



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Digestion: Small and Large Intestines - Assessment

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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.



Symptoms of Small Intestine Imbalance

Related to enzymes, gut flora, and leaky gut

- ✓ Roughage and fiber cause constipation
- ✓ Indigestion and fullness last 2-4 hours
- ✓ Difficulty losing weight
- ✓ Pain, tenderness, soreness on left side under rib cage
- ✓ Bloating 1-2 hours after eating
- ✓ Excessive passage of gas
- ✓ Nausea and /or vomiting
- ✓ Stool contains undigested food, foul smelling
- ✓ Stool is mucous-like, greasy, or poorly formed
- ✓ Frequent urination
- ✓ Decreased thirst and appetite
- ✓ Alternating constipation and diarrhea



Small Intestine Assessment

Physical Exam

- ✓ Tender spot at tips of 8th through 10th ribs
- ✓ Tender spot between 7th and 8th ribs on left
- ✓ Tenderness, hardness, or distension in a square 3-inch radius in all directions from umbilicus



Tests

- ✓ Gluten and casein antibodies (www.enterolabs.com)
- ✓ Lactose intolerance breath test
- ✓ Low zinc on zinc assay test
- ✓ GI effects (Metamatrix) or CDSA (Genova Diagnostics) www.directlabs.com
- ✓ Parasite testing
- ✓ Eosinophils + (on CBC)
- ✓ Malabsorption – Urine Indican
 - ✓ Apex Energetics 800-736-4381
- ✓ Bowel transit time
- ✓ Pulse test for food reactions, food allergy test
- ✓ Candida cultures and breath test
- ✓ Intestinal permeability (www.directlabs.com)



Symptoms of Large Intestine Imbalance

- ✓ Feeling that bowels do not empty completely
- ✓ Lower abdominal pain relief by passing stool or gas
- ✓ Alternating constipation and diarrhea
- ✓ Diarrhea (more than 4 bowel movements a day or watery stools)
- ✓ Constipation (less than 2 bowel movements a day)
- ✓ Hard dry or small stool
- ✓ Itchy anus
- ✓ Coated tongue or "fuzzy" debris on tongue
- ✓ Pass large amount of foul smelling gas
- ✓ More than 3 bowel movements daily
- ✓ Frequent use of laxatives
- ✓ Cramping in lower abdomen
- ✓ Blood or mucus in stool
- ✓ Irritable bowel syndrome
- ✓ Inflammatory bowel disease
- ✓ Episodes of 'left' sided pain (suggest diverticular disease)



Large Intestine Assessment

Exam

- ✓ Tenderness along 8-10th ribs
- ✓ Tenderness over large or small intestine
- ✓ Hydration status: hands at side palpate veins
- ✓ Tenderness along outside of thigh



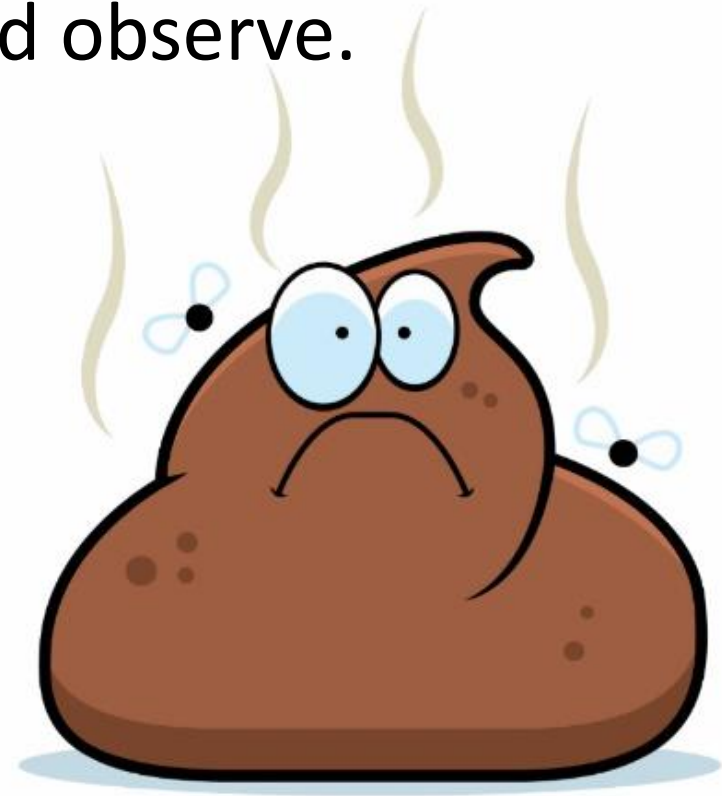
Testing

- ✓ Eosinophils (on CBC): parasites or allergies
- ✓ Bowel transit time
- ✓ CDSA (Genova Diagnostics) or GI effects (Metamatrix): www.directlabs.com
- ✓ Urinary indican
- ✓ Parasitology and candida assessment










The Story in Your Poop

- ✓ Your fecal material tells a story about what's going on in your digestive tract.
- ✓ Take a look over a few days and observe.
- ✓ It will give you clues about what areas need attention.



Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid








Criteria for Assessing the Health of Your Poop

This chart can be found in the *Moving Toxins Out: Elimination Bootcamp for Your Bowels* document.

If you have any of the following types of poop, it is likely that your digestion is not ideal and can use some help.

- **Greasy** - indicates poor fat digestion, which can be a sign of impaired liver. Digestive enzymes and liver support are indicated here.
- **Foul smelling** - a sign of stagnation in your large intestine and possibly an overly acidic system. Digestive enzymes and probiotics are indicated here. Enemas and colonics may be indicated as well.
- **Leave a skid mark in the bowl** - usually a sign of excess mucous in the stool. This can be a result of the intake of dairy, wheat, or other mucous producing foods or allergens.
- **Pellets** - indicative of dehydration, low fiber intake, or sluggish liver function.
- **Lumpy** - similar to pellets, but the pellets are all formed into a sausage like shape.
- **Pale colored** - indicative of low bile production from impaired liver function.
- **Visible food particles** - indicates you're not chewing enough. Slow down and chew your food until it's a smooth consistency.
- **Pencil thin** - can indicate that the large intestine is clogged, with stools hardened around the edges so only a narrow passage way remains open.
- **Watery** - can indicate an irritated bowel, toxin exposure, or chronic dysbiosis (or "bad" life) in your colon.
- **Small curved pieces** - indicate faster than normal transit time. The stools still have the shape of the small intestine because they have not been in the large intestine long enough to become dryer and take on the larger dimension.

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