



INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

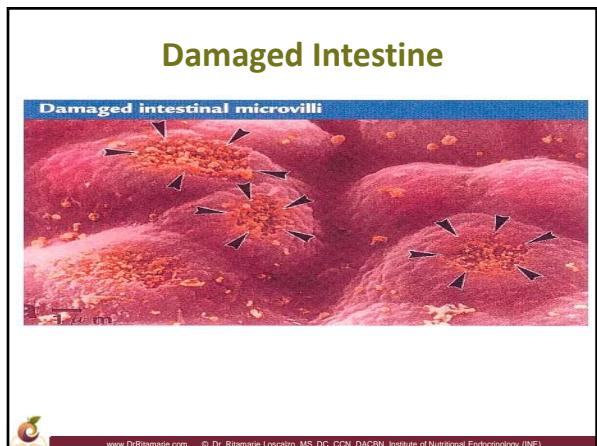
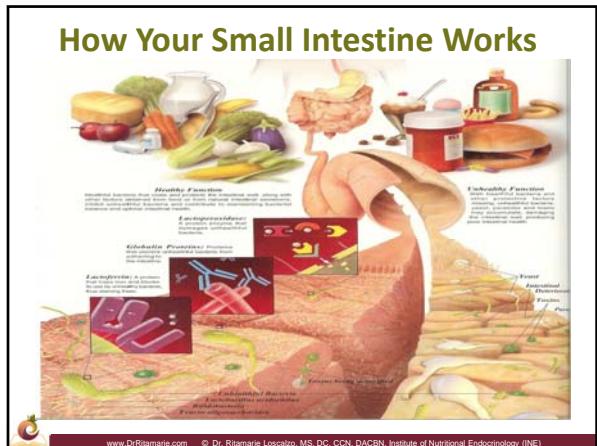
Digestion: Small and Large Intestines - Pathology

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.

What Can Go Wrong in the Intestines?

- ✓ Leaky gut and malabsorption
- ✓ SIBO
- ✓ Dysbiosis - infections
- ✓ Diverticulosis/Diverticulitis
- ✓ Irritable bowel
- ✓ Constipation
- ✓ Inflammatory bowel – Crohn's, Ulcerative Colitis
- ✓ Hemorrhoids
- ✓ Celiac
- ✓ Food allergy
- ✓ Diarrhea
- ✓ Gas and bloating
- ✓ Pain

INE: Digestion: Small and Large Intestines - Pathology



Causes of Leaky Gut

- ✓ **Infection:** Toxins released by organisms
- ✓ **Toxins:** Alcohol, caffeine, heavy metal toxicity, food additives and preservatives
- ✓ **Medications:** NSAIDs, aspirin, antibiotics, birth control pills, steroids, measles vaccine
- ✓ **Diet**
- ✓ **Eating under stress**
- ✓ **Pancreatic insufficiency**
- ✓ **Insufficient chewing**
- ✓ **Poor food combining**

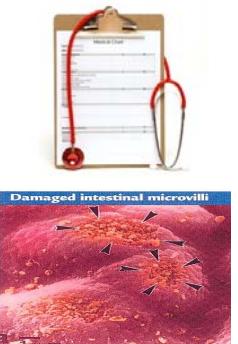


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A small, colorful decorative icon consisting of a green leaf-like shape and a swirling orange and yellow pattern.

Leaky Gut Functional Assessment

- ✓ Mental and emotional state
- ✓ Chewing
- ✓ Stomach acid
- ✓ Mucosal lining
- ✓ Liver/gall bladder function
- ✓ Pancreatic enzymes
- ✓ Gut flora
- ✓ Elimination



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Leaky Gut Assessment

- ✓ Constipation and/or diarrhea
- ✓ Abdominal pain or bloating
- ✓ Mucus or blood in stool
- ✓ Food allergies, sensitivities or intolerance
- ✓ Ulcerative colitis, Crohn's disease, or celiac disease
- ✓ Alcohol consumption makes you sick
- ✓ History of antibiotic use
- ✓ Use of non-steroidal anti-inflammatory drugs (Aspirin, Tylenol, Motrin)
- ✓ Depression
- ✓ Hormone imbalance
- ✓ Brain fog
- ✓ Confusion, poor memory, or mood swings
- ✓ Joint pain or swelling, arthritis
- ✓ Chronic or frequent fatigue
- ✓ Sinus or nasal congestion
- ✓ Chronic or frequent inflammation
- ✓ Eczema, skin rashes, or hives
- ✓ Asthma, hayfever, or airborne allergies



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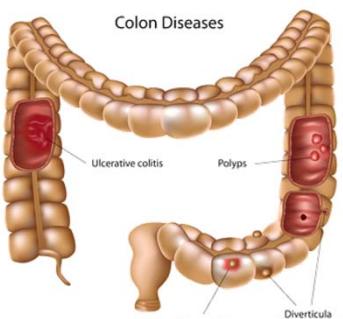
Leaky Gut Lab Tests

- ✓ **Intestinal Permeability:** <http://www.cyrexlabs.com/>
- ✓ **Stool Test:** normal flora, pathogens, inflammation – Genova, Metametrix, Diagnos-Techs, BioHealth
- ✓ **Gluten Test:**
 - Stool Antibodies: <http://www.enterolab.com/>
 - Blood Antibodies Complete: <http://www.cyrexlabs.com/>



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Large Intestine Diseases



Diverticulitis (Diverticulosis)

Inflammatory Bowel Diseases

**Chronic inflammation along the GI tract,
Usually autoimmune**

- ✓ Ulcerative Colitis
- ✓ Crohn's
- ✓ Microscopic Colitis
 - Collagenous colitis
 - Lymphocytic colitis



Healthy Colon



Ulcerative Colitis



Crohn's Disease

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Ulcerative Colitis

✓ **Location:** Most common on the left side of the large intestine: descending colon, sigmoid, and rectum

✓ Characteristics:

- Inflammation and ulceration on the surface of intestinal lining
- Thinning of the mucosa
- Blood and mucous in the stools
- Diarrhea
- Cyclic abdominal pain and cramping
- Rectal pain
- Weight loss, fever, fatigue



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Crohn's Disease

- ✓ **Location:** Anywhere in GI tract, most commonly in ileocecal area (about 50%). Other locations: large intestine (about 20%), small intestine alone (about 30%), stomach (rarely), mouth and esophagus (very rare)

✓ Characteristics:

- Inflammation deep into the lining
- Thickening of the mucosa
- Serious pain
- Lots of diarrhea
- Weight loss, fever, fatigue
- Rectal bleeding (less than UC)

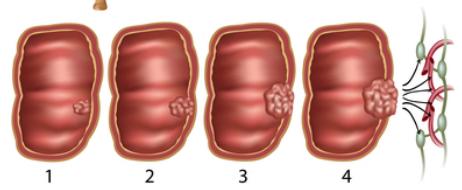


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Colon Cancer



The stages of colon cancer



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