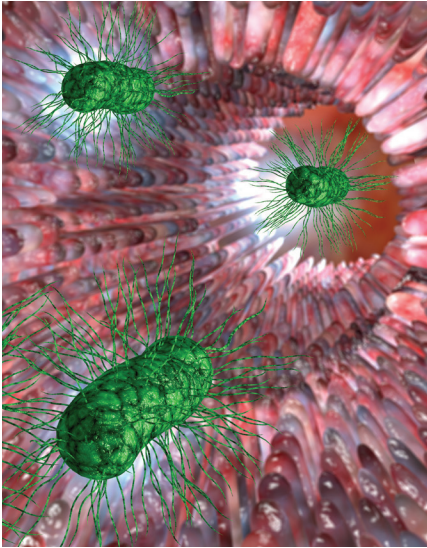


SIBO RELIEF GUIDE



QUICK START PLAN FOR REAL HEALING

If you're tired of bloating, gas, and IBS labels that don't help—you're in the right place.



WHAT IS SIBO?

SIBO happens when bacteria that belong in your large intestine migrate to your small intestine—where they ferment the food you eat and cause gas, bloating, and irregular bowel movements.

And what do they love most? Sugar. It's their favorite fuel.

SYMPTOMS OF SIBO

- Bloating (especially after meals)
- Gas, cramps, upper abdominal discomfort
- Constipation or diarrhea (or both)
- Fatigue and brain fog
- Nutrient deficiencies (B12, iron, vitamin D)
- Leaky gut, malabsorption, NAFLD (non-alcoholic fatty liver disease)



STEP 1: REMOVE THE OVERGROWTH

To heal from SIBO, the first step is to starve the bacteria that don't belong in your small intestine.

WHAT TO CUT (FOR NOW):

- ✗ Sugar, alcohol, fruit juice
- ✗ High-sugar fruits (banana, mango, grapes)
- ✗ Beans and starchy vegetables
- ✗ Prebiotics and probiotics (they feed all bacteria—good and bad)

This isn't forever. Once the overgrowth clears, you can slowly reintroduce these as your gut heals.

WHAT TO FOCUS ON:

- ✓ Lean proteins (chicken, fish, eggs)
- ✓ Non-starchy vegetables (zucchini, leafy greens, cucumbers)
- ✓ Insoluble fiber (chia, flax, hemp)
- ✓ Herbal antimicrobials: oregano, clove, black cumin seed
- ✓ Liver support: milk thistle, NAC, artichoke, ALA



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STEP 2: REBUILD THE GUT

Once the overgrowth is under control, it's time to focus on healing and restoring balance.

REPAIR THE GUT LINING

Support your intestinal wall with nutrients like L-glutamine (6,000 mg), aloe vera, DGL, marshmallow root, and ginger.

SUPPORT THE VAGUS NERVE

Calming your nervous system improves digestion. Try:

- Deep breathing
- Cold compresses
- Time in nature
- Stillness between meals



SPACE OUT MEALS

Your Migrating Motor Complex (MMC) only works on an empty stomach. Wait at least 4 hours between meals and avoid eating late.

SLOWLY REINTRODUCE PROBIOTICS

Once symptoms calm down, you can add back probiotics and fermented foods—but only when your gut is ready.

THIS PHASE IS ABOUT RESTORING FUNCTION, NOT JUST FEELING BETTER.

FINAL THOUGHTS

You're not broken—and you're not alone. With the right steps, SIBO can be reversed. Reclaim your gut health and feel like yourself again.



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