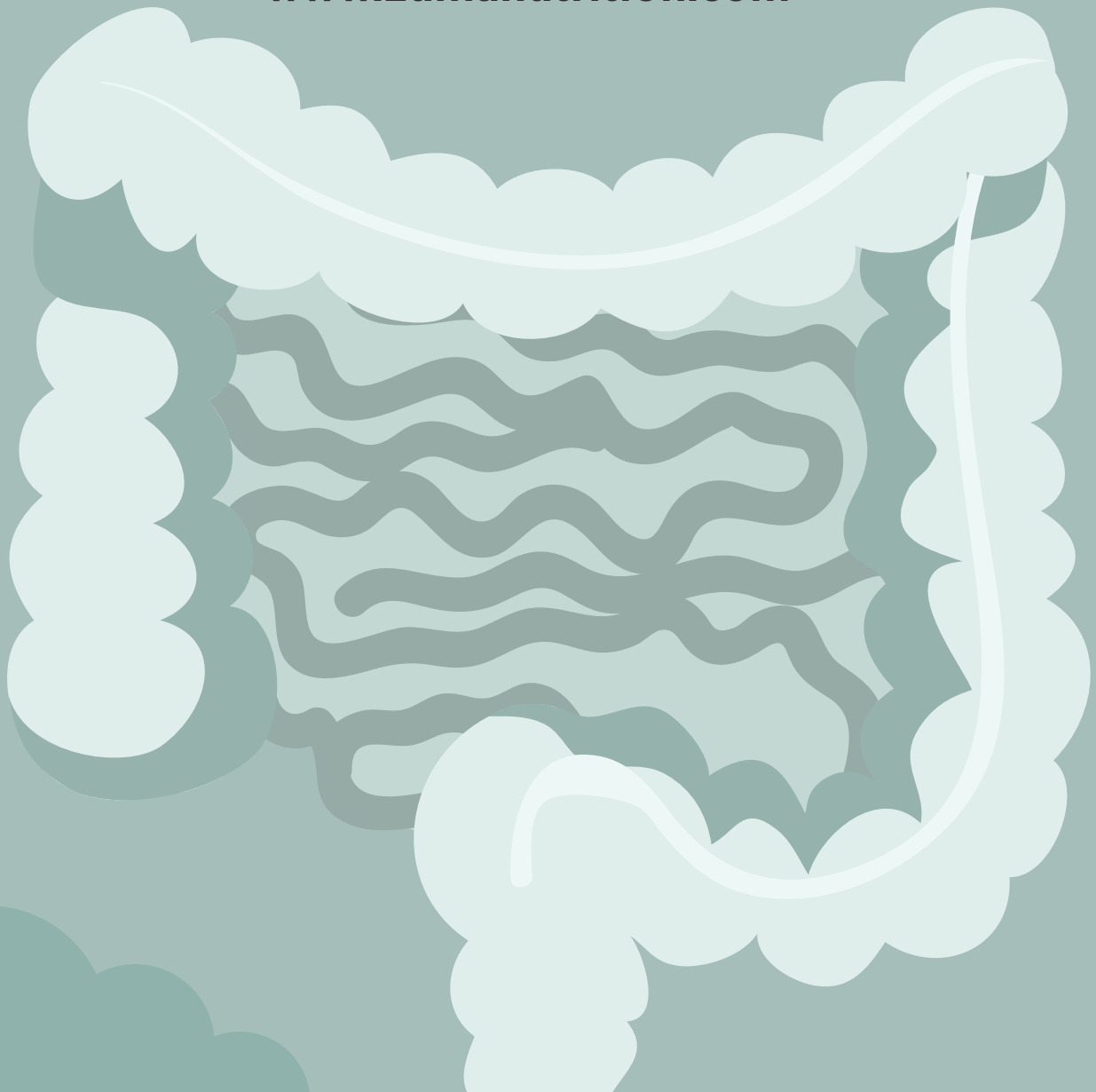


# ZUMA

NUTRITION

## Complete SIBO Cleanse Protocol

[www.zumanutrition.com](http://www.zumanutrition.com)



# ZUMA

## NUTRITION

### Complete SIBO Cleanse Protocol



**Disclaimer:**

The products mentioned in this guide should be used only as directed on the label. Do not use if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product.

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# SIBO Cleanse Protocol

This protocol is a 90 day protocol that focuses on small intestinal bacterial overgrowth (SIBO) with targeted supplements, herbs and diet. We recommend following the cleanse for 90 days then transitioning to our Phase II Complete GI Protocol after the 90 day period. The Phase II Complete GI Protocol is essential to preventing SIBO from coming back and promotes a healthy terrain in the gut long term.

## Why Is It Important to Cleanse SIBO?

SIBO is one of the world's most common gut infections. It is also one of the most under-diagnosed. The majority of people that have SIBO are completely unaware they are infected. Instead, they experience numerous health issues and symptoms with no idea of what's causing them or how to find relief. SIBO is at the root of many health issues, including:

- Abdominal pain
- Bloating
- Unexplained nutrient deficiencies
- Pain in stomach after eating
- Excess gas
- Digestive issues
- Gut inflammation
- Loss of appetite
- Nausea
- Diarrhea and loose stools
- Constipation
- Unexpected weight loss
- Rashes
- Skin conditions
- Food allergies
- Low energy
- Brain fog
- Fatigue
- Mood swings
- Irritability

Doing a SIBO cleanse can help to relieve these symptoms by getting rid of the SIBO infection and restoring a healthy terrain in the gut. This can lead to better digestion, enhanced mental clarity, more energy, reduced inflammation, improved skin health and much more.

## Products Needed for this Protocol



## Complete SIBO Cleanse Protocol

[BUY NOW](#)

# The Three Steps to Eliminating SIBO

Getting rid of SIBO can be challenging, especially if the infection has persisted for a long time. The process of getting rid of SIBO, however, is simple and direct. SIBO typically occurs when there is an imbalance of beneficial bacteria in the gut microbiome, or when there is an obstruction in the intestines that slows the passage of food and allows bacteria to proliferate. The goal of a SIBO cleanse is to eliminate the overgrown population of bacteria and to restore a healthy balance of bacteria in the gut.



Days 1-90



Following the SIBO cleanse



Eliminating the bacterial overgrowth

Day 90+



Transitioning to a long term protocol focused on building healthy gut terrain. See our Complete GI Protocol.

We will discuss the process of cleansing SIBO in-depth in this guide.

# How to Take the Products in the Protocol



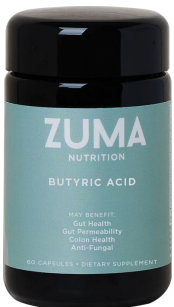
## SIBO Cleanse Tonic

Take one serving diluted in water in the morning or evening on an empty stomach. One serving is the amount drawn into the glass dropper when the bulb is squeezed and released once, the glass dropper fills about 1/2 way which is one serving.



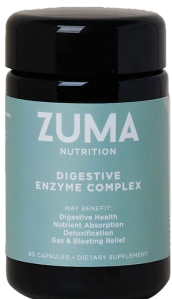
## Fulvic Acid & Trace Ocean Minerals

Take one serving diluted in water any time of the day. One serving is the amount drawn into the glass dropper when the bulb is squeezed and released once, the glass dropper fills about 1/2 way which is one serving.



## Butyric Acid

One hour before lunch take two Zuma Nutrition Butyric Acid Capsules. Make sure to wait a minimum of one hour before eating and to take on an empty stomach.



## Digestive Enzyme Complex

Take one Digestive Enzyme capsule with every meal. Digestive enzymes are special types of proteins that help to break down food and support optimal digestion and nutrient absorption.



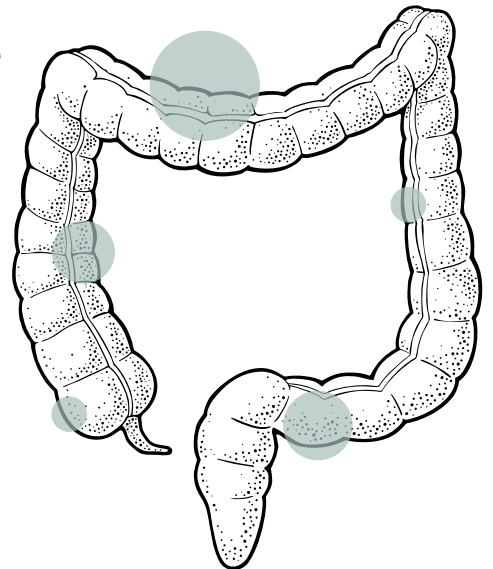
## Step 1.

# Cleansing the Colon

The colon, also known as the large bowel or large intestine, is an organ that is an important part of the digestive system. The average person stores 5-20 pounds of fecal matter in their colon, and this excess waste can interfere with the effectiveness of a cleanse. It is important when doing a gut cleanse of any kind that you cleanse the colon and make sure this detox pathway is working.

Here are some simple tips to follow every day of the 90 day cleanse to promote healthy bowel movements:

1. Consume plenty of dietary fiber (make sure they are from the list of low FODMAP foods recommended in this guide).
2. Hydrate with mineral rich water (use our fulvic acid & trace ocean minerals).
3. Buy chia seeds from your local market, and soak a tablespoon of chia seeds in 12 ounces of water. Let the chia seeds soak for five or more minutes in the water. Then consume the beverage. Soaked chia seeds help to bind toxins in the gut and promote healthy elimination.
4. Cut back on tough to digest proteins during the 90-day cleanse. The proteins to cut back on include beef, pork, lamb, veal and other similar proteins. Instead increase the amounts of other proteins such as plant (hemp, pea and brown rice) protein powder, sprouted quinoa, nuts and seeds, hemp seeds, wild caught fish, pasture raised eggs, pasture raised chicken and other seafoods.
5. Supplement with magnesium daily.
6. If constipation is a serious issue for you, here are some other ways to get the colon moving:
  - a. Colon hydrotherapy can be beneficial for moving impacted fecal matter in the colon
  - b. Coffee enemas can be beneficial.
  - c. A special form of magnesium called magnesium oxide can help promote elimination



## Step 2.

### Focus on Lymphatic Drainage

When the lymphatic system becomes clogged, toxins can't be eliminated from the body, cells can't function properly, and we become more susceptible to sickness and disease. The lymphatic system is your body's sewage system. It removes toxins, waste and pathogens from your body, protecting you from infections and diseases.

Here are some simple steps to follow every day of the 90-day cleanse to promote lymphatic drainage:

1. Exercise daily and make sure to do aerobic activities that make you sweat.
2. Do yoga and stretch daily
3. Dry brush daily
4. If you have access to a sauna, saunas can be amazing for the lymphatic system
5. Schedule regular massages
6. Use a foam roller daily
7. Use herbs that promote *lymphatic drainage*

## Step 3.

Incorporate the products in our SIBO Cleanse Protocol. Reference page 5 for how to take these products. Make sure to take these products every day for 90 days as detailed on page 6.



[LEARN MORE](#)

## Step 4.

Follow our SIBO cleanse diet. We will outline the SIBO cleanse diet in detail from pages 9 - 29 of this guide.

## Step 5.

On day 90, start taking our **Complete GI Protocol** and follow the dietary guidelines in that guide with the products. Our Complete GI protocol focuses on building a healthy terrain in the gastrointestinal tract. This protocol also helps to rebuild the gut lining which has likely been damaged from the SIBO infection.<sup>†</sup> Following this protocol long term is essential to fighting future SIBO infections and preventing recurring bacterial overgrowth.



# SIBO Cleanse Diet

The SIBO diet is a gradual elimination diet that is meant to reduce inflammation in the digestive tract and bacterial overgrowth in your small intestine.

In some cases, eliminating only sugars can ease symptoms. However, most health experts also suggest incorporating a diet low in FODMAPs, which are difficult-to-digest carbs that are fermented by gut bacteria in the colon. When carbs can't break down, they sit in your gut and can cause symptoms such as diarrhea and bloating. In addition, if there is bacterial overgrowth, the small intestine bacteria begin to ferment the carbs too early, which can lead to further digestive issues.

The SIBO diet focuses more on what not to eat than on exactly what to eat, though there are certain foods that are recommended too. This diet especially recommends eliminating high sugar and high FODMAP foods in order to prevent fermentation in the gut and the proliferation of intestinal bacteria.

The SIBO diet is the diet we recommend sticking to while following our 90-day SIBO cleanse protocol.

## How Do You Follow the SIBO Diet?

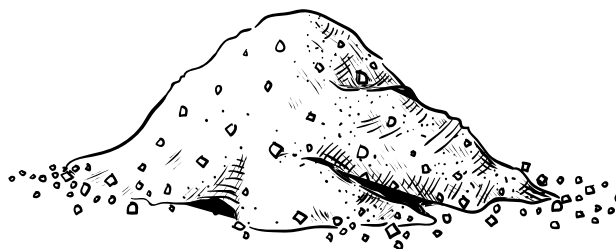
To follow the SIBO Cleanse Diet, the most important thing to do is to adhere to these principles intended to help reduce the overgrowth of pathogenic bacteria:

### Avoid Added Sugars

One of the most important things to do when following a SIBO diet is to avoid all added sugars. Pathogenic bacteria feed on sugars, and so, you will want to keep your sugar consumption at a minimum when doing a SIBO cleanse.

Added sugars are in many foods, and we often consume them without realizing it. Because of this, it is essential that you read the labels on foods and check the ingredients for added sugar. Some common foods that often have added sugar include:

- Soda
- Energy Drinks
- Sports Drinks
- Sauces
- Condiments
- Salad Dressings
- Fruit Juices
- Teas
- Cereals
- Yeast Bread
- Candy
- Grain-based Desserts
- Dairy Desserts
- Syrups
- Toppings
- Packaged & Processed Foods



If you are on a SIBO diet, it is best to focus on whole foods in their natural form and avoid added sugars. We recommend limiting your sugar intake to the morning when you can eat a small amount of low glycemic fruit. Once the bacterial infection is gone, fruit can be a very healthy part of a nutritious diet. However, it is recommended to limit fruit intake on the SIBO Cleanse Diet to prevent feeding the pathogenic bacteria in the small intestine.

## What about Fructose? Additional Notes on Sugars

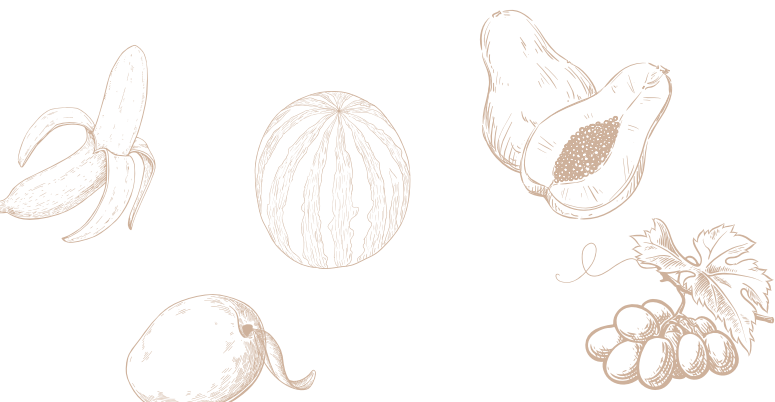
When bacteria digests and feeds off these sugars, they produce gas that can cause mild to severe abdominal stress and bloating. Reducing or eliminating these foods from your diet (short-term) may be the only way to avoid and help eliminate these issues completely.

Here are some general tips for foods to avoid:

- **Avoid non-digestible carbohydrates - sugary cereal, baked goods, cookies, crackers**
- **No yogurt with any flavors, plain only**
- **No gum, alcohol sugars, halls, candies or mints of any kind**
- **No fruit juice. Veggie juice is ok.**
- **Avoid artificial sweeteners and sugars like splenda, nutrasweet, aspartame or white sugar**
- **No maple syrup, corn syrup, agave, molasses, honey**

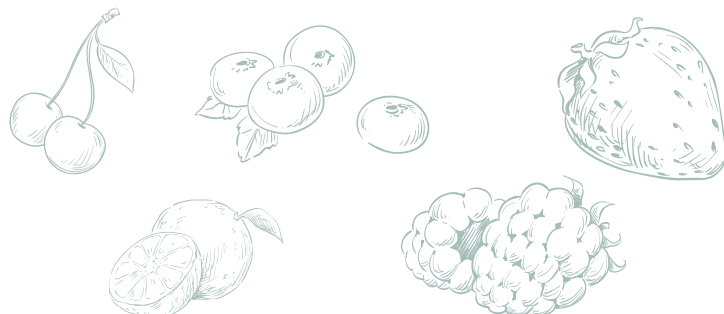
Completely **remove** these high-glycemic fruits while you are on your SIBO cleanse for 90 days:

- **Bananas**
- **Mangos**
- **Grapes**
- **Figs**
- **Watermelon**
- **Papaya**
- **Pears**
- **Dates**



**Enjoy** these low-glycemic fruits in moderation while you are on the SIBO cleanse:

- **Raspberries**
- **Blueberries**
- **Blackberries**
- **Strawberries**
- **Cherries**
- **Grapefruit**
- **Oranges**
- **Lemon**
- **Limes**
- **Avocados**



We recommend eating before a protein because protein requires some time to digest, which simple sugars can make more difficult. In the morning you are in a fasted state, which is ideal for consuming simple sugars.

## **Avoid High-FODMAP Foods**

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are short-chain carbohydrates (sugars) that do not absorb well in the small intestine. People commonly experience digestive distress after eating foods high in FODMAPs. When following the SIBO diet it is recommended to avoid high FODMAP foods and to focus on eating low FODMAP foods.

High FODMAP foods to avoid include:

- **High-fructose Corn Syrup**
- **Agave Nectar**
- **Honey**
- **Soda And Soft Drinks**
- **Garlic**
- **Onions**
- **Asparagus**
- **Butternut Squash**
- **Cauliflower**
- **Artichokes**
- **Beans**
- **Peas**
- **Barley**
- **Rye**
- **Grains**
- **Apples**
- **Dried Fruits**
- **Sausage**
- **Flavored Yogurt**
- **Ice Cream**
- **Sweetened Cereals**

While the list of foods you should avoid can be restrictive, there are still a number of foods you can enjoy while on this temporary diet. A SIBO diet should focus on foods high in fiber and low in sugar.

Some of the acceptable foods for a low FODMAP diet include:

- **Alfalfa**
- **Bamboo shoots**
- **Bean sprouts**
- **Bell peppers**
- **Bok choy**
- **Carrot**
- **Cassava**
- **Collard Greens**
- **Cucumber**
- **Edamame**
- **Eggs**
- **Fish**
- **Kale**
- **Leafy greens**
- **Lettuce**
- **Meat (make sure it is from a good source)**
- **Nuts**
- **Oyster Mushrooms**
- **Olives**
- **Quinoa**
- **Rice**
- **Spring onion greens**
- **Parsnip**
- **Potato**
- **Pumpkin**
- **Radish**
- **Seeds**
- **Spaghetti squash**
- **Spinach**
- **Squash**
- **Tomatoes**
- **Turnip**

There are many other low FODMAP foods, of course. If you are unsure of whether a food is high or low FODMAP, simply do a quick internet search of the name of the food and ask if it is a low or high FODMAP food. If it is a low FODMAP food, it is acceptable on the SIBO diet (assuming it does not fall into any of the other categories of foods recommended to avoid that are mentioned in this article).

## Foods to Avoid on the SIBO Diet

The following foods are the worst foods for SIBO because they either contribute to poor gut health, or they feed the bacteria that have already overgrown in the gut:

- **Foods that are high in sugar, especially processed sugar**
- **Foods that are high in FODMAPs**
- **Processed foods**
- **Foods with added chemicals or preservatives like BHT, Red 40, etc.**
- **Foods that contain industrial vegetable or seed oils like canola oil, sunflower oil, vegetable oil, etc.**
- **Alcohol, especially beer and wine**
- **Foods high in yeast (bread, nutritional yeast)**
- **Grains**
- **High fructose corn syrup**
- **Honey**
- **Soda and soft drinks**
- **Beans & Legumes**
- **Hummus**
- **Garlic**
- **Onions & Leeks**
- **Brassicas (cabbage, brussels sprouts, cauliflower, broccoli)**
- **Artichokes**

## Avoid Probiotics

Taking probiotics during a SIBO cleanse is a complicated subject, and you need to understand a lot about all the different strains of probiotics to fully comprehend it. However, the simple message you need to know here is that all types of bacteria ferment. It's a completely natural thing. Every kind of bacteria produces gas.

If you are someone who already has a hard time with excess gas in the small intestine, this will only continue (and possibly even worsen) if you were to add probiotics too early in the cleanse. Now this is not a hard fast rule, as some people could benefit greatly from taking the right kind of probiotics. But for the most part, people with SIBO either stay the same or get even worse if they don't do their research & understand which type of probiotics to take.



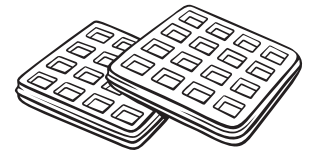
## Avoid Gluten

Gluten is a general name for the proteins found in wheat, rye, barley, and triticale - a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. It is well-known as an allergen for those with Celiac disease. Still, increasing evidence shows that gluten affects the health of more than just people with Celiac disease.

New research shows that gluten triggers the production of zonulin. This pro-inflammatory protein can be tough on the gut. While following our SIBO Cleanse Diet, try to avoid gluten. If you need to include bread, opt for freshly made sourdough bread, which is fermented and easier to digest. If possible, eliminate gluten entirely during this 90 day protocol.

For now, we are leaving the probiotics out of this SIBO cleanse protocol and we highly recommend you take them afterward, for 3-6 months, to further advance your gut health and healing.





## Avoid Snacking

Snacking is an integral part of many people's lives, but if you suffer from SIBO, you will need to avoid snacking altogether. This includes all of the sugary and sweet snacks you may crave like candies, muffins, bread, chips etc. When following this 90-day protocol, it is recommended to avoid snacking in between meals to give your digestive system time to fully and properly digest all your food before any other food comes in. If you must have a snack, eat a small amount of low-glycemic fruit.

For now, we are leaving the probiotics out of this SIBO cleanse protocol and we highly recommend you take them afterward, for 3-6months,

## Avoid Alcohol

Alcohol may be one of the most commonly used intoxicants. Still, it also has many adverse health effects, including harming your gut health.

If a long-term SIBO overgrowth has damaged your gut, drinking alcohol can make your gut health even worse and can cause SIBO to come back in the future.

While on the SIBO diet, we recommend that you cut back your alcohol consumption or, even better, eliminate it completely during this 90-day program. Make sure to avoid beer and wine while doing this protocol especially, as they contain fermented sugars that can feed bacteria.



## Avoid All Dairy Products with Lactose

While following this diet, it is recommended to avoid all dairy products with lactose. It is okay to eat lactose-free dairy foods like:

- Ghee
- Unprocessed aged cheeses like parmesan
- Lactose-free yogurt
- Lactose-free milk

## Some Notes on Fats & Oils

Bad oils can make any healthy meal into an inflammatory nightmare.

Oils can go rancid very easily, so you need to buy fresh and take care with your storage. Bottles should be dark in color to protect the quality of the oil and the lid of the bottle sealed tightly during use. Heat light and oxygen can damage oil. Sniff your oil regularly to tell if it has gone rancid. Your oils should smell clean and fresh. If your oil smells off it probably is. Your nose will know. Store all your oils in a cool dark place. Beside or above the stove is not ideal. Pantry is best.

Oils with high smoke points  
(better for cooking):

- **Ghee Butter (Grass-fed)**
- **Olive Oil (Extra Light)**
- **Coconut Oil (Expeller Pressed)**
- **Beef Tallow**
- **Duck Fat**

Oils with low smoking points (preferred  
for garnishing cooked foods):

- **Coconut oil (extra virgin)**
- **Olive oil (extra virgin)**
- **Butter (grass-fed)**

Avoid these oils completely:

- **Canola oil**
- **Corn oil**
- **Soybean oil**
- **Safflower oil**
- **Avocado Oil**
- **Grapeseed Oil**
- **Sunflower Oil**

For more information about healthy cooking oils, read [this blog](#).

## Eat a Nutrient-Dense Diet

Be sure to eat foods rich in vitamins, macronutrients, and minerals. The goal of the SIBO cleanse is to repair the intestinal lining, ease inflammation, get rid of the bacterial overgrowth, and eat a diet rich in essential nutrients that your body has not been absorbing.

During our SIBO cleanse protocol keep a good supply of foods at hand in your home. Try to shop at least 1-2 times each week to stock up. We recommend shopping once a week at your local farmers market for produce and once a week at your local grocery store.

It may seem like a lot for you at first but once you get the hang of it you will begin to enjoy buying yourself fresh organic produce every week. We also recommended doing a kitchen fridge clean-out every week and discarding any old or half eaten food. Your fridge should be completely free of any bacteria forming items during the cleanse. As you follow the SIBO cleanse, reflect on your dietary choices and commit to making food choices that improve your quality of health.

Some ways you can do this include:

- **Eat whole foods and foods in their natural form whenever possible**
- **Eat more fresh produce (fruits and vegetables)**
- **Buy organic whenever possible**
- **Shop at your local butcher**
- **Shop at your local farmers**

Strive to buy local and in-season foods when possible, as they are generally fresher and more nutritious. Learn about the foods you eat and focus on foods that are rich in nutrients

Make sure you eat foods rich in vitamins, micronutrients, and minerals. Aim to have these foods every day of this protocol. These nutrient-dense foods will help to nourish your body. Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and fats is essential for reducing inflammation and restoring gut health.

Aside from cutting back on sugar, much of the SIBO cleanse focuses on reducing inflammation, and improving digestion and absorption of nutrients. Therefore, it is essential to eat less of the foods that lead to inflammation and more that reduce inflammation and promote healing.



Here are some essential nutrients to include in your diet with a list of foods that contain each nutrient:

## Vitamin A

Healthy Food Sources of Vitamin A Include:

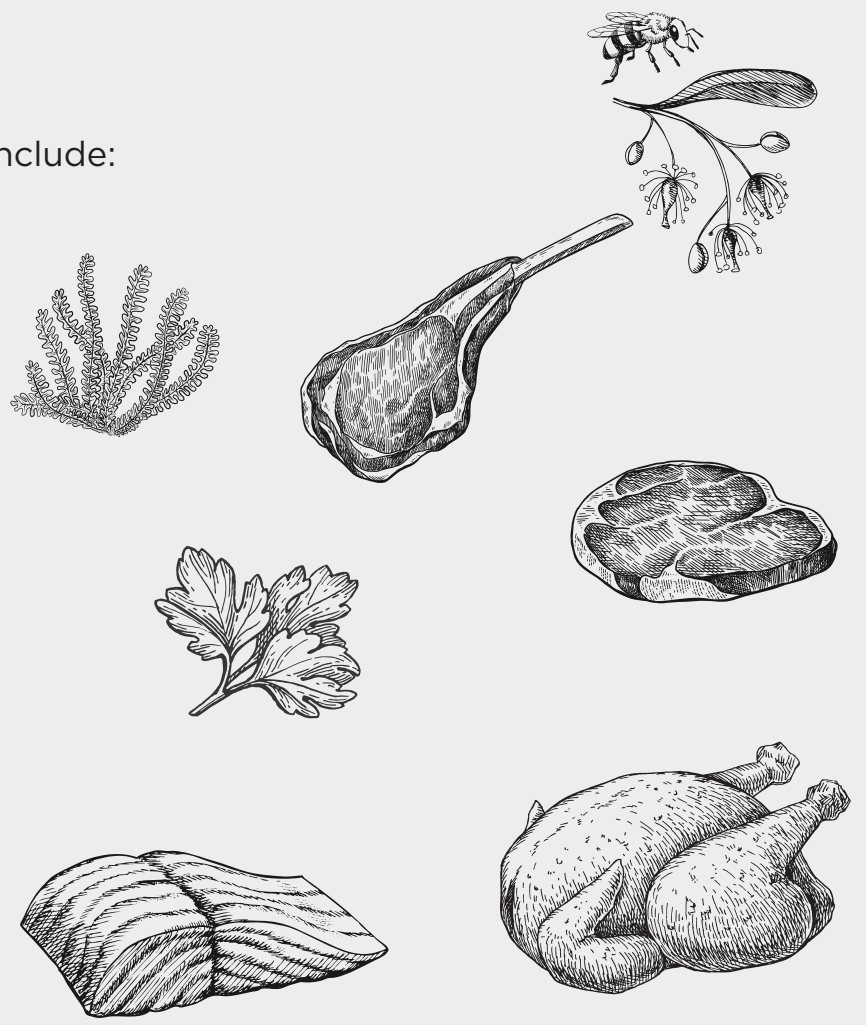
- Organic Red Bell Pepper
- Organic Carrots
- Organic Kale
- Organic Spinach
- Cod Liver Oil (Sourcing is essential with Cod Liver Oil, we recommend Rosita Brand)
- Pasture-Raised Eggs
- Ruminant Animal Organ Meats



## B Vitamins

Healthy Food Sources of B Vitamins include:

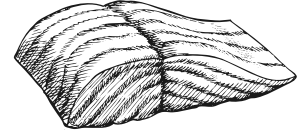
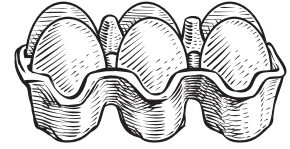
- Bee Pollen
- Stabilized Rice Bran
- Grass-Fed Beef Liver
- Organic Chlorella
- Organic Spirulina
- Organic Parsley
- Organic Kelp
- Grass-Fed Beef
- Grass-Fed Lamb
- Pasture-Raised Chicken
- Wild-Caught Fish
- Ruminant Animal Organ Meats



## B12

Healthy Food Sources of B12 include:

- Ruminant Animal Organ Meats
- Grass-Fed Beef
- Wild Caught Fish (be careful with heavy metals)
- Pasture-Raised Eggs

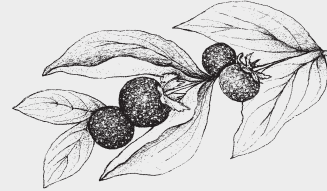
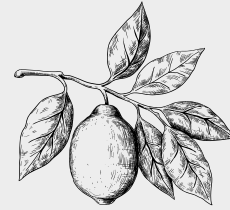


Vegan sources of B12 are typically found in fermented foods, which are recommended to be avoided during this protocol. Therefore, it is recommended for vegans to supplement with a good quality B vitamin complex or B12 supplement.

## Vitamin C

Healthy Food Sources of Vitamin C Include:

- Organic Citrus Fruits
- Organic Rose Hips
- Organic Kakadu Plum
- Organic Guavas
- Organic Guava Leaves
- Organic Bell Peppers
- Organic Acerola Cherries



## Vitamin D

Healthy Food Sources of Vitamin D include:

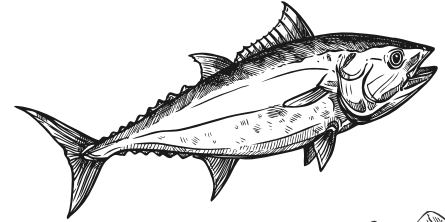
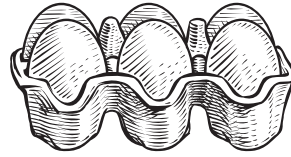
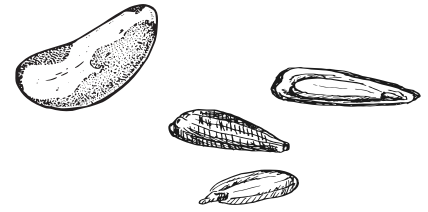
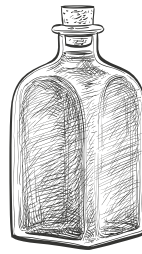
- Cod Liver Oil
- Wild Caught Salmon
- Grass-Fed Beef Liver
- Wild Caught Tuna
- Pasture-Raised Egg Yolks

We recommend making sure you are not deficient in any essential vitamins, nutrients, or minerals and making sure you are getting ample sunlight before taking vitamin D supplements. If you opt for a vitamin D supplement, make sure it is a D + K2 Complex. The vitamin K2 is important for the bioavailability of Vitamin D.

## Vitamin E

Healthy Sources of Vitamin E Include:

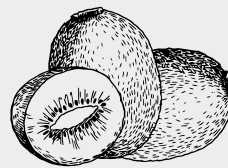
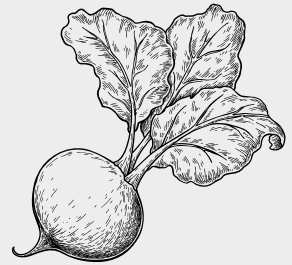
- Wheat Germ Oil
- Cod Liver Oil
- Pasture-Raised Eggs
- Organic Pine Nuts
- Wild Caught Salmon
- Organic Brazil Nuts
- Organic Red Bell Pepper
- Organic Avocado
- Organic Spinach
- Organic Sunflower Seeds



## Vitamin K2

Healthy Food Sources of Vitamin K2 include:

- Organic Kale
- Organic Mustard Greens
- Organic Swiss chard
- Organic Spinach
- Grass-Fed Beef Liver
- Organic Kiwi
- Organic Avocado
- Organic Beet Greens
- Organic Parsley



## Eat Foods That Improve Gut Health

Aside from cutting back on sugar and high FODMAP foods, much of the SIBO diet focuses on reducing inflammation and improving gut health. Therefore, it is essential to eat less of the foods that lead to inflammation and more of the foods that reduce inflammation and promote healing.

Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and healthy fats is essential for reducing inflammation and restoring gut health. These are among the best foods to eat for SIBO infections.

Here are some gut nourishing foods to include in your diet daily:

- **Organic Low Glycemic Fruits (See Above)**
- **Organic Celery Juice**
- **Well Sourced Bone broth**
- **Coconut Oil**
- **Ginger**

## Drink Mineral Rich Water

Drinking sufficient quantities of water and staying hydrated are essential to your health. It's also crucial for helping your body eliminate SIBO. Your body needs water to function, and when you don't get enough water, it can impair your health.

We recommend drinking reverse osmosis filtered water that contains the trace minerals in our fulvic acid & trace ocean minerals product. These minerals are added to the water after being filtered. If you can get spring water from a pure natural spring or can obtain it from your local market, this is another great option for high-quality drinking water. .

Aim to drink 3-5 liters of water per day during this cleanse protocol.



[LEARN MORE](#)

## Supplement with Magnesium Daily

Magnesium is an essential mineral needed for over 300 enzyme reactions in the body. Many people are deficient in magnesium. Take a look at our Ionic Magnesium Tonic and consider adding it to your drinking water to improve cellular magnesium levels. (show magnesium product)

Additionally, having a magnesium bath 3 nights a week will have a great impact on your overall health. Magnesium flakes are a naturally occurring, highly concentrated form of magnesium chloride, originating from deep below the underground sea bed. Soaking in magnesium flakes has the ability to regulate muscle and nerve function, reduce muscle cramping, aid in recovery and aid the detoxification process.

### Space Out Your Meals to Allow For Proper Digestion



Aim to space out your meals to allow for about three hours between each meal. Spacing out your meals allows the full digestive process to take place. Try not to snack every time you are hungry and instead make herbal tea or drink mineral-rich water. Your hunger could also be coming from dehydration or from your body cleansing itself.

### Balance Blood Sugar

Blood sugar is a complex subject, but here are a few essential tips. Eat protein, fat, and carbohydrates with each meal. Eat lower glycemic vegetables, and only have your fruit on an empty stomach in the morning. If you suffer from blood sugar imbalance issues, consider taking a bitter melon extract supplement or a Ceylon cinnamon supplement.



## Focus on Digestion

Digestion is a process that breaks food down to a size that is small enough for it to be absorbed in the small intestine. This process is complex and takes hours, depending on what you have eaten. Therefore, focusing on digestive health is extremely important for improving gut health long term.

Here are some tips to improve digestion:

- **Eat slowly and mindfully**
- **Eat fruit on an empty stomach only (usually in the morning in a fasted state)**
- **Avoid sugar other than fructose**
- **Take digestive bitters a few minutes before a meal**

Most important of all, chew your food thoroughly. This simple act can improve your health drastically. Remember digestion starts in your mouth. Chewing your food really well will prevent larger particles of food from going down into the stomach for digestion.

Chewing & the saliva in your mouth help to break down large particles of food into smaller particles. This drastically reduces the stress on the esophagus and thereby helps the stomach metabolize your food before heading down into the small intestine.

It is all a chain reaction starting in your mouth. Chewing your food properly can help smooth digestion and nutrient absorption. When your food is not chewed properly large particles enter the digestive tract causing digestive problems such as gas, bloating, constipation, food reactions, headaches, low energy and food fermenting in your gut.

When you chew your food more digestive enzymes are produced and this also helps to break down food farther to assist digestion. This is also the reason we recommend taking digestive enzymes during this 90 day SIBO cleanse to additionally support the digestion, assimilation and absorption of all your food.

### Additional Tips & Guidelines to Support SIBO Cleansing

- **Drink one cup of bone broth with food once per day**
- **Use coconut oil or ghee for cooking**
- **Introduce probiotic foods - slowly and after the cleanse**
- **Allow for 4-5 hours minimum between meals**
- **Don't eat right before bed**
- **No snacking between meals**
- **Eat smaller meals more often - ideally 4 meals a day 4 hours apart**
- **No overeating - overeating is one of the worst things for SIBO**
- **Try to eat less leftovers - and more fresh food**
- **Wash your hands before you eat to reduce bacteria exposure.**

# Summarizing Your Good Foods List

In summary, here is a list of foods that have been mentioned in this article as good foods to eat to get rid of SIBO infection. Later in this article, we will use this food list to build out your hypothetical SIBO diet meal plan.

Here are good foods and herbs to eat on the SIBO Cleanse Diet:

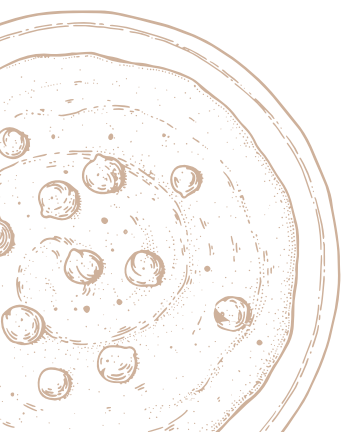
- Alfalfa
- Bamboo Shoots
- Bean Sprouts
- Bee Pollen
- Beef(organic, grass-fed)
- Bell Peppers
- Berries(small amounts)
- Bok Choy
- Bone Broth (make sure it is from a good source)
- Brazil Nuts
- Cabbage
- Carrot
- Cassava
- Celery Juice
- Cherries(small amounts)
- Chicken(organic, free-range)
- Chlorella
- Coconut Oil
- Cod Liver Oil
- Collard Greens
- Cucumber
- Edamame
- Eggs
- Fish
- Ginger
- Gluten-free Noodles
- Grapefruit
- Guavas
- Guava Leaves
- Kale
- Kelp
- Lamb(organic)
- Leafy Greens
- Lettuce
- Lemon
- Lime
- Low Glycemic Fruits (see above)
- Meat (make sure it is from a good source)
- Nuts
- Oyster Mushrooms
- Olives
- Olive Oil
- Oranges(small amounts)
- Organ Meats
- Quinoa
- Rice
- Spring Onion Greens
- Parsnip
- Pine Nuts
- Potato
- Pumpkin
- Quinoa
- Radish
- Rose Hips
- Rice
- Salmon
- Seeds
- Spaghetti Squash
- Spinach
- Spirulina
- Squash
- Sunflower Seeds
- Tomatoes
- Tuna
- Turnip
- Wheat Germ Oil
- Zucchini



## Foods to Avoid While Cleansing SIBO

Once again, in summary, here are the foods we recommend avoiding while following the 90 day SIBO Cleanse Diet.

- Foods that are high in sugar, especially processed sugar
- Foods high in FODMAPs
- Processed foods
- Foods with added chemicals or preservatives like BHT, Red 40, etc.
- Foods that contain industrial vegetable or seed oils like canola oil, sunflower oil, vegetable oil, etc.
- Alcohol, especially beer and wine
- Foods high in yeast (bread, nutritional yeast)
- Grains
- High fructose corn syrup
- Honey
- Fermented foods
- Soda and soft drinks
- Beans & Legumes
- Hummus
- Garlic
- Onions & Leeks
- Brassicas (cabbage, brussels sprouts, cauliflower, broccoli)
- Artichokes





## Meal Plan Examples



### **SIBO Diet Breakfast Meal Plan**

- Sourdough bread with smashed avocado and poached eggs
- Oatmeal with Ceylon Cinnamon, coconut flakes, chia seeds, pumpkin seeds
- Frittata with tomato, black olives and fresh arugula
- Green smoothie with spinach, spirulina, kiwi, cucumber, plant based protein powder & coconut milk



### **SIBO Diet Lunch Meal Plan:**

- Dandelion greens salad with baked chickpeas, sunflower seeds, quinoa, stone ground mustard, and lemon dressing. Add pasture-raised scrambled eggs on top.
- Lunch bowl with grass-fed beef, white rice, dandelion greens, cherry tomatoes, and red bell pepper, topped with grass-fed butter.
- Warm Salmon Salad with cucumbers, avocado, cherry tomato & citrus vinaigrette
- Quinoa chicken salad with cucumber, leafy green, sprouts & carrots and beets
- Asian noodle salad with carrot, sunflowers seeds, bell peppers and chives



### **SIBO Diet Dinner Meal Plan:**

- Brown rice and vegetable stir fry with broccoli, kale, carrot, pineapple, ginger, and wild-caught salmon
- Steamed vegetables and coconut curry soup with a side of wild halibut over brown rice.
- French green beans & butternut Squash Curry Soup with quinoa
- Turkey chili with sweet potatoes, tomatoes, corn, cilantro & fresh lime
- Zucchini noodle pasta with pesto sauce, tomatoes, zucchini & parmesan, topped with grilled chicken
- Roasted red bell peppers with ground beef, olives tomatoes & fresh herbs

## Summary

Thank you for reading our SIBO Cleanse Protocol diet guide. Dietary changes are foundational for improving gut health during your cleanse and beyond into the future.

Be patient with yourself and your body during this protocol, and always give yourself some leniency around our recommendations. It takes time to adopt new habits and to take full responsibility for our health. We want to encourage you to always be kind to yourself as you go through these changes and not to beat yourself up if you don't do it perfectly.

Healing from a place of self-love, self-forgiveness and self-compassion will always be more effective than trying to heal from a place of self-judgment, self-hatred, or self-blame.

It is important to have a good understanding of SIBO, and to know the proper protocol for recovering from this condition. But we understand that it is not always as easy to apply this information, as changing our dietary and lifestyle habits can be challenging.

Just remember why you've decided to follow this protocol. Keep your health goals in mind and do your best each day to reach them. The more you stick to it, the easier it will become.

Over time, this diet will change your palate to crave more bitter foods and less sugary sweet foods. As the health of your gut microbiome returns, you'll begin to see relief from your symptoms and experience a newfound sense of health and vitality.



## Complete SIBO Cleanse Protocol

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# Everything You Need to Know About SIBO

## What Is SIBO?

SIBO stands for “small intestinal bacterial overgrowth.” It refers to a condition in which the bacteria that live in your small intestine grow beyond normal levels and begin to interfere with your normal digestive functions.

According to Cleveland Clinic: “SIBO is an imbalance of the microorganisms in your gut that maintain healthy digestion. When too many bacteria, or the wrong kind, populate the small intestine, it can lead to uncomfortable symptoms such as gas and diarrhea. It can also inhibit your ability to digest and absorb nutrients from your food.”

Essentially, SIBO occurs due to an imbalance in your gut microbiome that allows the small bacteria to grow beyond healthy levels. When there is an imbalance in the gut microbiome, or the digestive system is impaired, it is unable to keep bad bacteria in the gut under control. As a result, they grow and cause an infection.

Enzyme deficiency, low amounts of gastric acid, or low levels of bile can all contribute to sluggish digestion, which not only impairs nutrient absorption, but also gives bacteria in the small intestine more time to breed.

## What Causes SIBO?

SIBO commonly results occurs due to an imbalance in the gut microbiome, or when a disease or abdominal surgery slows the passage of food and waste in the digestive tract, providing an environment for bacteria to breed.

SIBO is commonly caused by a complication of abdominal surgery, and in this case, surgery is often needed to correct the problem. In other cases, however, a round of antibiotic treatment is typically used to get rid of SIBO.

Some of the primary causes of SIBO include:

- Low stomach acid (hypochlorhydria). Stomach acid plays a key role in moderating bacterial growth. When stomach acid is low, it is less effective at fighting off bacteria that enter the body with food.
- Structural issues. Structural problems in the small intestine can interfere with the clearing of bacteria and can create extra pockets for bacteria to accumulate. These issues can be caused by complications of surgery or by gastrointestinal diseases.

- Small intestine dysmotility. Small intestine dysmotility means that waste is held for too long in the small intestine before emptying into the colon. This gives more time for small intestine bacteria to grow and multiply.
- Overuse of certain medications. Certain medications, such as antibiotics, narcotics, and gastric acid suppressants, can upset the normal balance of intestinal flora.

## How Common Is SIBO?

Candida overgrowth is one of the most common infections in the United States, It is unknown exactly how common SIBO is. Many healthcare professionals consider SIBO to be generally underdiagnosed, and the prevalence among healthy people is not known. However, some studies indicate that up to 80% of people with irritable bowel syndrome (IBS) have SIBO. Mild cases of SIBO may not have any noticeable symptoms, while moderate cases often have symptoms that resemble other digestive conditions, such as Inflammatory Bowel Disease.

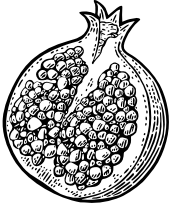
## What Are the Symptoms of SIBO?

Common signs and symptoms of SIBO often include:

- **Abdominal pain**
- **Pain in stomach after eating**
- **Bloating**
- **Excess gas**
- **Digestive issues**
- **Loss of appetite**
- **Nausea**
- **Diarrhea and loose stools**
- **Unexpected weight loss**

## Best Herbs for Fighting SIBO

The SIBO cleanse diet removes the foods that allow pathogenic bacteria to grow and spread. Antibacterial herbs target the pathogenic bacteria to eliminate them from the intestines. Our SIBO Cleanse tonic includes a synergistic blend of 6 potent herbs:



### Pomegranate Peel

Pomegranate peel has incredibly potent antimicrobial effects, with an extremely broad range of action against multiple pathogens.†

### Black Walnut Hulls

Black Walnut has been used for centuries to kill pathogenic bacteria and parasitic organisms to detoxify the colon. Black Walnut is also useful for helping maintain an internal condition that is unfavorable to fungi.†



### Lavender

Lavender is a calming herb that supports healthy liver and kidney function, purifies the blood and prevents excess gas.†

### Cramp Bark

Cramp Bark is a sedative and antispasmodic herb that reduces muscle cramps and intestinal spasms.†



### Feverfew

Feverfew is an incredibly medicinal herb that may ease muscle spasms, reduces inflammation, fight allergies, and help to relieve pain.†

### Skullcap Herb

Skullcap has been shown in many clinical studies to have amazing antibacterial benefits. It also helps to relax the nervous system and relieve muscular tension.†



The high quality active ingredients extracted in our SIBO cleanse tonic are completely water soluble, so they absorb immediately in the bloodstream and not lost in the digestive tract, allowing them to instantly begin fighting excess bad bacteria.†

All of the herbs in this formula are only harvested when they are at their peak level of potency. This ensures that the active ingredients are as strong and effective as possible. Plus they are 100% sustainable and wildcrafted. Which means, no pesticides, preservatives, chemical fillers, or genetically modified ingredients.

# About Zuma Nutrition

Here at Zuma Nutrition, we pledge to offer the very best nutritional supplements our teams can provide. We leverage 40 years of research and decades of experience to ensure that our standards are of the highest order and that our products are equally as strict in their quality.

Our manufacturing teams consist of herbalists, physicians, biochemists, and nutritionists, who all promise to bring you the very best superfoods, nutrients, vitamins, minerals, and healing tools they can create.

With an unwavering focus on product efficacy, purity, potency and quality, along with a fervent commitment to positively impacting our planet, we at Zuma Nutrition are thrilled to offer our customers a powerful array of products and supplements.

## Sourcing & Clean Biochemistry

All of our herbs and superfoods are organic, regenerative, and grown in biologically active soil. By focusing on the health of our soil, we keep the delicate communities of microorganisms alive, allowing for healthier and more nutrient-dense plants, while simultaneously helping to sequester carbon, taking it out of the atmosphere and storing it within the soil.

No synthetic pesticides or fertilizers are used in our agricultural process. We enhance the effectiveness of these plants by combining the knowledge of our team of herbalists with clean biochemistry techniques, including: nanotechnology, emulsified liposomal deliveries, freeze-dried extraction processes, water extraction, supercritical CO2 extraction, and dual alcohol extractions.

We also practice sustainable wild harvesting methods in Utah, Idaho, the Pacific Northwest and Colorado. with rare ingredients in our formulas.

## Vegan & Vegetarian Friendly

Our entire Zuma Nutrition line is 100% vegan and vegetarian-friendly, keeping in mind our ecological footprint and the impact that our business has on the earth.

Our head of product development and co-founder, Richard, is vegan and takes these products daily to optimize his own health and well-being. As a result, we have created a safe source for vegans to get all of their health and wellness needs without having to worry about what they are putting into their bodies.

