



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Digestion: Support for Inflammatory Bowel Disease

Dr. Ritamarie Loscalzo

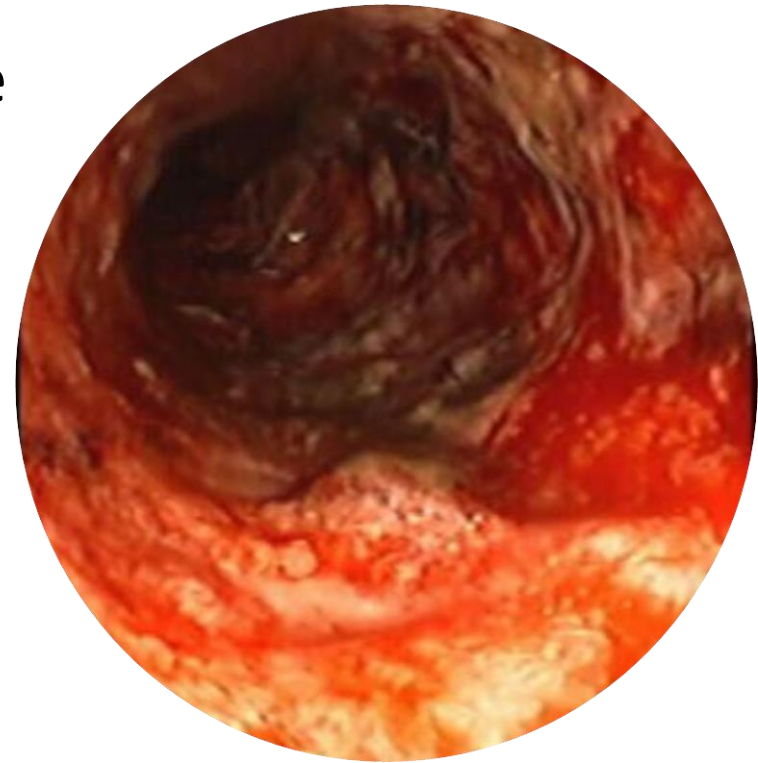


Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, 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.



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

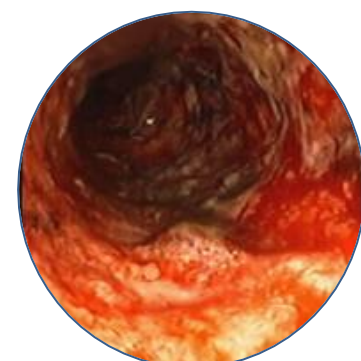
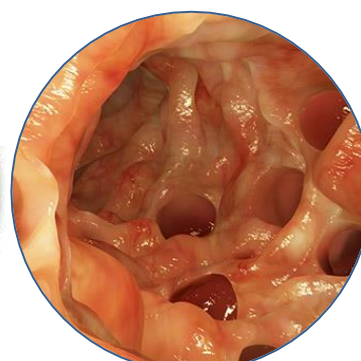


Inflammatory Bowel Diseases

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

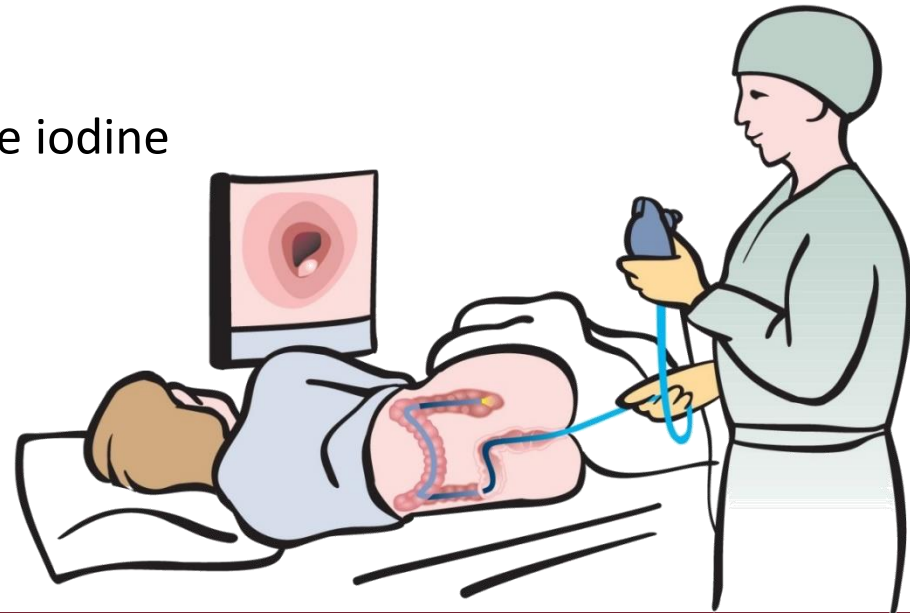
Causes of Inflammatory Bowel Disease

- ✓ 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



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



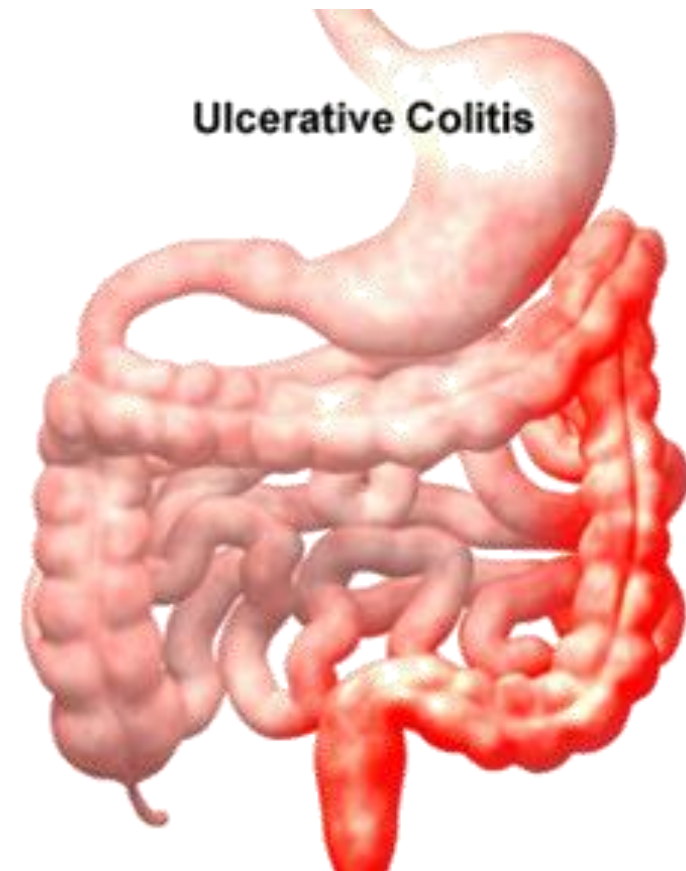
Ulcerative Colitis

✓ **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



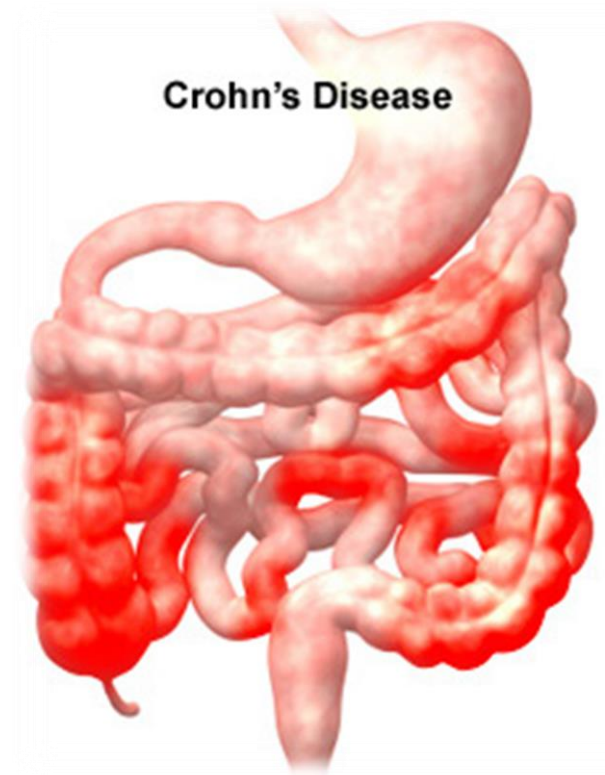
Crohn's Disease

✓ 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)



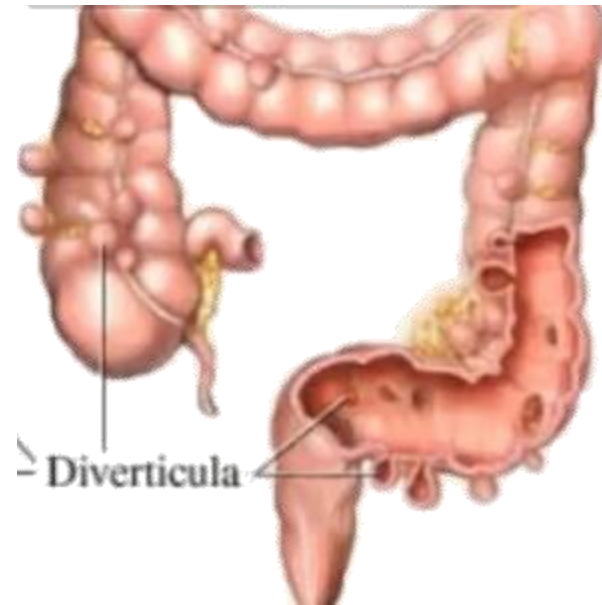
Diverticulitis

✓ 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



Microscopic Colitis

✓ Location:

- Large intestine

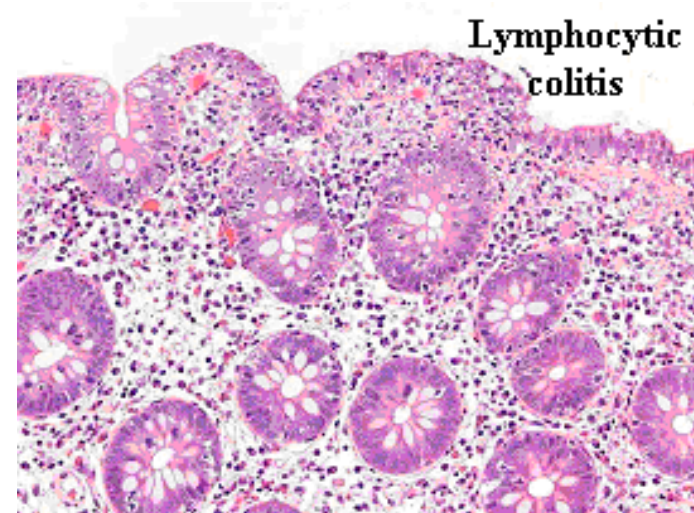
✓ Characteristics and Symptoms:

- 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

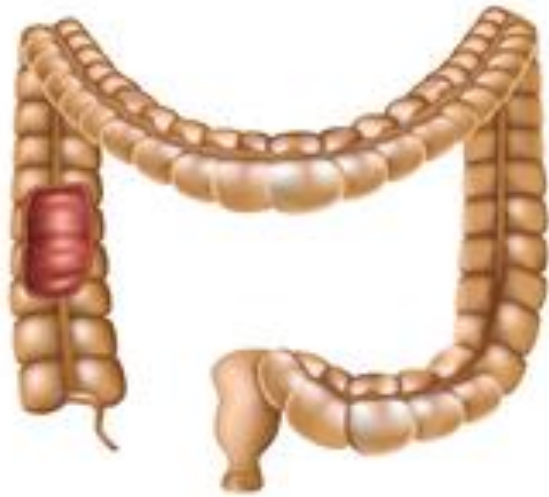
Collagenous colitis



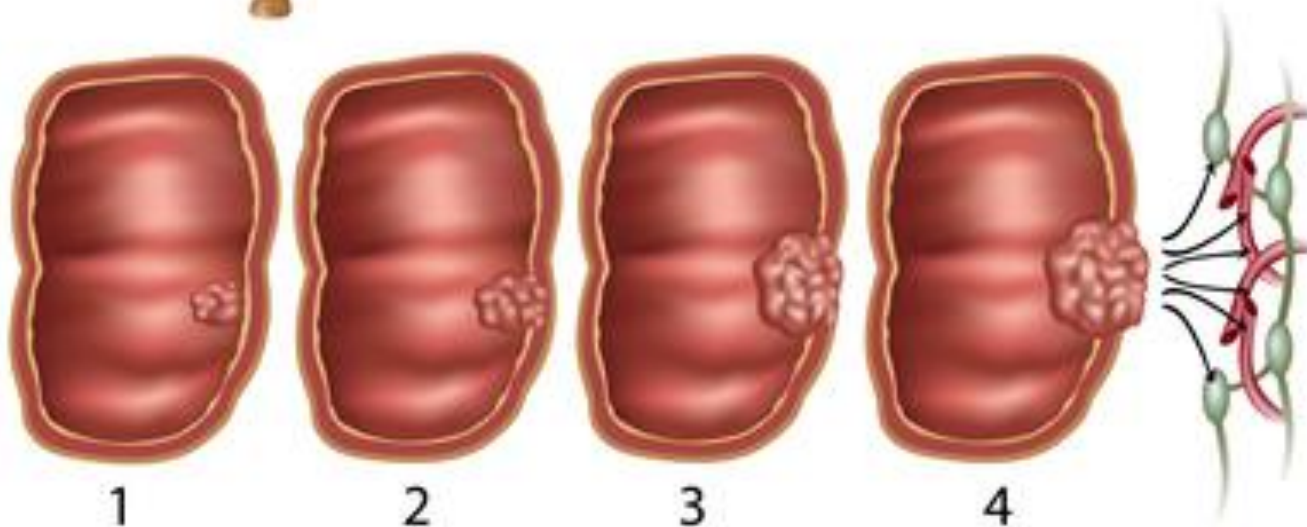
Lymphocytic colitis



Serious Consequence of Inflammatory Bowel Disease: Colon Cancer



The stages of colon cancer



Management of Inflammatory Bowel Disease



Diet



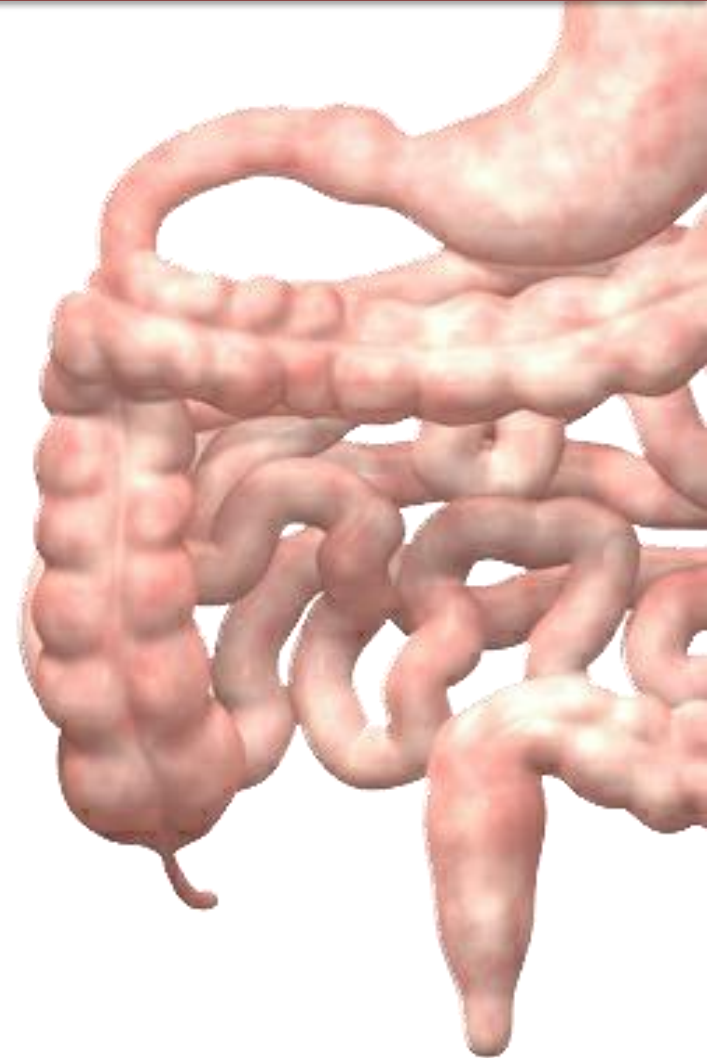
Lifestyle



Herbs



Nutrients



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
- ✓ Boswelia
- ✓ 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.drritamarie.com/go/YouTubeCrohnsDiseaseTerminalIleum>

✓ Colonoscopy with Diverticulosis and a Polyp

➤ <http://www.drritamarie.com/go/YouTubeColonoscopyDiverticulosisPolyp>

✓ Colonoscopy of Crohn's Disease

➤ <http://www.drritamarie.com/go/YouTubeColonoscopyCrohns>

✓ Colonoscopy of Ulcerative Colitis

➤ <http://www.drritamarie.com/go/YouTubeColonoscopyUlcerativeColitis>

✓ Entertaining video on Digestion and IBD

➤ <http://www.drritamarie.com/go/YouTubeHowToStopIBSCrohnsAndUlcerativeCollitis>

