

Digestive Health Symptom Supports

Considerations while working
on root cause healing



Bella Lindemann

THE FUNCTIONAL GUT HEALTH CLINIC

Our learnings, from me to you

- About me & the work I love to do
- The most common root causes for IBS-type digestive dysfunction
- Intelligent allopathy & supporting clients on their healing journey
- DRESS recommendations for the most common GI symptoms:
 - Constipation
 - Diarrhea
 - Bloating & distension (including flatulence)
 - Reflux (including belching)
 - Nausea
 - Abdominal pain

About me



My own healing journey with constipation



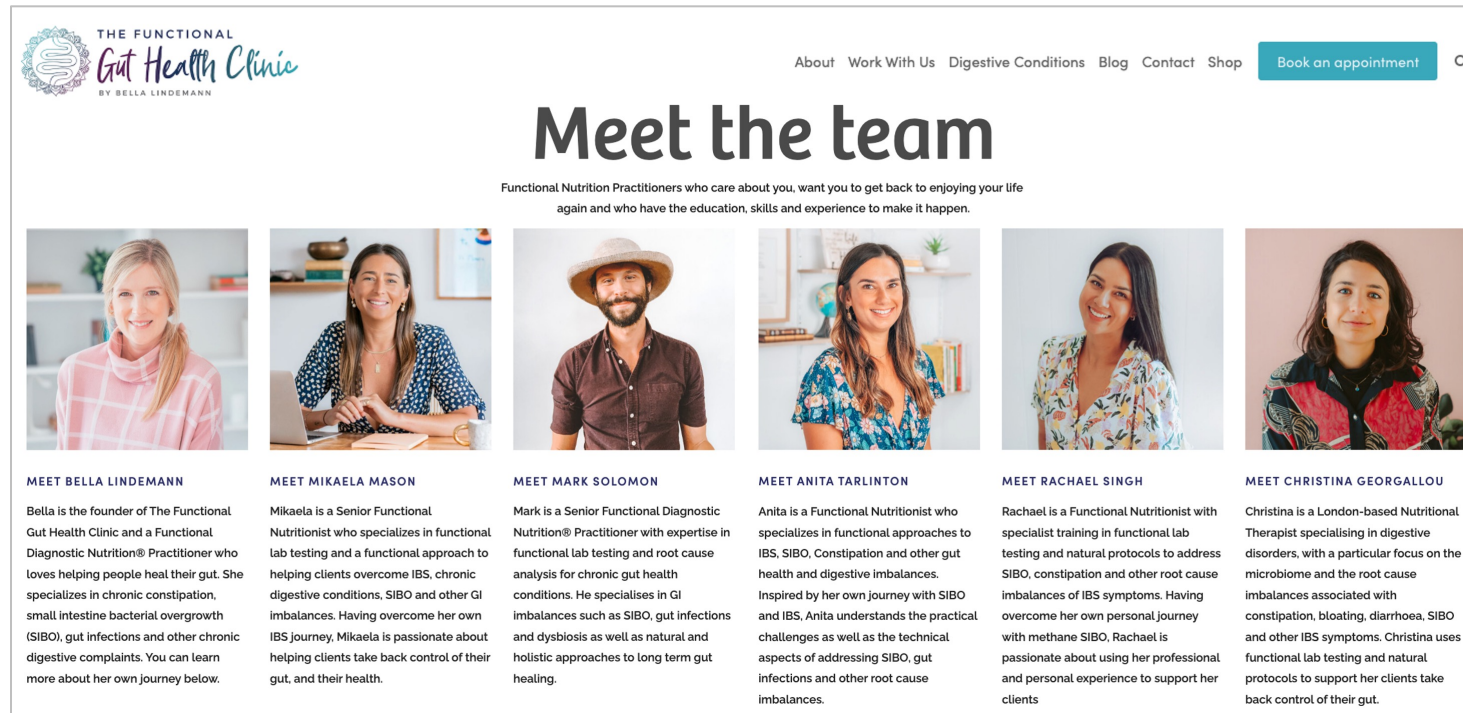
2015: 'Dead Woman's Pass' Inca Trail, feeling exactly as the name suggests.



2019: Six months pregnant, recording The Constipation Masterclass.

The Functional Gut Health Clinic

- TFGHC – my other baby
- 5 practitioners working online across USA, CAN, AUS, NZ, UK & EU
- Root cause healing for people who have “IBS” – a “BS” label!




The screenshot shows the 'Meet the team' page of The Functional Gut Health Clinic. The page features a navigation bar with links for 'About', 'Work With Us', 'Digestive Conditions', 'Blog', 'Contact', and 'Shop', along with a 'Book an appointment' button and a search icon. The main heading is 'Meet the team', followed by a sub-heading: 'Functional Nutrition Practitioners who care about you, want you to get back to enjoying your life again and who have the education, skills and experience to make it happen.' Below this, there are six practitioner profiles, each with a photo, a name, and a short bio.

THE FUNCTIONAL Gut Health Clinic
BY BELLA LINDEMANN

About Work With Us Digestive Conditions Blog Contact Shop [Book an appointment](#) 🔍


Meet the team

Functional Nutrition Practitioners who care about you, want you to get back to enjoying your life again and who have the education, skills and experience to make it happen.




MEET BELLA LINDEMANN

Bella is the founder of The Functional Gut Health Clinic and a Functional Diagnostic Nutrition® Practitioner who loves helping people heal their gut. She specializes in chronic constipation, small intestine bacterial overgrowth (SIBO), gut infections and other chronic digestive complaints. You can learn more about her own journey below.




MEET MIKAELA MASON

Mikaela is a Senior Functional Nutritionist who specializes in functional lab testing and a functional approach to helping clients overcome IBS, chronic digestive conditions, SIBO and other GI imbalances. Having overcome her own IBS journey, Mikaela is passionate about helping clients take back control of their gut, and their health.




MEET MARK SOLOMON

Mark is a Senior Functional Diagnostic Nutrition® Practitioner with expertise in functional lab testing and root cause analysis for chronic gut health conditions. He specialises in GI imbalances such as SIBO, gut infections and dysbiosis as well as natural and holistic approaches to long term gut healing.




MEET ANITA TARLINTON

Anita is a Functional Nutritionist who specializes in functional approaches to IBS, SIBO, Constipation and other gut health and digestive imbalances. Inspired by her own journey with SIBO and IBS, Anita understands the practical challenges as well as the technical aspects of addressing SIBO, gut infections and other root cause imbalances.



MEET RACHAEL SINGH

Rachael is a Functional Nutritionist with specialist training in functional lab testing and natural protocols to address SIBO, constipation and other root cause imbalances of IBS symptoms. Having overcome her own personal journey with methane SIBO, Rachael is passionate about using her professional and personal experience to support her clients



MEET CHRISTINA GEORGALLOU

Christina is a London-based Nutritional Therapist specialising in digestive disorders, with a particular focus on the microbiome and the root cause imbalances associated with constipation, bloating, diarrhoea, SIBO and other IBS symptoms. Christina uses functional lab testing and natural protocols to support her clients take back control of their gut.

IBS-type dysfunction & intelligent allopathy



Common root causes of IBS-type dysfunction

- Gut infections (e.g. mold, H.pylori, parasites, bacteria, yeast & viral load)
- SIBO/IMO or dysbiosis in the small intestine
- Dysbiosis in the colon
- Leaky gut & food sensitivities/allergies that come as a result of having imbalances upstream

- Testing: OAT, Mycotox, GI MAP & SIBO lactulose breath testing
- Other labs to consider: HTMA, Blood Chemistry, MRT/IgG food sensitivity & DUTCH

Intelligent allopathy

- Helps support clients on their healing journey
- Short term symptom management while we work on root cause healing
- My tool kit for IBS clients
- May not be tolerated by those with IBD, CIRS, MCAS, cancer & highly sensitive or very unwell clients
- Many supplements & interventions not appropriate for anyone pregnant or breastfeeding

DRESS recommendations for common GI symptoms

- Constipation
- Diarrhea
- Bloating & distension (including flatulence)
- Reflux (including belching)
- Nausea
- Abdominal pain

Constipation



Diet considerations - constipation

- **Increase fiber**
 - **Insoluble fiber:** beans, lentils & legumes of all kinds (kidney, black, garbanzo, edamame, split peas, lima, navy, white, etc), berries, including blackberries, blueberries, raspberries & strawberries, whole grains including quinoa, sorghum, millet, amaranth, oatmeal as well as many fruits & vegetables
 - **Soluble fiber:** psyllium husk & seeds, flaxseeds, chia seeds, whole grains like oat bran & amaranth, lentils & other legumes, beans including black, kidney, white, lima, navy, edamame & fermented soy like tempeh, as well as many fruits & vegetables

Diet considerations - constipation

- **‘Motility seed mix’ for fiber**
- Making the Motility Seed Mix: In a coffee grinder or blender mix equal parts of linseed/flaxseed, chia seeds, pumpkin seeds, sunflower seeds & almonds until they form a powder
- Only grind enough to last a few days so that it stays fresh
- Once blended, store in an air-tight container in the refrigerator
- Start with ½ tsp per day & build up to 2 tbsp daily
- Sprinkle on meals, add to a smoothie, mix into water & drink or use it to coat proteins like a crumb mix

Diet considerations - constipation

- **Increase dietary fat intake:** avocado, good quality oils like macadamia & olive oil, nuts & seeds like almonds, walnuts, flaxseeds & sunflower seeds
- Other great sources of high-fat foods that are often less well tolerated: fish oil, butter, ghee, egg yolks, yogurt, sour cream or home made 24 hour yogurt from cream
- Tip: 1-2 tbsp of oils in main meals as an easy way to increase healthy fats. I like to use macadamia, avocado, walnut, olive & coconut oils

Diet considerations - constipation

- **Add polyphenol, prebiotic & probiotic-rich foods**
 - **Polyphenol-rich foods:** dark black/blue fruits (elderberries, black currants, blueberries, cherry, strawberry, blackberry, plum, raspberry, red apple, black grapes), nuts & seeds (flaxseeds, chestnuts, hazelnuts, pecans, black tahini), vegetables (purple & red carrot, purple & red potato, red cabbage, spinach, red onion, broccoli, carrot, red lettuce), grains (red & black rice, red & black quinoa), black olives, olive oil
 - **Probiotic-rich foods:** avoid for clients with histamine issues & SIBO - sauerkraut, kimchi, coconut yoghurt, kefir, kvass, fermented pickles, kombucha, tamari, miso, tempeh

Diet considerations - constipation

- **Increase potassium-rich foods:** potassium broth (watch for SIBO), celery juice (watch for issues with oxalates), coconut water, avocado, banana, cantaloupe / honeydew, kiwi
- Potassium broth recipe (Weston A. Price) [LINK](#)
 - potato peels from 6 scrubbed potatoes
 - 1 sliced onion
 - 2-3 sliced carrots
 - 1-2 sliced celery ribs
 - fresh or dried parsley
 - 2-4 quarts filtered water
- **Staying hydrated:** add minerals with potassium to water

Supplements- constipation

- **Magnesium**

- Magnesium citrate, hydroxide or oxide
- Safe to consider during pregnancy & breastfeeding
- **Dose:** 300-1200mg, 1-2x daily, night & morning if needed
- Pure magnesium citrate products: Pure Encapsulations, Magnesium Citrate; Now Foods, Magnesium Citrate
- Magnesium blend products: Now Foods, Magnesium Caps; Earth's Bounty, Oxy-Cleanse; Global Healing Center, Oxy-Powder; Renew Life, Cleanse More

Supplements- constipation

- **Magnesium usage**

- Take magnesium supplements with a full glass of water & away from all foods, meds & other supps:
 - Mildly constipated clients: 300-500mg, 1-2x daily, night & morning if needed
 - Moderately constipated clients: 500-800mg, 1-2x daily
 - Chronically constipated clients: 800-1200mg, 1-2x daily
- Allow 2-3 days for a product to work before adjusting the dose
- Can layer in vitamin C, probiotics, prebiotics & other supports if magnesium alone isn't enough to relieve constipation

Supplements- constipation

- **Vitamin C**
 - Pure ascorbic acid or buffered ascorbic acid
 - Safe to consider during pregnancy & breastfeeding
 - Don't use with clients who have oxalate issues
 - **Dose:** 1000-5000mg, 1-2x daily with or without magnesium. Take with a full glass of water & away from all foods, meds & other supps. Time before bed then add a second dose on waking if needed
 - Ascorbic acid: Pure Encapsulations, Ascorbic Acid
 - Buffered Ascorbic acid: Pure Encapsulations, Buffered Ascorbic Acid

Supplements- constipation

- **Probiotics**

- Strain specificity is important
- Safe to consider during pregnancy & breastfeeding
- Well tolerated by SIBO & most sensitive clients with infection load

- **Bifidobacterium lactis HN019 strain**

- Xymogen, ProBioMax; PureTheraPro, Power Probiotic Daily or 100B & LifeSpace have many products with this strain
- **Dose:** 15-30 billion CFU per day with food

Supplements- constipation

- **Probiotics**
 - **Lactobacillus reuteri DSM17938 strain**
 - BioGaia, Protectis drops & capsules. You can use drops with infants
 - **Dose:** 10 drops or 1 capsule 1-2x daily with or without food
 - **Escherichia coli Nissle 1917 strain**
 - Medical Futures, Mutaflor
 - **Dose:** 2-4 caps daily with meals

Supplements- constipation

- **Prebiotics**

- Specificity of prebiotics is important early on
- Safe to consider during pregnancy & breastfeeding
- Well tolerated by SIBO & most sensitive clients with infection load

- **Partially hydrolysed guar gum (PHGG) & acacia fiber**

- BioMedica, GI Restore (AUS, NZ, UK, EU), Tomorrow's Nutrition, Sun Fiber or Healthy Origins, Natural Healthy Fiber for PHGG & Now Foods, Organic Acacia Fiber powder (USA, CAN)
- **Dose:** PHGG: 5-10g & acacia fiber: 2.5-10g daily with food. Titrate slowly!

Supplements- constipation

- **Prebiotics**

- **Lactulose**

- Bonus, temperamental prebiotic, acidifies the colon
 - Not tolerated by most SIBO clients
 - Use if labs indicate colonic pH is above 5.0-6.5
 - Actilax (AUS, NZ), Boots Lactulose (UK), prescription only in the USA
 - **Dose:** 5ml daily with food. Can take up to 15 ml daily. Titrate slowly!

Supplements- constipation

- **Prokinetics**

- Small intestine motility support for SIBO/IMO
- Well tolerated by SIBO & most sensitive clients with infection load
 - Iberogast: 30-60 drops at bedtime (doesn't contain ginger)
 - Ginger root: 1000mg at bedtime (pregnancy safe)
 - Vita Aid, Prokine: 1-3 caps at bedtime
 - Pure Encapsulations, MotilPro: 2-3 caps at bedtime
 - Integrative Therapeutics, Motility Activator: 2 caps at bedtime
 - Enzyme Science, GI Motility Complex: 2-3 caps at bedtime
 - Priority One, SIBO-MMC: 3 caps at bedtime
 - Invivo UK, Bio.Me.Kinetic: 2-3 caps at bedtime

Supplements / other - constipation

- **Enemas**

- Start with water enemas, then can move onto saline, probiotic or coffee
- Purchase an enema kit
- Not safe during pregnancy
- Avoid when there are structural issues with the colon like hemorrhoids & rectal prolapse
- Can be a challenging tool for very constipated clients. Encourage deep breathing, meditation, comfortable environment, music to help relax
- Complete daily for 7 days the drop back to weekly (other constipation supports should be in place by day 7)

Supplements / other - constipation

- **Enema process:**
 - On an empty stomach, first thing in the morning, or 2hrs away from food
 - Allow 1 hour for the full process if 1st time
 - Use 500ml – 1L warmed filtered water
 - Start lying on right side
 - Allow 10-15 mins for water to flow into colon
 - Hold water for 15-20 mins, massage stomach in anti-clockwise direction
 - Can shift onto left side for a few mins, then back to right side
 - Should achieve 1-2 BM's once enema is completed
 - Note: coffee enemas are great for re-tonifying the nerves of the colon

Supplements- constipation

- **Vitamin C flushing**

- High-dose oral vitamin C to flush the GI tract
- Use pure or buffered ascorbic acid powder
- Refer to handout for process
- Contraindications:
 - Pregnancy
 - Hemorrhoids or other structural issues with the colon
 - IBD
 - Kidney or liver conditions (including kidney stones)
 - Reactions to vitamin C
 - Issues with oxalates
 - Not recommended for children or frail elderly people

C-Flush Instructions Handout

What is a 'C' Flush

Higher doses of vitamin C have been shown to have a natural laxative effect, which can provide some relief for constipation sufferers. To get a high enough dose of vitamin C, supplements are required. This is what we call a 'C' Flush.

How to do an Ascorbic Acid 'C' Flush

STEP 1: Purchase Ascorbic acid powder

Example products:

Australia & NZ	NutriBiotic, Ascorbic Acid Powder Link: https://herb.co/yezWWWzUS
USA & Canada	Pure Encapsulations, Ascorbic Acid Powder Link: http://amzn.to/2ao57Br
United Kingdom	Pure Encapsulations, Ascorbic Acid Powder Link: https://amzn.to/2kFesSv

STEP 2: Complete on an empty stomach

Start on an empty stomach, first thing in the morning. Allow yourself one full day to complete the entire flush if it is your first time. Most people saturate their ascorbic acid needs within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the initial calibration 'C' flush.


NOTE: Wait a minimum of 2 hours after taking the contraceptive pill or other medications before commencing the 'C' flush. Or take medications after.

STEP 3: Estimate your starting dose

A **mildly** constipated person begins with a level half-teaspoon (1.5g) dissolved in ¼ cup of water or diluted juice every 15-20 minutes.

A **moderately** constipated person begins with 1 teaspoon (3g) dissolved in ½ cup of water or diluted juice every 15-20 minutes.

A person who is **chronically** constipated begins with 2 teaspoons (6g) dissolved in 1 cup of water or diluted juice every 15-20 minutes. 6g is the maximum dose and where most will need to start.

 Handout | C-Flush Instructions

Supplements- constipation

- **Vitamin C flush process (see handout)**
 - On an empty stomach, first thing in the morning
 - Allow 1 day at home for 1st time completing the flush
 - Wait 2+ hours after taking the contraceptive pill or other medications before commencing the flush, or take medications after
 - Chronic constipation: start with 6g of vitamin C powder mixed into 1 cup water. Doesn't taste good so can add lemon/lime juice for flavor
 - Drink 6g with water every 15-20 minutes until a 'waterfall-like' BM is achieved
 - There will be a few 'normal' BM's before they achieve the 'waterfall'

Supplements- constipation

- **Digestive supports**
- Safe to consider during pregnancy & breastfeeding
 - **Digestive enzymes**
 - Enzymedica, Digest Gold with ATPPro; Seeking Health, Digestion Intensive or Pure Encapsulations, Digestive Enzymes Ultra
 - **Dose:** 1-2 caps with meals
- **Bitters**
- QS, Dr Shade's Bitters #9, Swedish or Digestive bitters blends
- **Dose:** Dr Shade: 1-2 pumps 15 mins before meals, others: see label

Supplements- constipation

- **Potassium**
- Safe to consider during pregnancy & breastfeeding
- Supplemental potassium can cause symptoms like nausea so foods are needed to increase daily intake
- Douglas Labs, Potassium Chelate (USA, CAN, UK, EU) or InterClinical, Potassium Plus (AUS, NZ, has added B6)
- **Dose:** 300-900mg per day, 1-3 caps 3x daily as tolerated

Other supports - constipation

- Colonics
- Positioning for a BM, using a squatty potty
- Establish a daily routine for toileting & not ignoring the urge to go
- Apple pectin & aloe vera juice can work for some
- Yoga or exercise/movement can help
- Belly breathing & massage to help stimulate peristalsis
- Vagus nerve work like coffee enemas, cold exposure, deep breathing, etc
- Castor oil packs
- Check muscles of the pelvic floor are functioning appropriately
- **[Constipation Masterclass](#)** – for clients; covers content listed on these slides

Diarrhea



Diet considerations - diarrhea

- **Starch & meat diet:** white rice or white potato & animal proteins like red meat, fish or poultry
- Can add soups, broths & stews with everything well cooked
- Be very careful with fruit (except green bananas, which are usually ok), vegetables & fats (especially egg yolks, dairy & oils)

- **Low fermentable fiber diets:** follow low-FODMAP, SIBO Specific Food Guide, SIBO BiPhasic or SCD

Diet considerations - diarrhea

- **Fermented foods:** start with fermented sauerkraut juice or other fermented vegetable juice
- Avoid if client has SIBO or histamine issues
- **Dose:** 1 tsp & increase slowly as tolerated

- **Flaxseed oil:** use a good quality, cold-pressed flaxseed oil
- **Dose:** 1-2 tbsp of cold-pressed flaxseed oil daily

Supplements- diarrhea

- **Minerals / electrolytes**

- For dehydration & mineral depletion, won't reduce diarrhea
- Safe to consider during pregnancy & breastfeeding
- Trace Minerals, 40,000 Volts
- **Dose:** 1 tsp into water & sip throughout the day, increase as needed

- **Mineral drink recipe:** combine 1 cup water or coconut water + $\frac{1}{4}$ tsp salt + $\frac{1}{4}$ tsp baking soda + 1 tbsp honey if tolerated. Add fresh lemon or lime juice for flavour if needed

Supplements- diarrhea

- **Binders**

- Single ingredients not blends: activated charcoal or zeolite
- Zeolite is safe to consider during pregnancy & breastfeeding
- Activated charcoal: Nature's Way or Integrative Therapeutics
- **Dose:** 500-1000mg, or 2-4 caps every 3-4 hours if needed
- Zeolite: GlycoLife Sciences, ZeoBoost (USA, CAN), ZeoNatural,
- Zeolite Powder (AUS, NZ, UK, EU)
- **Dose:** 1-2 tsp every 3-4 hours if needed
- Take binders with water & at least 30 mins before or 1 hour after food & other supplements, & up to 2 hours away from medications

Supplements- diarrhea

- **Probiotics**

- Safe to consider during pregnancy & breastfeeding
- Well tolerated by SIBO & most sensitive clients with infection load

- **Saccharomyces boulardii – some strains are better for diarrhea**
- Unique 28 strain in OptiBac products (UK, EU, AUS, NZ)
- **Dose:** 5 billion CFU or 1 capsule twice daily for maintenance, up to 2 caps 3x daily if needed for an acute flare
- Biocodex strain in Florastor (USA, CAN) - contains lactose
- **Dose:** 2 caps 1-2 x daily for maintenance, up to 2 caps 3x daily acute flare

Supplements- diarrhea

- **Probiotics**

- Bio-K+ (USA, CAN)
- **Dose:** 50 billion CFU or 1 capsule twice daily with food. Can increase dose for an acute flare
- Culturelle, Health & Wellness, pre-biotic free (USA, CAN, AUS, NZ, EU, UK)
- **Dose:** 1 capsule 1-3x daily
- VSL3 or Visbiome powder sachets, 450B CFU (USA, CAN, AUS, NZ, EU, UK)
- **Dose:** 1-8 sachets daily. This is an expensive product

Supplements- diarrhea

- **Prebiotics**

- Specificity of prebiotics is important early on
- Safe to consider during pregnancy & breastfeeding
- Well tolerated by SIBO & most sensitive clients with infection load

- **Partially hydrolysed guar gum (PHGG)**

- BioMedica, GI Restore (AUS, NZ, UK, EU), Tomorrow's Nutrition, Sun Fiber or Healthy Origins, Natural Healthy Fiber (USA, CAN)
- **Dose:** PHGG: 5-6g daily with food. Titrate slowly!

Supplements- diarrhea

- **Prokinetics**

- Small intestine motility support for SIBO/IMO
- Well tolerated by SIBO & most sensitive clients with infection load
 - Iberogast: 30-60 drops at bedtime (doesn't contain ginger)
 - Ginger root: 1000mg at bedtime (pregnancy safe)
 - Vita Aid, Prokine: 1-3 caps at bedtime
 - Pure Encapsulations, MotilPro: 2-3 caps at bedtime
 - Integrative Therapeutics, Motility Activator: 2 caps at bedtime
 - Enzyme Science, GI Motility Complex: 2-3 caps at bedtime
 - Priority One, SIBO-MMC: 3 caps at bedtime
 - Invivo UK, Bio.Me.Kinetic: 2-3 caps at bedtime

Supplements- diarrhea

- **Bismuth**

- Slows the flow of fluids & electrolytes into the bowel
- Reduces hydrogen sulfide-producing bacteria in the SI & LI
- Well tolerated by SIBO & most sensitive clients with infection load
- Pepto-Bismol caplets are better, have less additives than the liquid
- **Dose:** 2 caps 4x daily (can take for 30 days to cover H₂S bacteria). Pepto-Bismol liquid equivalent would be 30ml 4x daily

Supplements- diarrhea

- **Immunoglobulins**

- Reduces diarrhea & supports immune function
- Safe to consider during pregnancy & breastfeeding
- Well tolerated by SIBO & most sensitive clients with infection load
- Microbiome Labs, MegalgG2000 powder or caps
- **Dose:** 1 scoop or 2g 1-2x daily. You can increase to 5 scoops or 10g daily if needed for symptom support
- Vegetarian option: Xymogen, GI Protect (IgG derived from whey + l'Glutamine)
- **Dose:** 1 scoop or 2.5g 1-2 x daily

Supplements- diarrhea

- **Short chain fatty acid, Butyrate**

- Reduces diarrhea but not a first choice, use when labs indicate
- Often not tolerated by SIBO & sensitive clients with infection load
- Use tributyrin, the most usable form of butyrate
- Healus, Complete Biotic; Healthy Gut, Tributyrin-X; Designs for Health, Tributyrin; Pure Encapsulations, Sunbutyrate Liquid
- **Dose:** 500mg 3x daily. Titrate slowly! Dosing ranges from 1500mg – 4000mg daily

Supplements- diarrhea

- **Digestive supports**
- Safe to consider during pregnancy & breastfeeding
 - **Digestive enzymes:** Enzymedica, Digest Gold + ATPPro; Seeking Health, Digestion Intensive or Pure Encapsulations, Digestive Enzymes Ultra
 - **Dose:** 1-2 caps with meals
 - **HCL:** Thorne, Betaine HCL & Pepsin or Thorne, Bio-Gest (contains ox bile)
 - **Dose:** 1-2 caps with meals
 - **Bitters:** QS, Dr Shade's Bitters #9, Swedish or Digestive bitters blends
 - **Dose:** Dr Shade: 1-2 pumps 15 mins before meals, others: see label

Other supports - diarrhea

- Hydration!
- Vagus nerve work like coffee enemas, cold exposure, deep breathing, etc
- Check muscles of the pelvic floor are functioning appropriately
- Gut-focussed hypnotherapy

Bloating &
distension
(inc. flatulence)



Diet considerations - bloating & distension

- **Reducing carbohydrates:** paleo-style diet that removes grains & legumes – both can be gas-forming
- Paleo is a great place to start for IBS clients until we can personalize further
- Consider reducing overall load of brassica/cruciferous vegetables to help with bloating
- Eat vegetables & fruit seasonally
- Cooked rather than raw vegetables

- **Low fermentable fiber diets:** for SIBO, follow low-FODMAP, SIBO Specific Food Guide, SIBO BiPhasic or SCD

Supplements- bloating & distension

- **Binders**

- Activated charcoal: Nature's Way or Integrative Therapeutics
- **Dose:** 500mg, or 2 caps every 3-4 hours if needed
- Zeolite: GlycoLife Sciences, ZeoBoost (USA, CAN), ZeoNatural,
- Zeolite Powder (AUS, NZ, UK, EU) – pregnancy & breastfeeding safe
- **Dose:** 1 tsp every 3-4 hours if needed
- Blends: G.I. Detox + or Toxaprevent (AUS, NZ, UK, EU)
- **Dose:** 1-2 caps 1-3x daily if needed
- Take binders with water & at least 30 mins before or 1 hour after food & other supplements, & up to 2 hours away from medications

Supplements- bloating & distension

- **Enteric coated peppermint oil**

- Tea, capsule or tincture, away from food & hot drinks
- Well tolerated by SIBO & sensitive clients, avoid with reflux/heartburn
- IBGard (USA, CAN)
- **Dose:** start with 2 caps up to 3x daily either 1 hour before or after meals.
Consider increasing to 4 caps 3x daily if needed
- BioClinic Naturals, Peppermint Oil (AUS, NZ)
- **Dose:** 2 caps up to 3x daily either 30 mins before or 1 hour after meals
- Protocol for Life Balance, Peppermint Oil G.I. (UK, EU)
- **Dose:** 2 soft gels up to 3x daily either 30 mins before or 1 hour after meals

Supplements- bloating & distension

- **Prokinetic, Iberogast**

- Small intestine motility support for SIBO/IMO bloating
- Well tolerated by SIBO & most sensitive clients with infection load
 - Medical Futures/Bayer, Iberogast (USA, CAN, AUS, NZ)
 - **Dose:** 20-30 drops before, with or after meals
 - London Clinic of Nutrition, MMC-Ease (UK, EU)
 - **Dose:** 20-30 drops before, with or after meals
 - This doesn't replace prokinetic use at bedtime for clients who have SIBO & damage to their MMC

Supplements- bloating & distension

- **Digestive supports**
- Safe to consider during pregnancy & breastfeeding
 - **Digestive enzymes:** Enzymedica, Digest Gold + ATPPro; Seeking Health, Digestion Intensive or Pure Encapsulations, Digestive Enzymes Ultra
 - **Dose:** 1-2 caps with meals
 - **HCL:** Thorne, Betaine HCL & Pepsin or Thorne, Bio-Gest (contains ox bile)
 - **Dose:** 1-2 caps with meals
 - **Bitters:** QS, Dr Shade's Bitters #9, Swedish or Digestive bitters blends
 - **Dose:** Dr Shade: 1-2 pumps 15 mins before meals, others: see label

Other supports - bloating & distension

- **Simethicone:** active ingredient in Gas-X (USA, CAN) or De-Gas (AUS)
- OTC product that breaks up gas bubbles. worth considering for clients who experience pain with bloating & flatulence & where all of the above recommendations haven't helped
- **Dose:** follow label dosing

Reflux (inc. belching)



Diet considerations - reflux (including belching)

- **Reduce reflux-inducing foods:** foods that contribute to reflux & belching

differ from client to client:

- Alcohol
- Coffee, peppermint or spearmint teas
- Carbonated, sugary or energy drinks
- Dairy products
- Artificial sweeteners
- Processed foods, including fried food
- Vegetable oils, including canola oil
- Spicy foods, including hot chilies & other peppers
- Garlic & onion
- Citrus fruits
- Processed tomato products like tomato sauce, paste or juice
- Highly seasoned, smoked & processed meats, such as bacon, salami, some sausages & hams

Diet considerations - reflux (including belching)

- **Low fermentable fiber diets:** if reflux is from SIBO
- Follow low-FODMAP, SIBO Specific Food Guide, SIBO BiPhasic or SCD
- **Aloe Vera Juice:** decolorized & purified aloe vera juice is alkaline
- Start with $\frac{1}{4}$ cup & build slowly as tolerated
- Aloe vera dosage will vary depending on product & whether the laxative properties have been removed (decolorization)
- **Apple Cider Vinegar:** helpful for too little stomach acid
- 1 tsp - 1 tbsp in water 15 minutes before meals. Titrate slowly!

Supplements- reflux (including belching)

- **Baking soda / Bi-carb soda:** alkalinize the esophagus
- **Dose:** ½ tsp in ½ cup water. Can drink every 2 hours if needed. Don't exceed 7 doses over a 24 hour period

- **HCL or bitters:** increase acidity levels in the stomach
 - **HCL:** Thorne, Pure Encapsulations, Integrative Therapeutics or Designs for Health, Betaine HCL & Pepsin or Thorne, Bio-Gest (contains ox bile)
 - **Dose:** 1-2 caps with meals
 - **Bitters:** QS, Dr Shade's Bitters #9, Swedish or Digestive bitters blends
 - **Dose:** Dr Shade: 1-2 pumps 15 mins before meals, others: see label

Supplements- reflux (including belching)

- **DGL (deglycerized licorice):** protects esophagus & stomach from acid
- BioMatrix, DGL; Thorne, GI Encap & Pure Encapsulations, DGL Plus are all blends of DGL, aloe vera, slippery elm & marshmallow
- **Dose:** 1-2 caps before meals

- Pregnant & breastfeeding, SIBO & sensitive clients can use pure DGL powder
- Vital Nutrients, DGL Powder
- **Dose:** 1/8 tsp before meals

Supplements- reflux (including belching)

- **Ginger:** lots of evidence, not well tolerated by IBS reflux clients
- Well tolerated by SIBO & most sensitive clients with infection load
- Ginger rhizome extract is more concentrated than dried ginger root powder
 - Himalaya, Ginger Caplets
 - **Dose:** 1 caplet 30 mins before meals
 - Blends: Microbiome Labs, MegaGuard contains artichoke, ginger & licorice
 - **Dose:** 1-2 caps, 20-minutes before meals. Taking 2 caps before bed may also help with night-time symptoms

Supplements- reflux (including belching)

- **Iberogast**

- Small intestine motility support for SIBO/IMO reflux
- Well tolerated by SIBO & most sensitive clients with infection load
 - Medical Futures/Bayer, Iberogast (USA, CAN, AUS, NZ)
 - **Dose:** 20-30 drops with or after meals
 - London Clinic of Nutrition, MMC-Ease (UK, EU)
 - **Dose:** 20-30 drops with or after meals
 - This doesn't replace prokinetic use at bedtime for clients who have SIBO & damage to their MMC

Other supports - reflux (including belching)

- Melatonin: 3 mg of melatonin at bedtime
- Acupuncture
- Gut-focussed hypnotherapy
- Positioning: elevate bed head by 4-6 inches to avoid sleeping flat

Nausea



Diet considerations - nausea

- **Fasting:** fast when nausea is at it's strongest
- **SCABB diet:** paleo version of BRAT diet (bananas, rice, applesauce, toast)
- Include soup & stews, coconut water, applesauce, broth, & bananas
- **Reducing fats:** if nausea is linked to problems with bile flow
- Start with reducing overall fat intake throughout the day
- Prioritize lean proteins & get fat into the diet from good quality oils
- Once oils are tolerated add in avocado, seeds & nuts, then higher fat proteins & other animal-based fat sources like eggs & high quality dairy if tolerated

Supplements- nausea

- **Ginger**

- Tea, capsule or tincture,
- Ginger can cause reflux/ginger burn, mostly well tolerated by SIBO & sensitive clients with infection load
- Safe to consider during pregnancy & breastfeeding
 - Nature's Way, Ginger Root; Now Foods, Ginger Root
 - **Dose:** 250-500mg or 1-2 caps 3-4x daily
 - **Pregnancy dose:** 250mg 3-4x daily, can increase to 500mg 3x daily

Supplements- nausea

- **Iberogast**

- Small intestine motility support for SIBO/IMO reflux
- Well tolerated by SIBO & most sensitive clients with infection load
 - Medical Futures/Bayer, Iberogast (USA, CAN, AUS, NZ)
 - **Dose:** 20-30 drops before, with or after meals
 - London Clinic of Nutrition, MMC-Ease (UK, EU)
 - **Dose:** 20-30 drops before, with or after meals
 - This doesn't replace prokinetic use at bedtime for clients who have SIBO & damage to their MMC

Supplements- nausea

- **Gallbladder & digestive support with meals**
- Consider for clients who experience nausea following meals
 - **Bitters:** QS, Dr Shade's Bitters #9, Swedish or Digestive bitters blends
 - **Dose:** Dr Shade: 1-2 pumps 15 mins before meals, others: see label
 - **Digestive enzymes:** Enzymedica, Digest Gold + ATPPro; Seeking Health, Digestion Intensive or Pure Encapsulations, Digestive Enzymes Ultra
 - **Dose:** 1-2 caps with meals
 - **Ox bile:** Seeking Health, Ox Bile (125mg), Pure Encapsulations, Digestion GB (blend with ox bile), Thorne, Bio-Gest (blend with ox-bile)
 - **Dose:** 1-2 caps with meals. Titrate & monitor nausea to determine need

Other supports - nausea

- Hydrate! You can add minerals if nausea is impacting nutrition intake or the client is vomiting
- Avoid activity after eating if nausea comes after meals
- Acupuncture or acupressure
- EFT / tapping
- B6 supplementation (pregnancy)

Abdominal pain



Diet considerations – abdominal pain

- **Low fermentable fiber diets:** for SIBO, follow low-FODMAP, SIBO Specific Food Guide, SIBO BiPhasic or SCD
- **Reducing carbohydrates:** paleo-style diet that removes grains & legumes – both can be gas-forming & contribute to abdominal pain
- Paleo is a great place to start for IBS clients until we can personalize further
- Consider reducing overall load of brassica/cruciferous vegetables to help with bloating
- Eat vegetables & fruit seasonally
- Cooked rather than raw vegetables

Supplements- abdominal pain

- **Enteric coated peppermint oil**

- Tea, capsule or tincture, away from food & hot drinks
- Well tolerated by SIBO & sensitive clients, avoid with reflux/heartburn
- IBGard (USA, CAN)
- **Dose:** start with 2 caps up to 3x daily either 1 hour before or after meals.
Consider increasing to 4 caps 3x daily if needed
- BioClinic Naturals, Peppermint Oil (AUS, NZ)
- **Dose:** 2 caps up to 3x daily either 30 mins before or 1 hour after meals
- Protocol for Life Balance, Peppermint Oil G.I. (UK, EU)
- **Dose:** 2 soft gels up to 3x daily either 30 mins before or 1 hour after meals

Supplements- abdominal pain

- **Binders**

- Activated charcoal: Nature's Way or Integrative Therapeutics
- **Dose:** 500mg, or 2 caps every 3-4 hours if needed
- Zeolite: GlycoLife Sciences, ZeoBoost (USA, CAN), ZeoNatural,
- Zeolite Powder (AUS, NZ, UK, EU) – pregnancy & breastfeeding safe
- **Dose:** 1-2 tsp every 3-4 hours if needed
- Blends: G.I. Detox + or Toxaprevent (AUS, NZ, UK, EU)
- **Dose:** 1-2 caps 1-3x daily if needed
- Take binders with water & at least 30 mins before or 1 hour after food & other supplements, & up to 2 hours away from medications

Supplements- abdominal pain

- **Prokinetic, Iberogast**

- Small intestine motility support for SIBO/IMO bloating
- Well tolerated by SIBO & most sensitive clients with infection load
 - Medical Futures/Bayer, Iberogast (USA, CAN, AUS, NZ)
 - **Dose:** 20-30 drops after meals
 - London Clinic of Nutrition, MMC-Ease (UK, EU)
 - **Dose:** 20-30 drops after meals
 - This doesn't replace prokinetic use at bedtime for clients who have SIBO & damage to their MMC

Other supports – abdominal pain

- Abdominal massage
- Positioning: if gas is up high, lie face down to allow for easier upper gas release through belching
- Heat: hot bath, heating pad, hot water bottle placed over painful area
- **Simethicone:** active ingredient in Gas-X (USA, CAN) or De-Gas (AUS)
- OTC product that breaks up gas bubbles. worth considering for clients who experience pain with bloating & flatulence & where all of the above recommendations haven't helped
- **Dose:** follow label dosing

Lifestyle recommendations



Lifestyle recommendations for all GI symptoms

- **Rest:** 7-9 hours per night. Focus on 10pm to 2am
- **Exercise:** don't overdo it! Exercise can be a direct trigger of worsening gut symptoms, especially diarrhea
- Restorative options like stretching, yoga, walking, etc
- **Stress reduction:** focus on nervous system support
- Refer your clients for additional therapies like gut-focussed hypnotherapy, biofeedback, energy healing, DNRS, Gupta Program or sometimes we are simply getting them started with daily gratitude, mindfulness & meditation practices

Final thoughts...

- **Helping clients on their healing journey:** if you can help your clients feel comfortable, their journey is much easier & we typically find that they will stay for the longer journey of addressing root causes
- **Questions, thoughts or feedback?**
- **Contact me:**
Bella Lindemann
E: hello@bellalindemann.com
W: www.bellalindemann.com



THE FUNCTIONAL

Gut Health Clinic

BY BELLA LINDEMANN