

# Hashimoto's Nutrition Support Protocol

## SIBO

*Small Intestinal Bacterial Overgrowth*



Shannon Garrett, BS, RN, CNN  
Autoimmune Thyroid Recovery Nurse Specialist  
Certified Functional Nurse-Nutritionist



# Introduction I

Do you have symptoms of gas, distension of the abdomen (especially after eating carbohydrates), or nonspecific stomach/intestinal complaints? If you do, and if you have an autoimmune disease or IBS, you may also have SIBO.

SIBO can be difficult to diagnose. Conventional doctors don't usually run the right tests to assess whether or not SIBO is an issue because quite frankly, many of our traditional doctors have never even heard of it and thus it's not on their radar.

However, I can assure it is real and I've had many clients who experienced SIBO secondary to Hashimoto's, Rheumatoid Arthritis, Lupus and even Lichen Planus.

Getting tested is important - I recommend either the Genova Diagnostics or GI-MAP breath test which will confirm or rule out SIBO by testing lactulose hydrogen and methane gas. Excessive gas produced by the overgrowth of bacteria as a result of their own fermentation of the starch and sugar in your diet will indicate if SIBO is an issue for you or not.

The routine standard of care to date for helping people eliminate SIBO has been with the use of antibiotic therapy; specifically with rifaximin (Xifaxan). which can improve symptoms of pain, insomnia and general GI symptoms related to SIBO.

However, antibiotic therapy doesn't come without risk factors including disruption of the flora balance by killing off the good bacteria. My personal physician believes that even one round of antibiotics can destroy the microbiome for a lifetime. Fortunately, there are other options worth considering to eradicate SIBO which are much less toxic on the body.

Interventions that include the use of targeted, natural anti-microbials combined with lifestyle changes and proper nutrition have been proven to be effective.



# Introduction II

Included in this mini eGuide you will find appropriate functional and integrative medicine protocols for lifestyle and dietary tips as well as natural anti-microbial nutraceuticals for eradicating SIBO. I have also included individual pages featuring targeted supplements well known for their many benefits in addition to excellent options to address SIBO.

If SIBO is an issue for you and you would prefer antibiotic therapy instead, or to validate the use of this protocol please be sure to consult with a functional or integrative medicine practitioner who is knowledgeable about SIBO and can advise you on the best and safest approach for you.

Wishing you great health!

Warmly,

*Shannon Garrett* BS, RN, CNN

**Autoimmune Thyroid Recovery Nurse Specialist**  
**Certified Functional Nurse Nutritionist**  
**HolisticThyroidCare.net**



# SIBO

## *Small Intestinal Bacterial Overgrowth*

### ***Lifestyle Recommendations***

- Incorporate methods to reduce anxiety and high stress
- Test for E-coli overgrowth, low stomach acidity, carbohydrate malabsorption, dysbiosis, delayed motility, and immune dysfunction. Consider the Genova Diagnostics test or the GI-MAP from Diagnostic Solutions Labs
- Address any incidences of Irritable Bowel Syndrome (IBS) or Irritable Bowel Disease (IBD)
- Check for and correct adrenal dysfunction
- Prioritize supportive, nurturing relationships



### ***Dietary Tips & Caveats***

- Work closely with a functional medicine doctor or functional nutritionist to determine the best eating style, or combination of eating styles to combat SIBO
- Address food sensitivities (ALCAT test, Dunwoody Labs, etc)
- Eat foods that are low residue & easily digestible (in contrast to high residue, hard to digest foods such as lactose, legumes, beans, fructose, resistant starch and other high fiber foods)
- For a short period, follow a low FODMAPs diet - Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols - the classes of fermentable sugars & sugar alcohols which contribute to fermentation in the GI tract
- Consider the Specific Carbohydrate Diet (SCD) which will limit complex carbohydrates (disaccharides & polysaccharides), lactose & sucrose. This is useful when Candida & gut inflammation accompanies SIBO
- Avoid artificial sweeteners, chemical additives & stimulants or excitotoxins
- Supplement healthy nutrition with an eating style such as the Paleo Template in accordance with your unique food sensitivities



# SIBO

## Small Intestinal Bacterial Overgrowth

### Supplement Recommendations

|  |  |
|--|--|
| Probiophage DF™P                       | 1 capsule per day with a meal  |
| GI Microb-X™                           | 2 capsules twice per day on an empty stomach (am & pm) for 4-6 weeks; in a rare case of stomach pain, take with a small amount of food |
| Oil of Oregano                         | 1-2 softgels per day for 4 weeks   |
| Silvercillin™ Liquid                   | 2 Tablespoons per day  |
| Allicillin™ (if methane-dominant SIBO) | 2 capsules per day   |

For additional support: If die-off is a problem during this process use either PaleoGreens™ or Metal-X Synergy™ as a binding agent.

*It is very important to choose high quality, professional-grade nutritional supplements formulated and manufactured according to the "science-first" approach. I personally use and recommend Designs for Health for my clients on this basis and for their philosophy and commitment to superior quality, efficacy, high standardization practices, purity and research. Their labs are routinely audited NSF-registered facilities.*



# SIBO

## Small Intestinal Bacterial Overgrowth



**Recommended Use:** As a dietary supplement, take one capsule per day on an empty stomach, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 capsule

| Amount Per Serving  | % Daily Value |
|---|---------------|
| Tribulus Extract ( <i>Tribulus terrestris</i> )(aerial)<br>[standardized to contain 40% saponins]   | 200 mg *      |
| Magnesium Caprylate<br>(yielding 120 mg caprylic acid; 10 mg magnesium)                             | 150 mg *      |
| Berberine Sulfate ( <i>Berberis aristata</i> )(root)  | 100 mg *      |
| Bearberry Extract ( <i>Arctostaphylos uva-ursi</i> )(leaf)<br>[standardized to contain 20% arbutin] | 100 mg *      |
| Black Walnut Powder ( <i>Juglans nigra</i> )(hull)  | 100 mg *      |
| Barberry Extract ( <i>Berberis vulgaris</i> )(bark)<br>[standardized to contain 6% berberine]       | 50 mg *       |
| Artemisinin (from Sweet Wormwood)<br>( <i>Artemisia annua</i> )(herb)                               | 15 mg *       |

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), vegetable stearate, silicon dioxide.

**Contains tree nuts (walnuts).**

GI Microb-X™ is a blend of botanical extracts with a long history of use for supporting a healthy gastrointestinal microbial balance. The botanical substances in GI Microb-X™ are commonly represented on sensitivity testing provided by the major functional laboratories performing stool analysis.



# SIBO

## Small Intestinal Bacterial Overgrowth



**Recommended Use:** As a dietary supplement, take 5 mL (approx. one teaspoon) orally per day, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 5 mL (approx. 1 teaspoon)

Servings Per Container about 95

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Purified Silver    | 75 mcg *      |

\*Daily Value not established.

**Other Ingredients:** Purified water.

Silvercillin™ is a highly effective antimicrobial preparation composed of pure silver complexed with purified water. Silvercillin™ uses Silver Sol Technology®, the term “sol” being a designation of a mineral permanently distributed into the structure of water. The silver becomes a part of that water molecule permanently so it will not fall out of solution or suspension.

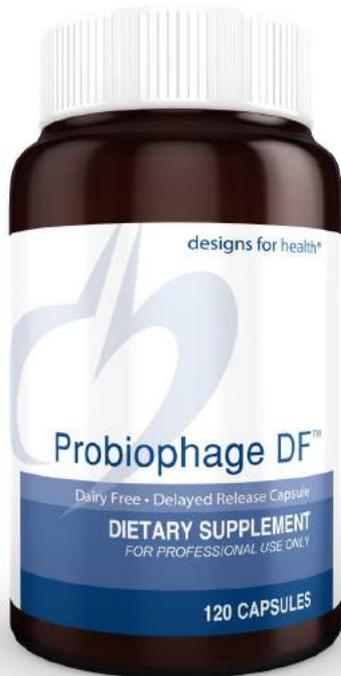
Silvercillin™ contains 15 ppm of purified silver per serving. This is an incredibly powerful, non-toxic form of silver, with zero build-up in the body, so it does not cause argyria (blue man syndrome).

Made with non-GMO ingredients.



# SIBO

## Small Intestinal Bacterial Overgrowth



**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 capsule

| Amount Per Serving  | % Daily Value   |
|---|-----------------|
| PrePhage™<br>Proprietary Bacteriophage Prebiotic  | 15 mg *         |
| Proprietary Probiotic Blend<br>(Bifidobacterium bifidum, Lactobacillus acidophilus,<br>Bifidobacterium longum, Lactobacillus rhamnosus,<br>Bifidobacterium breve, Lactobacillus casei,<br>Streptococcus thermophilus) | 5 billion cfu * |

\*Daily Value not established.

**Other Ingredients:** Tapioca dextrin, medium chain triglycerides; delayed release capsule (hydroxypropyl methylcellulose [HPMC], water, gellan gum).

Dairy-free bacteriophage/probiotic combination formula Probiophage DF™ is a specialized bacteriophage formulation combining four types of phages (as the proprietary bacteriophage blend PrePhage™) along with seven strains of probiotics. This product is designed to support the proliferation of beneficial bacteria throughout the small and large intestines in order to promote healthy GI and immune function. This dairy-free formulation is featured in a delayed-release capsule to increase intact delivery to the small intestine by protecting these organisms from stomach acid.

Made with non-GMO ingredients.



# SIBO

## Small Intestinal Bacterial Overgrowth



**Recommended Use:** As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 softgel

| Amount Per Serving  | % Daily Value |
|---|---------------|
| Oregano Oil<br>( <i>Origanum vulgare</i> )(leaf)<br>(36 mg carvacrol and thymol from<br>60-75% carvacrol oregano oil) | 60 mg *       |

\*Daily Value not established.

**Other Ingredients:** Olive oil, bovine gelatin, vegetable glycerine, purified water.

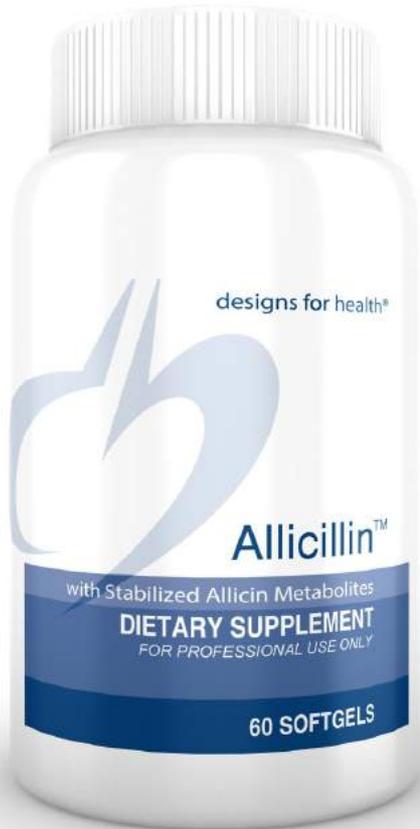
Oil of Oregano has powerful antioxidant and intestinal cleansing benefits. It also helps to maintain a healthy microbial balance. This product is standardized for carvacrol and thymol, the principal phenolic compounds in oregano, with each softgel providing 36 mg carvacrol and thymol from an impressive 60-75% carvacrol oregano oil.

Made with non-GMO ingredients.



# SIBO

## Small Intestinal Bacterial Overgrowth



**Recommended Use:** As a dietary supplement, take one softgel per day, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 1 softgel

| Amount Per Serving   | % Daily Value |
|--|---------------|
| Garlicillin®   | 200 mg *      |
| [Garlic oil ( <i>Allium sativum</i> )(bulb) and parsley oil ( <i>Petroselinum crispum</i> )(seed) blend containing 20 mg garlic diallyl sulfide, diallyl disulfide, diallyl trisulfide and ajoene] |               |

\*Daily Value not established.

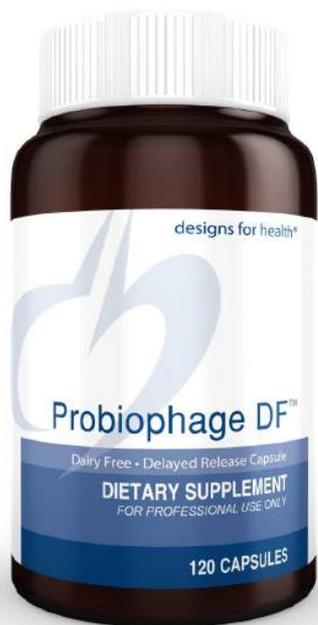
**Other Ingredients:** Olive oil, yellow beeswax, sunflower lecithin; bovine gelatin, glycerine, purified water, annatto (natural color), pharmaceutical glaze, sodium alginate (softgel ingredients).

Allicillin™ softgels contain Garlicillin®, a blend of garlic oil and parsley oil with specified levels of garlic sulfides and ajoene, the most bioactive compound formed from garlic. These softgels are enteric coated to reduce the strong garlic odor and repeating that may occur from supplementing with garlic.

The parsley oil further helps as a natural breath freshener. Made with non-GMO ingredients.



# Powerful SIBO Solutions



# Q&A



## ***Are you accepting new clients?***

Yes we are currently accepting new clients. Our online calendar can be located by following this link: <https://holisticthyroidcare.acuityscheduling.com/> As a prerequisite to working with us, we recommend that you have enrolled in and completed the Hashi's Sister's Autoimmune Thyroid Solutions eCourse. If you're interested in learning more about low-dose naltrexone (LDN) for its use in Hashimoto's, I encourage you to get my eBook "The Hashi's Sister's Guide to LDN" which can be found on our homepage at <https://holisticthyroidcare.net>

## ***How long does it take to eradicate SIBO?***

Everyone's case is unique; however, I have observed clients who used antibiotic therapy & others who followed a protocol similar to what's presented here. For those who opted for antibiotics, the timeline was on average 4-6 weeks. With natural anti-microbials & lifestyle/dietary changes, the average was 6-8 weeks.

## ***How do I go about ordering Designs for Health Nutraceuticals ?***

It is important to purchase your products from a verified source to prevent copycat or look-alike product imitations. We offer a certified practitioner-based Designs for Health eHealthPro eStore for our clients, readers, and the Hashi's Sister community. You may find the eStore by following the link below::

**<https://holisticthyroidcare.ehealthpro.com/>**



# Disclaimer



*The information presented has not been evaluated by the Food and Drug Administration and the information provided is not intended to diagnose, treat, cure, or prevent any disease. The following information serves as guidelines to assist the individual in using preventative health knowledge effectively for improving overall health.*

*These guidelines should NOT substitute for sound clinical judgment or conventional therapies that may be needed for a particular individual.*

*Before starting on any product read carefully and consider all directions and warnings on the product label.*

*Before making any lifestyle changes please consult with your physician.*

*The guidelines offered are intended to assist the individual in achieving optimal health and well-being.*

