More and more we’re seeing people come in with digestive issues: rumbling in their “stomachs”, gas (flatulence), extreme odors, irregular poops (loose or constipated), cramping, aches and pains that move all around the digestive areas, fatigue, emotional instability, bloating, belching, and constantly fighting yeast.

The range of problems claimed to be due to SIBO include: autoimmune diseases, vitamin deficiencies, malnutrition, weight loss, arthritis, fatigue, rashes, acne, eczema, asthma, depression, and rosacea. Nausea, bloating, vomiting, and diarrhea are common results of SIBO.

Irritable Bowel Syndrome (IBS) is most often ascribed to being caused by SIBO by healthcare givers who believe in restricting carbohydrates. (IBS is also classified as a functional gastrointestinal disorder.) People with this condition suffer with chronic abdominal pain or discomfort and diarrhea, constipation, or alternating bouts of the two. SIBO has also been linked to more serious Inflammatory Bowel Diseases (IBD), including Crohn’s disease and ulcerative colitis.

If you have 4 or more of the above mentioned symptoms you most likely have SIBO. And trust me… it's not the new FAD illness! It's real.

SIBO, small intestinal bacterial overgrowth, is defined as an increase in the number of bacteria, and/or changes in the types of bacteria present in the small bowel. In most people, SIBO is not caused by a single type of bacteria, but is an overgrowth of the various types of bacteria that should normally be found in the digestive tract.

SIBO has been shown to negatively affect both the structure and function of the small bowel. It may significantly interfere with digestion of food and absorption of nutrients, primarily by damaging the cells lining the small bowel (the mucosa).

Additionally, this damage to the small bowel mucosa can lead to leaky gut (when the intestinal barrier becomes permeable, allowing large protein molecules to escape into the bloodstream), which is known to have a number of potential complications including immune reactions that cause food allergies or sensitivities, generalized inflammation, and autoimmune diseases.

**What causes SIBO?**

To fully understand this we need to go to the beginning:

**DIGESTION!**

Digestion is the breaking down of food into it’s smallest possible elements to that it can be absorbed in to the cells and tissues of the body.

Fats are broken down into fatty acids and glycerol.
Protein is broken down into amino acids – the building blocks for all cells.
Carbohydrates are broken down into single sugars.
When you chew your food you are starting the digestive process by breaking apart the food and then the enzymes in saliva and stomach and small intestines do the rest of the work.

Your pancreas secretes specific enzymes to help in this process once the food enters your small intestines.

Digestive enzymes are necessary to breakdown and digest foods so that they can be absorbed. They need the right amount of acid in the stomach (HCL; hydrochloric acid), the right amount of alkali in the duodenum, and the right amount of time spent in each area so that these enzymes can do their work fully. *(please go back in my book DISCOVER HEALTH and re-read pages 67-84)*

Problems arise in the body because the foods get fermented instead of being digested fully.

The small intestines (about 20 feet long) continue digestion utilizing specific enzymes to break down starches -- these are called DISACCHARIDASES. The main disaccharidases enzymes are: Lactase, Maltase, Sucrase and Trehalase. Lack of these enzymes in your small intestines creates a lactose intolerance and/or sucrose (sugar) intolerance.

What has been found is that disaccharide enzymes are damaged in SIBO cases and can’t do their job. That leads to the disaccharide sugars, such as lactose (milk sugars), sucrose (table sugar) and isomaltose (starch), to sit unabsorbed in the small intestines. This sets up the perfect scenario for overgrowth of bacteria, yeast and fungus and these little creatures expel gas and acids into our small intestines, leading to total havoc in our bodies: bloating, constipation, loose stools, brain dysfunction, etc.

This can then lead to IBS, Celiac disease, Crohn’s disease, Diabetes, kidney stress, and more.

Processed foods have changed the way we eat (sadly). Food can sit longer on the shelves, and that means it's also sitting longer in our stomachs and small intestines!

In a new study published February 2015 in the journal NATURE, researchers from Georgia State University investigated how the widely used processed food additive emulsifiers played a role in the gut.

Emulsifiers are added to most processed foods in order to extend shelf life and add texture to the foods. The research team decided to feed mice a couple of the most common emulsifiers on the market -- polysorbate 80 and carboxymethylcellulose - at doses comparable to a human's consumption of processed foods. They watched the emulsifiers change the mice's gut microbiota, which is an individual's personal 100 trillion bacteria inside the intestinal tract. Not only did this increase their chance of developing obesity-related disorders but also inflammatory bowel disease!

With more and more processed foods in our daily diet we are literally destroying our guts!
BOTTOM LINE:

SIBO is largely under-diagnosed. This is because many people don't seek medical care for their SIBO symptoms, and because many doctors aren't aware of how common SIBO is.

Complicating this, the most commonly used tests (breath tests measuring levels of hydrogen and methane gas) still have fairly high rates of false negatives (meaning the test results come back as negative but you actually do have the disease).

The best tests we know of is the ORGANIC ACID TEST (OAT) along with our FOOD ALLERGY TEST.

The most common symptoms of SIBO include:
- Abdominal pain/discomfort
- Bloating and abdominal distention
- Diarrhea
- Constipation
- Gas and belching and rumbling
- In more severe cases, there may be weight loss and symptoms related to vitamin deficiencies.
- Poor digestion and absorption
- Kidney stones, gallstones
- Low B12, D3, E, A, etc.
- Inflammation throughout the body. Skin issues (rashes, rosacea, etc.)
- Headaches, anxiety, nervousness, etc.
- IBS, IBD, Celiac disease, gluten intolerance, liver stress, kidney stress, diabetes
- No results from vitamin regimen

If you have 5 or more of the symptoms above, you most likely have SIBO no matter what tests are done or not done.

Is SIBO contagious?

Unlike many other bacterial infections of the gastrointestinal tract, SIBO is not contagious, and there is no evidence that exposure to any single microorganism increases the risk for developing SIBO. And no... you didn't “inherit” it from your mother. Family members might have the same issues but it’s due to dietary habits!

How do you fix SIBO?

There is no single “treatment”. You can’t simply take more enzymes… though that is very important. You can’t simply kill the offending bacteria and yeast in your intestines with an antibiotic as they will come back eventually and sometimes return with a vengeance. If you ignore the problem and put up with the symptoms over a long period you will end up with kidney problems, adrenal hormone issues, brain function altered, emotions all over the place, etc.

So what do you do?
1. Get tested properly with an OAT test and FOOD ALLERGY test
2. Immediately get onto correct enzymes in sufficient amounts (you may have to double dose for a while)
3. Start IBEROGAST liquid herbal/essential oil blend 20 drops 3x daily or our Una Prima de Gato blend (10 drops 3x daily).
4. With proper assessment from you holistic doctor I would suggest a detox supplement (we use our Multi-Detox 4 per day or Una Prima De Gato 10 drops 3x daily)
5. Eliminate all dairy, sugar and gluten from the diet
6. Take a good quality probiotic based on your holistic doctor’s advice (we’re very picky about
which one each person uses and it’s different for each individual – let us help you on this one)

7. Ensure that you're body is well balanced (hormones, minerals, vitamins, etc) and that you are keeping your stress to a minimum in life

**I probably lost you on Number 5! That’s where we lose most people. (sigh)**

What I can tell you is that some people just aren’t sick enough...

By that I mean they are not willing to really do what is necessary to get healthy. They want to negotiate for their health! (example: "can’t I have a little dessert when I eat out", or "but what will I eat if I give up wheat", "I’m not willing to give up my "______", etc.) It just doesn’t work that way. Doing all of the other actions and staying on the same old diet plan (eating simple carbs, bread, crackers, noodles, chips, junk, desserts, ice cream, milk, alcohol, etc.) WON’T WORK! You will have constant up and downs.

I encourage you to go back to my book DISCOVER HEALTH and re-read pages 115-119. Let’s get back to eating for health… not social events and taste! If you eat properly and don’t obsess over what to eat… you’ll learn to eat healthy and keep your weight right where it’s supposed to be!

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