



Miami Beach

COMPREHENSIVE WELLNESS CENTER

SIBO Resources



Iberogast

These nine herbs have positive effects on the digestive system that can help with SIBO, IBS, or other digestive problems. It's used to help with cramping, diarrhea, bloating, gas, heartburn, and nausea.

For more information:

<https://sibosense.blog/2018/11/07/iberogast-for-sibo-and-ibs/>

How to take the Genova 3hr. Breath Test

Genova's SIBO Profiles are non-invasive breath tests which capture exhaled hydrogen (H₂) and methane (CH₄) gases following patient ingestion of a lactulose solution to evaluate bacterial overgrowth of the small intestine.

Here is an easy "how to" video on directions for the SIBO breathe test: <https://youtu.be/FzK3nwlRvyl>



Elemental Diet



It has been shown that the elemental diet is one of the most effective treatment options for patients suffering from a variety of digestive conditions, particularly those struggling with small intestinal bacterial overgrowth (SIBO) symptoms.

Link to informational video:

<https://www.siboinfo.com/elemental-formula.html>

FUNCTIONAL MEDICINE NUTRITION COUNSELING with

Daniela Ochoa



[Home | Daniela Ochoa
\(danielaochoard.com\)](https://danielaochoard.com)

On her personal health journey, she has struggled with mold toxicity, SIBO, candida and dysbiosis and witnessed firsthand the power of food and the importance of a holistic approach. This curiosity turned into an insatiable hunger to learn more about Nutrition. Working with Daniela is a truly transformative experience! You will work together to create a lifestyle that suits your needs and preferences while guiding you towards the best version of yourself. Her goal is to help you understand not only what you need to eat, but why this change would benefit you. You will leave empowered

FODMAP Diet

FODMAP stands for “fermentable oligo-, di-, mono-saccharides and polyols”. These are short chain carbs that are resistant to digestion. Instead of being absorbed into your bloodstream, they reach the far end of your intestine where most of your gut bacteria reside. Your gut bacteria then use these carbs for fuel, producing hydrogen gas and causing digestive symptoms in sensitive individuals. The SIBO diet is a temporary elimination diet that incorporates low-FODMAP foods to decrease bacterial overgrowth. It typically lasts 2 to 6 weeks. While seen as an effective treatment method, the SIBO diet treats symptoms but may not treat the underlying cause. Traditional treatment methods shouldn't be ignored. Prior to incorporating any dietary changes to your treatment plan, discuss your options with your doctor. It's important to bring FODMAPs back into your diet when your symptoms ease. This will prevent healthy bacteria loss

Good Article Reference: [What Is A Low FODMAP Diet? A Simple Guide For Beginners \(irenamacri.com\)](https://www.irenamacri.com/what-is-a-low-fodmap-diet-a-simple-guide-for-beginners)

