

SIBO & SIBO DIETARY RECOMMENDATIONS

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SIBO (Small Intestinal Bacterial Overgrowth) is fundamentally a dysbiosis or lack of biodiversity of microorganisms in the small intestines, especially in the ileum or lower part of the small intestines.

It can be caused by:

1. Too many pathogenic bacteria, e.g. hydrogen sulfide producers, methane producers, sugar fermenters
2. Too many probiotic species that, in overgrowth, become detrimental to digestion and peristalsis
3. Residence of species that came “up the pipe” from the bowel due to a poorly function ileocecal valve that separates the small intestines from the colon.



Causes of SIBO Include:

- Prior use of Rx antibiotics which killed off balancing species (e.g. collateral damage.)
- Eating USDA commercial meat products (contain the antibiotics used on the animals living in unnatural CAFO productions), and farm-raised fish (antibiotics)
- Overuse of anti-pathogenic herbal remedies.
- Overconsumption of refined carbohydrate foods and sugar (e.g. the very-SAD diet (Standard American Diet.)
- Low HCL (hydrochloric acid), stomach acid (an overly alkaline G.I. tract allows proliferation of errant species.)
- Loss of intestinal peristalsis (motility) that naturally causes an “downstream” moving of bacteria out of the small intestines (diet, hypothyroid, inflammation.)
- Toxins that enter the small intestines via the bile duct (a primary detox pathway for heavy metals) that disturb the gastro-intestinal microbiome species.
- Snacking – not letting the digestion rest.
- Overuse of supplemental probiotics AND YES, probiotic supplements can also help!
- Overuse of alcoholic beverages (damages intestinal mucosa, feeds errant species)
- The inclusion of genetically-modified foods (commercial corn, soy, etc.) disturbs the balance of microorganisms and their behaviors, and now are clearly linked to intestinal inflammation and altering microbiome species.

A Plan for Overcoming SIBO:

(e.g. “correct the cause, repair the damage, reestablish normality) involves:

- 1) Swift decline and elimination of pathogenic or overgrowth species,
- 2) Repair leaky gut
- 3) Reestablishment of a proper immune/microbial relationship
- 4) Reestablishment of a supportive terrain via an optimal—not restrictive—diet.

The goal is for the individual to eliminate, that which caused the SIBO, and establish a healthy lifestyle, and be able to resume an optimal, fiber-rich diet (and ability to use fiber supplements and probiotics) to help maintain optimal intestinal health.

Foods that are difficult to absorb or aggravate a person’s digestion (cause cramping, bloating, constipation/diarrhea) should be avoided because they become a supportive fuel source for the bacteria residing in the small intestine’s ileum (near the end of the small intestine). High-fiber diets, while beneficial and necessary for intestinal health, can make symptoms worse for people with SIBO.

It’s important to correct the SIBO so that a fiber-rich diet can be resumed for optimal gastrointestinal and whole body health. Research shows that fiber prevents bowel cancer, helps remove toxins, regulates cholesterol, regulates blood sugar, and lowers inflammation, so it’s imperative to end the SIBO and resume a good fiber diet.

Bacteria ferment fiber as a food. Fibers that support proliferation of good bacteria colonies are called “prebiotics.” In SIBO, these fibers can cause bloating, abdominal distention, and gas. Bacteria also ferment specific complex sugars according to their species. It’s important for SIBO improvement that during the “overgrowth-reduction phase” (bone broth, anti-pathogenic herbs, food restrictions) that the diet that has reduced amounts of fiber found naturally in fruits and vegetables. Later, prebiotic fibers can be used to support the growth of probiotic species, especially in the lower gastro-intestinal tract, but as long as there is the small intestinal overgrowth, fibers and supplemental probiotics can cause aggravating symptoms – bloating, gas, etc.



Eat less frequently. Continuous eating (snacking) causes problems because the special peristaltic waves in the small intestine that move food wastes and bacteria (that don’t belong there) occur when you’re not eating. The more meals and snacks per day, the less internal cleansing/particle removal time your body has to induce the cleansing waves. This makes it easier for the bacteria to remain in the small intestine.

Drink lots of pure water – not tap water, which contains chlorine (and often toxic fluoride) as well as hundreds of chemicals. Adequate fluid intake throughout the day ensures a more proper bowel motility. Thus filtered, or bottled, etc.

Is There a Cure for SIBO?

Of course there is! I know, I've seen those doom and gloom articles on the Internet saying, "There is no cure" and that's utterly ridiculous (in my humble opinion) and very insulting to the body's innate vitality and God-given abilities to correct its symptoms when we return to the Natural Laws that govern health and life. Simply put, SIBO is Nature's way of telling you "something's wrong." So correct the cause and your body will gladly return to a more optimal gastrointestinal function. Just don't expect to keep doing what's wrong for your body, and get SIBO to go away.

Here are some dietary tips to help eliminate SIBO and prevent its return:

1. Stop eating refined carbohydrates, artificial sweeteners:

- Corn Syrup (fructose)
- High Fructose Corn Sweetener (look at the labels, buy other products!)
- Mannitol, Maltitol, Xylitol (alcohol sugars – your microbiome does not like them)
- Sorbitol (often found in gum)
- Sucralose (Splenda)
- Lactose (e.g. milk products, with a few exceptions cited below)
- Lactulose
- Aspartame (NutraSweet™)
- Overuse of starch: pastas, rice, packaged chips and snacks
- U.S. Wheat products (highly hybridized and allergenic)
- U.S. Corn products (contain genetically-modified corn and the dangerous pesticide Glyphosate, e.g. RoundUp™)
- Bottled fruit juice (very high in sugar due to the pasteurization)
- Equal™, Sucralose™, any artificial sweetener.

Instead, eat organic vegetables! Use a stevia sweetener until your taste buds adjust.

Many SIBO diets allow potatoes, pasta, rice, bread, and cereals because they digest so quickly that they don't get far enough down the pipe to support lower small intestinal overgrowth. They call them "good fuel." Well, o contraire! They are linked with allergies, diabetes, and metabolic syndrome. It's time to get off the grains and learn to savor vegetables. Sweet potatoes (yams) have emerged as a preferable starch-vegetable and small amounts are acceptable. A small amount of new potatoes might work for some people. The drastic-reduction of high-carb food basically "starves out" the errant SIBO species and thus is helpful to the overall strategy, which still must address the removal of pathogenic species, heal leaky gut, and restore the immune/microbial covenants.

2. High Fiber-Residue Foods. Temporarily, limit or eliminate these "high-fiber residue" foods as they can lend support to the "sugar fermenter species" that are in overgrowth.

- Peas (including spilt-pea soup)
- Beans (kidney beans, garbanzo beans, pinto beans, etc.)
- Lentils

Generally, these are good foods if organically grown, but not right now for SIBO.

3. Water. Most people don't drink enough water. The antiquated advice of "8 cups a day" is meaningless in light of biochemical individuality, but do ensure that you are drinking plenty of water because it's helpful to flush out debris and toxins. As cited earlier – avoid straight tap water (use filtered water or bottled water until you figure out what purification system is best for you.)

4. Organic meat & Wild Game. Organic, grass-fed-&-finished beef, sheep, goat, buffalo; wild caught, deep water fish (not 'farm-raised' which contain antibiotics); wild game (elk, deer, etc.); organic, free range poultry (chicken, turkey, duck, goose, Cornish game hen, pheasant, quail, etc.); and organic, free-range eggs (chicken, quail, etc.); provide excellent nutrition, and are also good sources of beneficial fats and amino acids. Note: Vegetarians can struggle with SIBO because of the higher fiber/starch diet and the fact that many vegetarians are actually "carbottarians" and do not eat enough vegetables. Vegetarians should eliminate high starch items and eat vegetables to shift the diet to a "lower fermentable" position.

5. Fruit. Fruits should be limited. Blueberries also have low sugar content. Limit fruit during a SIBO cleanse to organic berries. Do not use raisins or dried fruit as they contain high amounts sugar and fructose molecules, and often contain molds, etc. You don't have to restrict all fruit, just minimize until SIBO is resolved.

6. Vegetables. Fresh, organic, non-starchy vegetables should also become an important part of your daily food intake. Lightly cooked or lightly steamed vegetables are preferable to raw vegetables, because they are easier to digest and absorb and the cellulose nuclear DNA membrane is dissolved allowing the body access to chromatin factors inherent in the vegetables. Please don't abandon all raw vegetables because of their superior health benefits, water, enzymes, and nascent nutrients; but to help overcome SIBO, do avoid large salads and high levels of raw vegetables because they can provide too much fiber-residue to feed the SIBO species. Yes, you can have small amounts of salad.

7. Milk products are best minimized initially because the lactose and casein can be inflammatory to people with injured digestive systems and certain genetics. Normally, fermented raw milk products—straight from the goat, sheep, yak, camel, or cow—are wonderful foods. If you know that you handle milk products okay, you may include organic or European goat/sheep-feta, buffalo mozzarella. Avoid commercial milk products—they contain growth hormones, pesticides, and antibiotics. Avoid soy milk—it's not really fit for human nutrition and commercial soy is genetically-modified. You can use homemade almond milk (or organic almond milk—but watch the sugar content as most of the cartoned almond milks have added sugar.)

8. Sodas - not a healthy choice! And diet sodas are WORSE and more addictive than sugar-sodas. Eliminate sodas from your life ... forever! If you are addicted and need to transition, use a squirt of lemon or lime juice to sparkling waters. Or a dash of organic cranberry concentrate (no sugar added!) Your cells are designed to utilize WATER. Learn to savor water and avoid tap water—it's not fit to drink!

9. Fats. High-fat foods are finally being exonerated and recognized for the super-foods they've always been. Your brain, your nerves, your hormones, your cell membranes, and your cellular energy processes all require healthy fats to work properly. Cholesterol is being exonerated to be anti-



inflammatory and a valuable, necessary nutrient for your brain, hormones, and nerves. Yes you were told wrong a thousand times! Nature never steered your wrong – just food marketers and ignorant science.

Avoid commercial oils and salad dressings. None are truly healthy. Not even in the health food stores. Sorry. Soy oil, canola oil, over-amped/processed omega-6 vegetable oils do not serve your body.

Learn to make your own salad dressings with healthy oil blends that Christa recommends. Also fresh organic sesame, organic extra virgin olive oils have an excellent history when balanced by a diet that contains Omega-3 sources (fish, nuts, soaked seeds flaxseed, chia, hemp, seaweeds, leafy greens, wild rice, etc. Bear in mind that some of those natural sources are high fiber and should be in the low amount category, e.g. wild rice, leafy greens, seaweeds. Must apply a wee bit of common sense.)... the key is to use a variety of different oils and let your body sort it out.

OVERVIEW

Some parting considerations. The key to diet is first and foremost to respect biochemical individuality. “One person’s meat is another person’s poison.” Second is to Know Thyself. You should not expect other people to tell you what’s right for you. Listen, feel, evaluate, use right discrimination, and experiment. Decide for yourself. Your body’s trying tell you something by presenting symptoms. Return to Nature’s wholesome whole foods as best you can. Generally, if it works for you, then it works for you: if it doesn’t work for you, then it doesn’t work for you. Build your diet with organic natural foods that work for you! A full and varied diet is Nature’s Plan—your goal is not more restriction but instead it’s expansion and freedom. It is your birthright to enjoy the fruit, vegetables, and fauna of the Earth. All people require clean air, clean water, organic foods grown in soil with a healthy soil-microbiome, lots of love and the outflow of helping others.

Best wishes in your health endeavors!