

SIBO Protocol

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SIBO stands for “Small Intestine Bacterial Overgrowth”. This is characterized by chronic overgrowth of bacteria in the small intestine. It has been linked to GERD (gastroesophageal reflux disease i.e. heartburn) and many other conditions:

- Acromegaly
- Anemia
- Autism
- Celiac Disease
- Crohn’s Disease
- Chronic Fatigue Syndrome
- CLL (Chronic Lymphocytic Leukemia)
- Cystic Fibrosis
- Diabetes
- Diverticulitis
- Erosive Esophagitis
- Fibromyalgia
- GERD (Gastroesophageal Reflux Disease)
- H. Pylori Infection
- Hypochlorhydria
- Hypothyroid / Hashimoto’s Thyroiditis
- IBS (Irritable Bowel Syndrome)
- Interstitial Cystitis
- Lactose Intolerance
- Leaky Gut
- Liver Cirrhosis
- Lyme Disease
- Muscular Dystrophy (myotonic Type 1)
- NASH / NAFLD
- Obesity
- Pancreatitis
- Parasites
- Parkinson’s Disease
- Prostatitis (chronic)
- Restless Leg Syndrome
- Rheumatoid Arthritis
- Rosacea
- Scleroderma
- Ulcerative Colitis.

To diagnose SIBO a breath test is done <https://sibocenter.com/>. Once the diagnosis of SIBO is confirmed the following things should be considered.

1. **Go on a Low “FODMAP” Diet.**

- a. FODMAPs are a group of carbohydrates (sugar) molecules that are found in many foods. These carbohydrates are readily fermented by bacteria in the gut potentially leading to abdominal cramping, gas, bloating, acid reflux, etc. Here’s a Low FODMAP Diet you can follow <https://stanfordhealthcare.org/content/dam/SHC/for-patients-component/programs-services/clinical-nutrition-services/docs/pdf-lowfodmapdiet.pdf>

2. **Take a Probiotic.**

- a. Make sure the probiotic does not contain FOS (this is a prebiotic that is also a high FODMAP food)
b. Use Progressive HCP70 or HCP150. Take 1 capsule with breakfast and another with lunch or dinner

3. **Use an Antibiotic.**

- a. A gastroenterologist would likely recommend a two week course of antibiotics to kill off the bacteria that are fermenting those FODMAP carbohydrates but a natural practitioner would opt for natural antimicrobials. Here are some links to natural antimicrobials used to treat SIBO:
- i. Use the following antimicrobial products:
1. Genestra Berberis Formula <http://www.seroyal.ca/berberis-formula.html> take 2 capsules two times a day with meals
 2. Metagenics CandiBactin – AR <http://www.metagenics.com/ca/mp/products/canada/candibactin-ar> take 1 softgel twice a day with food
 3. Use Nature’s Way Enteric-Coated Peppermint Oil <http://www.natureswaycanada.ca/Product-Catalog/Pepogest>
- ii. Studies on natural antimicrobials used to treat SIBO:
1. <http://www.naturalmedicinejournal.com/journal/2014-10/natural-antimicrobial-compounds-small-intestinal-bacterial-overgrowth-syndrome>
 2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030608/>
 3. <http://www.metsol.com/assets/sites/2/Select-herbals-in-the-eradication-of-SIBO.pdf>
 4. <http://www.altmedrev.com/publications/7/5/410.pdf>