# Digestion: Repairing Leaky Gut

Dr. Ritamarie Loscalzo

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.

Repairing

Leaky Gut

The 4 R Program

1. Remove the irritants: foods, toxins, organisms

2. Replace what's missing: enzymes, nutrients

3. Repair the damage

4. Reinoculate with friendly bacteria

Remove
Toxic Foods, Chemicals, and Organisms

- Alcohol
- Caffeine
- Sugar
- Processed fats: trans-, heated
- Refined carbohydrates
- Common allergens
  - Gluten
  - Dairy
  - Egg
  - Peanuts
  - Corn
  - Soy

- ✓ Preservatives
- ✓ Artificial colors and flavors
- ✓ Nightshades, if sensitive
- ✓ Medications, unless prescribed by a doctor
- ✓ Lunch meats, processed or commercially raised meats
- ✓ Candida, parasites, bacteria
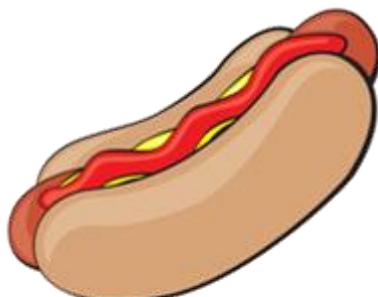
Foods That Can Hurt The Gut

✓ Gluten

✓ Dairy

✓ Sugar and sugar alcohol

✓ Refined carbohydrates

✓ All allergens

✓ Caffeine

✓ Alcohol

✓ Lectins: grains, beans, dairy

✓ Trans fats

✓ Nightshades

✓ Processed meats
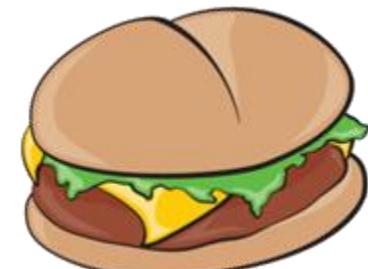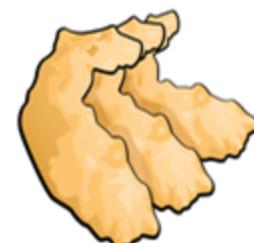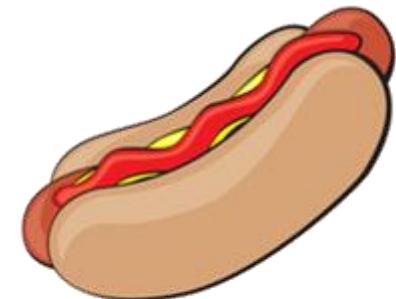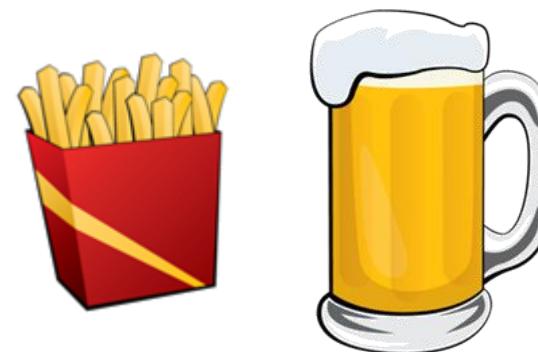
Elimination Diet

✓Common allergens

- ➢ Gluten
- ➢ Dairy
- ➢ Egg
- ➢ Peanuts
- ➢ Corn
- ➢ Soy
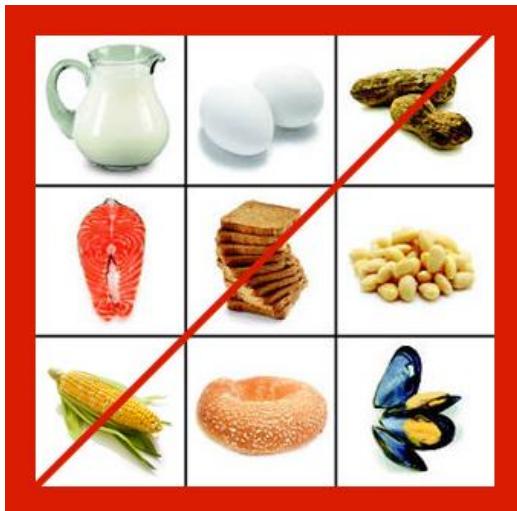
✓Known allergens

✓Foods you eat frequently

✓Foods you crave

✓Foods you don't digest well

Symptoms of Gluten Intolerance

✓ Weight loss or weight gain

✓ Nutritional deficiencies due to malabsorption, e.g., low iron levels

✓ Gastrointestinal problems (bloating, pain, gas, constipation, diarrhea)

✓ Fat in the stools (due to poor digestion)

✓ Aching joints

✓ Depression

✓ Eczema

✓ Headaches

✓ Exhaustion

✓ Irritability and behavioral changes

✓ Infertility, irregular menstrual cycle, and miscarriage

✓ Cramps, tingling, and numbness

✓ Slow infant and child growth

✓ Decline in dental health

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

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 ½ cup blueberries

Directions:

- ➢ Soak chia, psyllium, and flax seeds in ½ 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)*

Replace
Missing Enzymes and Nutrients

✓ Raw and living foods contain enzymes

✓ Take digestive enzymes with all cooked or complex raw foods

✓ Greens, fresh fruits, and vegetables are nutrient dense foods

✓ Green juices, sea vegetables, and microalgae are the most nutrient dense of all

✓ Nutritive herbs and supplements, as needed

Repair
Digestive Track Lining

- Therapeutic foods

- Mucilaginous herbs and foods

- Gut-healing supplements

- Anti-inflammatory herbs and foods

- Gut-healing meal replacements

- Bitters

- Carminatives

Therapeutic Foods

Nitric Oxide

- ✓ Arugula (100x more than any other foods)
- ✓ Spinach
- ✓ Beets
- ✓ Hawthorn extract/ berries/tea
- ✓ Dark leafy greens

NAC

- ✓ Red peppers
- ✓ Garlic
- ✓ Onions
- ✓ Broccoli
- ✓ Brussels sprouts

Arabinogalactans

- ✓ Tomatoes
- ✓ Carrots
- ✓ Radishes
- ✓ Echinacea
- ✓ Reishi

Mucilaginous Herbs and Foods

What they do:

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues

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

Gut Healing Supplements

- ✓ **Glutamine:** 2500 mg 2 times a day or 1500 mg 3 times per day
- ✓ **Quercetin:** 500 mg 2 times per day
- ✓ **N-acetyl cysteine (NAC):** 500 – 1000 mg per day
- ✓ **Vitamin A:** 20,000 – 25,000 IU's per day
- ✓ **Vitamin B1:** 150 mg 3 times per day
- ✓ **Zinc:** 50 – 80 mg per day
- ✓ **Arabinogalactans:** 3 grams 3 times a day
- ✓ **Nitric oxide:** (case by case dose)
- ✓ **Vitamin E:** 400 IU's per day
- ✓ **DHEA:** (case by case dose)
- ✓ **Vitamin C:** 1000 mg 3 times a day or to bowel tolerance

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

*Include some arugula leaves in green drink

Healing Broth Recipe

Ingredients:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- ½ - 1 medium sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies, such as spinach, chard, collards, kale, or dandelion greens
- water for steaming

Directions:

1. Steam veggies until tender and place in blender along with steaming water.   If using sweet potato, cut into 1-inch pieces and start it 10 minutes before the rest of the vegetables.
2. Add additional water, if too thick. Add a pinch of sea salt and oils after blended.
3. Season to taste with basil, cilantro, or other favorite herbs.

Note: Sweet potatoes and squash give the soup a sweeter flavor, but they can trigger candida.

Gut Healing Meal Replacements

- **MediClear Plus:** Thorne
- **RepairVite:** Apex Energetics with protein powder
- **UltraClear SUSTAIN or UltraInflamX:** Metagenics
- **GlutaMed RX** with protein powder: NuMedica
- **Earth:** HealthForce Nutritionals (add a clean protein powder)

Anti-Inflammatory Herbs, Foods, and Nutrients

- ✓ Ginger
- ✓ Turmeric
- ✓ Licorice
- ✓ Chia seeds
- ✓ Flax seeds
- ✓ Hemp seeds
- ✓ Deep ocean fish
- ✓ Algae and sea greens
- ✓ Purslane
- ✓ Vitamin C
- ✓ Omega-3 fats
- ✓ Bromelain and other proteolytic enzymes

- ✓ Capsaicin containing foods - peppers
- ✓ Cinnamon
- ✓ Rosemary
- ✓ Basil
- ✓ Cardamom
- ✓ Chives
- ✓ Cilantro
- ✓ Cloves
- ✓ Garlic
- ✓ Parsley
- ✓ Boswelia
- ✓ Quercetin (bioflavonoid in onions)

Carminative Herbs

What they do:

- ✓ Reduce gas and bloating
- ✓ Enhance digestive secretions
- ✓ Tone the digestive tract
- ✓ Reduce smooth muscle spasms
- ✓ Increase peristalsis

Who they are:

- ✓ Dill
- ✓ Fennel
- ✓ Ginger
- ✓ Caraway
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Clove
- ✓ Cardamom
- ✓ Chamomile
- ✓ Oregano
- ✓ Rosemary
- ✓ Thyme

<u>R</u>einoculate
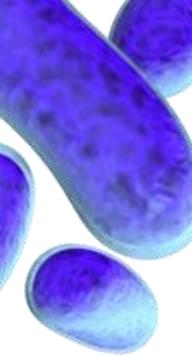
✓ **Put back normal flora with probiotics**

  ➢ Lactobacillus

  ➢ Bifidobacteria

  ➢ Saccharomyces boulardii

  ➢ L. sporogenes

  ➢ Mixed strains
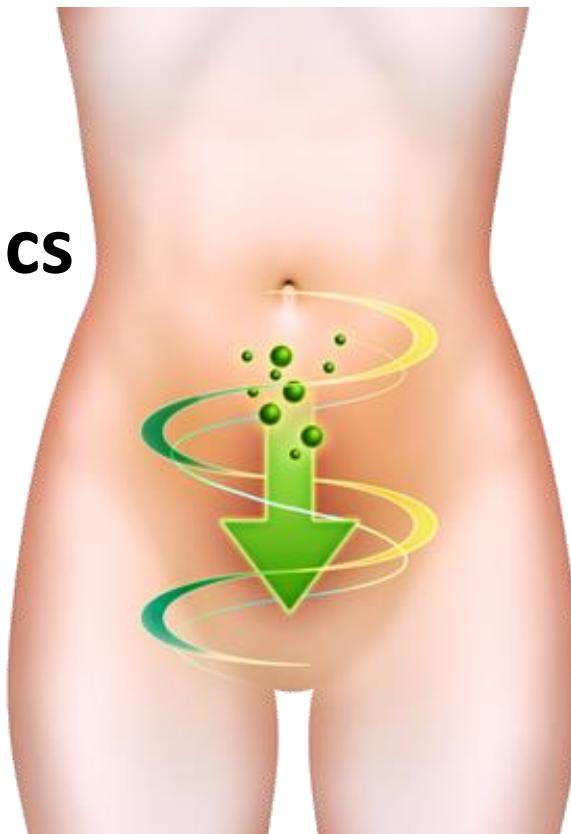
✓ **Feed the normal flora with prebiotics**

  ➢ Fructooligosaccharides

  ➢ Inulin

Probiotics to Reinoculate Gut

- ✓ Kimchi
- ✓ Sauerkraut
- ✓ Coconut Kefir
- ✓ Seed Yogurt
- ✓ Kombucha
- ✓ Rejuvalec
- ✓ Miso
- ✓ Supplements

Food Sources Of Prebiotic

- ✓ Dandelion
- ✓ Wild Yam
- ✓ Jerusalem Artichokes
- ✓ Chicory
- ✓ Jicama
- ✓ Burdock
- ✓ Onion
- ✓ Garlic
- ✓ Yacón

Gut Flora Related to Obesity?

✓ Multiple studies indicate that the ratio of levels of the two major groups of bugs in the GI tract, Bacteroidetes and Firmicutes, decide whether you are more likely to be lean or overweight.

✓ **Firmicutes are the "fat bugs," and Bacteroidetes are the "skinny bugs."** Get them by restoring good gut flora.

✓ The evidence shows that the Firmicutes populations extract more calories from food than do the Bacteroidetes, and play a role in fat storage.

The **Metametrix 2100** comprehensive stool analysis includes a section entitled Adiposity Index, which looks directly at the levels of both Bacteroidetes and Firmicutes flora populations.

Adiposity Index

Firmicutes	75	<= 80
Bacteroidetes	25	>= 20