



SIBO and the SIBO Diet

What is SIBO?

SIBO is a condition in which abnormally large numbers of bacteria are present in the small intestine. These large numbers of bacteria can cause a variety of problems, such as damaging the microvilli, which absorb nutrients, resulting in malnutrition, weight loss, osteoporosis, restless legs at night, skin rashes, muscle aches, and digestive symptoms. SIBO is often a sign of an underlying condition such as Celiac disease, Crohn's disease, diabetes, pancreatitis, low gastric acid, or many other diseases.

How is SIBO Treated?

SIBO is treated by killing the excess bacteria and restoring normal digestive function. This is accomplished using the SIBO Diet and antibiotics or antifungals, to reduce excess bacteria, and supplementation and IV Therapy to restore nutrients to the body and support recovery of normal digestion. The SIBO Diet consists of three phases, which the patient moves through depending on how quickly their symptoms improve. The first phase is the most restrictive, and is where everyone starts. The second phase is less restrictive, and the third even less restrictive.

What is the SIBO Diet?

The first phase: a therapeutic diet, the most restrictive of the three phases. This is the foundation of the SIBO diet. Aided by antibiotic or antifungal medication, supplementation and IV Therapy, the intention of this diet is to reduce the numbers of bacteria in the small intestine. This phase continues until symptoms have been greatly improved.

The second phase: an extended therapeutic diet, less restrictive in nature, and used alongside continued support from supplementation, IV Therapy and medication. This phase is intended to continue to lower the numbers of bacteria in the small intestine while restoring nutrients to the body and normalizing digestion. Any symptoms that arise or return in this phase should be promptly reported to the doctor.

The third phase: a maintenance diet intended to prevent the recurrence of symptoms, this diet is the least restrictive of the three phases. More foods are added to the foundational diet. This is an ongoing diet; as with the second phase, any return of symptoms should be reported to the doctor.