

# SIBO Support Guide

Rebel<sup>™</sup>  
health

**Build Your  
Resilient Gut**

MICROBIOME & BEYOND

## **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)
- [FODMate](#) (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)
- [TUDCA](#) (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:

- [MegalG2000](#) - Binds to bacterial byproducts and neutralizes them, potentially reducing die-off side effects/symptoms.
- [Hu58](#) - 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 (¼ scoop every other day) and slowly increase as tolerated.

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