



Build Your Resilient Gut: SIBO Support Guide

First Edition

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Root Causes & Factors Driving Small Intestinal Bacterial Overgrowth (SIBO)

- Oral Dysbiosis Trillions of organisms are swallowed every day.
- Low Stomach Acid Creates an environment in which pathogens can grow.
- Impaired Migrating Motor Complex (MMC) Clears bacteria from the small intestine.
- Bile Insufficiency Creates an environment in which pathogens can grow.
- Diet High in Refined Carbohydrates & Sugar Can feed pathogenic organisms.
- Compromised Ileocecal Valve (ICV) Allows bacteria to migrate from large to small bowel.
- **Poor Vagal Nerve Tone** Impairs MMC/gut motility, function of gut immune system and more.

Why Many Approaches and Treatments Don't Work

- Antibiotic-Only Approach Killing the pathogenic overgrowth may reduce symptoms temporarily, but without addressing all root causes/contributing factors, the condition will return often worse than it was before.
- Long-Term Reliance on Restrictive Diets While these diets may reduce symptoms in the short-term, they do not address root causes and restrict essential food/prebiotics for a healthy microbiome.
- Failure to Restore Motility/MMC Function: This is critical for preventing bacterial stasis and overgrowth and often ignored in many treatment approaches.
- Overlooking Oral Hygiene/Microbiome: A healthy oral microbiome means far fewer potentially pathogenic organisms migrating from the mouth to the small intestine.

How to Address Root Causes & Achieve Long-Term Remission/Reversal of SIBO

Symptom Relief

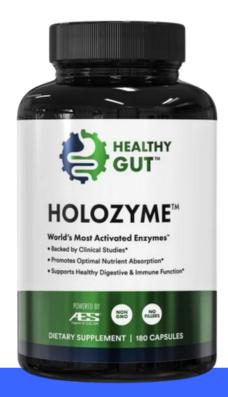


SIBO-specific diet (temporarily)

- Low-FODMAP or Specific-Carbohydrate Diet (SCD) are two that can work well.
- Reduce/eliminate refined carbohydrates and added sugars as much as possible, along with known problem foods (temporarily - consider enzymes for digestive support to reduce symptoms/diversify diet)

Digestive Enzymes to reduce symptoms and enable you to diversify your diet ASAP.

- Holozyme (full spectrum digestive enzyme support)
- <u>FODMate</u> (specific for FODMAP's, often difficult to digest for SIBO sufferers)





Want to take an even deeper dive into SIBO?

CHECK OUT THE DEEP DIVE: SIBO SOLUTIONS VIDEO IN KIRAN'S ADVANCED TRAINING VAULT FOR MUCH MORE ON THIS TOPIC!

Addressing Root Causes



Optimize Oral Microbiome

- Bonus Module: Oral Biome w/ Dr. Mark Burhenne & Kiran
- Bristle Oral Probiotic (Seeds beneficial microbes in the mouth)
- FYGG Toothpaste (Beneficial for healthy microbes in the mouth)
- Bristle Oral Biome Test (Assess your oral biome status)



Increase Stomach Acid

- Set Yourself Up for (Digestive) Success! Guide
- HCLGuard+ (Stomach Acid Support)
- Digestive Bitters (Supplement/Drops) can help stimulate all aspects of digestion



Improve Motility/Migrating Motor Complex (MMC)

- Intermittent fasting/Increase time between meals
- MegaGuard (Bile & Motility Support)
- Set Yourself Up for (Digestive) Success! PDF
- Stimulate the Vagus Nerve/Regulate the nervous system (see below)
- Ginger (Supplement, food, tea, etc...) can help stimulate MMC
- Digestive Bitters (Supplement/Drops) can help stimulate all aspects of digestion
- Abdominal massage/bodywork can be helpful for this (trained professional)



Bile Insufficiency

- MegaGuard (Bile & Motility Support)
- <u>TUDCA</u> (Supports bile flow, liver, bile acid recycling, and antimicrobial)
- Bile Support Guide PDF



Support Vagus Nerve Tone/Regulate Your Nervous System

- Breathing for Nervous System Regulation PDF
- Bonus Module: Breathing & Nervous System Regulation
- TruVaga Vagus Nerve Stimulator (Research-backed health technology)

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Additional Considerations

Use of Antimicrobials for SIBO

This approach can be effective as a short-term strategy to reduce bacterial load - with natural antimicrobials often having less side effects than antibiotics. Again, this is not a recommendation or prescription. These are natural antimicrobials that may be helpful in regards to reducing the overgrowth in the short-term and should ALWAYS be complementary to everything listed above. NOT a standalone approach.

- Kimchi, sauerkraut, kombucha, miso, tempeh, natta, injera
- Berberine
- Candibactin AR (Hydrogen)/BR (Hydrogen/Methane)
- Allicin (Methane)

To Minimize Side Effects/Enhance Results w/ Antimicrobials:

- <u>MegalgG2000</u> Binds to bacterial byproducts and neutralizes them, potentially reducing die-off side effects/symptoms.
- <u>Hu58</u> High-dose bacillus subtilis will reduce overgrowth by competing with the pathogenic organisms and producing their own natural antimicrobials.

SPECIAL CONSIDERATIONS FOR METHANE VS. HYDROGEN

- Methane-dominant may benefit more from lower fiber diets initially, gradually increasing while addressing underlying root causes.
- Hydrogen-dominant can possibly handle more fiber, but may have problems with lactose and FODMAPs.

A NOTE ON PREBIOTICS

• Should be able to tolerate small amounts of prebiotic (MegaPre) - extra important without much fiber in the diet. Start low (1/4 scoop every other day) and slowly increase as tolerated.

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