



## **BIOFILM AND SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO)**

Biofilms are a main concern behind chronic disease. The science shows that wherever a mucus membrane is in the body, there is the potential for a biofilm. Biofilms are thought to be involved with chronic infections in the sinus, ears, intestines, bladder and even indwelling implants placed through surgery.

They are persistent and challenging to deal with, as they do not go away with antibiotics. Biofilms are comprised of a mucopolysaccharide (MPS) coat, and various bacteria, viruses and fungi or yeast that live within the MPS coat. Each of these microenvironments essentially has their own community or economy. After a period of growth or stimulation, a small portion breaks off and begins a new community on another area of the mucus membranes either close by or remote from the area.

We have known about biofilms since the 17<sup>th</sup> Century, and yet they remain a persistent and determined deterrent to health. One of the reasons is that we often view chronic conditions in an isolated fashion. Meaning when a patient with a chronic condition needs treatment, the solution is often linear and targeted to maximum dosing. A more accurate understanding is that chronic conditions are multifactorial and often are present because of a persistent imbalance within the system.

Additionally, when you receive a diagnosis that has lifelong or life threatening implications, you feel trauma. This is both a normal and natural response. However, staying in trauma is not helpful as all healing occurs in the relaxation phase. So a key is bringing in treatment for your emotions and soul/spirit to aid in the processing of the events that are felt to be traumatic.

The key to any healing is finding health and helping the body into the relaxation phase as the body is driven by its own internal healing mechanisms. This is a much different approach to "fighting disease". Please do not misunderstand, finding health and finding the relaxation response both require a tremendous amount of courage and vulnerability. These are two keys to getting well. Working closely with your physician and/or provider whom you trust is most helpful for this process. It often takes a tribe for healing.

The biofilm and SIBO protocol are keys to unlocking the pursuit of health amidst chronic disease and conditions. While there is a basic approach, each treatment plan is individualized to meet the needs of the patient. It is not a one size fits all approach; we are always adjusting as the patient responds to the different treatment options in their care.

Here is to happy healing and recovery of health for each of us.