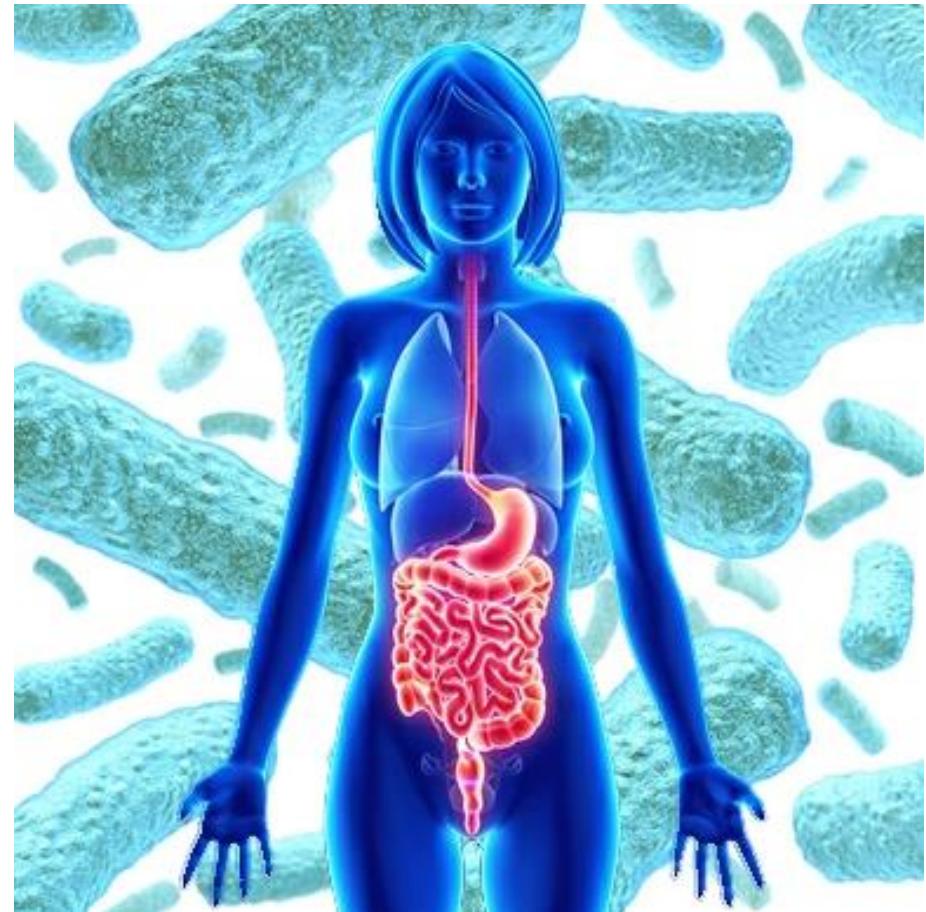


Implementation Protocols and Special Strategies **SCD, FODMAPs, and SIBO**

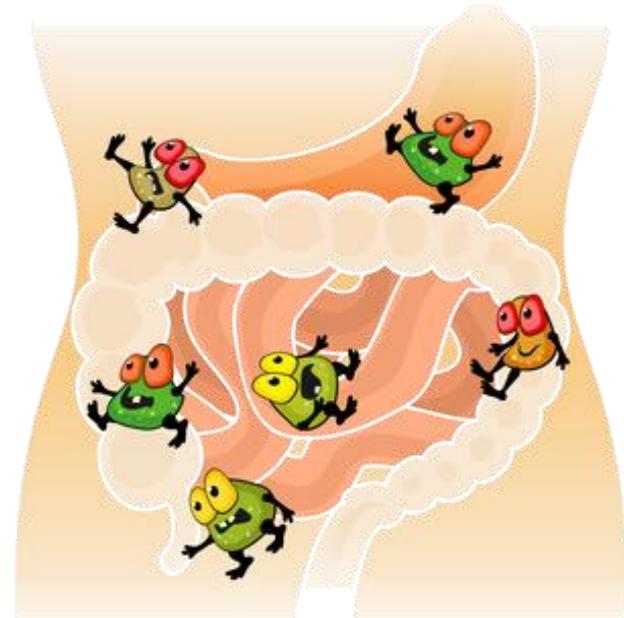
With
Dr. Ritamarie Loscalzo



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.

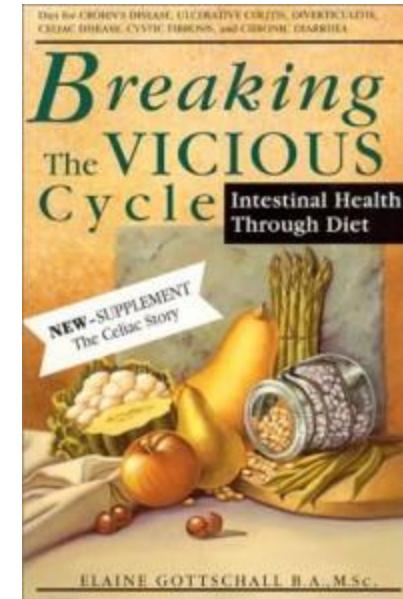
Special Circumstances and Intolerances

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



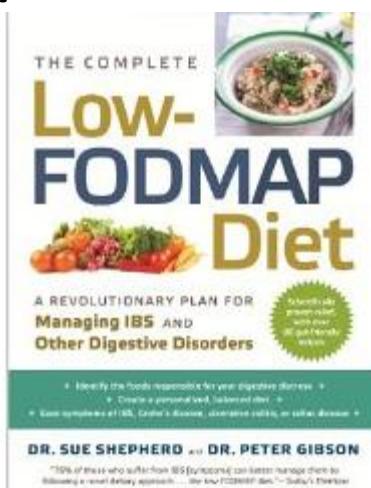
Specific Carbohydrate Diet™ (SCD)

- 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



FODMAPs

- **F**ermentable
- **O**ligosaccharides
- **D**isaccharides
- **M**onosaccharides
- **A**nd
- **P**olyols

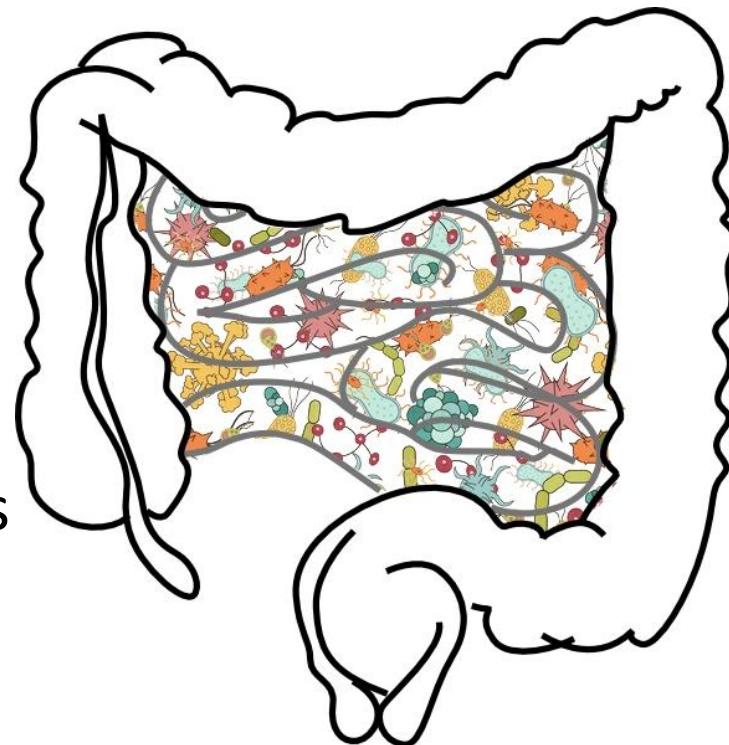


- Short-chain carbohydrates
- **Incompletely absorbed in the GI tract**
- Difficult to digest with functional gut disorders
- **Easily fermented** by gut bacteria
- Exert an osmotic effect, increasing fluid into the large bowel
- Causes **fermentation and osmosis**
- Can lead to IBS symptoms
- May be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

SIBO

Small Intestinal Bacterial Overgrowth

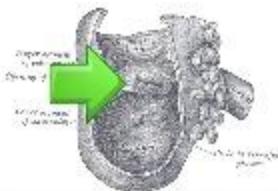
- Overgrowth of large intestine bacteria in small intestine
- Rob you of B12, iron, and other nutrients
- Damage mucosa
- Can deconjugate bile leading to fat malabsorption
- Trigger pro-inflammatory cytokines and cause leaky gut
- Can cause sugar cravings
- Increase mucus production
- Damage to migrating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



Small Intestinal Bacterial Overgrowth

There are 1-10 trillion bacteria in our intestinal tract, most of which are in the large intestine. When they overgrow in the small intestine, digestion and absorption are disturbed. Because the small intestine is such an important part of our digestive system, overgrowth can set the stage for a number of acute and chronic conditions.

Normal peristalsis and sphincter function should move ingested food and bacteria from the upper digestive tract into the large intestine. Failure to move the bacteria along will allow them to become established.



Ileo-cecal valve between small and large intestine should prevent retrograde flow of intestinal contents.

Causes

- Obstruction
- Sluggish peristalsis
- Intestinal neuropathy
- Diverticuli in small intestine
- Failure of sphincter/valve function

Symptoms

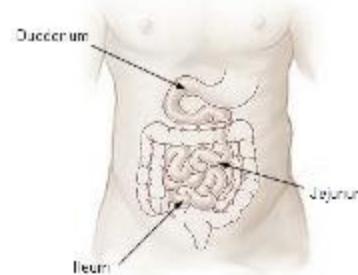
- Food allergies and intolerances
- Joint aches and muscle pains
- Mood swings, episodic brain fog
- Weight loss, deficiency diseases
- Gas, bloating, constipation, diarrhea
- Fatigue, immune system dysfunction



Small Intestine Bacterial Overgrowth

Diagnosis

- Jejunal aspiration
- Lactulose hydrogen test



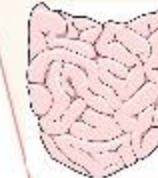
Other links



Medicine Net Overview

Sample SIBO test report

Uninvited Guests: Clinical overview



Treatments

- Massage
- Prebiotics
- Probiotics
- Avoid sweets
- Peppermint oil
- Exercise, muscle tone
- Optimize dietary fiber
- Optimize thyroid function
- Avoid acid-blocking agents
- Use appropriate antibiotics
- Replace HCl, if necessary
- Avoid lactose, if necessary
- Specific carbohydrate diet
- Optimize magnesium levels
- Support SI neuronal function
- Support SI neuronal structure
- Normalize sphincter function
- Avoid inappropriate antibiotics
- Treatment of ileo-cecal valve

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) or
 - 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