

What is "SIBO?"

SIBO stands for **S**mall **I**ntestinal **B**acterial **O**vergrowth. This is when bacteria grow where they shouldn't grow and this changes how food is processed, where it's processed, and your body's ability to absorb it. The bacteria in the gut actually "train" our immune system by facilitating immune responses accordingly to foreign and non-foreign substances. The immune system identifies antigenic material from the bacteria and when the gut immunity is altered, inflammation is created. When inflammation develops, we begin to break down the membrane that is responsible for opening and closing to let good nutrients in and keeping toxins out. When this is broken down, this leads to a "leaky gut" and now the immune system starts seeing proteins that haven't been processed down to the peptide level that the body is accustomed to and the body creates antibodies against commonly eaten foods.

Symptoms of SIBO:

- Bloating
- Distended abdomen/bloating
- Gas
- Fatigue
- Depression
- Unable to fully evacuate the bowels
- Brain fog

What Causes It?

- Poor diet
- Poor lifestyle choices
- Stress
- PPI's i.e., Omeprazole, Prilosec, Prevacid

What Can Be Done About It?

We recommend trying an elimination diet such as a Low FODMAP diet. Elimination diets are used to help identify food triggers that may be contributing to your symptoms. The acronym, FODMAP, stands for foods that are: fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols. These foods are long chain sugars that get fermented very quickly by bacteria and for someone with SIBO, this produces a very uncomfortable abdominal distention upon consuming these foods.

Clinical Presentation

On our experience, it is rare to see SIBO in our patients. It is often associated with anxiety and depression because you're dealing with the gut-brain connection.

