

# GRAND: Implementation Protocols and Special Strategies - SCD, FODMAPs, and SIBO

## Implementation Protocols and Special Strategies SCD, FODMAPs, and SIBO

With

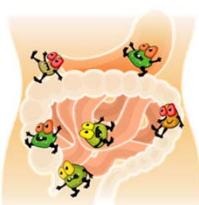
Dr. Ritamarie Loscalzo



**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

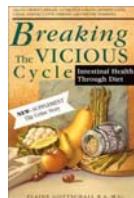
## Special Circumstances and Intolerances

- Specific Carbohydrate Diet: SCD (GAPS)
- Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols: FODMAPs
- Small Intestinal Bacterial Overgrowth: SIBO



## Specific Carbohydrate Diet™ (SCD)

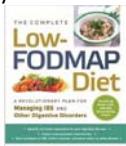
- Intended mainly for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis, and chronic diarrhea
- Foods allowed based on the molecular structure
- Monosaccharides can be easily absorbed - allowed
- Disaccharides and polysaccharides - not allowed
- Premise: Complex carbohydrates that are not easily digested feed harmful bacteria and produce by-products and inflame the intestine wall



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## FODMAPs

- Fermentable
- Oligosaccharides
- Disaccharides
- Monosaccharides
- And
- Polyols



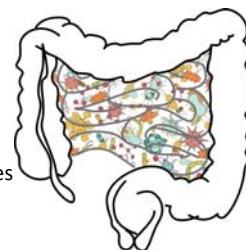
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- Short-chain carbohydrates
- **Incompletely absorbed in the GI tract**
- Difficult to digest with functional gut disorders
- **Easily fermented** by gut bacteria
- Exert an osmotic effect, increasing fluid into the large bowel
- Causes **fermentation and osmosis**
- Can lead to IBS symptoms
- May be due to **SIBO or dysbiosis**
- **Stress** is likely a factor in FODMAP sensitivity

## SIBO

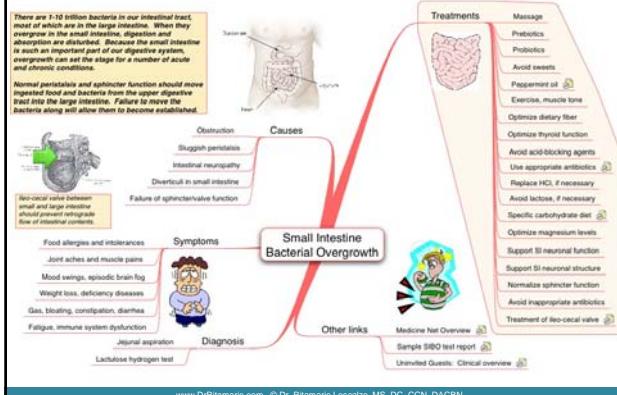
### Small Intestinal Bacterial Overgrowth

- Overgrowth of large intestine bacteria in small intestine
- Rob you of B12, iron, and other nutrients
- Damage mucosa
- Can deconjugate bile leading to fat malabsorption
- Trigger pro-inflammatory cytokines and cause leaky gut
- Can cause sugar cravings
- Increase mucus production
- Damage to migrating motor complex



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## Small Intestinal Bacterial Overgrowth



## SIBO Management

### Small Intestinal Bacterial Overgrowth

- **Starve the bacteria:** Elemental, SCD, FODMAP Diets
- **Kill the bacteria:** Antimicrobials
  - ✓ Formulas shown in studies to be as effective as antibiotics
    - Dysbiocide and FC-Cidal (by Biotics Research)
    - Candibactin-AR and Candibactin-BR (by Metagenics)
  - ✓ Single herbs reported to work well, too; 1-3 for 4 weeks:
    - Berberine - 5 grams per day (Berber 500 from Thorne, or Goldenseal, Oregon Grape, Barberry, Coptis)
    - Allicin from Garlic - Allimed (the highest potency formula I know of is Allimed)
    - Oregano
    - Neem
    - Cinnamon
- **Repair the gut:** Healing foods and herbs
- **Prokinetics:** Rx low-dose Naltrexone or herbal Triphala
- **Restore gut function:** Stomach acid and ICV



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