

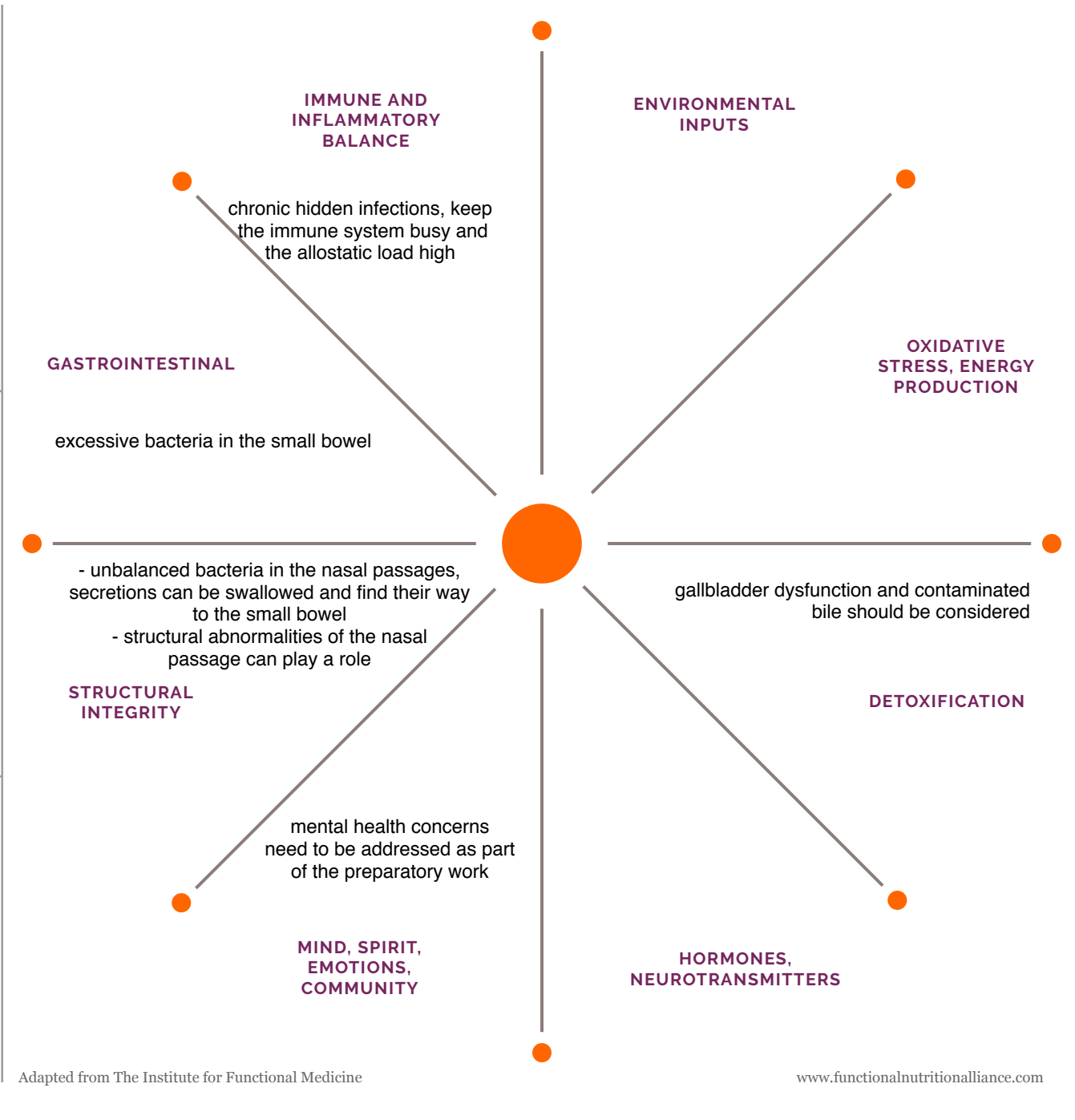
ANTECEDENTS

TRIGGERING EVENTS

- respiratory infections and issues
- gallbladder infections and dysfunction
- complex co-infections

MEDIATORS

- high hydrogen or methane can be harder to treat
- address Tier 1 and 2 before treatment or intervention for SIBO



SLEEP/RELAXATION

preparatory Work (Tier 1): must be addressed!

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

preparatory Work (Tier 1 and Tier 2): must be addressed!

STRESS/RESILIENCE

preparatory Work (Tier 1 and Tier 2): must be addressed!

RELATIONSHIPS/NETWORKS