

Dr. Ritamarie's

HAPPY BELLY CHECKLIST

Learn the Truth About the Foods, Nutrients, and Herbs that Either Hurt or Heal Your Gut

If you want a happy belly free of bloating, gas, pain, and malabsorption (and who doesn't), it's a good idea to know about the foods that are your friends and those that are not so friendly. Take inventory. Are you eating more gut hurters than gut healers?

Take Action NOW:

- Check off the foods on the **Gut Hurting** list that you have currently removed.
- Check off the foods on the **Gut Healing** list that you currently include.
- Make a plan to phase out the **Gut Hurting** foods and phase in the **Gut Healing** foods.

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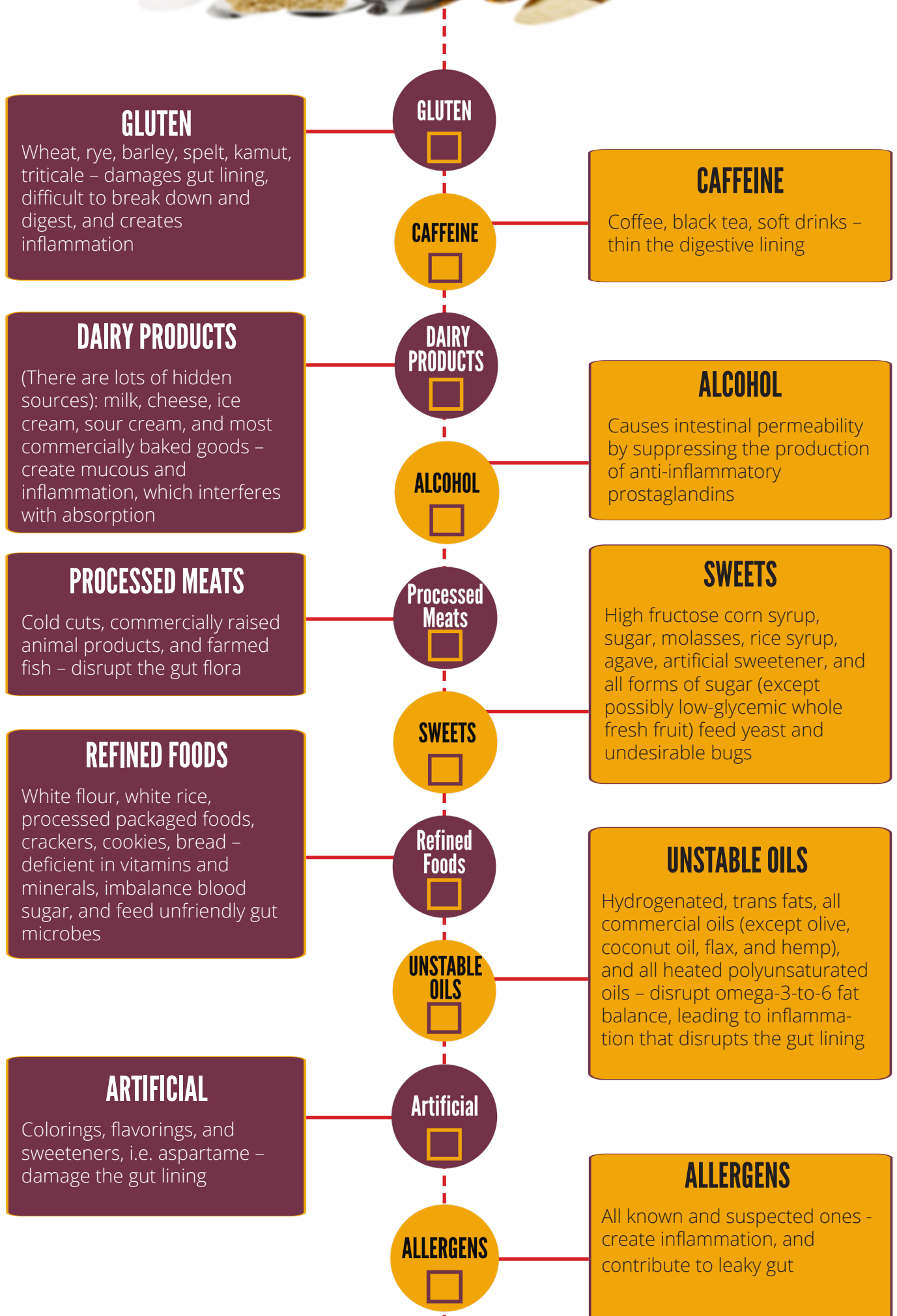
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DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

TOP 10 FOODS THAT HURT YOUR GUT



DR. RITAMARIE LOSCALZO MS, DC, CCN, DACBN

THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contains sulforaphane which has been shown to be a potent gut healer and detoxification inducer

BRASSICAS
including broccoli,
cabbage, cauliflower,
kale, Brussels
sprouts

Contains inulin, a prebiotic that supports healthy gut flora, bitters that help bile flow, and stomach acid production

DANDELION

Contains inulin, a prebiotic that supports healthy gut flora and digestion

**CHICORY
ROOT**

Especially good for enhancing detoxification and as an anti-cancer food

**BROCCOLI
SPROUTS**

Contains inulin, a prebiotic that supports healthy gut flora

**JERUSALEM
ARTICHOKES**

Mucilage, intestinal broom, rich in anti-inflammatory essential fats

CHIA SEED

Contains inulin, a prebiotic that supports healthy gut flora

JICAMA

Mucilage, intestinal broom, rich in anti-inflammatory essential fats

FLAX SEED



THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contain limonene which soothes and heals the digestive tract's mucous membrane and supports detoxification

CITRUS FRUIT PEELS

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

GARLIC

Anti-parasitic, anti-inflammatory, supply zinc, which helps in the repair and regeneration process and immune system

PUMPKIN SEEDS (RAW)

Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

ONION

Especially good for enhancing detoxification and as an anti-cancer food (broccoli, kale, cabbage, radish, mustard, etc.)

SPROUTS

Provide protein and nutrients to aid in leaky gut repair and detoxification

Green Leafy Vegetables and their juices

Anti-fungal, anti-viral, helps decrease candida overgrowth

VIRGIN COCONUT OIL

Contains inulin, a prebiotic that supports healthy gut flora

BURDOCK



TOP 12 HERBS THAT HEAL YOUR GUT

ALOE VERA

Anti-parasitic,
mucilage



GINGER

Anti-inflammatory,
soothing to the
GI system



TURMERIC

Anti-inflammatory,
antioxidant,
antimicrobial



OREGANO

Antimicrobial



THYME

Antimicrobial



ROSEMARY

Anti-parasitic,
mucilage



CHAMOMILE

Soothing and
calming



FENNEL

Antimicrobial



MUSTARD

Especially good for
enhancing
detoxification and as
an anti-cancer food



LICORICE

Repairs damaged
mucous membranes
(avoid if you have high
blood pressure)



SLIPPERY ELM

Mucilage, healing
to damaged
mucous membranes



MARSHMALLOW

Mucilage, healing
to damaged mucous
membranes





ABOUT

Dr. Ritamarie Loscalzo

MS, DC, CCN, DACBN

Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-care system into a true health care system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the Institute of Nutritional Endocrinology, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with over 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

**Find all the Resources You Need for Natural Healing
Based on Cutting-Edge Science**

www.DrRITAMARIE.COM



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