

SIBO CHECKLIST

If you've reached this point, Congratulations! That means you've healed from Candida, and you can now move on to healing SIBO or small intestinal bacterial overgrowth. You will need to follow this checklist while healing from SIBO. It's very simple, just order the supplements and food below directly from our website. SIBO will take anywhere from 1 month to 1 year to heal, depending on the severity of your case.

- (1) **SIBO Renew** – These are the antimicrobial supplements that will help to kill SIBO. There is a SIBO Renew and Candida Renew be sure to pick the SIBO Renew and not Candida. Take 2 capsules in the morning and 2 at night.
- (2) **Pro Guard II** – This is the probiotic supplement for SIBO. With Candida you can take more probiotics but you need less with SIBO. SIBO is an overgrowth of bacteria, and you will need much less probiotics to not feed the bad bacteria. Take 1 capsule with each meal and have 4 meals per day.
- (3) **B Complete** – B Complete is a B Complex supplement we sell. It is very important to supplement with B Vitamins during the entire healing process because at times you will kill a lot of good bacteria as you are killing bad bacteria. We will then rebuild the good bacteria. The good bacteria in your gut help to create B Vitamins. 40% of America is deficient in B12 Vitamins. A deficiency in B Vitamins can lead to mental symptoms such as agitation, irritability, negativism, confusion, disorientation, amnesia, impaired concentration and attention and insomnia; while psychiatric disorders that may be diagnosed in patients having vitamin B12 deficiency include depression, bipolar disorder, panic disorder, psychosis, phobias and dementia. Take 1 capsule once per day.
- (4) **Vitamin D3** – It is very important to supplement with Vitamin D during the entire healing process because at times you will kill a lot of good bacteria as you are killing bad bacteria. We will then rebuild the good bacteria. 42% of America is deficient in Vitamin D. A deficiency in D Vitamins can lead to mental symptoms such as mood changes accompanied by overwhelming feelings of sadness, and hopelessness. Other symptoms include – fatigue, forgetfulness, loss of interest in activities that previously sparked excitement, suicidal thoughts, anxiety, loss of appetite, excessive weight loss or gain. If you have a healthy gut, your beneficial bacteria produce more of a substance called butyrate, which is basically the by-product made when fibers are broken down by those happy bacteria. Butyrate leads to an increase of vitamin D, so the more you have, the more vitamin D you absorb. Therefore, it is so important to supplement with Vitamin D during the healing process. Take 1 capsule once per day.
- (5) **Biofilm Busted** – This will break the biofilm that develops around the SIBO. SIBO is a living organism that will try to survive and will develop a biofilm that will protect it. The Biofilm Busted will help to dissolve the biofilm and enable the supplements to then kill the SIBO. Take 2 capsules per day.
- (6) **NutriMinerals** – These are trace minerals. If you have an overgrowth of SIBO you more than likely are deficient in trace minerals. Take 2 capsules in the morning and 2 capsules at night.

- (7) **NU Cel** – This is a shake for both Candida and SIBO. It is low in sugar and loaded with great nutrition. This formula also contains a multi vitamin formula. 92% of America is deficient in vitamins so we strongly recommend supplementing with a multi vitamin if you don't order Nu Cel. You can take a shake in replacement of food. This is good if you are in a hurry. Take the shake as a meal replacement. Take 1 or 2 shakes a day.
- (8) **Disel Fuel Bars** – This a nutritional bar for Candida as well as SIBO. You can also use this for SIBO. Again, this is great for a meal replacement and you can take it when you are in a hurry. Take the bar as a meal replacement. Take 1 or 2 bars a day.
- (9) **Food Menu Plan** – You can order all your food right from our website. We have great tasting foods with complete meals, desserts and snacks. Don't worry, you won't feel deprived at all on this diet. All our food is either air dried, frozen or room temperature stored so you can simply take it with you to work or on the go. You won't have to cook or prepare anything. We do not sell produce or vegetables. You can have sugar on the SIBO diet, but you can't have it on the candida diet because sugar feeds yeast. Your candida should be cured now, and you can add some sugar back in. This means you can add in some orange juice and fruits. Again, as with the candida diet, you do not want to really eat anything else while you are going through the SIBO healing process just what is on our diet program. Remember you can cheat here and there, and you can eat outside our meals. Just follow a simple rule for SIBO – healthy fruits, clean cuts of meat, vegetables and very clean carbs. If you need to cheat you can but just one or two cheat meals a week. For example, if you want to grab ice cream with your friends on the weekend, just keep it to one or two cheat meals, once a week. Remember the healing process can take anywhere from 1 month to 1 year depending on the severity of your SIBO case.
- (10) Spit test – The spit test will not work for SIBO. The only way to tell if you've cured SIBO is through a medical test. You can either take a breath test or a stool test. You can order these online. If you go to our website and just click on tests, SIBO tests are listed there. You can also order these through your doctor. Typically, you will know when you are getting better through your digestion.
- (11) HCL Stomach acid test – You can continue with the stomach acid test on SIBO. HCL is hydrochloric acid and is simply stomach acid. This is a great test and will show the amount of stomach acid you have. We don't sell HCL capsules, but you can order them from any vitamin store. Just buy HCL capsules with pepsin. To test your stomach acid, take 1 HCL capsule with pepsin during a protein rich meal with a carbohydrate. If you have a burning sensation in your stomach as you are eating your meal, then you have enough stomach acid. If you don't have a burning sensation, then the next day repeat but take 2 capsules instead of 1 capsule. If still no burning sensation repeat the same meal the next day but with 3 capsules and so on until you get a burning sensation in your stomach. You want to stop once you hit 10 capsules. If it takes more than 3 capsules you have insufficient stomach acid. This is typically caused by a lack of good bacteria which creates digestion.

- (12) Tongue test – The tongue test won't work that well for SIBO or Leaky Gut, only candida.
- (13) Remember to chew your food slowly as you eat your food. Believe it or not, this is very important for proper digestion and absorption. You aren't what you eat, you are what you can digest and absorb.
- (14) Listen to your body. Only eat when you are hungry. This is why you have an appetite, your body is telling you that you need nutrition. Try to only eat based on your appetite.
- (15) In regards, to the beverages you can drink during the healing process we strongly recommend unsweetened almond milk, unsweetened Coconut milk, carbonated water, flavored carbonated water and spring water. You can also start to put in some sugar so you can drink some Orange Juice, Rice Milk and regular Almond Milk. I would recommend not going to heavy on the sugar though.
- (16) Limit Alcohol and Coffee consumption. You don't have to eliminate them, but you will have to cut back on Alcohol and Coffee to eliminate the SIBO. Just have 1 cup of coffee in the morning. At this point you still want to lay off beer and if you are going to drink, you should switch to liquor instead and only a couple of drinks (1 or 2) every other weekend.
- (17) In Closing, the diets and supplementation regime aren't difficult at all to follow but you do require discipline to break away from processed foods, old habits, moderate alcohol consumption and the American excessive lifestyle. Unfortunately, there is no magic pill to recolonize the gut and there shouldn't be. It's like anything in life, you have to work for it. Good Luck!