



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Digestion: Soothing Irritable Bowel

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. This presentation is provided for informational purposes only and no guarantees, promises, representations or warranties of any kind regarding specific or general benefits, have been or will be made by Dr. Ritamarie Loscalzo, her affiliates or their officers, principals, representatives, agents or employees. Dr. Ritamarie Loscalzo is not responsible for, and shall have no liability for any success or failure, acts and/or omissions, the appropriateness of the participant's decisions, or the use of or reliance on this information.



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

- Constipation more than 25% of the time
- 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-Spasmodics 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

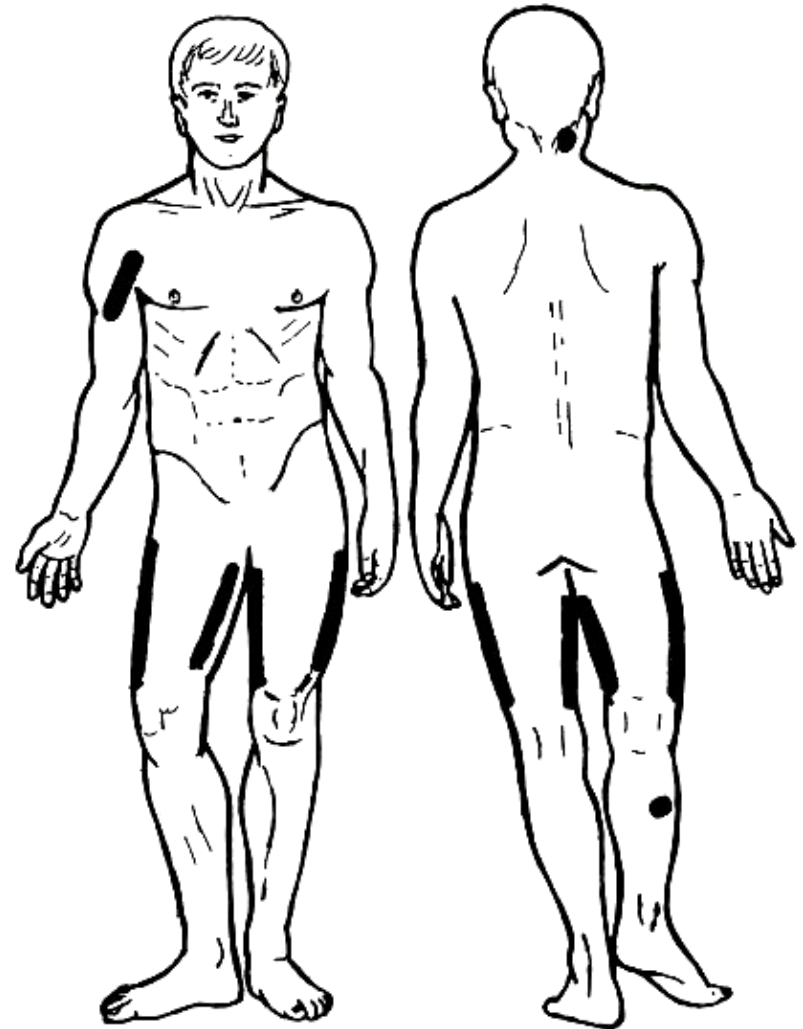
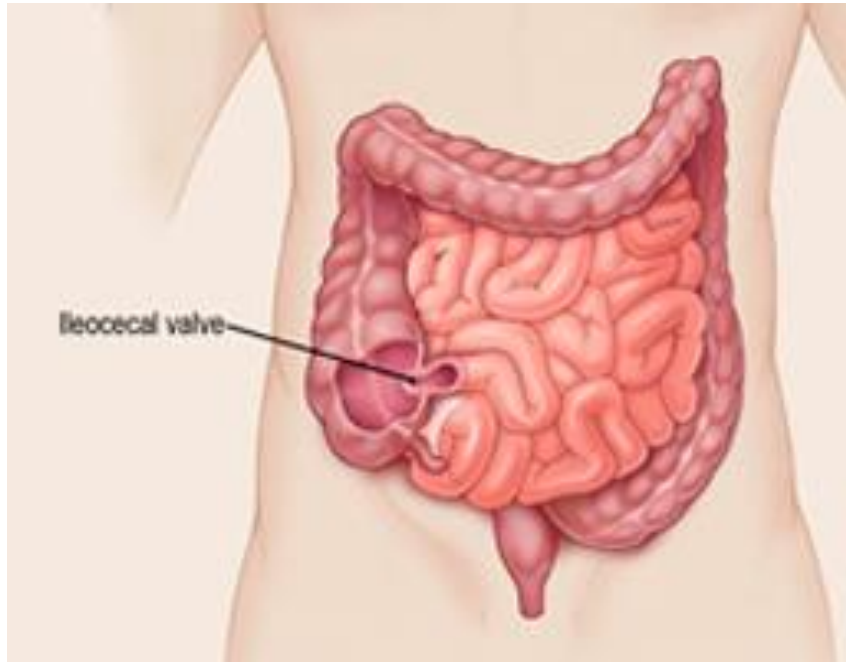


Common Herbs

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

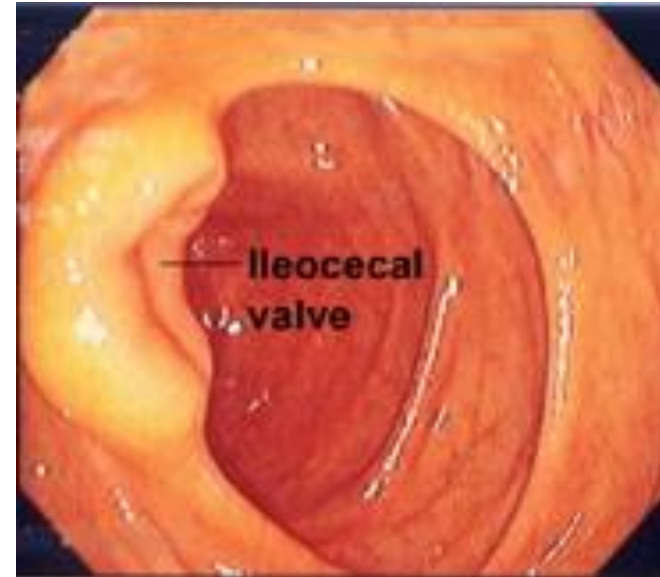


Ileocecal Valve: Location and Reflexes



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

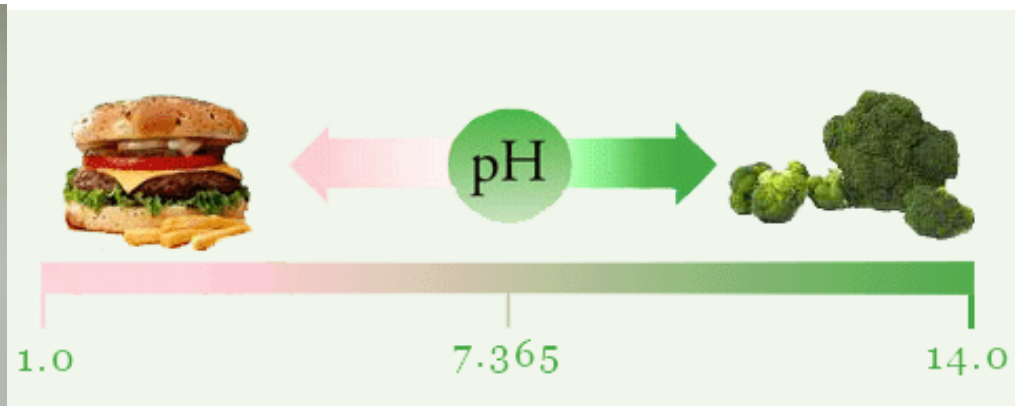
✓ Reflex point massage

- 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

