



Wellness Minute

Health Information You Can Use On Your Path To Wellness

New Help For Gut Health

Abdominal Pain & Discomfort,
Bloating, Diarrhea,
Flatulence



New Product For Gut Health

“The new SBO Kit is a 30-day intensive gut support program designed to restore microbial balance.”

Do you bloat after eating bread, pasta, or a high carbohydrate meal? Because if you do, you may have a condition called SIBO, short for Small Intestinal Bacterial Overgrowth. SIBO is defined as the presence of an abnormal number of bacteria in the small intestine. The exact prevalence for healthy people is unknown. However, the estimates are that up to 22% of patients in a doctor's office have some level of SIBO. You see, SIBO increases with age and in populations with co-morbidities.

Inadequate production of stomach acid, enzymes, and bile allow bacteria to go unchecked. And of course, medications like proton pump inhibitors, antibiotics, opioids all contribute to SIBO. Diets high in sugars and refined carbo-

hydrates feed the bacteria and slow transit time. So, advancing age, lower stomach acid, decreased bowel motility levels, higher levels of medications, all create the perfect storm. The biggest clues are bloating, feeling of fullness, diarrhea, flatulence, weakness, abdominal pain or discomfort, especially after eating a carbohydrate heavy meal.

Researchers tell us that left untreated SIBO significantly contributes to Irritable Bowel Syndrome, Inflammatory Bowel Syndrome, Celiac Disease, liver problems, Diabetes, Scleroderma, Parkinson's Disease, Hypothyroidism, as well as a variety of autoimmune conditions. The current medical treatment for SIBO is an antibiotic called Rifaximin.

Dr. Gerard Mullin and colleagues conducted a 4-week, study with over 100 participants. Patients received either Rifaximin or herbal therapy. Pre and post breath tests were performed to assess effectiveness of treatment. Patients with SIBO have significantly more amounts of methane and/or hydrogen as a byproduct of the bacterial overgrowth. 34% of patients taking Rifaximin had normal breath tests after 30 days, whereas 46% of patients using herbal therapy had normal breath tests. What was interesting in this study was although 66% of the patients did not respond to Rifaximin, many of those did respond to the herbal therapy. The study was done in 2014 and a lot has been learned about SIBO to

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increase effectiveness since then.

The botanicals used in the study were contained in the products: FC-Cidal 1 capsule and Dysbiocide 2 capsules taken twice a day with meals. One of the reasons for the limited effectiveness and especially for the recurrence of SIBO is the discovery of SIFO, short for Small Intestinal Fungal Overgrowth. One of the most stubborn organisms to eradicate are fungi. Many species can change into a protective mode when their environment is challenged.

Knowing this, and based on years of clinical feedback, Biotics Research has developed a SBO Kit. It's a "30-day intensive gut support program designed to restore microbial balance." Both FC-Cidal and Dysbiocide are included in the SIBO kit. However, ADP has also been added, which contains multiple anti-microbial and anti-fungal compounds, shown to directly kill or inhibit growth of intestinal microbes.

Historically, diets for SIBO have been overbearing. Meaning, foods suggested are limited and unsustainable by all but the most disciplined

person. The SIBO kit provides a guidebook and dietary suggestions that will inhibit bacterial overgrowth, but at the same time, encourage healthy bacteria growth. It's an anti-inflammatory diet that the average person can follow. Compliance, when it comes to food, is just as important as anti-microbial nutrients. The beauty of this program is that it is a 30-day program. It's a 30-day commitment, which is about the time needed to help people really make long lasting dietary changes. Products are best taken between meals to give maximum contact in the gut. However, if needed, they can be taken with meals for people with sensitive stomachs.

What I like about the new SIBO kit is that it is a 30-day, providing 30 days of targeted anti-microbial therapy, using time tested botanical formulas. By using combinations of effective botanicals contained in the SIBO kit, 18 different mechanisms to support gut health are applied, where antibiotics like Rifaximin employ only one.

If you have symptoms of bloating after eating a high carbohydrate meal, talk with your clinician about SIBO.