



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Digestion: Soothing Irritable Bowel

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Irritable Bowel Syndrome (IBS)

IMPORTANT: *There are no direct tissue changes, ulcerations, or inflammation. IBS is a functional vs. organic issue.*

Symptoms of IBS

- ✓ Abdominal pain
- ✓ Cramping
- ✓ Diarrhea
- ✓ Constipation
- ✓ Alternating constipation and diarrhea
- ✓ Bloating



Types of IBS



✓ IBS – D

- Diarrhea more than 25% of the time
- Constipation is rare

✓ IBS – C

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- Diarrhea is rare

✓ IBS – M

- Alternating constipation and diarrhea
- Both occur more than 25% of the time



Overcoming Irritable Bowel Syndrome (IBS)

- ✓ Identify and avoid stressor foods
 - Gluten and dairy are common
- ✓ Check out digestive enzyme status and replace as needed
- ✓ Heal the lining of the gut
- ✓ Calm the gut
- ✓ Restore gut flora
- ✓ Chew papaya enzymes every few hours
(5 of them have shown to be helpful)
- ✓ Drink soothing gut juices, broths, and smoothies
- ✓ Possibly avoid raw vegetables for a month to allow things to calm down



Carminative Herbs for IBS

What They Do

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

Common Herbs

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



Natural Anti-Spasmatics for the Digestive Tract

Herbs and Foods

- ✓ Chamomile
- ✓ Wild yam (not long-term)
- ✓ Valerian
- ✓ Kudzu
- ✓ Lemon balm
- ✓ Peppermint
- ✓ Artichoke



Formulas

- ✓ Sialex by Ecological Formulas
- ✓ GastroSoothe by Enzymatic Therapy
- ✓ Iberogast: German formula
- ✓ Traditional Chinese formulas



Demulcent Herbs – Soothe and Heal

What They Do

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

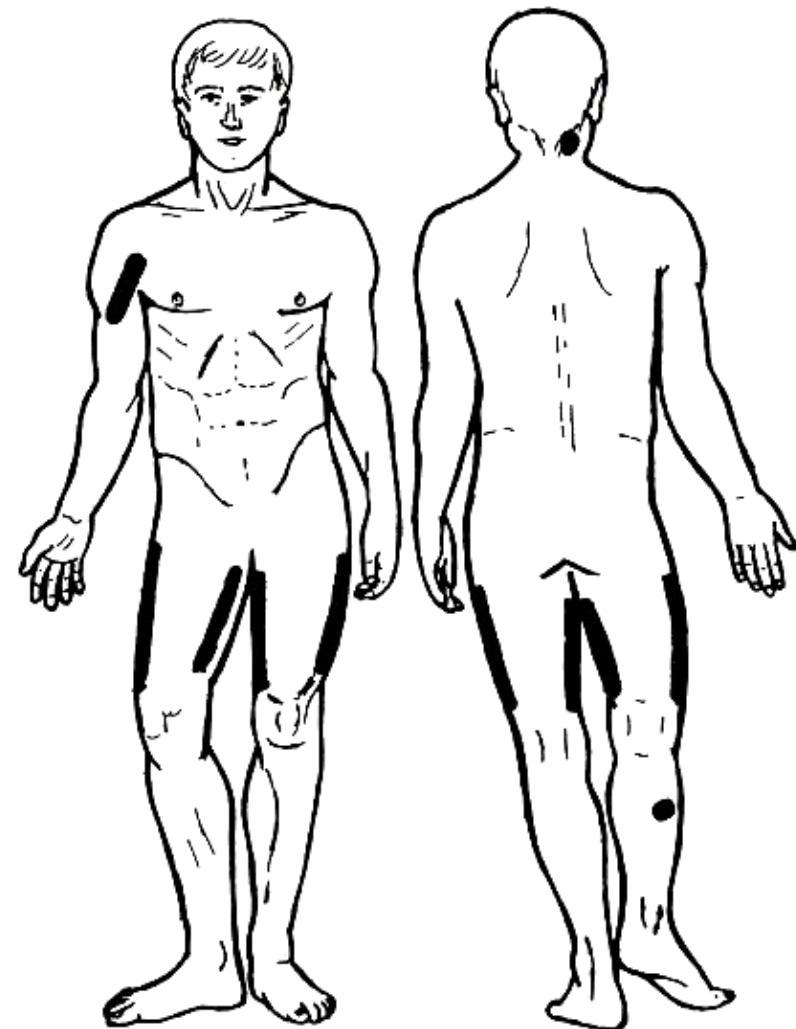
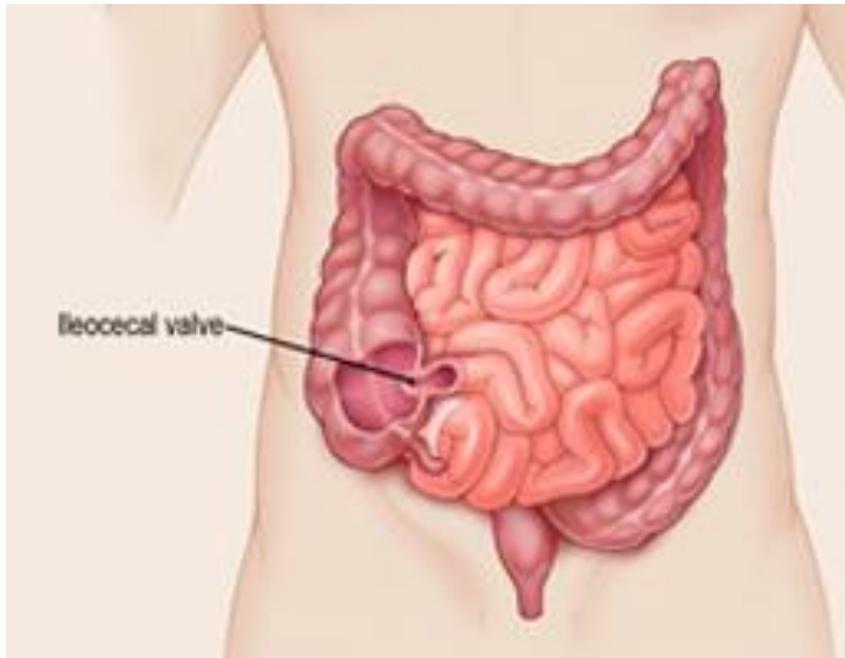


Common Herbs

- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery elm
- ✓ Comfrey
- ✓ Irish moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube dates
- ✓ Plantain

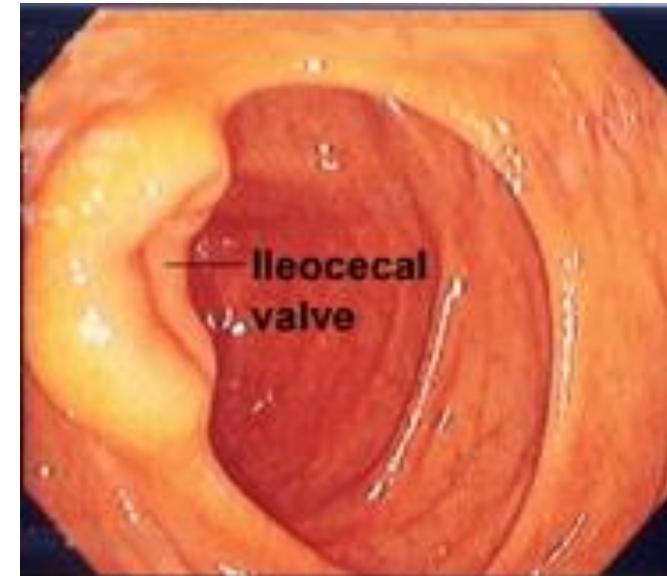


Ileocecal Valve: Location and Reflexes



Ileocecal Valve

- ✓ **Open:** Backflow of large intestine contents into small intestine
- ✓ **Closed:** Lack of progression from small intestine into large intestine
- ✓ Gastroileal reflex causes valve to open
- ✓ Normally distention of ileum causes the valve to open
- ✓ Sympathetic stimulation (stress) causes it to contract



Symptoms of Ileocecal Valve Dysfunction

- ✓ Constipation
- ✓ Palpitations
- ✓ Chest pain with activity
- ✓ Pseudo-Meniere's
- ✓ Migraine
- ✓ Edema
- ✓ Right shoulder pain
- ✓ Neck stiffness
- ✓ Midafternoon nausea
- ✓ Dizziness
- ✓ Tinnitus
- ✓ Dark circles under eyes
- ✓ Achiness



What To Do About Ileocecal Valve Dysfunction

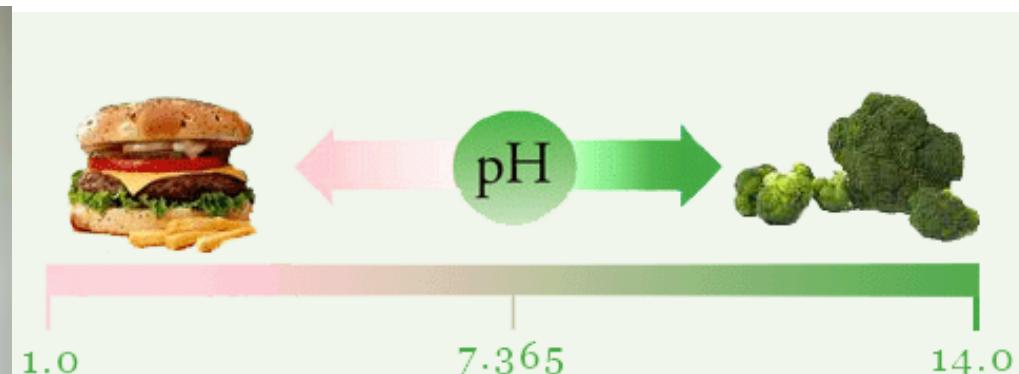
✓ Reflex point massage

- LI4, BL58, KI5
- Base of skull
- Anterior, superior right arm

✓ Manipulation

✓ Diet (temporary)

- Avoid high-fiber foods
- Avoid spicy foods
- Add chlorophyll
- Bitters
- pH balanced diet



Transit Time



- ✓ Time from mouth to anus
- ✓ Should be 18 – 24 hours
- ✓ Can test using charcoal
- ✓ Normal is a bowel movement within a half hour after every meal



Improving Transit Time

(Ideally food should be eliminated within 18 hours!)

- ✓ **Avoid irritants:** Caffeine, alcohol, processed fats, chocolate, wheat, and dairy
- ✓ **Avoid allergens:** Common culprits are WHEAT, CORN, SOY, DAIRY, EGGS, and PEANUTS, but can be anything
- ✓ **Relax before and during meals:**
Take a few deep breaths and avoid multitasking
- ✓ **Eat enough fruit, as tolerated by blood sugar:**
Sometimes just adding fruit provides the needed fiber and moisture to improve transit time
- ✓ **Drink enough water** to keep things moving along
- ✓ **Use mucilaginous herbs** to lubricate stool:
chia and flax seeds, slippery elm, etc.
- ✓ **Keep gut critters balanced:** Use probiotics and anti-candida protocols
- ✓ **Exercise** to keep the muscles in the large intestine working properly

