Medicine	PHASE 1 (1 week)	PHASE 2 (4 weeks>)				PHASE 3 (4 weeks>)	I			Phase 4	Phase 5
	Weeks 1	Weeks 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10, 11, 12, 13	Ongoing with monitoring  Re-test SIBO
					CHECK IN APPOINTMENT HERE					CHECK IN APPOINTMENT HERE	No. 100
Allimax		2 capsules 3 times daily (total 6 capsules)	2 capsules 3 times daily (total 6 capsules)	2 capsules 3 times daily (total 6 capsules)	2 capsules 3 times daily (total 6 capsules)					I	
Oil of Oregano		1 capsule 2 times daily for 2 weeks (total 2 capsules)	1 capsule 2 times daily for 2 weeks (total 2 capsules)							I	
Liquid Herbal #1 (Pomegranate,						As directed on bottle 3 times daily	I				
Golden Seal)											
Liquid Herbal #2 (Clove, berberine, cinnamon)										As directed on bottle 3 times daily	
Prokinetic Bitters	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	Before each meal	Before each meal (ONGOING 12 months +)
Bowel Opener (Yellow Dock)	2x daily for 4 weeks									I	
Stomach acid support Hydrozyme	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	3x per day before meals	1 before each meal (3x per day ongoing 12 months)	1 before each meal (3x per day ongoing 12 months)
Biofilm Disruption NAC (1000mg per day)		1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)						
Binder: Charcoal		1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)	1 capsules 2 times per day (total 2 capsules)						
REPAIR											
PHGG						2g 1x daily	2g 2x daily	2g 3x daily	5 g 2x daily	5g 2x daily	5g 2x daily
Probiotics										Selective probiotic support	Selective probiotic support
Prebiotics											Greal prebiotic support 2FL, HMO's
SIBO DIET	Phase 1	Phase 1	Phase 1	Phase 1	Phase 1	Phase 2	Phase 2	Phase 2	Phase 2	Phase 2 (slow introduction of new foods)	Dietary expansion