

CMDS | CLINICAL MASTERY OF THE DIGESTIVE SYSTEM

Client Assessment and Education Strategies

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.

Getting to Know Your New Client

- ✓ **The initial contact**
- ✓ **Pre-consultation forms:** online or paper and pen forms completed, usually before initial consultation
- ✓ **Initial consultation:** interview questions
- ✓ **Journals** of their daily activities and diet
- ✓ **Review old labs** if any and order new ones if necessary



Full Functional Assessment

- ✓ “Ninja” history taking and interview skills
- ✓ Questionnaires and surveys, preferably scorable
- ✓ Questions include all aspects of health: diet, environment, habits, exposures, stresses, past
- ✓ Client diary analysis and session check-in forms
- ✓ Looking for nutritional deficiency physical clues
- ✓ Traditional Eastern body diagnosis
- ✓ Blood chemistry analysis
- ✓ Functional lab tests: stool, urine



Components of a Thorough History

- ✓ Demographics and General Information
- ✓ Health Goals
- ✓ History of Chief Complaint(s)
- ✓ Current Health and Exposures
- ✓ Medication and Supplement History
- ✓ Past Health History and Family Health
- ✓ Organ and Gland Scorecards
- ✓ Nutrient Evaluation Scorecards
- ✓ Journals and Tracking Forms
- ✓ “Ready and Willing” Assessment

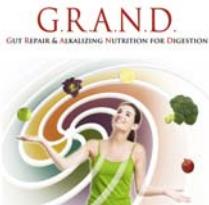
Assessment Interpretation					
Assessment / Desired Score	Score At Start Date:	Priority V High High, Med, Low	Protocols Started Date	Protocols Completed Date	Score After Protocols
Low stomach acid / <10					
Excess stomach acid / <10					
Pancreas/small intestine / <10					
Large intestine / <10					
Liver/gallbladder / <10					
Candida/dysbiosis / <40					
Leaky gut / 0					
SIBO					

	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gall Bladder	Candida/ Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP /Specific Carbohydrate Sensitivity (SCD)	SIBO
Gut Rejuvenator	Initial - "Detox" before SIBO or IBS								
Green Drinks							juice of citrus and berries	Refrain from refined grains and alcohol	Refrain from refined grains
Pre Meal Ritual, Chewing, Calm									
Remove Gut Hurting Foods									
Elimination diet – food sensitivities									
Add Gut healing foods							May need to restrict to cooked protein	May: 10-15% include the protein foods	FODMAP and SCD protein eliminated diet
HCL Challenge	Red						Caution		
Bitters plus zinc	Red								
Enzymes	Red								
Detoxifying Herbs									
Mucilaginous									
Antispasmodic Herbs									
Carmine Herbs									
Candida parasite cleanse									
Leaky Gut									
Liver/gall bladder cleanse									
Probiotics								Caution	Caution
Prebiotics								Caution	Caution
Chlorophyll	Candida May Stimulate H2								

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Teaching Tools and Done-For-You Tools

- ✓ **GRAND** program on VLM
- ✓ **Food Allergies** on VLM
- ✓ Digestion and Assessment Scorecards: PDF and Doc formats
- ✓ Digestion Protocols: PDF and Doc formats
- ✓ Licensing/Use of GRAND materials after certification



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)