



SHORT GUIDE ON HOW TO HEAL SIBO NATURALLY

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"I do not know what I ate, but I have been bloated for like, three years now. "

Please HELP ME!!!

My social life ended!

My sexual life has decreased!

My life has been greatly affected!!!!

ALL BECAUSE OF BLOATING ! YES

Everything was going well, until the day my thyroid has decided to go crazy.

My levels were not optimal and I run to an endocrinologist.

Without any doubts, my doctor put me on meds, promising me it would be ok again. Just like before...

✘THE BIGGEST LIE I HAVE EVER BEEN TOLD! ✘

Not only my symptoms did not go back to normal, but also they got worse & I started to experience BLOATING

Let me say, I have never had intestinal bloating BEFORE in my life !!!!

Why??? What was happening???

Every time after any food, I would look pregnant.

I had to lay down after my meals.

I had stomach pain & it felt like slow digestion.

Sometimes I would be even constipated!

What was happening???

I stopped going out to avoid embarrassing situations & also every time I needed to lay down after food.

It was too much !! But to my doctor I was fine.. He said 'it is probably stress, take a gastro protector' 😞 😞

I tried all the possible ways the doctor suggested. But they were all a failure!

Luckily I decided not to give up. That's when my studies brought me to SIBO (Small Intestinal Bacterial Overgrowth).

SIBO is also very very COMMON with Thyroid Disease. So, not surprisingly I had SIBO.

In fact, it was not until we studied an effective natural protocol for SIBO that finally, my symptoms **disappeared!**

No BLOATING anymore.

My skin got much better and no more acne.

My energy improved.

I could eat the food I loved again & I felt free to enjoy my life.

What worked for me can also work for you...

How?

Here are some tips that helped me:

- Intermittent fasting was a gamechanger (if you are lost, just enroll in our FREE intermittent fasting challenges)
- Bone broth (find our Free recipe)
- Carnivore diet
- Cut sugar for a month (yes even fruits)
- Follow a SIBO diet for at least 2 weeks (details below)
- Oil of oregano, 20 drops 3x a day with water
- Saccharomyces Boulardii 2 capsule 2x a day between meals
- Allicin 1 capsule 3x a day
- Neem 1 capsule a day
- Oregan grape root 1 capsule a day

RESTRICTED DIET



Protein

Meat/Fish/Poultry/Eggs

Dairy Products

Avoid

Vegetables (unlimited)

Bamboo shoots, bok choy, carrot, chives, cucumber, eggplant, witlof, ginger, kale, lettuce, olives, capsicum, radicchio, radish, rocket, spring onion (green part only), tomatoes/sundried, sunflower sprouts, alfalfa sprouts

Vegetables (1 per meal)

Asparagus – 1 spears
Artichoke hearts – 1/8 cup
Beet root– 2 slices
Broccoli – ½ cup
Brussels sprouts 2ea
Butternut or Jap pumpkin – 1/4 cup
Cabbage – ½ cup
Cabbage, savoy – ¾ cup (Wombok)
Celery – 1 stick
Celery root – ½ cup
Chilli – 11cm/28g
Fennel bulb – ½ cup
green beans 10 ea
Peas, green – 1/4 cup
Snow peas 5 pods
Spinach 15 leaves
zucchini ¾ cup

Fruit (2 serves per day)

Lemons
Limes

Grains, starches, breads and cereals

Avoid all – this includes all grains, breads, cereals, cakes, biscuits

Legumes (lentils, beans)

Avoid

Soups

Homemade broths: Beef or Lamb bone broths, chicken meat broths

Beverages

Water, Herbal teas, black coffee (1 cup daily), black tea

Sweeteners

Stevia (pure, not containing inulin)

Nuts and Seeds

Almonds: 10ea, 2T almond flour/meal
Coconut: flour/shredded ¼ cup, Ayam blue label coconut milk ¼ cup (or any other brand without thickeners)
Coconut cream 2 Tablespoons
Hazelnuts 10ea, Macadamia 20ea, Pecans 10ea, Pine nuts 1T, Pumpkin seeds 2T, sesame seeds 1T, sunflower seeds 2t, Walnuts 10ea

Condiments

Sugarless Mayonnaise, Tabasco, Wasabi, Mustard (without garlic)
Vinegar: apple cider, distilled, white/red
All fresh and dried herbs and spices but not the spice blends
Turmeric and ginger are particularly beneficial as they are anti-inflammatory

Fats/Oils

Coconut, olive, infused oils (ie garlic or chili) Ghee, MCT oil, Polyunsaturated Vegetable oil: Flax (low lignin), grape seeds, pumpkin seed, sesame, sunflower, walnut