

Healthy Gut/ Alison Siebecker . 1.15mins

Dr. Sieber talked about SIBO, which stands for Small Intestinal Bacterial Overgrowth. This occurs when too many bacteria invade the small intestine, in normal conditions they should not be there. They are gonna interfere with the normal activities of the small intestine. Usually, bacteria should be in the large intestine, they digest fiber turning it into vitamin K and short-chain fatty acids such as butyric acids. Overgrowth of pathogenic bacteria in SI causes gastroenteritis, usually caused by salmonella, and often it is also the cause of SIBO. SIBO is an aftereffect of gastroenteritis. Pathetic bacteria create toxins the Cytotoxic Distending Toxin (CDT). These toxins cause cell distention, cell cycle block, and DNA damage to the enterocytes.

Also, lack of motion in the small intestine diarrhea faster motility in the large intestines is allowed to occur SIBO. Low motility in the small intestine is caused by various diseases such as diabetes, hypothyroidism, scleroderma, and idiopathic gastroparesis. Stress also can be one of the causal factors for SIBO but not alone itself, always in combination with stress plus something else.

Symptoms of SIBO could be constipation, diarrhea, excessive burping, bloating, and passing gasses. SIBO is very harmful to diverticulitis patients if there are pouches in the lining of the intestines.

Dr. Siebecker's solution in the treatment of SIBO, a low-carbohydrate Paleo diet might be helpful. Except for prescribed antibiotics, from natural products berberin, cinnamon, and oregano oil can be helpful in the treatment of SIBO.

In my future practice, I would apply the knowledge that I have gained from Dr. Siebecker.