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Digestion: 30-Day Gut Repair and Detox Protocol

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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.



Foundations of Healthy Digestion

- ✓ Eat in a calm relaxed state – deep breathing and appreciation
- ✓ Start the day with a cleansing beverage of warm or room temperature water, lemon, cayenne, and mint oil
- ✓ Drink a glass of lukewarm water ½ hour before the meal
- ✓ **Bitters** 5 minutes before the meal
- ✓ **Digestive enzymes** with all cooked and complex raw meals
- ✓ Chew food thoroughly
- ✓ Eat slowly and focus on the meal
- ✓ Food combining or sequencing



Gut-Friendly Foods to Include Daily

- ✓ Green drinks – 32 ounces or more
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic-containing foods
- ✓ Lots of greens, to tolerance
- ✓ Brassicas, aka cruciferous vegetables
- ✓ Fruit should be eaten with greens or celery to prevent a sudden rise in blood sugar, and potential to feed yeast
- ✓ Enzymes: 1-2 with all meals, except juice only or shake



Gut Repair and Healing Cleanse

Liquid only, any combination

- Water
- Chia beverage
- Green juice
- Green smoothie
- Green soup
- Green powder
- Protein powder
- *HealthForce Nutritionals Earth*
- Slippery elm drinks
- Aloe vera



*Include some arugula leaves in green drink

***At least 2 days of liquid only recommended; longer if chronic, irritated or inflamed gut tissue.



Supplements for Gut Repair Jumpstart

- ✓ **NAC: 600 mg**
- ✓ **L-Glutamine: 3500 mg**
- ✓ **Arabinogalactan: 2000 mg**
- ✓ **DGL (Deglycyrrhizinated Licorice Root): 500 mg**
- ✓ **Aloe Leaf Extract: 100 mg**
- ✓ **Vitamin B1: 150 mg 3 times/day**



******GlutaMed by NuMedica and RepairVite by Apex have all but the NAC. RepairVite includes a nice assortment of other healing herbs.***

*****This is one sample of a regime; it may need to be adapted if some ingredients not tolerated***



Optional Supplements for Gut Repair Jumpstart

Sialex (Ecological Formulas)

1-3 capsules after each meal for irritable and inflammatory bowel for restoring mucin in cases of long standing inflammation



Quercetin

500 mg three times a day for inflammation and calming mast cell reactions



Intestinal Rebuild Healing Jumpstart

First 2 days (or longer)

- ✓ Liquid repair and healing cleanse
- ✓ Supplements: 3 times per day
- ✓ Optional: a clean protein powder
 - *Sunwarrior: Warrior Blend or Sprouted Brown Rice*
 - *HealthForce Nutritionals: Warrior Food or Elite Green Protein*
 - *Boku: Protein in the Buff*
- ✓ OR gut-healing protein and nutrient blends
 - *Apex: RepairVite*
 - *NuMedica: GlutaMed plus protein*
 - *Thorne: MediClear Plus*
 - *Metagenics: UltraClear Sustain or UltraInflamX**

Next 5 Days

- ✓ Drink 2-3 green drinks - replace one or two meals.
- ✓ Eat one meal of veggies, raw or lightly steamed, optionally with soaked nuts and/or seeds.
- ✓ Take supplements twice a day and continue supplements for a month.



****Read labels carefully. Thorne and Metagenics change formulas sometimes and there have been added sugars.***



7-Day Gut Detox and 23-Day Repair Protocol

Gut Detox: First 2 Days

(or longer if desired)

1. **Green drinks** only, no solid food. Drink as much as you'd like. Options:
 - Green juice
 - Green smoothie with greens and optionally fruit (skip if candida overgrowth), no nuts, no fats except coconut oil or avocado
 - Green soup
 - Green powder
2. **NAC** 600 mg - 1 scoop 3X/day
3. **Glutamed** or **RepairVite** 1 scoop 3X/day
4. **Vitamin B1** 150 mg 3X/day
5. **Optional: Clean protein powder** 1-2 scoops per day
6. **Optional: Sialex***** 1-3 capsules 3X/day – the higher your digestive imbalance scores, the more you need
7. **Optional: Quercetin** 500 mg 3X/day

Gut Detox: Next 5 Days

1. **2-3 green drinks each day** - replace one or two meals with green drinks
2. **One veggie meal**, raw or lightly steamed, optionally with soaked nuts and/or seeds, sprouts and sweet potatoes if needed and blood sugar tolerates.
3. **Digestive enzymes and bitters** with meals if assessments showed impaired small intestine or stomach.
4. **Take supplements twice** a day now. Continue for a month.
5. **Nitric Oxide veggies** – arugula salad once or twice a day with spinach leaves and grated beet

*****Sialex** added for symptoms of irritable bowel, pain, discomfort, inflammation.
1-3 capsules 3X per day until symptoms subside then 2X per day for a month

Glutamine
DGL
Aloe
Arabinogalactan
Marshmallow
Slippery Elm



7-Day Gut Detox and 23-Day Repair Protocol

Gut Repair: Days 8 – 30

- Continue with **2 or more green drinks** each day (more if you are so inclined) - Whenever possible, replace one or two meals with green drinks.
- Continue **supplements** twice a day.
- Continue **elimination diet**.
- Use *"Foods that Harm, Foods that Heal Your Digestion"* as a guideline of what to eat.
- Make the ***Healing Broth Recipe for Inflamed Colon*** recipe from the GRAND Recipe Collection as often as possible.
- Take **bitters** before meals if you scored high on the low stomach acid part of the digestive assessment.
- Take **digestive enzymes** with each meal if you scored high on the low stomach acid or small intestine/pancreas part of the digestive assessment.
- Make sure you are eliminating! Consult *"Moving Toxins Out: Elimination Bootcamp for Your Bowels"* for additional suggestions and consider enemas and colonics. For lots of resources on doing enemas at home check out:
<http://www.drritamarie.com/go/CoffeeEnemaLiterature>

If you've had long standing, chronic or severe digestive issues, have been diagnosed with Crohn's or ulcerative colitis, or you have a negative reaction to mucilaginous foods and herbs, consider choosing only those foods on the *"Modified Specific Carbohydrate Diet"*.

