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TREATMENT PLAN FOR : Steph Creber

Date: 3/10/25

Health Goals	<p>SIBO Treatment Plan</p> <p>PHASE 1: PATHOGEN ELIMINATION & BIOFILM DISRUPTION (6 WEEKS)</p> <p>1. Elimination Pathway Optimisation Why: If you aren't able to eliminate waste, it will cause a toxic build up.</p> <ul style="list-style-type: none">• Bowel movements: Target 1-2 formed stools daily• Hydration: 2-3L water daily• Exercise: 150 minutes moderate activity weekly for lymphatic drainage (walking, trampoline, etc.). Exercise is also needed to encourage blood supply to the digestive system which when under chronic stress, doesn't receive enough circulation.• Kidney support: Adequate hydration to flush out waste via urine. <p>2. Digestive Support & Motility Enhancement Why: Must be able to properly break down foods so they don't sit in the small intestine as a food source for bacteria to ferment.</p> <ul style="list-style-type: none">• Hydrozyme: 1 capsule before each meal (ongoing)• Digestive bitters with carminatives: Gentian root, ginger, barberry, baical skullcap, fennel tincture - 1mL before each meal for 12 weeks. Bitters encourage the release of digestive enzymes, bile, stomach acid to help in proper food breakdown. <p>3. Antimicrobial Protocol (Methane/H2S Suspected) Why: To eradicate any microbes that are in the small intestine which are causing SIBO.</p> <ul style="list-style-type: none">• Allimax: 2 tablets 3 times per day for 6 weeks (1 bottle = 10 days; purchase 3 additional bottles)• Oregano oil capsule: 1 per day for 10 days <p>4. Biofilm Disruption Why: Microbes create a protective film around them so they cannot be killed by antimicrobials/antibiotics. A biofilm disrupter destroys that protective film, making it so the microbe can be destroyed.</p> <ul style="list-style-type: none">• NAC: Standard dosing for 4 weeks <p>5. Dietary Protocol Why: To not feed the microbes in the short term.</p>
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	<ul style="list-style-type: none"> • Avoid: ALL resistant starch, inulin for 3 months. • Focus on: Low-FODMAP framework/non-trigger foods <p>PHASE 2: MUCOSAL REPAIR & CONTINUED ELIMINATION (4-6 WEEKS)</p> <p>1. Secondary Antimicrobial Cycling Why: Using different antimicrobials in case the microbes become resistant to the first ones we use.</p> <ul style="list-style-type: none"> • Liquid herbal blend: Pomegranate, goldenseal, clove - 3mL, 3 times per day <p>2. Gut Barrier Restoration Why: Because we aim to heal your leaky gut, which reduces inflammation, discomfort etc.</p> <ul style="list-style-type: none"> • BioMatrix: 2 times daily for gut barrier support (duration will be determined at check-in based on progress) <p>3. Microbiome Support Encouraging a healthy, diverse microbiome that is antiinflammatory</p> <ul style="list-style-type: none"> • PHGG: 2 times daily (gradual introduction and increase) <p>4. Ongoing Digestive & Motility Support Why: Because SIBO is driven by lack of motility and low stomach acid.</p> <ul style="list-style-type: none"> • Continue Hydrozyme and digestive bitters for 6 weeks or longer <p>PHASE 3: RESTORATION & PREVENTION (4-6 WEEKS)</p> <p>1. Microbiome Restoration</p> <ul style="list-style-type: none"> • Gradual introduction of broader range of foods and fibers <p>2. Dietary Expansion</p> <ul style="list-style-type: none"> • Systematic reintroduction of low-FODMAP fruits and vegetables • Gradually increase fiber intake (5g increments weekly) with goal of 30g fiber daily • Increase polyphenol-rich fruits • Monitor symptom response with food/symptom diary <p>3. Long-Term Maintenance</p> <ul style="list-style-type: none"> • Continue prokinetic support: Maintain digestive bitters blend (6+ months) • Stress management: Vagal tone exercises (humming, breathwork), mindfulness practices, mindful eating. • Ongoing digestive support: Maintain HCl supplementation and bile flow optimization (zinc, B vitamins - food or supplementation, apple cider vinegar) <p>Check-in appointments scheduled at Weeks 6 and 12 to assess progress and adjust protocol as needed</p>
Diet	<ul style="list-style-type: none"> - Avoid trigger foods, foods high in resistant starch and inulin. <p>High Resistant Starch Foods</p> <ul style="list-style-type: none"> - Cooked and cooled starches: - Cooked and cooled potatoes (potato salad, leftover potatoes)

	<ul style="list-style-type: none"> - Cooked and cooled rice (fried rice, rice salads, sushi rice) - Cooked and cooled pasta (pasta salads, leftover pasta) - Cooked and cooled oats (overnight oats) - Legumes (all types): - White beans, navy beans, kidney beans, black beans, pinto beans - Lentils (all varieties) - Chickpeas (garbanzo beans) - Split peas - Hummus and bean dips - Bananas and plantains: - Green/unripe bananas - Plantains (green or cooked) - Grains: - Barley - Oats (especially raw or soaked) - Other sources: - Raw potato starch - Green peas - Cashews - Corn and corn products - High Inulin Foods - Vegetables: - Jerusalem artichokes (sunchokes) - Chicory root - Garlic (raw and cooked) - Onions (all types: yellow, white, red, spring onions, shallots) - Leeks - Asparagus - Artichokes (globe) - Dandelion greens - Jicama - Fruits: - Bananas (especially slightly underripe) - Nectarines - Grains: - Wheat (bread, pasta, cereals) - Rye - Barley - Other: - Yacon root -
Lifestyle	<ul style="list-style-type: none"> - Start trampoline/rebounding to encourage circulation and lymphatic movement. - Hydration!! 2-3 litres per day, add electrolytes when possible. Need to ensure your pathways of elimination (lymph, bladder, bowels, sweat) are working whilst we kill off the microbes,.

Barriers	- Ongoing stress.
Referral/Investigations	-
Prescription	- See print out (also attached to email) Allimax Oil of oregano Prokinetic bitters (ginger, gentian, fennel, barberry) Stomach acid support (Hydrozyme) NAC
Recipes:	-
Other	- I forgot to mention, sometimes people feel a little worse after starting SIBO treatment (fog, bloat, etc) because of the die-off, of the bugs. Monitor this as you go.

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.