



## Digestion Protocols: Putting It All Together

When determining which digestion protocols are indicated and the ideal order in which to do them, keep in mind that several protocols may be indicated, and (except in a few circumstances which will be outlined below) you can do them concurrently.

### Digestive Assessment Score Protocol Tracker: Instructions

Let's start by completing a grid, the *Digestive Assessment Score Protocol Tracker*, so you know **which areas are compromised and which to give priority attention**. You'll find a copy of both an example chart and blank chart below.

#### Steps:

- Check when complete.
  - Put the date you first tested each digestive component in the "First Assessment Date" column.
  - When you completed the *Digestive Function Assessment*, you should have received a score on each component of your digestion. Copy the percentage scores from your test results printout to the "Score of First Assessment" column.
  - If you completed the assessment for candida and leaky gut, follow the same instructions and put in the dates and total score.
  - Following the charts, you'll find score interpretations that will tell you whether your score is one of the following: **very high, high, medium, or low**. Using these guidelines, mark the priority for each of your scores in the "Priority" column.
  - At the end of this document, you'll find a "Gut Healing Protocols Table" with protocols to follow for each digestive component. Indicate when you start to follow the protocols.
  - After following the protocols, complete the digestive assessments again to reassess your score. Reassess your scores after completion of the 30-day gut repair and/or candida cleanse. If not doing that part, reassess at 6 weeks, then 3 months.

Digestive Assessment Score and Protocol Tracker: EXAMPLE							
Name							
Assessment	Ideal Score	First Assessment Date YYYY-MM-DD	Score of First Assessment	Priority: Very High High Med Low	Protocols Started Date YYYY-MM-DD	Protocols Completed Date YYYY-MM-DD	Score After Protocols
Low stomach acid	<10%	2014-11-13	42%	High	2014-11-14		22
Excess stomach acid	<10%	2014-11-13	12%	Low	N/A		5
Pancreas/small intestine	<10%	2014-11-13	33%	Med	2014-11-21		12
Large intestine	<10%	2014-11-13	35%	Med	2014-11-21		14
Liver/gallbladder	<10%	2014-11-13	17%	Low	2014-12-15		10
Candida/dysbiosis	<20	2014-11-13	190	Very High	2014-12-21		60
Leaky gut	0	2014-12-20	5	Low	2015-01-01		1
SIBO	<20	2014-12-20	20	Low	2015-01-01		5
<b>Ideal Score:</b> Congratulations! Follow the "General Healthy Gut Guidelines" to maintain a healthy digestive tract.							
<b>Low Score:</b> It could be helpful to follow the protocols from the "Gut Healing Protocols Table".							
<b>Medium, High, or Very High Score:</b> You should follow the protocols indicated in the "Gut Healing Protocols Table".							



## Score Interpretations and Indications for Assessments

### Digestive Function Assessment Score Interpretations

- 0-10% - **Ideal** - Overall good balance. Sound nutrition and healthy habits will maintain good balance.
- 11-20% - **Low** - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.
- 21-35% - **Medium** - Things are out of balance and need attention.
- 36-50% - **High** - Very compromised and likely to significantly affect your state of health, well-being and energy level.
- 51-100% - **Very High** - Severely compromised and requires immediate attention.

### Candida/Dysbiosis Score Interpretations

For Women, yeast connected health problems are:

- <20 - **Ideal** - likely balanced
- <60 - **Low** - less likely present
- 60-119 - **Medium** - possibly present
- 120-180 - **High** - probably present
- >180 - **Very High** - almost certainly present

For Men, yeast connected health problems are:

- <20 - **Ideal** - likely balanced
- <40 - **Low** - less likely present
- 40-89 - **Medium** - possibly present
- 90-140 - **High** - probably present
- >140 - **Very High** - almost certainly present

### Leaky Gut Score Interpretations

- 0 - **Ideal** - Congratulations. You display no overt signs and symptoms of leaky gut. Be sure to follow diet and lifestyle guidelines for a healthy digestive tract.
- 1-5 - **Low** - While a few signs and symptoms of leaky gut are present, the likelihood of it being a major health issue is low.
- 6-12 - **Medium** - Things are out of balance and need attention.
- 13-19 - **High** - Very compromised and likely to significantly affect your state of health, well-being and energy level.
- 20+ - **Very High** - Severely compromised and requires immediate attention.

### SIBO Score Interpretations

- <20 - **Ideal** - likely balanced
- <50 - **Low** - less likely present
- 50–119 - **Medium** - possibly present
- 120-180 - **High** - probably present
- >180 - **Very High** - almost certainly present

Consider SIBO if other attempts to repair your digestion are not working. Review the *SIBO: Small Intestinal Bacterial Overgrowth* document for lab testing and conventional and alternative treatment protocols.

## Gut Healing Protocols

If your scores are in the ideal range, continue following all of the “General Healthy Gut Guidelines”. If your scores are low, you may also benefit from following the “General Healthy Gut Guidelines” and additional suggestions in the “Healing Gut Protocols Table”. If your scores are in the medium to very high range, you should follow the protocols in the table.

While it is possible to start everything indicated at the same time, it could be overwhelming. If you find the protocols in the table overwhelming, start with the “General Healthy Gut Guidelines” set of protocols and build towards additional activities.

You'll find suggestions for products in the “Gut Repair Products” section of the *Creating a Healing Kitchen* document. <http://www.drritamarie.com/go/HealingKitchen>

### General Healthy Gut Guidelines

<input type="checkbox"/> Gut Rejuvenator drink <input type="checkbox"/> Green drinks <input type="checkbox"/> Pre-meal ritual, chewing, calm meals <input type="checkbox"/> Remove gut hurting foods <input type="checkbox"/> Elimination diet – food sensitivities	<input type="checkbox"/> Gut healing foods <input type="checkbox"/> Bitters plus zinc <input type="checkbox"/> Enzymes <input type="checkbox"/> Gut soothing herbs - mucilaginous <input type="checkbox"/> Carminative herbs <input type="checkbox"/> Probiotics
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In the table below, use the colors to decide which protocols to follow and prioritize:

**Key:**  Very Important / Mandatory  Helpful  Caution  Avoid

## Gut Healing Protocols Table

FOCUS/ CONDITION	Low Stomach Acid	Excess Stomach Acid	Small Intestine and Pancreas	Large Intestine	Liver / Gallbladder	Candida / Dysbiosis	Leaky Gut and Inflammatory Bowel Disease	FODMAP / Specific Carbohydrate Sensitivity (SCD)	SIBO
PROTOCOLS									
<b>Gut Rejuvenator drink</b>		Monitor – remove citrus or apple cider vinegar if it aggravates							
<b>Green drinks</b>							May need to restrict to juices or cooked and blended greens if severe	Replace restricted greens with allowed	Replace restricted greens with allowed
<b>Pre-meal ritual, chewing, calm meals</b>									
<b>Remove gut hurting foods</b>									
<b>Elimination diet – food sensitivities</b>									
<b>Add gut healing foods</b>							May need to restrict to cooked and pureed	Modify to only include the allowed foods	Restrict to FODMAP and SCD allowed foods and consider elemental diet
<b>HCL challenge</b>		NO					Caution		
<b>Bitters plus zinc</b>		Caution						Limit to allowed	Limit to allowed

Gut Healing Protocols Table										
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PROTOCOLS										
<b>Enzymes</b>		Caution								
<b>Gut soothing Herbs - mucilaginous</b>								Some may not be tolerated – Modified SCD chart	Some may not be tolerated – Modified SCD chart	
<b>Antispasmodic herbs</b>								Limit to allowed	Limit to allowed	
<b>Carminative herbs</b>								Limit to allowed	Limit to allowed	
<b>Candida parasite cleanse</b>										
<b>Leaky gut repair protocol</b>										
<b>Liver / gallbladder cleanse</b>										
<b>Probiotics</b>									Not in early stages	
<b>Prebiotics</b>								Caution	Caution	
<b>Cholagogues (some also stimulate HCl)</b>		Caution- some stimulate HCl						Limit to allowed	Limit to allowed	

**Key:** Very Important / Mandatory    Helpful    Caution    Avoid

## Protocol Considerations

If certain gut healing nutrients or foods seem to cause symptoms like increased gas, bloating, pain, or distention, **then stop them.**

You might need to temporarily do either the modified SCD diet, a juice or water cleanse, or an elemental diet consisting of a tolerated protein powder (or amino acids) along with healing oils and nutrients. There are some powdered gut healing mixes on the market that could be useful.



Take things at your own pace. It may take a while to transition off your trigger foods. Obviously, the quicker you remove the offenders the sooner you will feel better, but going too fast may sabotage your progress.

