

Rebalance

Safe Anti Microbial
Berberine, Cinnamon
or Atrantil®
FtsZ Inhibitor (little or
no microbial
resistance)

- 12 weeks maximum
- If abx such as prescribed Rifaximin or others did not produce long term benefit, move on. No benefit from long term abx therapy for most. (Herbal FtsZ inhibitors such as berberine or cinnamon may be taken safely for up to two years). Take as needed, follow directions on bottle.

Restore

Prokinetic
Restore the migrating
motor complex and
increase transit time
with a prokinetic such
as enteric coated
peppermint or
Iberogast.

- The Migrating Motor Complex (MMC) is known to be impaired in SIBO resulting in slow transit time and inability to sweep pathogens from the small intestine.
- 100% of patients on Rifaximin (prescribed abx for SIBO) relapsed without the addition of a prokinetic. Take this until MMC and transit time is restored. Follow directions on bottle. Enteric coated peppermint to reach small intestine is necessary. Prokinetics help ensure bacteria is swept out of small intestine.
- ★★★★★ Enteric coated peppermint. Take as needed, follow directions on bottle.

Reduce

H2S
Reduce fermentation
and bacterial energy
transport systems and
neutralize H2S with
MGO2, baking soda
and zinc.

- SIBO Recipe, creates a slow release oxygen known to reduce SRB counts and degrade toxins while neutralizing H2S.
- 8 oz. clean water - 1/2 tsp. Milk Of Magnesia, 1/4 tsp. Baking Soda - 1/16 tsp. zinc (zinc acetate, zinc carnosine or zinc oxide but any will do). Once in morning, once before bed, 4 days per week, empty stomach is better.
- If nausea, reduce zinc. Zinc is toxic in high doses. Consult doctor for zinc recommendations, especially for children.

Reduce

H₂S/Toxins

Champex®
(Agaricus bisporus)

Reduce many other toxins in blood such as ammonia and further reduce H₂S, many more benefits.

- H₂S is produced during the metabolic cycle of bacteria and by the direct decomposition of bacteria, fungi and actinomycetes. H₂S in the small intestine exceeds the capacity of a mammal to detoxify and is one of the implications of SIBO. H₂S is a known geno toxin, modulator of homeostasis and gaso transmitter serving many functions and producing many modulatory and protective as well as toxic affects in the body.
- ☆☆☆☆ Champex® brand only. Follow directions on bottle. Safe and effective, clinical study.

Restore

Pantothenic Acid for metabolic functions.

Restore metabolic processes and functions with pantothenic acid, fuels production of Coenzyme A, needed in over 70 metabolic pathways.

- Mitigate fermentation potential factors and release of H₂S in certain fungi and yeasts through sulfur metabolism with pantothenic acid
- Facilitator for bifidobacterium to better colonize.
- Pantethine or Pantothenic Acid
- No upper level safety limit, follow directions on bottle.

Rebuild

Colostrum

Rebuild the gut by the proper preparation and substrates with bovine colostrum. Colostrum's clinically proven benefits show that colostrum helps: fight off and eliminate infectious processes, modulates immune function, stimulates growth and regeneration.

- Rebuild the gut by the proper preparation and substrates with bovine colostrum. Never use capsules for colostrum or probiotics. Ideally you want the whole digestive canal and mucous membranes from the mouth to the colon to be primed for the colonization of probiotics and stabilization of microbial balance and to ensure proper protection from pathogens in dental, sinus, immune and gut health and then throughout the whole immune system. Next to human colostrum, pure bovine colostrum is proven safe and effective. Follow directions on bottle.

Rebuild

Bifidobacterium species.

Reduce SRB growth and production of H₂S with certain Bifido strain probiotics, alone or in multi strain of the following, Bifidobacterium species *B. Adolescentis*, *B. bifidum*, *B. breve*, *B. catenulatum*, *B. dentium*, *B. infantis*, *B. longum* or *B. Pseudocatenulatum*

- SRB's utilize hydrogen or lactic acid, lead to byproducts that increase other pathogen counts and further facilitate dysbiosis and a vicious cycle. Reduce the pathogenic and outcompetitive fermenters known to be implicated in SIBO first. Add other species over time.
- Prepare the intestine with colostrum and probiotics known to outcompete SRB's in healthy infants and adults.
- Follow dose directions on bottle. Make a paste of both colostrum and probiotic strain or complex and mix with water or applesauce.

Rebuild

Bacillus coagulans , *Bacillus laterosporus*.

Both reduce and control many types of pathogens, viruses and fungi. Include one or more of the following, *Bacillus coagulans*, *Bacillus subtilis*, *Bacillus laterosporus* and *Bacillus laevolacticus*.

- Rebuild more extensive pathogen control. Restore mucosa, increase transit time and facilitate Bifidobacterium colonization.
- Follow dose directions on bottle. Make a paste of both colostrum and probiotic strain or complex and mix with water or applesauce.

Rebuild

Prevent, reduce and control endotoxins with *Lactobacillus acidophilus* or *Lactobacillus fermentum*. Most preferably, the probiotic is *L. acidophilus* strain or *L. fermentum* strain.

- Clinically shown family of probiotics to reduce and prevent endotoxemia, even chronic sepsis.
- Follow dose directions on bottle. Make a paste of both colostrum and probiotic strain or complex and mix with water or applesauce.

Rebuild

500 million units *Lactobacillus acidophilus*, 500 million units of *Bifidobacterium bifidum*, and a combination of one billion units of *Bifidobacterium longum*, *infantis*, *rhamnosus*, and *Lactobacillus salivarius*, *reuteri*, *casei*, *bulgaricus*, *sporogenes*, *laterosporus*, and *plantarum*. It is believed that this probiotic supplementation counterbalances antibiotic-induced degradation of intestinal probiotic flora.

- Rebuild, restore and facilitate lifelong immunization and reduce antibiotic injury with the group of probiotics shown at left for maintenance as needed along with colostrum to promote colonization.
- Follow dose directions on bottle. Make a paste of both colostrum and probiotic strain or complex and mix with water or applesauce.

Reduce

Cedars Sinai or Fast Track (low fermentation potential diet). Reduce symptoms and improve comfort level with non extreme diets.

- Diet - Cedars Sinai and Dr. Mark Pimentel or Dr. Norm Robillard Fast Track Diet, a diet that reduces symptoms by the fermentation potential of foods. Foods should be well cooked, no hard to digest fiber, little fruit and easy to digest. Moderate use of fermenters like beans. Moderation. Diet modification aside from known allergens is not permanent and diet is not the cause nor will diet alone cure or cause SIBO or other chronic infections. Nutribullet RX® or Vitamix® helps greatly in ease of digestion to ensure nutrition needs are met. Extreme diets contraindicated in SIBO.

Reduce

Reduce pathogen exposure of known water or food borne pathogens as much as possible with clean water.

- Reduce pathogen exposure of known water or food borne pathogens as much as possible with clean water. Certain pathogens like SRB's implicated in SIBO are ubiquitous in nature. Never assume your water is within safe limits from harmful pathogens. Use an ozonator (or known effective filtration of pathogens and toxins) and don't contribute to overuse of plastics or petrochemicals in the environment.

Rebalance
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Reduce
Rebuild

- The goal is to Rebalance in the short term with known safe anti microbials. Restore lost functions until healing has taken place with proven help as in prokinetics and the right catalyts. Reduce known contributors to root causes and symptoms like H2S. And Rebuild from the proper foundations much like nature would. With little time, cost or inconvenience. No extreme diets, no extra interventions like enemas or colon cleanses. No complicated detox regimes or anything else that contributes to patients giving up in despair and failure.

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The timeline to do all of this 3-6 months for most and up to two years for the most severe.

- While it takes time to heal a lifetime of maintenance is not a cure. In most the timeline will be 3-9 months. Add each probiotic slowly. Expect some die off symptoms and adjustment which lasts no longer then 3 weeks for each probiotic family. As low and slow as necessary with each supplement if needed. Know the symptoms of H2S and reduce treatment as necessary to avoid bloating, edema, extreme pain and fatigue or other symptoms associated with H2S.

A few extra tips.

Some children in the Autism spectrum have high D-Lactate in their system. D-Lactate Free probiotic powder will also benefit people with Histamine and SIBO issues.

- A few other supplements may be added such as digestive enzymes, xylanase, beneficial yeast *Saccharomyces boulardii* (contraindicated in some, see safety), L glutamine, cod liver oil, sunflower lecithin, pepsin okra, slippery elm, marshmallow root or others that may not be included here as they confer no main benefits for the foundations of self treatment but it is acknowledged they may and do help some, especially those most needed for satisfactory basic health.