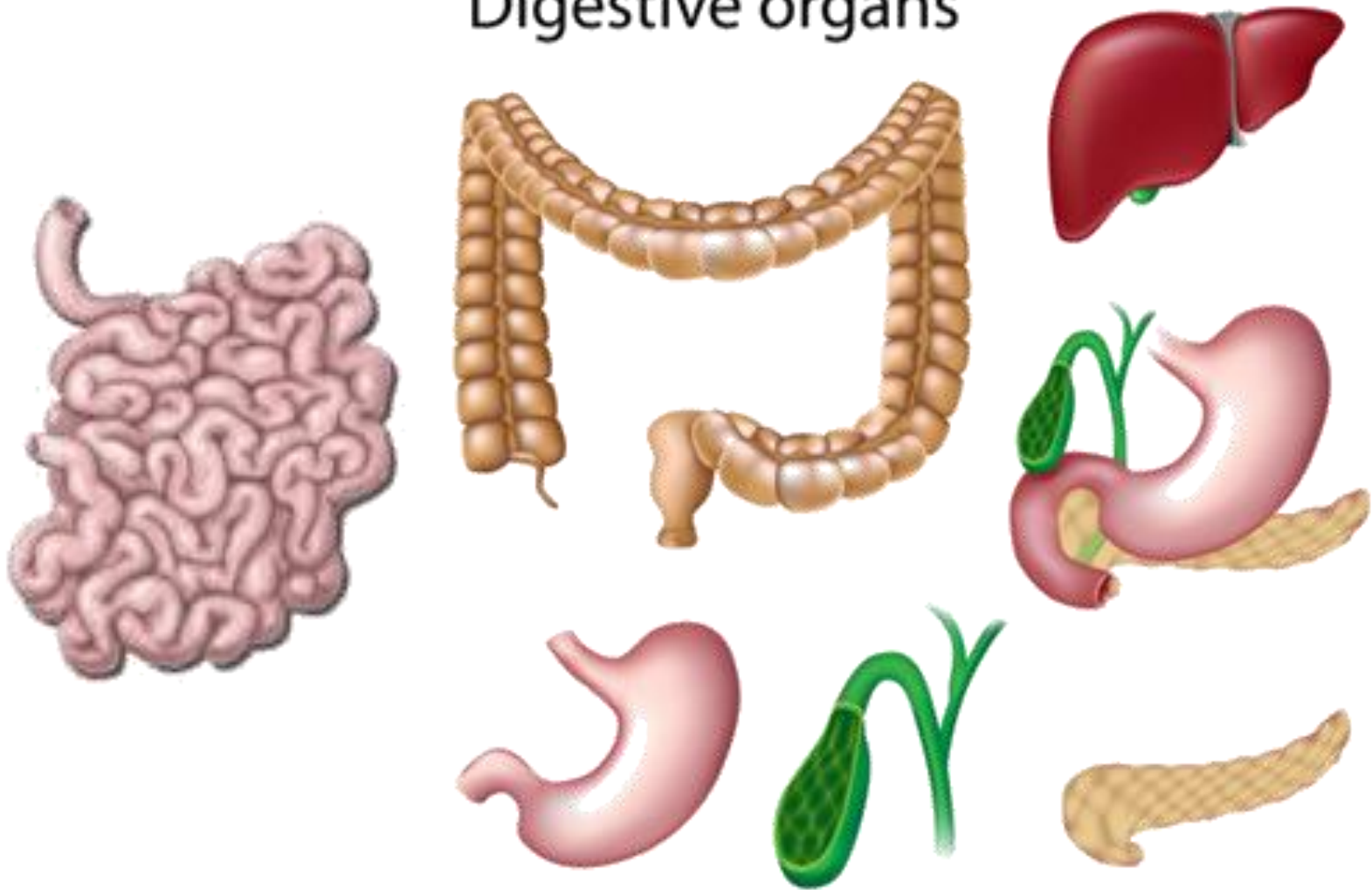


Physiology of Digestion



What Can Go Wrong with Digestion

Digestive organs

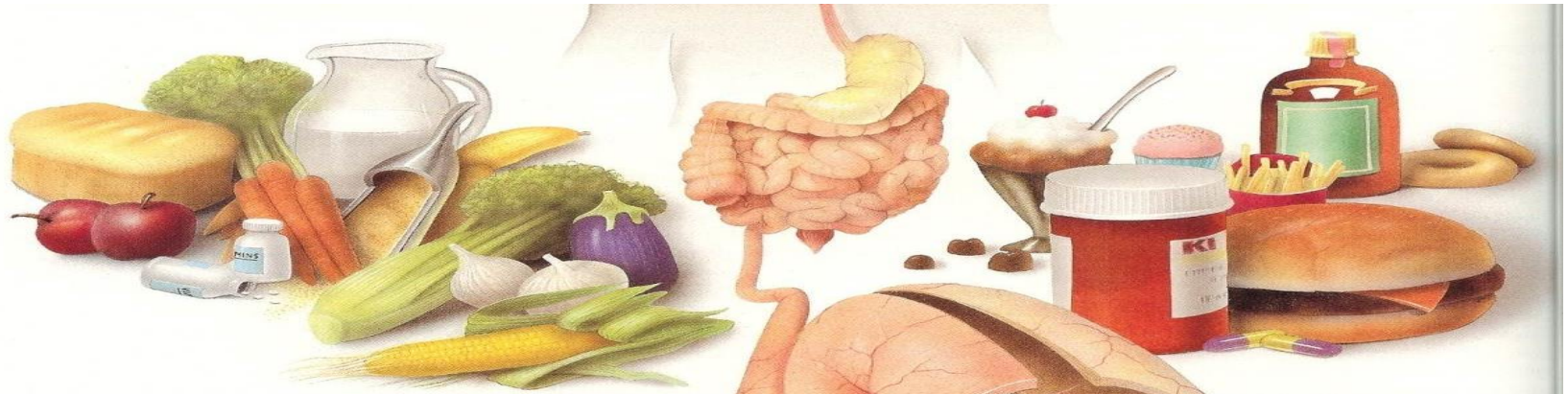


Transit Time



- Time from mouth to anus
- Should be 18 – 24 hours
- Can test using charcoal
- Hippocrates, “the father of medicine”, urged the citizens of Athens that it was essential that they should pass large bulky motions after every meal!

How Your Intestine Works



Healthy Function

Healthful bacteria that coats and protects the intestinal wall, along with other factors obtained from food or from natural intestinal secretions, inhibit unhealthful bacteria and contribute to maintaining bacterial balance and optimal intestinal health.

Lactoperoxidase:
A protein enzyme that damages unhealthful bacteria.

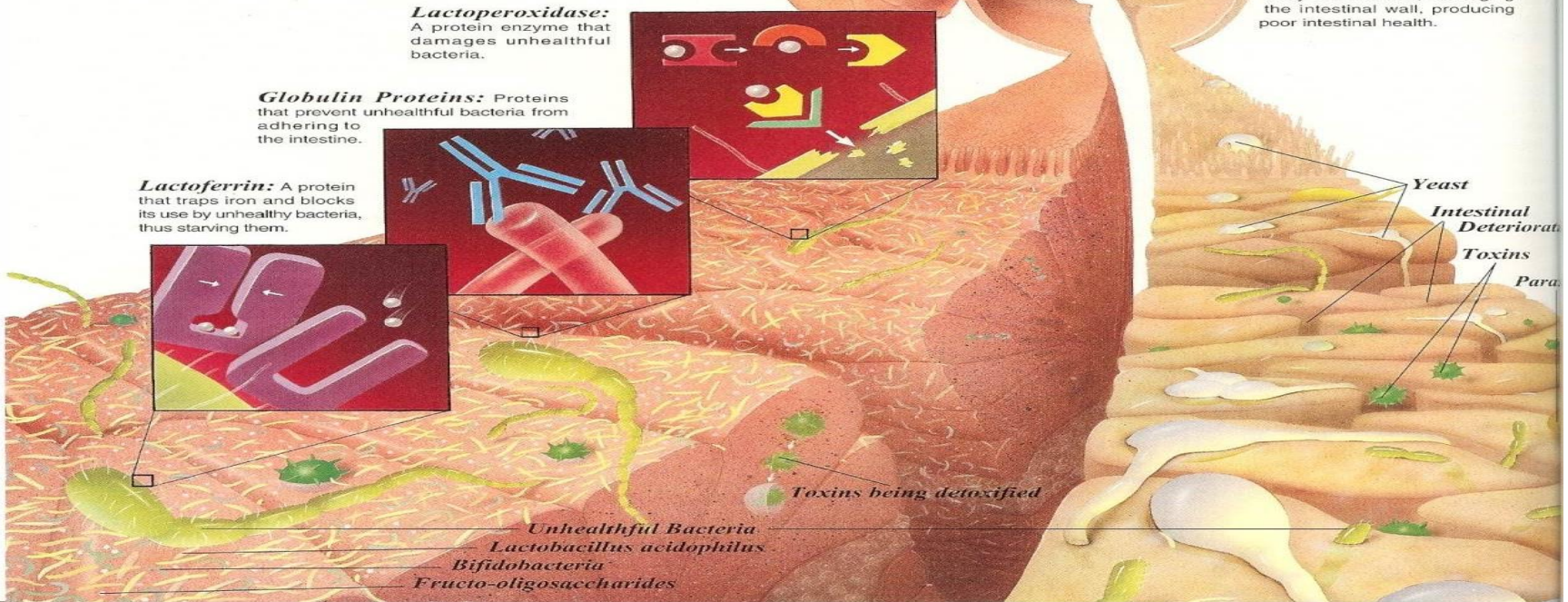
Globulin Proteins: Proteins that prevent unhealthful bacteria from adhering to the intestine.

Lactoferrin: A protein that traps iron and blocks its use by unhealthful bacteria, thus starving them.



Unhealthy Function

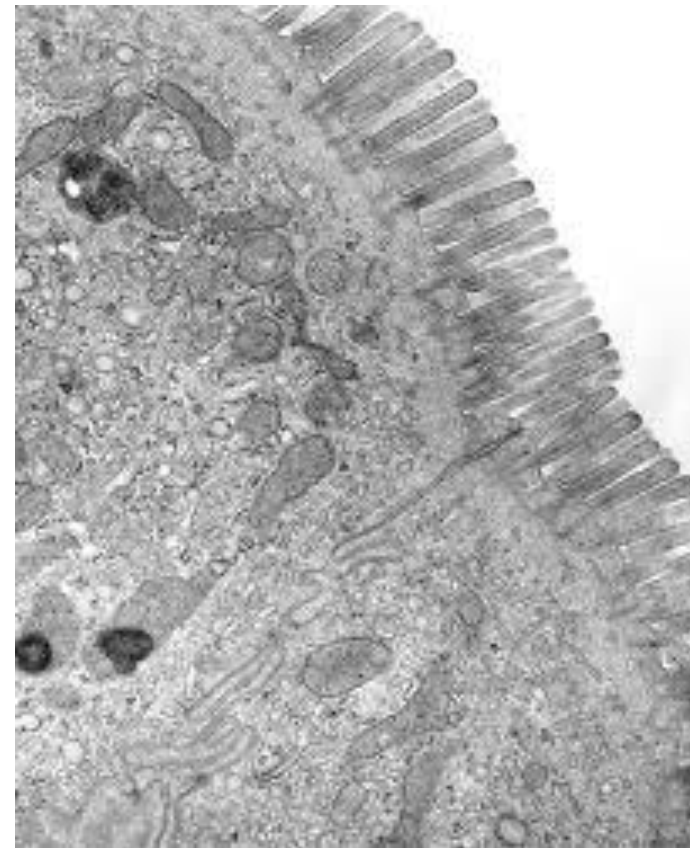
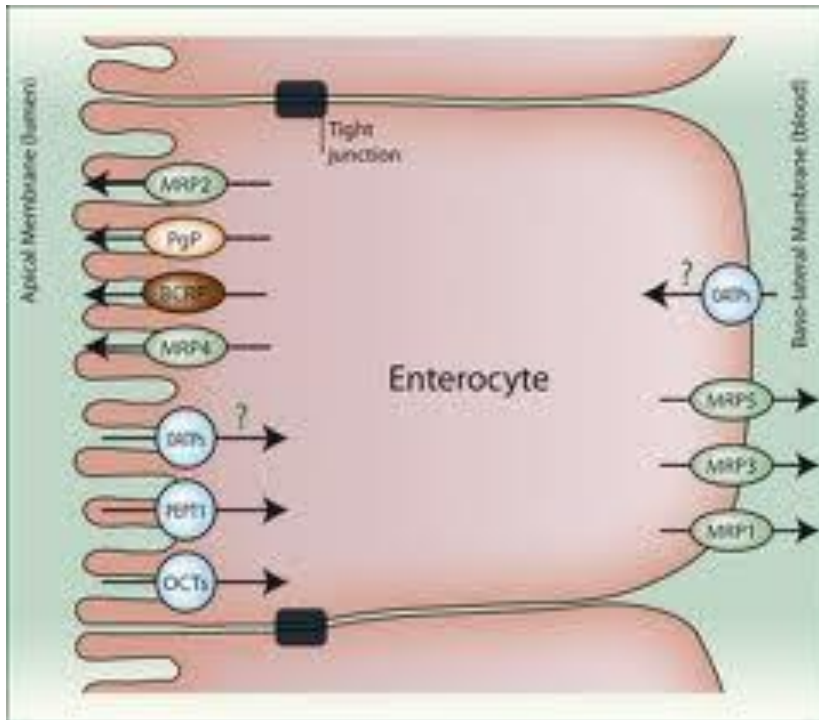
With healthful bacteria and other protective factors missing, unhealthful bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall, producing poor intestinal health.



Unhealthful Bacteria
Lactobacillus acidophilus
Bifidobacteria
Fructo-oligosaccharides

Enterocyte

- Basic cells lining small intestine and colon



Damaged Intestine



Symptoms of Leaky Gut

- **Gastrointestinal complaints:** Gas, bloating, constipation, diarrhea, pain
- **Neurological disturbances:** Aggressive behavior, depression, anxiety, confusion, brain fog, mood swings, nervousness, poor memory
- **Respiratory troubles:** Shortness of breath, asthma, sinus congestion, airborne allergies
- **Hormone imbalance:** Insulin resistance, thyroid complaints, adrenal fatigue, menstrual imbalances
- **Other symptoms:** Poor immunity, recurrent bladder infections, recurrent vaginal infections, skin rashes, bed-wetting, chronic joint pain, chronic muscle pain, fatigue



Causes of Leaky Gut

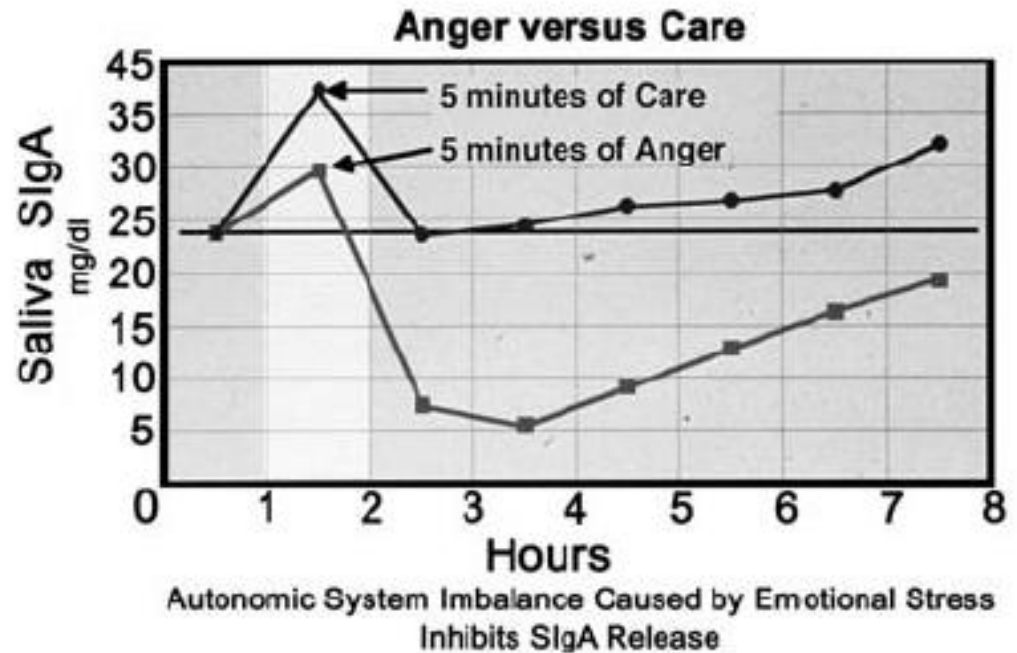
- **Infection:** Toxins released by organisms
- **Toxins:** Alcohol, caffeine, heavy metal toxicity, food additives and preservatives,
- **Medications:** NSAIDs, aspirin, antibiotics, birth control pills, steroids, measles vaccine
- **Diet**
- **Eating under stress**
- **Pancreatic insufficiency**
- **Insufficient chewing**
- **Poor food combining**



Stress vs. Gut



Figure 6. Effect of Emotion on SIgA Release



HeartMath Institute

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

Chewing

- Only your mouth has teeth.
- **Unchewed food** comes out the other end intact.
- Loss of nutrient value when food not chewed.
- **Starts digestive** process in your mouth when food properly chewed.
- You eat more quickly and thus eat too much.
- **Not chewing properly** can lead to reflux.
- Poorly chewed food can lead to flatulence, indigestion, heartburn, gas, and IBS.



Foods That Can Hurt Your Gut

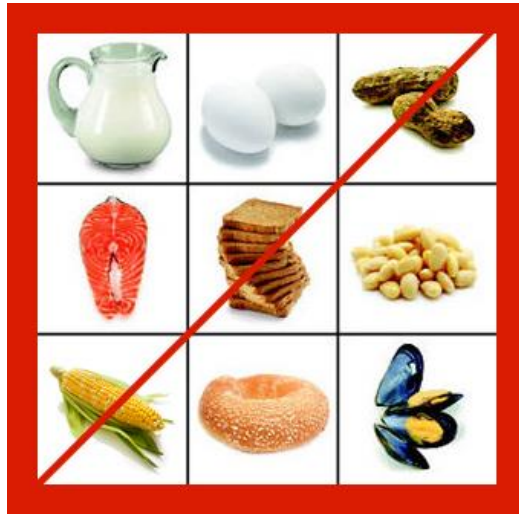
- Gluten
- Dairy
- Sugar and sugar alcohol
- Refined carbohydrates
- All allergens
- Caffeine
- Alcohol
- Lectins: grains, beans, dairy
- Trans fats
- Nightshades
- Processed meats



Elimination Diet

■ Common Allergens

- ✓ Gluten
- ✓ Dairy
- ✓ Egg
- ✓ Peanuts
- ✓ Corn
- ✓ Soy



- Foods you eat frequently
- Foods you crave
- Foods you don't digest well

■ Known Allergens

Elimination/Provocation



- **Identify** suspicious/common allergens
- **Remove** from diet for adequate time
- **Reintroduce** in systematic manner in high dose
- **Sleuth** how you feel (old symptoms) immediately to 2 days out

Demulcent Herbs and Foods

– 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

Demulcent herbs are also known as “mucilaginous”

Who they are

- Chia seed
- Flax seed
- Licorice
- Marshmallow
- Slippery elm
- Comfrey
- Irish moss
- Cinnamon
- Chamomile
- Fenugreek
- Jujube dates
- Aloe vera gel
- Plantain
- Calendula
- Yarrow



Foods and Herbs That Dry Dampness

- Lettuce
- Celery
- Turnips
- Kohlrabi
- Rye
- Amaranth
- Alfalfa
- Aduki beans
- Wild blue-green micro-algae
- Asparagus
- White pepper
- Pumpkin
- Vinegar
- Papaya
- Bitter herbs:
 - ✓ Chapparal
 - ✓ Pau d'Arco
 - ✓ Valerian
 - ✓ Chamomile



Probiotics to Re-Inoculate Your Gut



- Kimchee
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalec
- Miso
- Supplements

Gut Healing Porridge

Ingredients:

- 2 tablespoon chia seed
- 1 teaspoon psyllium
- 1 tablespoon flax seed
- 16 ounces nut milk (e.g. sesame seed, coconut, almond or your choice)
blended with 4 prunes and 1/2 cup blueberries



Directions:

- ✓ Soak chia, psyllium and flax seeds in 1/2 the nut milk for several hours, ideally overnight.
 - ✓ Add remainder of nut milk mixture and serve.
- ❖ *This porridge increases gut healing SCFAs (short chain fatty acids)*

Daily Green Drinks



- Provides gut soothing chlorophyll
- Source of magnesium
- Abundant source of minerals
- Smooth and easy on gut mucosa – allows it to heal faster

Work up to one quart or more daily, any combination

- green juice
- green soups
- blended green drinks
- powdered green drinks