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TREATMENT PLAN FOR : Krystielee Harrison Date: 4/10/25

Health Goals	<p>SIBO Treatment Plan</p> <p>PHASE 1: DIGESTIVE PREPARATION & FOUNDATION (1 WEEK)</p> <p>1. Dietary Protocol</p> <p>Why: To starve bacteria in the small intestine and reduce bloating while we prepare the digestive system.</p> <ul style="list-style-type: none">• SIBO Diet Phase 1: Strict adherence for first week, continuing for 4 weeks total• Avoid all foods that feed bacterial overgrowth• Focus on easily digestible, low-fermentation foods <p>2. Digestive Foundation Support</p> <p>Why: Proper stomach acid breaks down food completely, preventing bacterial fermentation in the small intestine. Low stomach acid is a major driver of SIBO.</p> <ul style="list-style-type: none">• Betaine HCL: 1 capsule before each meal (continue for 12 months) <p>3. Motility Enhancement</p> <p>Why: A paralyzed GIT is common in SIBO. Prokinetics ensure food moves properly from stomach to intestines, preventing bacterial overgrowth. Bitters also stimulate bile secretion and provide gentle liver support (needed based on elevated steatocrit indicating poor bile output/liver function).</p> <ul style="list-style-type: none">• Prokinetic formula with bitters: As directed (continue for 12 months)• Essential for preventing relapse <p>PHASE 2: PATHOGEN ELIMINATION & BIOFILM DISRUPTION (5 WEEKS)</p> <p>1. Continue Foundation Support</p> <ul style="list-style-type: none">• SIBO Diet Phase 1 (ongoing)• Betaine HCL before meals• Prokinetic formula daily <p>2. Antimicrobial Protocol - Cycle 1</p> <p>Why: To target and eradicate the specific bacterial overgrowths identified in your results.</p> <ul style="list-style-type: none">• Allimax (garlic): 2 capsules 3 times daily<ul style="list-style-type: none">○ Targets: Methanogens and <i>Escherichia coli</i> overgrowth
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- **Oregano oil:** 2 capsules daily
 - Targets: Hydrogen and methane-producing species

3. Biofilm Disruption

Why: Microbes create a protective biofilm that shields them from antimicrobials. NAC breaks down this barrier, making bacteria vulnerable to treatment.

- **NAC:** 1000mg per day (500mg twice per day) for 5 weeks
- Provides gentle antioxidant support

4. Die-Off Management

Why: To bind and eliminate toxins released when bacteria die off, reducing herxheimer reactions and discomfort.

- **Activated charcoal:** 1 capsule daily for 5 weeks
- Take away from other supplements/medications

CHECK-IN APPOINTMENT scheduled at end of Phase 2 to assess progress and adjust protocol.

PHASE 3: ANTIMICROBIAL CYCLING - ROUND 2 (4 WEEKS)

1. Dietary Advancement

- **Transition to SIBO Diet Phase 2**
- Continue avoiding trigger foods

2. Continue Foundation Support

- Betaine HCL before meals (ongoing 12 months)
- Prokinetic formula daily (ongoing 12 months)

3. Antimicrobial Protocol - Cycle 2

Why: Rotating antimicrobials prevents bacterial resistance and targets any remaining overgrowth.

- **Pomegranate/Berberine extract:** As directed
- **Oregano oil (possible second round):** As determined at check-in

PHASE 4: FINAL ELIMINATION PHASE (4 WEEKS)

1. Dietary Protocol

- **SIBO Diet Phase 2** for first 2 weeks
- Begin gentle reintroduction as tolerated in weeks 3-4

2. Antimicrobial Protocol - Cycle 3

Why: Final aggressive treatment to ensure complete eradication before transitioning to restoration.

- **Allimax:** As directed for 4 weeks
- **Pomegranate extract:** As directed for 4 weeks
- **Clove:** As directed for 4 weeks

3. Continue Foundation Support

- Betaine HCL before meals
- Prokinetic formula daily

PHASE 5: RESTORATION & PREVENTION (ONGOING)

1. Microbiome Restoration

Why: To increase butyrate production, which heals the gut lining and reduces inflammation.

- **PHGG (Partially Hydrolyzed Guar Gum):** Gradual introduction, 2 times daily

	<ul style="list-style-type: none"> • Slowly increase fiber intake through dietary modification and prebiotic supplementation • Target: 30g fiber daily (increase by 5g increments weekly) • Increase lactobacilli species <p>2. Liver & Bile Support Why: To reduce steatocrit (fat in stool) by improving bile output and liver function.</p> <ul style="list-style-type: none"> • Gentle liver support through dietary modifications and continued use of bitters in prokinetic formula <p>3. Dietary Expansion</p> <ul style="list-style-type: none"> • Systematic reintroduction of broader range of foods • Monitor tolerance with food/symptom diary • Focus on polyphenol-rich foods and diverse plant fibers (increase butyrate - indicated as low on microbiome map) <p>4. Long-Term Maintenance (12 MONTHS MINIMUM) Why: Relapse is very common and likely unless root cause is addressed. Early cessation of treatment will result in relapse.</p> <ul style="list-style-type: none"> • Betaine HCL: Continue for full 12 months • Prokinetic formula: Continue for full 12 months • Stress management and vagal tone exercises • Maintain regular bowel movements (1-2 daily) • Adequate hydration (2-3L daily) <p>Important Notes Treatment Duration: Approximately 12 weeks of antimicrobial treatment needed. Protocol will be adjusted as needed during check-in appointments. Critical Warning: Stopping treatment early will result in relapse. The full 12-month support protocol is essential for lasting results. Check-in Appointments: Scheduled at weeks 5-6 and as needed to monitor progress and adjust antimicrobials.</p>
Diet	<ul style="list-style-type: none"> - SIBO Bi-Phasic Diet (see printout/email) - Elemental diet shakes
Lifestyle	<ul style="list-style-type: none"> - Trampolining/rebounding 5 mins a day to encourage detoxification through lymph, circulation to paralysed GIT. - Vagal toning- humming 5 minutes a day to strengthen the connection between gut and brain to help “de-paralyse” the gut.
Barriers	<ul style="list-style-type: none"> - Possible H.Pylori. If treatment causes severe burning in stomach- stop immediately and see GP for H.Pylori testing. - Chronic stress- long term goal to support this -
Referral/Investigations	<ul style="list-style-type: none"> -
Prescription	<ul style="list-style-type: none"> - See Vitaly. - Allimax – Order 3 bottles

	<ul style="list-style-type: none"> - Oil of Oregano – Order 1 bottle - Hydrozyme – Order 3+ bottles (this will be needed ongoing for 12 months) - Charcoal – order 1 bottle - Nac- order 1 box. <ul style="list-style-type: none"> - Prokinetic bitters. 20 drops before a meal 3 times daily (gentian, ginger, golden seal) - Yellowdock – 3ml twice daily.
Recipes:	-
Other	Return visit Nov 8 th 9am

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.