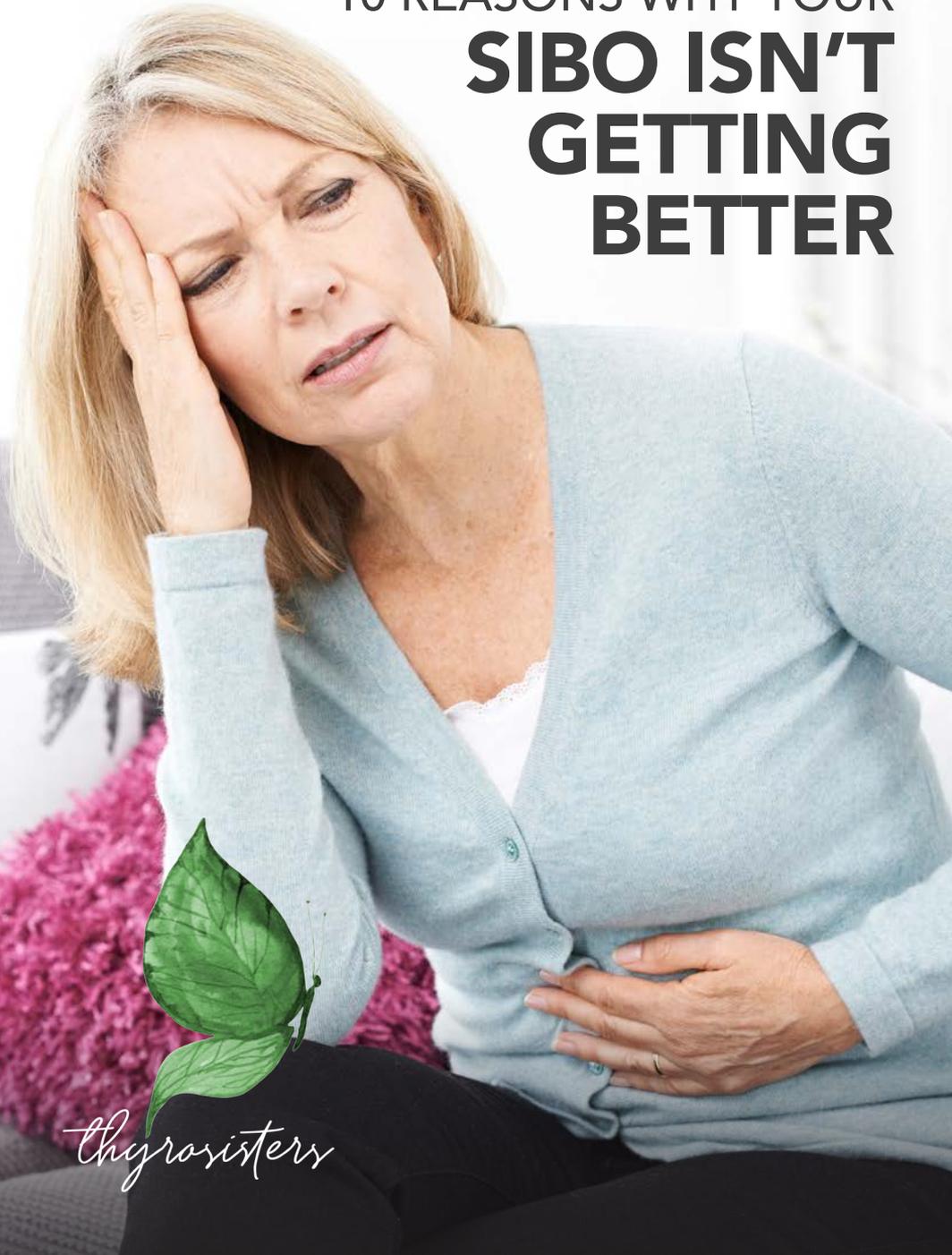


10 REASONS WHY YOUR  
**SIBO ISN'T  
GETTING  
BETTER**



*thyrosisters*



# INTRODUCTION

Anyone with SIBO (small intestine bacterial overgrowth) knows the symptoms are difficult to live with:

- Bloating
- Gas
- Abdominal pain
- Diarrhea
- Chronic constipation
- Fatigue
- Aches and pains
- Weight loss
- Malnutrition

The treatment for SIBO can be time-consuming, but it's a necessary step for healing. The sequencing of antibiotics, probiotics, herbal supplements, and a strict SIBO-starving diet is important. Additionally, each patient has unique needs depending on the type of bacteria they have and their other health issues.

Sadly, many patients experience a remission of symptoms after treatment only to find the symptoms return. For some, this cycle happens again and again.

When you find yourself in this situation, it may be helpful to take a close look at what might be supporting the growth of the wrong bacteria, instead of disabling and removing it.

Following are ten key factors that increase your risk of SIBO or its reoccurrence.



# 1: LOW STOMACH ACID

Stomach acid activates digestive enzymes and kills pathogenic bacteria. Low stomach acid - which can be caused by frequent antibiotic use, a diet high in processed foods, or aging - can lead to microbial overgrowth. This creates a greater risk for bacteria entering the small intestine. The majority of SIBO causes are linked to low stomach acid.

Sadly, some doctors assume "acid reflux" is caused by high stomach acid without actually testing it. This results in a prescription for acid-blockers, which further decreases stomach acid when you actually need to increase it to prevent bacterial infection.

For many people, acid reflux is actually caused by low stomach acid. The food is not acidic enough for the small intestine to allow it in, so it shoots back up into the esophagus where it's too acidic for the delicate tissue there.



## 2: ALCOHOL CONSUMPTION

Heavy alcohol use has long been recognized as a factor that can cause SIBO. Researchers found a much higher rate of SIBO linked to even moderate alcohol consumption (one alcoholic drink per day for women, two per day for men), compared to people who don't drink alcohol at all.

Researchers suggest alcohol causes SIBO for two reasons:

1. Alcohol damages mucosal cells in the small intestine. This can decrease the muscular contractions of the ileocecal valve, the valve that prevents bacteria in the large intestine from translocating into the small intestine.
2. Both alcohol and refined sugar feed certain types of "bad" bacteria, which can overgrow and crowd out healthy gut bacteria.



### 3: ADRENAL CORTISOL IMBALANCES

Cortisol is the primary adrenal hormone that helps us cope with stress. Thanks to stressful lifestyles and too much sugar, many people's bodies are in a constant state of stress. This throws cortisol out of balance. Supporting adrenal function to balance cortisol is vital when healing SIBO.

In fact, you may even need to support the adrenals first before tackling SIBO. This is because SIBO treatment can be depleting. You cannot deplete an already depleted person and expect good outcomes.



## 4. CO-INFECTION

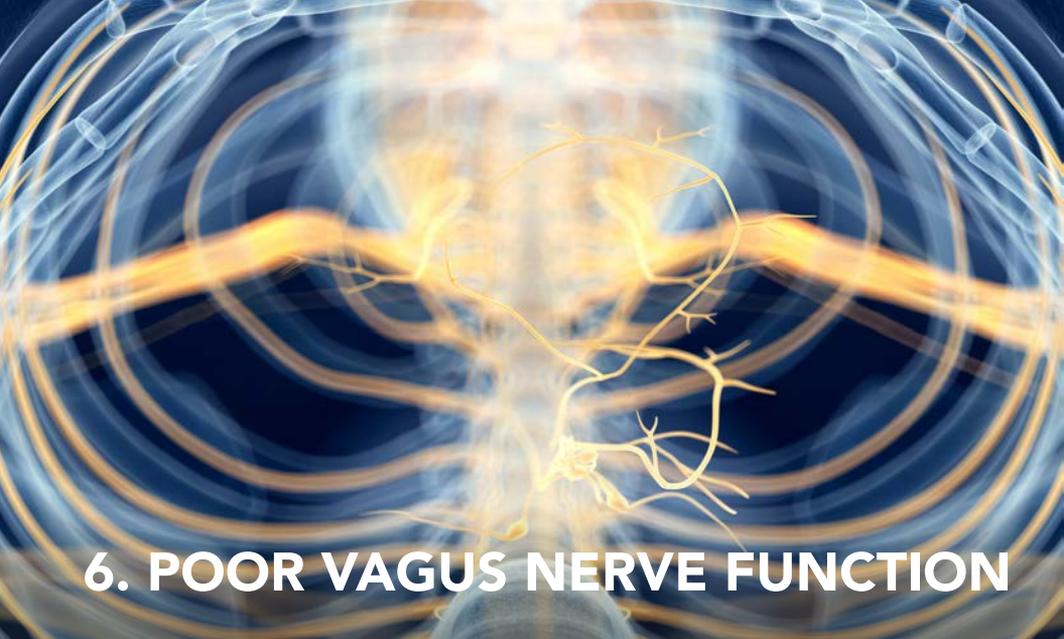
SIBO can exist along with other infections, such as H. Pylori (which is also linked to low stomach acid and stomach ulcers), Epstein Barr virus, Cytomegalovirus, or intestinal parasites.

It's important to manage such infections in order to treat SIBO. If you try to treat SIBO without treating these other infections, it will likely be slow going. Our office can help you figure out which to tackle first.



## 5. PRESCRIPTION DRUG USE

Medications such as antibiotics, antidepressants, and birth control can deplete healthy gut bacteria and damage bowel mucosal cells.



## 6. POOR VAGUS NERVE FUNCTION

The vagus nerve is a nerve between the brain and gut that allows the two to communicate with each other. It plays a large role in digestion and moving food from the small intestine to the large intestine. Poor vagus nerve function causes poor digestion and ileocecal valve function so that bacteria from the large intestine translocate into the small intestine, where they cause SIBO. Ways to increase vagal tone include:

- Gargle a glass of water vigorously several times a day. Gargling contracts the back of the throat, which activates the vagus nerve. Gargle vigorously and for a good length of time, ideally until your eyes tear.
- Sing loudly. Spend some time singing as loudly as you can. This also activates the back of the throat and hence the vagus.
- Gag. Using a tongue depressor, which you can buy off of Amazon, gently press on the back of your tongue to make yourself gag. Please do not poke the back of your throat. Do this several times a day, again, ideally until your eyes tear. Gargling and singing are like sprints for the vagus nerve, whereas gagging is strength training.
- Coffee enemas. The vagus nerve is activated by holding an enema. That, together with compounds in coffee that stimulate nerve receptors, will help activate the vagus nerve. Hold the enema solution as long as you can. Please Google instructions for doing a coffee enema.



## 7. STUCK IN “FIGHT OR FLIGHT”

If you are under chronic stress, whether from overwork, over training, illness, or worry, then you are in “fight or flight” mode too much. This makes it hard for your body to cope with additional stressors such as SIBO.

Too much time in this state will slow how quickly you heal. Techniques to calm your nervous system will assist you in healing SIBO:

- Meditation
- Deep breathing
- Biofeedback
- Moderate exercise
- Laughter
- Having fun
- Yoga
- Qi gong



## 8: ADDICTED TO NEGATIVITY

Stressful or traumatic experiences in life affect our attitude and expectations about life. For instance, “Life is not fair.” If nothing is done with that belief, then it will color how we live and decisions we make.

Practicing gratitude, forgiveness, and love are very effective ways to clear these limiting beliefs. This can have a profound impact on physical healing.



## 9: NOT CHEWING WELL ENOUGH

Most people chew food a only few times before swallowing. This sends partially chewed food into the stomach, which requires more work from digestive juices to break it down.

Make it a habit to chew food more thoroughly before swallowing.



# 10: BLOOD SUGAR

Many people have dietary habits that promote imbalances in blood sugar, such as:

- Skipping breakfast
- Starting the day with sweet, starchy, or caffeine-laden food and drink
- Missing meals
- Eating only sweets for snacks
- Not enough protein and healthy fats
- Attempting to stop the afternoon “crash” by consuming sweets and caffeine

This can result in chronic low blood sugar (hypoglycemia), high blood sugar (insulin resistance) or both. Symptoms of low blood sugar:

- Craving sweets
- Irritability if meals are missed
- Dependency on coffee for energy
- Becoming lightheaded if meals are missed
- Eating to relieve fatigue
- Feeling shaky, jittery, or tremulous
- Feeling agitated or nervous
- Become upset easily



- Poor memory, forgetfulness
- Blurred vision

If you have low blood sugar, eat every 2 to 3 hours to keep blood sugar stable: A few bites of a high protein, healthy fat, low-carb, sugar-free snack between meals and a light snack before bed can help.

Symptoms of high blood sugar:

- Fatigue after meals
- General fatigue
- Constant hunger
- Craving for sweets not relieved by eating them
- Must have sweets after meals
- Frequent urination
- Increased appetite and thirst
- Difficulty losing weight
- Migrating aches and pains

With high blood sugar, you need to avoid overeating and moderate your carb intake so you don't feel sleepy after meals. It's important to exercise regularly to help the cells become more sensitive to insulin.



## 10: BLOOD SUGAR (CONTINUED)

Stable blood sugar assists your body in dealing with all types of stress, including SIBO.

To keep blood sugar stable, adopt these dietary and lifestyle habits:

- Always eat breakfast - if it's hard for you, start small
- Avoid sugars and excess carbs at breakfast; eat protein and fats
- Prioritize protein and healthy fats with every meal and snack
- Don't over-consume caffeine, especially later in the day
- Don't over eat
- Don't skip meals
- Get regular exercise
- Prioritize good sleep habits



## CONCLUSION

Don't sabotage your hard-earned healing. Depending on your needs, resolving SIBO can mean taking antibiotics, probiotics, or herbal supplements, as well as going on a strict SIBO-starving diet to starve and kill off the bad bacteria and heal the damaged gut lining. This can take time and effort, but it's worth the relief from symptoms.

In the meantime, it's wise to make sure you aren't falling into the above traps and inadvertently sabotaging your hard-won efforts.

If you have concerns about any of the above factors, please [contact my office](#) for a consultation.

# EXPERIENCING CHRONIC THYROID PROBLEMS?

If you suffer from:

- Fatigue
- Low thyroid
- Depression, anxiety
- Chronic pain
- Loss of motivation
- Weight gain
- Low libido
- Hormonal imbalances
- Sleep problems
- Brain fog
- Autoimmune disease

Other mystery symptoms? Contact our team for a free consultation on functional medicine strategies to improve your quality of life!



**ASK US HOW WE CAN HELP YOU!**

Did the information in this report resonate with you?

If so, let's get started on your ThyroSisters™ MVP Program for Measurable, Verifiable, Progress. Get the lab work you need to identify the root cause of your issues, stop suffering, wasting your time and resources, and speculating anxiously. Get the results you've been waiting for so you can be there for your family, have more energy, and enjoy a normal weight, good sleep, a good mood, and a clear mind.

Click [HERE](#) to contact our office to get started.

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