



# SIBO Symptomatic Relief Suggestions

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## **Bloating (with or without pain)**

Activated Charcoal (absorbs gas): up to 2 every 2-3 hours, away from meals/supplements/medicines, if possible (absorbs nutrients too). *Note:* can cause constipation and darkened stool

Simethicone- “Gas X” (breaks bubbles, does not remove gas) - follow label dosing

Medical Futures ‘Iberogast’ - 20 drops with meals or as needed, &/or 20-60 drops at bed

## **Pain**

Antispasmodics/ muscle relaxants- follow label dosing

Enteric coated Peppermint Oil/ IBgard (or Peppermint Tea if pain is high up)

*Caution:* can cause/worsen acid reflux

Kava Kava, Black Cohosh

Position

Lie face down – to allow for easier upper gas release through burping

Medical Futures ‘Iberogast’ - 20 drops with meals or as needed

*Note:* Anti inflammatories such as NSAID’s usually don’t work for this type of pain

## **Constipation**

Magnesium Citrate or Oxide (osmotic laxative- draws water into intestine)

500-2000 mg/night, start lower, (1000 is a common effective dose)

*Note:* Mg dosing is finicky & may need to be adjusted, effect may take 2 days

Medical Futures ‘Iberogast’ - 20 drops with meals or as needed, &/or 20-60 drops at bed

Increase Fat Intake (Large Intestine motility is increased by fat)

Butter, oil, fatty meats/skin, egg yolks, Homemade 24-hour yogurt from cream or ½ & ½

Increase Insoluble Fiber Intake (less likely to cause gas)

Nut flour/butters, peas, green beans

Supplement: Cellulose from Nutricology, Allergy Research Corp, Vital Nutrients

*Caution:* fiber may irritate the intestines

Probiotics

Homemade 24-hour yogurt

Real fermented sauerkraut juice or other fermented vegetable juice

Supplements: ‘Ultimate Flora Ultra Potent 100 Billion’, ‘Align’, ‘Lactoprime Plus’,

‘SCDophilus’, Custom Probiotics ‘11 strain’, Innate Flora ‘50-14’

*Note:* avoid FOS, GOS, MOS, Inulin & Arabinogalactan as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount

Warm Water in morning, drunk slowly (stimulates gastro-colic reflex/ large intestine)

Combination: upon arising take liquid Cod Liver Oil & Probiotic with Warm Water

Increase Potassium intake (retains water in the stool)

Fresh homemade juice of cucumber/tomato/carrot...

Avocado, banana, homemade 24 hour Yogurt, winter & summer squash

Meats/Poultry/Fish (& their slow cooked broth)

Stool softeners - follow label dosing

Water or Saline Enema - follow label dosing

Glycerin Suppositories - follow label dosing



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## Diarrhea

### Electrolyte replacement

Homemade WHO recipe: 8oz water, ¼ tsp salt, ¼ tsp baking soda, 1 Tb honey/dextrose/sugar, ¼ c orange juice (or Carrot, Pineapple, Papaya). Can be made without juice if not on hand.

Supplement: SOS Rehydrate packets

Prepared: Pedialyte Unflavored

### Probiotics

Homemade 24-hour yogurt from milk (protein firms stool)

Real fermented sauerkraut juice or other fermented vegetable juice

Supplements: Saccromyces boulardii, ‘Bio-K’, ‘Culturelle- Natural Health & Wellness’, ‘Ultimate Flora Ultra Potent 100 Billion’, ‘Lactoprime Plus’, ‘VSL3’

*Note:* avoid FOS, GOS, MOS, Inulin & Arabinogalactan as a main ingredient with mg listing; may be Ok in the base ingredients due to the tiny amount

### Increase Insoluble Fiber Intake

Nut flour/butters, peas, green beans

Supplement: Cellulose from Nutricology, Allergy Research Corp, Vital Nutrients

*Caution:* fiber may irritate the intestines

### Activated Charcoal

Short term use, absorbs H<sub>2</sub>O (& nutrients)

Up to 2 every 2-3 hours, away from meals/supplements if possible

*Note:* can cause constipation and darkened stool

### Bismuth subsalicylate- ‘Pepto-bismol’, follow label dosing, short term use

Possible side effects: constipation, blackened stools and/or tongue, Tinnitus

### Imodium, follow label dosing

Avoid/careful with fats (ex. egg yolks), fruit, veggies

## Nausea &/or Food Sits in Stomach

Ginger- follow label dosing. Capsules, tincture or tea.

Medical Futures ‘Iberogast’- 20 drops with meals or as needed

## Acid Reflux

Immediate relief: ½ - 1 tsp baking soda in glass of water

Medical Futures ‘Iberogast’- 20 drops with meals or as needed

Liquid herbal bitters ‘Swedish bitters’ before meals- follow label dosing

Apple Cider Vinegar: 1Tb in glass of water before meals

Betaine HCl capsules: 1 at the start of protein containing meals (may increase to 10)

*Caution:* Discontinue if heaviness or burning occurs & treat with baking soda

## General/ Indigestion

Medical Futures ‘Iberogast’- 20 drops with meals or as needed

Digestive Enzymes (with brush border enzymes) - follow label dosing

‘ProZymes’/‘Vital Zymes’, ‘Digest Platinum’, ‘Digest Gold’

Betaine HCl with Pepsin, Bitters or Apple Cider Vinegar (see dosing above- under “Reflux”)

Colostrum – follow label dosing. ‘Symbiotics’ (lactose free)

Probiotics- see Constipation section