

Is it IBS or SIBO?

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*Featuring New Guest Speaker
Alicia Galvin MEd, RD, LD, CLT, IFNCP*



Q&A from May 2021 with Amy Rawls, MS, RD, LD

Would the herbal and nutritional suggestions also help with IBS-D dominant?

Yes, especially if H2 SIBO is underlying the IBS-D. Post-Infectious IBS-D is correlated with the anti-vinculin and anti-cdtb toxins that result from a food poisoning episode.

Are there probiotics that can live through antibiotic therapy?

Yes, Transformation's probiotic products use antibiotic-resistant strains.

What are your recommended resources for a SIBO diet?

We recommend starting with these three links:

- Specific Carbohydrate Diet (www.breakingtheviciouscycle.info)
- SIBO Specific Diet (www.siboinfo.com/diet)
- Bi-Phasic Diet (www.thesibodoctor.com/original-sibo-bi-phasic-diet)

What is MMC...I missed that? Any suggestions for vagus nerve support?

These were eventually covered in the webinar. To access the recording visit www.sys-11.com.

Curious if you think there is a high prevalence of SIBO in people with history of eating disorders (i.e., orthorexia, anorexia types).

A: Yes! For example, see the study at <https://pubmed.ncbi.nlm.nih.gov/31510101/>

Is there a Transformation™ product with guar gum?

No, our approach is different. We use our TPP Intestinal Support along with a synergistic digestive and systemic protease with great success. Transformation™ also has a complete SIBO protocol

using a combination of high quality and synergistic digestive and systemic enzymes along with an anti-microbial formula designed to combat fungal/bacterial overgrowths in the body along with an antibiotic-resistant probiotic for microbial rebalancing in the gut. If you would like access to the SIBO protocol you can email arawls@tecenzymes.com.

Has there been any improvement with any patients utilizing something like Mercier Therapy usually only used post c-section or for infertility. Reduces adhesions and scar tissue.

Unfortunately I'm not familiar with this area, so don't have a good answer for you.

I have a client (not dx's yet but suspect sibo) who likes to drink a mix of water, ACV, and ginger. Could that work as a prokinetic if she sips on this between meals?

No, ginger needs to be at the 2,000 mg level to act as a prokinetic. However, Transformation™ has a great option for stimulating peristalsis called [ReleaseZyme](#). We sent a handout to this in the webinar handout section. If you did not receive it you can email arawls@tecenzymes.com.

How do you navigate clients who do not want to take the breath test but you highly suspect SIBO?

You can intervene based on symptoms and just make sure to let the patient know that you are intervening empirically vs having a test to really know what you are dealing with.

What protocol would you use for a breastfeeding woman?

Transformation has a safe and effective protocol for breastfeeding mothers to follow that will help mitigate symptoms of SIBO until a more intense anti-microbial protocol can be followed when breastfeeding ceases (more on this in webinar recording) For access to the breast feeding protocol please email arawls@tecenzymes.com.

What about using prebiotics with probiotics?

You want to avoid most prebiotics because they can really aggravate SIBO symptoms. Acacia and PHGG are the only two fibers that have been researched to potentially help in SIBO specifically. Transformation™ carries two probiotics that are free of prebiotics that would be a great option to consider to continue to support good bugs without the aggravation. To get more info on [Plantadophilus](#) and [Transbiotic™](#), contact me at arawls@tecenzymes.com.

Is this available to watch later? Can you resend the link to replays?

This webinar along with all of Transformation's webinars can be accessed at www.sys-11.com.

Can we get access to the slides after?

Yes, if you would like slides please email arawls@tecenzymes.com.