SIBO
(Small Intestine Bacterial Overgrowth)

Small intestinal bacterial overgrowth (SIBO) is defined as the presence of excessive bacteria in the small intestine. SIBO is frequently implicated as the cause of chronic diarrhea and malabsorption. Patients with SIBO may also suffer from unintentional weight loss, nutritional deficiencies, and osteoporosis.

SYMPTOMS

- **Lactose Intolerant**
- **Irritable Bowel**
- **Diarrhea**
- **Chronic Diarrhea or constipation**
- **Bloating. cramping**
- **Nausea, vomiting**
- **Stomach discomfort**
- **Unintentional weight loss, malnutrition**
- **Unable to absorb nutrients from food**
- **Joint pain**
- **Fatigue**
- **Rashes, acne, eczema, rosacea**
- **Asthma**
- **Depression**
- **Bad breath**
- **Pain in ileocecal valve area where small intestine joins the large bowel**
- **B12 deficiency**

CAUSES

- **This bacterial overgrowth can happen either when bacteria from one part of the digestive tract travel to the small intestine or when naturally occurring bacteria in the small intestine multiply too much.**
- **The abnormally slow movement of the digestive system**
- **Low levels of stomach acid (common with aging)**
- **Physical abnormalities of the small intestine**
- **A weakened immune system**
- **Stress can shut down the digestive system. Highly emotional people may be at risk.**
- **Diverticulosis**
- **Chronic pancreatitis**
- **Type 2 diabetes**
- **Aged people often have low pancreatic function which allows undigested particles of food, allowing bacteria to feed on them. Aged people also are more prone to lack of stomach acid as they age.**
- **Decline in dental care can make it difficult to chew properly breaking down the food properly.**
- **Structural defect in the small intestine**
- **Injury**
- **Fistula**
- **Intestinal lymphoma**
- **Scleroderma**

- **Recent abdominal surgery**
- **Eating disorders**
- **Immune system disorders**
- **Celiac disease**
- **Certain Medications eg. Antibiotics because they kill the good bacteria and the bad bacteria come back and overwhelm the intestine. Taking a lot of prescription drugs can also cause.**
- **Eating a lot of raw foods (not everyone can do raw diets). If you have SIBO cook your foods.**
- **Doing diets that create weakness eg. Keto, Paleo. Some other diets just eat raw foods, proteins powders and bars.**

Doctors consider SIBO a complication of the following conditions:

- **Cirrhosis**
- **Crohn's disease**
- **Celiac disease**
- **Hypothyroidism**
- **HIV**
- **Diabetes**
- **IBS**
- **Scleroderma**
- **Fibromyalgia**

Other risk factors for SIBO include:

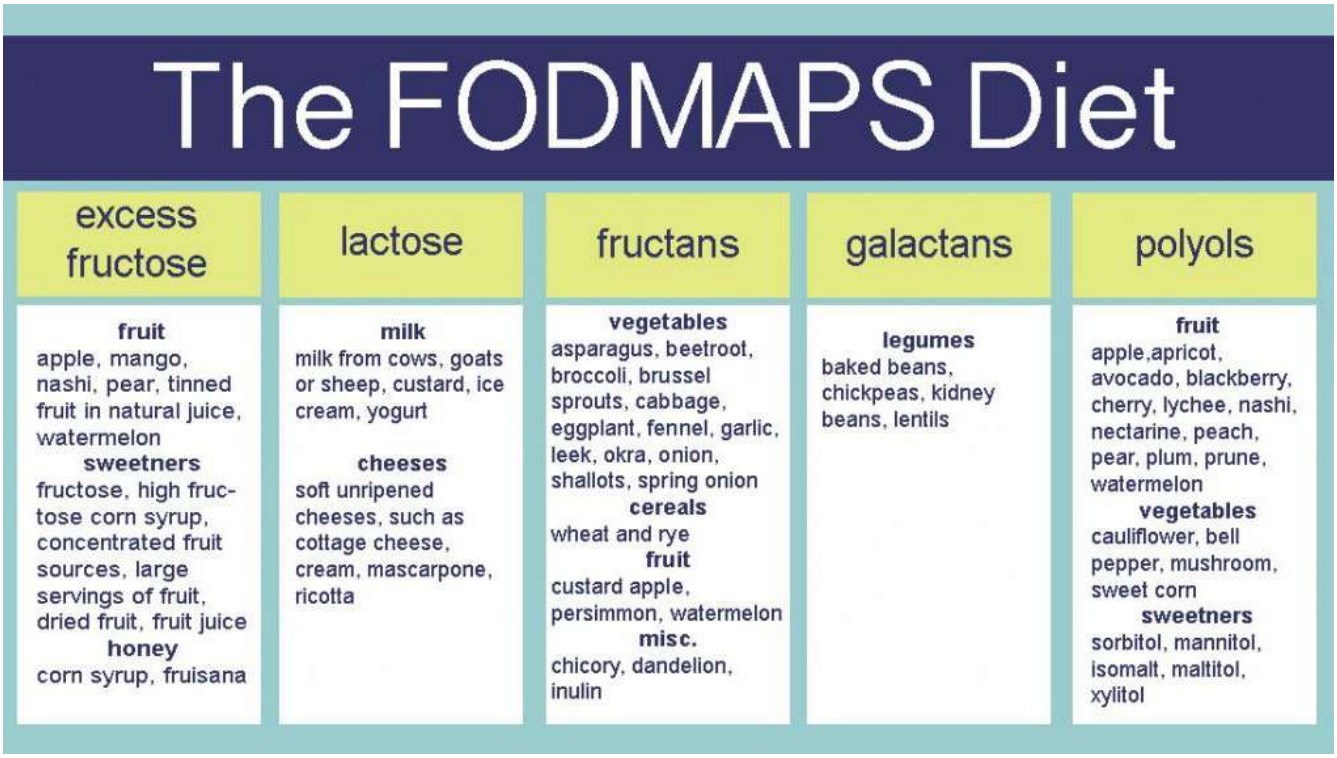
- **Older age**
- **Being female**
- **Long-term use of proton pump inhibitors (PPIs), which are medications that reduce stomach acid production**
- **Previous bowel surgery**
- **Having recently completed a course of antibiotics**
- **Drinking alcohol**

DIET

Many use a low-FODMAP diet to treat SIBO which removed the foods likely to feed bad bacteria. FODMP stands for Fermentable...Oligosaccharides...Disaccharides...Monosaccharides...Polyols.
These saccharides and polyols are short-chain carbos that, if poorly digested, ferment in the lower part of the colon. This fermentation process draws in water and produces carbon dioxide, hydrogen, and/or methane gas that causes the intestine to stretch and expand. The result is strong pain, bloating, visible abdominal distension and other related symptoms.

A low-FODMAP is a low carbohydrate diet that will keep symptoms under control by starving the bacteria in the small intestine. When they don't have food to eat, they aren't able to metabolize that food and produce gas as a result. This gas is what causes the common symptoms of SIBO – bloating, abdominal pain, diarrhea (in the case of hydrogen gas), and constipation (in the case of methane gas).

It is suggested that a minimum of 3 months is needed on this diet.



Note: Low FODMAP is a low carb diet that starves the bacteria to death, may need to be done long term of several months to actually clear the bacteria. FODMAPs are fermentable carbohydrates that help feed the beneficial bacteria in the large intestine.

Other avoids:

- **We mentioned dairy however some can tolerate kefir, sour cream, cheese, goat cheese.**
- **With respect to Grains, some find eating sourdough or sprouted grains/cereal is o.k.;**
- **Sugars? None, not even maple syrup or honey;**
- **Soy**
- **Be careful with white potatoes. Sweet potatoes can be usually eaten. Avoid unhealthy fats such as corn oil, canola, soy oil)**
- **Avoid dried fruit, limit other fruits to one a day.**
- **Avoid all artificial and processed sugars, GMO's, processed foods.**
- **If using Flaxseed it must be fresh ground**

Allowed:

- **Include fermented vegetables in the diet.**
- **Flaxseed and/or chia seed is good, high in fiber.**
- **Saccharomyces boulardii probiotic provides the right intestinal flora for the small intestine. You may want to see how to make your own probiotic yogurt to help (see under 'digestion'.**
- **Oregano, thyme, peppermint are herbs that have good microbial action.**
- **Cook your vegetables.**
- **Meat seems to be o.k. But avoid meat which has been using antibiotics, hormones.**
- **Organic Bone Broth can help. Can get it in powdered form at health food stores.**
- **No artificial and processed sugars, GMO's, processed foods.**
- **Eating an apple a day is good, but remove the skin.**
- **You can try rice, or eggs and see if you have reactions.**

- **Sometimes you can just eat one food at a time to see what you react to. So fast a while, then eat one thing at a time to see what you tolerate.**
- **Honey is the only sweetener that is tolerated. It helps control bacteria. Best is manuka honey.**
- **Drink only pure water.**
- **Taking pancreatic digestive enzymes may be helpful.**
- **2 cups bone broth daily**

What you can eat (Low FODMAP foods)

- **VEGGIES: alfalfa, bean sprouts, green beans, bok choy, capsicum, carrot, fresh herbs, choy sum, cucumber, lettuce, rocket, tomato, zucchini**
- **FRUIT: Banana, blueberries, strawberries, cherries, kiwi, orange, mandarin, grapes, melon**
- **GRAINS: gluten free bread and sourdough spelt bread, rice bubbles, oats, gluten free pasta, rice, quinoa**
- **Meat & Alternatives meats, fish, chicken, tofu, tempeh, almonds (up to 10), pumpkin seeds**
- **DAIRY: lactose free milk, lactose free yogurts, hard cheese**

SUPPLEMENTS

If you suspect SIBO, use antibiotic herbs and supplements to bring back balance into the gut eg.

- **Grapefruit seed extract. Highly recommended.**
- **Oregano oil at the beginning of infection for several days**
- **Garlic caps. Highly recommended.**
- **Berberine is a good herb for SIBO helping kill the bacteria. Highly recommended**
- **Colloidal silver**
- **Echinacea**
- **Vitamin C 2-3 times a day**
- **Mixture of slippery elm and marshmallow root powder (1 tsp per half cup of warm water ingested twice daily).**
- **Saccharomyces boulardii probiotic provides the right intestinal flora for the small intestine. You may want to see how to make your own probiotic yogurt to help (see under 'digestion'.**
- **Soil based probiotics and friendly yeast of Sacchoromyces bouldarii (do long term)**
- **Digestive Enzymes**
- **Essential oils: oregano, cinnamon, thyme, peppermint, ginger are powerful digestive support. Put in smoothies, rub on skin after diluting with some oil. If taking oregano oil also take probiotic that day. You only need about 2-4 drops of the oils to be effective. You can also use oregano caps.**
- **Berberine is a great herb for SIBO, helps kill the bacteria.**
- **Red thyme oil (thymus vulgaris)**
- **Horsetail**
- **Wormwood**
- **Yarrow leaf**
- **Licorice root**
- **Chinese rhubarb root (rheum off)**
- **Ginger**
- **Olive leaf, Olive leaf extract.**
- **Pau D'Arco for a year.**

A suggestion is to give some of the above herbs along with grapefruit seed extract, colloidal silver and Vit. C.

After being on a low FODMAP diet for 2-3 months, you can try adding some foods back into the diet in moderation:

	HIGH FODMAP FOODS	LOW FODMAP FOODS
VEGETABLES	Asparagus, artichokes, onions(all), leek, garlic, sugar snap peas, beetroot, Savoy cabbage, cauliflower, celery, sweet corn, mushrooms	Alfalfa, bean sprouts, green beans, bok choy, capsicum, carrot, fresh herbs, choy sum, cucumber, lettuce, rocket, tomato, zucchini.
FRUIT	Apples, apricots, figs, pears, mango, pears, watermelon, nectarines, peaches, plums	Banana, blueberries, strawberries, cherries, kiwi, orange, mandarin, grapes, melon
GRAINS	Rye, wheat-containing breads, wheat-based cereals with dried fruit, wheat pasta, barley	Gluten-free bread and sourdough spelt bread, rice bubbles, oats, gluten-free pasta, rice, quinoa
MEAT & ALTERNATIVES	Legumes/pulses, cashews, pistachios	Meats, fish, chicken, Tofu, tempeh, almonds (<10 nuts), pumpkin seeds
DAIRY	Cow's milk, yoghurt, soft cheese cream, custard, ice cream	Lactose-free milk, lactose-free yoghurts, hard cheese

OTHER:

- **It doesn't make sense to only work on the SIBO, problem. Address also the nutritional deficiencies, candida, parasites, digestive disorders etc.**
- **Psyllium, apple pectin combination. Psyllium absorbs water like a sponge and helps with cramping, irritable bowel.**
- **Glutamine after you get things under control, rebuild the gut with this.**
- **Turmeric for inflammation**
- **Probiophage DF can kill gram negative infections such as E coli. Keep the gram negative bacteria low and it is easier to get rid of SIBO.**
- **Don't drink or shower in water unless it is filtered**
- **Limit Emotional Stress**
- **Limit toxic exposure to environmental stress**
- **If you want to go the medical root, Xyfaxin or Rifaximin is an antibiotic that was designed for SIBO and is about 50% effective.**

PRODUCTS FOR DIGESTIVE PROBLEMS

BIOTICS

ADP Anti microbial, sustained release form of Oregano Oil. Take 1-6 tabs three times a day on empty stomach or with food

BiomeBalance (Dysbioside) anti microbial for fungus, bacteria, yeasts, parasites 2 caps TID with or without food

Berberine HCl anti microbial for fungus, bacteria, yeasts, parasites 1-3 caps TID take on empty stomach

Gastrazyme 2 per meal

IPS 3 TID empty stomach

HydroZyme 2 in middle of meal

Bio HPF 2-6 BID on empty stomach – for H Pylori

Cytozyme PT/HPT (pituitary) 2-4 with or without meals

Gluco Balance 3 BID with meals

Bio-B Complex 2 BID with meals

Aqueous Zinc 2-4 tsp with food

Saccharomyces bouldarii balances intestinal micro flora, anti-fungal 1=2 caps TID take on empty stomach

FC – Cidal anti microbial for resistant fungal or yeast infections, molds and intestinal parasites 1-4 caps TID take on empty stomach

PHYSICA

You can group these formulas together in a 1/2 cup of warm water. Drink twice daily:

Berberine Intrinsic. 30-60 drops at each meal

LaPacho Intrinsic. Take 1 dropperful with other intrinsics.

Condurango Intrinsic. One dropperful with the other intrinsics

Olive Leaf Intrinsic. Take one dropperful with the other intrinsic formulas.

Take with meals:

Saccharomyces boulardii Forte. Take 1-2 caps each meal.

Hypo Zymase digestive enzymes with meals.

Other:

Glutamine Complex PLG-U Powder – 1-2 scoops in water/smoothie before breakfast and at dinner.

GALT Fortifier. Helps with peyer's patches in the small intestine. Take 1 cap before breakfast and 2 caps before bedtime.

Adrenal LF (life force) 2 caps 10am and 4pm

LY 1, 2, 3 for lymph drainage. Take on empty stomach, homeopathic formulas.

BAC Tox (h) for bacterial infections.

ADP – oil of oregano caps

B12 Spray

Goldenseal (often included in other formulas)

BIOMED:

Absinthium 50ml. gas, indigestion. Anise, blessed thistle, elecampane, fennel, gentian, hyssop, juniper, peppermint, sage, wormwood.

3C Complete Colon Cleanse: borage, fenugreek, flax, marshmallow, oatbran, papain, plum, slippery elm, triphala, lactobacillus, glucomanan. 3-6 caps with 8oz water twice daily.

Biozyme: pancreas, malabsorption, chronic disease. Protease blend, amylase, lipase, lactase, cellulase, invertase. (1-2 with food)

CUP (copper) for inflammatory processes in the stomach, intestine and kidney

Digestizyme - complete spectrum for indigestion, gall, food sensitivities, malabsortion, gas and bloating. (1 cap with food)

Ex combines 3 fungal remedies for broad spectrum support

FiberFX - intestinal cleansing, constipation.

bladderwrack, agave, senna, spirulina, banana, raspberry, melilot, polypody, red clover, yarrow. At bedtime 2 Tbsp powder in 8 oz water followed by another 8 oz water.

Fort repairs, reduces inflammation of mucous membranes. Assists in reinocculation of upper GI consider this as first step for all gut, sinus, skin, even joint issues. Use initially and even in conjunction with Reb) if your goal is true immune support. Immunity is tough to support effectively without healthy mucous membrane integrity. Fort is part of a combination remedy 'Ex'

Frangula 50ml liquid for spasm, gas. homeopathic herbal.

GastroEase: peptic ulcer, gastritis, hpylori, GERD, gastic gum, marshmallow, chamomile, fennel, DGL. 2 caps TID.

Lactobacillus Sporogenes: intestinal flora 1 billion. Has FOS. 1-2 caps TID before meals for 10 days, then 1 cap before a meal.

Lipidzyme - fat, gallbladder (2-3 caps with food)

Luvos (caps/powder). taken internally absorbs impurities in gastro. Can also be used externally for skin burns, inflammations. 2-4 caps or 1/2 - 2 tsp pwder in water morning and evening.

Up to 12 caps or 3 tsp can be taken.

For skin: Mix with water and apply paste externally let dry then rinse off.

N-A-G (n-acetyl-glucosame): ulcers, IBS, crohn's, colitis. 2 caps a day.

Oxyplex caps: reduced pathogenic intestinal flora through release of reactive oxygen species.

Magnesium peroxide.

Pleo Rec stimulates immune, works on mucous membranes, digestive membranes. excellent for digestive and sinus membranes used in conjunction with other immune remedies to improve immune system over time. Often effective with flu, and gastro conditions

Probiotic 7 in 1: several forms healthy bacteria. 1-2 caps twice daily.

RR Formula: Inflam. Bowel Disease, peptic ulcer, gastritis. More suitable for upper GI problems.

SAN SALM (salmonella enteriditis)

"failure to thrive" and malnutrition of children for
chronic pancreatitis and gastroenteritis
SAN COLI (escherichia coli) for inflammation of (in alphabetical order) bile duct, bladder, colon, fallopian tube, epididymis, eustachian tube, gallbladder, intestines, kidney, prostate, stomach, uterus, and vagina for urinary tract infections
SAN PROT for enteritis and dysbiosis after antibiotic use for lung, bone and circulation issues
INTESTINAL REBUILDING:
First 2 weeks:
1/4 - 1 scoop Alkala empty stomach, in warm water twice daily.
2 Tabs Sanuvis twice daily
60 drops Citro twice daily
2 tabs Fort once a day during the week,
take the weekend off.
Next 20 days:
Same for Alkala, Sanuvis and Citro.
10 drops Sancom once daily during weekdays.
1 Pleo Ex suppository at bedtime
Monday, Wed. and Friday.
1 Pleo Reb suppository at bedtime Tues., Thurs. and Sat.
1 capsule 6x of Rec on Mondays
6 capsule 6x of UT on Fridays.
No eggs, dairy, meat, wheat, gluten, nuts.
Other:
10 drops orally of Muc Ex Sat and
Sunday.
10 drops orally of Nig Ex Sat. and
Sunday.

BIOQUEST:
Bioxy

DOUGLAS LAB:
Pylori Plex
Intestamine

DR RECOMMENDS
Propensia Liquitrophic (vibropathic) digestive enzyme support.
Entero-B flatulence, belching
Entero-C constipation
Gastro (stomach upset)
Geo II, lung/lg intestine support
Geo III – heart, sm. Intestine support
Carminative oriental formula, stomach and bowel support.
Digestive Stimulator, oriental formula, poor digestion
Large Intestine, oriental formula

Liver, oriental formula
Stomach, oriental formula

GEMMOTHERAPY

Juglans for liver and colon
Ficus for mucosa
Ribes for inflammationsRosmarinus for liver, kidney and colon
Tilia for mucosa

GENESTRA

Berberis Formula, herbal for dyspepsia, mild laxative
HMF Antibiotic Care human strain probiotic F Formula
HMF IBS Relief human strain probiotic formula
HMF UTI human strain probiotic formula

H SANTE

(h)Gastroplex (Es 211) - stomach, acidity, ulcers, dyspepsia, flatulence
(h)Di 144 for diarrhea of many types
Probiophilus - probiotic caps
Herbalev - live yeast bacteria
Formula L1 - senna, cascara sagrada, licorice rt., rhubarb rt for constipation
Fibre-Action powder
Gastrofungi (bupleurum, ginger, tumeric, maitake mushroom)
Gastromed caps for ulcers, acidity, drug induced gastritis, IBS, Crohn's, h. hernia (dig. licorice, mastica chios, calendula, plantain)
Omega gold liquid
Chaga caps - ulcers, gastritis
IBS caps (J. artichoke). for irritable bowel, colitis, crohn's, Hericium erinaceus, mycelium. Gastritis.

HERBOLOGY:

- **Berberine is number one herb for SIBO**
- **Pau d-Arco for a year**
- **Thyme oil**
- **Wormwood**
- **Horsetail**
- **Yarrow leaf**
- **Licorice root**
- **Oregano oil kills pathogens**
- **Grapefruit seed extract**
- **Olive leaf**
- **Tumeric for inflammation**
- **Psyllium, apple pectin combo to absorb water and help with cramping.**
- **Aromatic: catnip, chamomile, ginger**
- **Stomachic: cayenne, ginseng, peppermint**
- **Carminative: fennel, fenugreek, wild yam**

- **Antacid: sweet flag, Camomile, saffron, meadowsweet**
- **Enzymes: papaya leaf**
- **Demulcent: comfrey, marshmallow, slippery elm, licorice**
- **Anti-inflammatory: Chamomile, Meadowsweet, Calendula, Willow, Licorice, Wild Yam**
- **Nausea: lemon balm, chamomile, Black Horehound, Peppermint, Ginger**
- **Spasms/Cramps: crampbark, hops, chamomile, ginger, valerian, peppermint**
- **Laxative: cascara, turkey rhubarb, burdock, flax, dandelion rt.,**
- **Induce vomiting: lobelia, ipecac,**

DIGESTIVE HERBS:

Aromatic: catnip, chamomile, ginger
Stomachic: cayenne, ginseng, peppermint
Carminative: fennel, fenugreek, wild yam
Antacid: sweet flag, Camomile, saffron, meadowsweet
Enzymes: papaya leaf
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Laxative: cascara, turkey rhubarb, burdock, flax, dandelion rt.,
Induce vomiting: lobelia, ipecac,

METAGENICS:

Endefen – powder for small intestine, Mix with water and add probiotic. Take twice a day on empty stomach.

NEW ROOTS:

Acidophilus Ultra (11 billion)
Alfalfa (200's) 6 TID
Bentonite 500ml or 1Litre to cleanse colon, remove heavy metals
Black Walnut Leaves & Hulls
Bromelain Ultimate 1 at meals
Digestive Enzymes (pancreatin, betaine, ox bile, papain, pepsin) - full spectrum. 1-2 caps with or after meals)
Fennel Seed caps 1 cap 2-3 times daily with meals for bloating, gas, intestinal disruptions.
Ginger caps
Healthy Fiber (inulin (Fructo-ligosaccharides)
1/2-1 tsp TID with or between meals).
L-Glutamine powder 500mg 3/5 tsp (3g) with cold liquid 2-3 times a day. Best taken after activity.
Licorice Root 470mg 1-2 caps BID

Licorice Root organic tincture 1/4-1/2 tsp TID.
Magnesium Bisglycinate with LTaurine to help with absorption. 1 cap a day.
Magnesium Citrate & L-Taurine. 1 cap a day
Papaya 250mg 1-3 caps daily after eating. For upset stomach, protein digestion.
Plantago Fiber, Ultra Rich 2 level tsp 2-4X/day. with glass of liquid, follow with another glass liquid. Take 1-2 caps Acidolphuls daily.
Plantago + Fos, SuperFiber. 2 level tsp 2-4 X/day. Stir in glass of liquid, follow with second glass. Also 1-2 acidolphilus daily.
Probiotic Rescue 50 Billion 1-2 caps daily. 9 billion. with FOS.
Stomach 1 cap with meal. meadowsweet, fennel, fenugreek, goldenseal, gentian, lobelia, aloe, ginger, cayenne. Normalizes digestive enzymes.
Ultra Max Powder, 36billion. Probiotic. 1/4 tsp in food once daily with meal.

NUTRIWEST:

Hyperacidity(increased gastric acid cretion, burning sensation in stomach, stomach pain just before meals, acute indigestion).
Total L Upper GI or Cln-Zym (2 prior to meals)
If Total Upper GI or Cln-Zym irritate, use L Glutamine Plus to help heal lining.
Chloroplex (1 TID)
L Glutamine Plus or Total Leaky Gut (2 BID on empty stomach)

Hypoacidity:
Hypo D (1-2 with meals)
GB Plus (1-2 with meals)
Enzyme Forte (2 with meals)
Total Upper GI or Cln-Zym (2 prior to meal)

OTHER for Nutri-West:
Adenosyl B-12 Lozenge supports myelin nerve sheath, methylation, production of energy through mitochondria/citric acid cycle.
Carbo-Met
CLN-Zym
Complete Paleo (Protein Powder)
Core Level Bile
Digest Plus (T)
Enzyme Forte
Exspore
#3 GB-LIV (H)
GB-Plus
Ges-Cid
Hydroxo B-12 Lozenge
Hypo-D
L Glutamine Plus
Lacto-Plus
LIV-GB Plus (T)
Methyl B-12 Lozenge
Pan-Lyph Chelate

Parotid-Lyph
Parazym-A – 385mg Almond Meal/Fig,
Artemisia, Black Walnut, Burdock, Garlic,
Papain, Bromelain, Pancrelipase,
Cellulase, Amulase.
Probiotic caps
Ribose-ATP
Total Enzymes
Total Leaky Gut
Total Probiotics
Total Upper GI
Vitamin B-12 Lozenges

PEKANA - homeopathics

apo-STOM spag. drops: Afflictions of gastrointestinal tract, regulates stomach function including proper acid regulation and stomach secretion.
Eliminates underlying causes of stomach overacidity, gastritis, gastroenteritis, stomach pressure, cramps and burning sensations. Treats Leaky gut syndrome. Acute rhinitis and sinusitis always involve gastrointestinal tract dysfunction and can't be permanently eliminated with addressing the underlying cause and systemic intoxification.
DEFAETON spag drops regulates proper intestinal function, works as gentle laxative to relieve acute and chronic constipation.
Also treats spastic colic and nervous indigestion.
GASTUL spag drops = apo-STOM treats afflictions of gastro tract, regulates stomach function including proper acid production and stomach secretion. Also helps eliminate underlying causes of stomach hyperacidity, gastritis, gastroenteritis, cramps, burning sensations. Important adjuvant therapy to treat peptic ulcers.
INFILEX spag. drops (=apo-INFEKT) general bacterial and viral infections. Also stimulates immune system to eliminate pathogens and toxins that can block proper metabolism. Use for acute infections of intestines, bladder, kidneys, bronchials and other organs. All phlegm and pus producing infections like bronchitis, tonsillitis and otitis media indicate need for INFILEX drops which also stimulate lymph system to treat accompanying fever and weakness.
Increasingly resistant microbes make this medication extremely important.
OKOUBAKA spag. drops gastroenteritis, intestinal infections, diarrhea. Stimulates excretion of mycotic toxins and toxification of intestine.

PHYSICA:

You can group these formulas together in a 1/2 cup of warm water.
Drink twice daily:
Berberine Intrinsic. 30-60 drops at each meal
LaPacho Intrinsic. Take 1 dropperful with other intrinsics.
Condurango Intrinsic. One dropperful with the other intrinsics
Olive Leaf Intrinsic. Take one dropperful with the other intrinsic formulas.

Take with meals:
Saccharomyces boulardii Forte. Take 1-2 caps each meal.
Hypo Zymase digestive enzymes with meals.
Other:
Glutamine Complex PLG-U Powder – 1-2 scoops in water/smoothie before breakfast and at dinner.
GALT Fortifier. Helps with peyer's patches in the small intestine.
Take 1 cap before breakfast and 2 caps before bedtime.
Adrenal LF (life force) 2 caps 10am and 4pm
LY 1, 2, 3 for lymph drainage. Take on empty stomach, homeopathic formulas.
BAC Tox (h) for bacterial infections.
ADP – oil of oregano caps
B12 Spray
Goldenseal (often included in other formulas)

PURE ENCAPSULATIONS:
Heartburn Essentials
Peptic Care
Saccharomyces boulardii

OTHER:
Charcoal

RECKEWEG
Make sure you are not dealing with bacterial infection, cancer etc. Find what diet is right. No coffee, dairy, spicy/hot foods, alcohol which might be irritants to the gut. Stress, toxicity, lack of exercise can affect digestion. Digestive functions are heavily governed by the parasympathetic N.S so if person is in sympathetic overdrive the ANS needs to be rebalanced (Stress and anxiety remedies like VC-50calmer, R14).
R5 for gastritis, dyspepsia, ulcers. Upper digestive tract.
Pyloric ulceration, Heartburn, gastro-cardiac symptoms.
Bad taste in mouth. Gas, Hiccoughs. R5 heals the inflamed tissue. 10-30 drops 1-3 times a day (test).
Can be used 30 min. before meals. Good to combine with R1.
R1 for inflammation, fever, infections
Bio92 tonic for digestive enzymes.
For indigestion (dyspepsia), gas, bloating, belching, nausea, vomiting, abdominal pain, low stomach acid, dry mouth. Sarcode remedy to support entire digestive functions.
20-30 drops 1-2 times a day. Best taken ½ hr before meal.
R190 secondary remedy for <u>mild</u> gastro dysfunction, fullness after eating, influence mainly on stomach. 20-30 drops 1-2x/day.
R192 secondary remedy, fullness after eating
R52 nausea, indigestion vomiting
<u>Lower Digestive Tract:</u>

R37, constipation, colic, gas
R4 diarrhea, loose stool
R7 if we have liver problems
R72 pancreatic afflictions
BC-25 for acidity, gas, indigestion. Nat phos. As acid neutralizer, emulsifies fatty acids; Nat sulph acts on bile. Silicea heals membrane linings. 4 tabs 1-4x/day

R192 Indigestion, constipation due to sluggish liver and gallbladder
Indigestion caused by sluggish functioning of liver and gallbladder; constipation, flatulence, sensation of pressure and fullness in the right upper abdomen.
Adults and children over 12 years acute cases: 5-10 drops daily up to a maximum of 12 times daily; chronic cases 5-10 drops 3 times daily
<u>Other Remedies to be considered</u>
- **To stimulate liver and gallbladder: R7 or S11**
- **In cases of chronic constipation: R37 or R37 JUNIOR or BC-4**
- **Indigestion, flatulence: BC-25**

BC-9 Colitis, Crohn's disease
Ferrum phosphoricum 3X, Kali muriaticum 3X, Kali phosphoricum 3X, Magnesia phosphorica 3X. Dosage: 0-12mo: 1 tablet. 1-5yr: 1 tablet; 6-11yr: 2 tablets; 12+years 4 tablets.
Children under age 5 dissolve tablet in water.
Acute Cases: take every 15 min, half-hour, hourly, or in 2 hr intervals, as required, depending on intensity of symptoms.
Subacute: 3-4x/day for a relatively extended period of time.
Chronic cases: 2-3 times a day for extended period of time.
Infants: 1 tablet at a time, dissolved in some warm pure water.
If you take one salt concurrently, use in alternation.
Combination salt tablets should be allowed to dissolve under the tongue. The salts are lactose based (milk and sugar)
Complementary products to be considered:
R1, R4, R4 JUNIOR, R37, R37 JUNIOR, R52

BIO 92 Homeopathic Digestive enzymes
Indigestion (dyspepsia), bloating, belching, dry mouth, nausea, vomiting, abdominal pain.
Hypochlorhydria and enzyme deficiency due to weakness or insufficiency of the digestive glands including the salivary glands, liver, pancreas, stomach and intestines. Irregularity in bowel movement, poor nutrient assimilation leading to mineral deficiency. Food sensitivities, chronically low GI immunity, H. Pyloric nfections.
Dosage: Adults and children > 12 years 5-10 drops 3 times daily in a little water or undiluted.

<u>Remedies to be considered</u>
Pre-ulcer gastric pain: R5, BC-25

Hepatic conditions: R7
Indigestion caused by sluggish liver and gallbladder function: R192
Anemia: R31 concurrently, BC-1
Pancreatitis: R72

Etiology

Stress, toxicity, worry and lack of exercise all have detrimental effects on the digestive system.
Disorders which may arise include the following: a dry mouth from weak parotid (salivary) gland function, dyspepsia from insufficient stomach secretions, weak hepatic or pancreatic secretions interfering with emulsion and enzymatic rocesses, intestines that are too small or too large thus inhibiting the absorption of nutrients.
Supplementing with large amounts of digestive enzymes may help temporarily, however to correct the problem a subtle formula of low potency glandulars supplying small amounts of enzymes, high potency glandulars to stabilize and restore organ function, and botanical constituents to help relieve and cure the digestive disorder is recommended.

Clinical experiences

BIO 92 is excellent for relaxing the alimentary canal to allow maximum digestion. As the condition improves, the usage of BIO 92 may be delayed sometime after meals.
Considered as either an acute or chronic formula. After treatment with digestive enzyme therapy shows improvement, begin treatment with BIO 92 and phase out digestive enzymes.
Eventually, phase out BIO 92. Crohn's disease.
For enzyme support, administer before meals.
For liver or pancreas support, administer ½ hour after meal.