

# INE: Digestion: Support For Inflammatory Bowel Disease



**INE** INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

## Digestion: Support for Inflammatory Bowel Disease

Dr. Ritamarie Loscalzo

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### Inflammatory Bowel Disease

- ✓ Group of disorders that cause the intestines to become inflamed
- ✓ The inflammation lasts a long time and usually comes back over and over again
- ✓ Approximately 1.4 million Americans have some kind of inflammatory bowel disease
- ✓ The two primary types of inflammatory bowel disease are Crohn's disease and ulcerative colitis
- ✓ Diverticulitis is another common inflammatory bowel disease

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## INE: Digestion: Support For Inflammatory Bowel Disease

# Inflammatory Bowel Diseases

Chronic inflammation along the GI tract,  
usually autoimmune

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



Healthy Colon      Ulcerative Colitis      Crohn's Disease      Diverticulitis      Microscopic Colitis

## Causes of Inflammatory Bowel Disease

- ✓ Immune system malfunction
- ✓ Bacterial, viral, or parasitic infections
- ✓ Dietary factors
  - Contaminated foods
  - High fat and high sugar diet
  - Hydrogenated oils and processed foods
  - Celiac disease and food allergies
  - Eating disorders
- ✓ Stress
- ✓ Smoking
- ✓ Genetic predisposition
- ✓ Environmental toxins
- ✓ Medications: oral contraceptives, HRT, acne drugs
- ✓ Gastric bypass surgery



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# Evaluation of Inflammatory Bowel Disease

- ✓ Symptom survey
- ✓ Complete blood test, including antibody tests
- ✓ Fecal occult blood test
- ✓ Stool test: inflammatory markers, parasites
  - Calprotectin
  - Lysozyme
  - Lactoferrin
  - White blood cells and mucus
  - Secretory IgA
- ✓ Imaging
  - Contrast x-ray: Barium or radioactive iodine
  - Small bowel imaging
  - CT scan
  - MRI
  - Endoscopy
  - Colonoscopy
  - Flexible sigmoidoscopy

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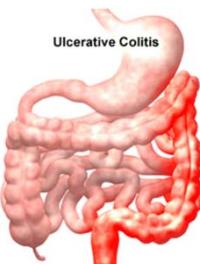
## Ulcerative Colitis

✓ Location:

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

### ✓ Characteristics and Symptoms:

- Inflammation and ulceration on the surface of intestinal lining
- Thinning of the mucosa
- Blood and mucus 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 and Symptoms:

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



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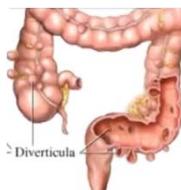
## Diverticulitis

✓ Location:

- Anywhere in the digestive tract, but most commonly at the end of the descending and sigmoid colon

### ✓ Characteristic and Symptoms:

- Outpouchings in intestine (diverticula)
- Inflammation or bursting of diverticula
- Possibly due to infection
- Much lower incidence in vegetarians
- Pain, usually lower left side, persistent
- Nausea and vomiting
- Fever
- Abdominal tenderness
- Constipation and sometimes diarrhea



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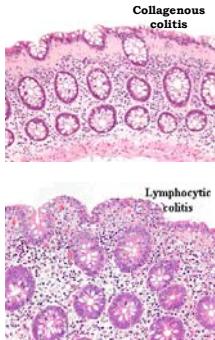
## Microscopic Colitis

✓ Location:

## ➤ Large intestine

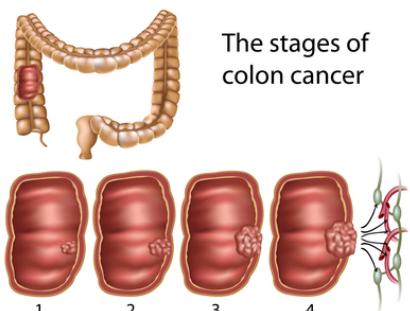
## ✓ **Characteristics and Symptoms:**

- Inflammation that's not visible to naked eye; seen under microscope
- **Collagenous colitis:** Accumulation of collagen in epithelium and connective tissue (lamina propria)
- **Lymphocytic colitis:** Accumulation of lymphocytes in lamina propria
- **Causes:** Viral, bacterial, toxic, or from medications
- Usually benign and short-lived
- Watery(not bloody) diarrhea
- Abdominal pain and cramping
- Bloating
- Dehydration



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## Serious Consequence of Inflammatory Bowel Disease: Colon Cancer



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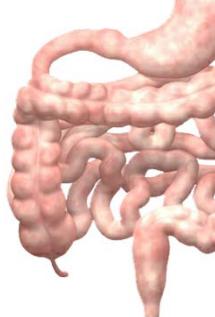
## Management of Inflammatory Bowel Disease



## Djet



## Lifestyle



## Herbs



## Nutrients

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## Interventions to Improve Inflammatory Bowel Disease

- ✓ Acupuncture
- ✓ Chiropractic adjustments
- ✓ Massage, bodywork, craniosacral therapy
- ✓ Energy medicine: reiki, magnetic therapy, EFT
- ✓ Enema and colonics
- ✓ Probiotic retention enema



## Lifestyle Habits to Improve Inflammatory Bowel Disease

- ✓ Food diary
- ✓ Avoid smoking
- ✓ Low intensity exercise, i.e., walking
- ✓ HeartMath
- ✓ Biofeedback
- ✓ Yoga
- ✓ Meditation
- ✓ Relaxation and breathing techniques
- ✓ Remove environmental toxins from home



## Dietary Habits to Improve Inflammatory Bowel Disease

- ✓ Eliminate dairy and gluten
- ✓ Eliminate all food allergens
- ✓ Eliminate refined carbohydrate and sugar
- ✓ Eliminate nightshades
- ✓ All-liquid diet: elemental diet, green juice, blended cooked vegetables
- ✓ Avoid foods high in insoluble fiber until healed (raw vegetables, grains)
- ✓ High-quality protein powder
- ✓ Omega-3 fats, i.e., flax seed and chia seed (oils or blended)
- ✓ Small meals, easy to digest foods
- ✓ Chew well or blend
- ✓ Sip water; stay hydrated
- ✓ Avoid sodas, caffeinated beverages, and fruit juice



# Anti-Inflammatory Herbs, Foods, and Nutrients That Help Heal The Gut



- ✓ 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 goods - pepper
- ✓ Cinnamon
- ✓ Rosemary
- ✓ Basil
- ✓ Cardamom
- ✓ Chives
- ✓ Cilantro
- ✓ Cloves
- ✓ Garlic
- ✓ Parsley
- ✓ Boswellia
- ✓ Quercetin

# Demulcent Herbs and Foods

## – 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:

- ✓ Chia seed
- ✓ Flax seed
- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery elm
- ✓ Comfrey
- ✓ Irish moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube dates
- ✓ Aloe vera gel
- ✓ Plantain
- ✓ Calendula
- ✓ Yarrow

## Videos

- ✓ **Crohn's Disease in the Terminal Ileum - Endoscopy**
  - <http://www.drittamarie.com/go/YouTubeCrohnsDiseaseTerminalIleum>
- ✓ **Colonoscopy with Diverticulosis and a Polyp**
  - <http://www.drittamarie.com/go/YouTubeColonoscopyDiverticulosisPolyp>
- ✓ **Colonoscopy of Crohn's Disease**
  - <http://www.drittamarie.com/go/YouTubeColonoscopyCrohns>
- ✓ **Colonoscopy of Ulcerative Colitis**
  - <http://www.drittamarie.com/go/YouTubeColonoscopyUlcerativeColitis>
- ✓ **Entertaining video on Digestion and IBD**
  - <http://www.drittamarie.com/go/YouTubeHowToStopIBSCrohnsAndUlcerativeColitis>