

FOUR STEPS

To Becoming a Successful

SIBO-TREATING PRACTITIONER



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Are you getting frustrated by lack of progress
in some of your patients with digestive disorders?
Confused by how to treat SIBO?
Not sure about testing?

This eBook is for you





Patients want answers!

Did you know that there are many SIBO forums on Facebook and other social media?

Thousands of people are tuning into online “summits”, webinars, podcasts and articles looking for answers as they do not get the right treatment from their doctor or natural practitioner.

SIBO sufferers are searching for confident practitioners who will do the appropriate testing, give them tried and proven treatment plans, and retest to make sure SIBO has been eradicated.

So how can you position yourself so that these patients find themselves to your practice? Not only can you be that confident practitioner, but you can also have a thriving practice with satisfied customers who are only too happy to recommend your services. SIBOtest.com can help with **4 Steps to become a Successful SIBO-Treating Practitioner!**

 **QUIZ: DO YOU HAVE SIBO?**

Very likely you are an established natural health practitioner with a few years of clinical practice under your belt and you are starting to see patients who you suspect have SIBO. Or maybe you’ve already started treating some and are seeing some mixed results. Your tried and proven “digestive protocols” are just not yielding the usual good results we’ve all come to expect of natural medicines.

You probably know by now that SIBO is thought to be the main cause of IBS, especially post-infectious IBS. SIBO is also commonly found to be a contributing factor in a host of unrelated conditions such as acne rosacea, restless leg syndrome, fibromyalgia, and many more.

SIBO is a condition where the small intestine has been overrun by commonly occurring colon bacteria and in the SI they wreak havoc.

The reason why it is typically unresponsive to natural “gut rehab” protocols is that SIBO is unique condition of small intestinal motility and needs to be treated as such.

Many practitioners do not fully understand this concept and their patients either do not fully get well or they suffer the all too common relapse.

Sound familiar?

- The patient whose primary complaint was bloating after meals and constipation, is still bloated and constipated after 6 weeks of treatment
- The patient with acne rosacea and maldigestion still suffers after weeks of treatment
- Or maybe what you thought was a straight forward candida case turns out to be not so responsive to your usual successful treatment.

All of the above patients are likely to be suffering from SIBO.



Step 1 – LEARN

Once you sign up as a practitioner (FREE sign up) you have access to a wealth of our free protocols, patient handouts, and other learning materials.

Most importantly, we HIGHLY recommend the sequential SIBO training webinars. In these webinars, Dr Nirala Jacobi goes through everything you need to know about SIBO.

What is SIBO, how to test for it, how to treat it with natural and/or conventional medicines, appropriate diet, dos and don'ts of SIBO diets and more.

Sign up for our monthly newsletter with research updates.

SIBO MasterClass

Once you are comfortable with the Course materials, we encourage you to sign up for these 2 hour online, live classes.

The classes are via online meetings meet 3 times per MasterClass. We purposely keep the class size to no more than 15 practitioners to encourage participation, questions, and case presentations.

The feedback we've received after our first three MasterClass rounds was overwhelmingly positive.



Step 2 – TEST



We think one of the main reasons practitioners do not see consistently good results with their SIBO patients is that they fail to test properly. What do we mean “test properly”?

Many labs do not properly test for SIBO!

Not counting the results of the lactulose breath test

According to research and Dr Mark Pimentel, SIBO researcher and head of the Motility Centre at Cedars-Sinai hospital in LA, testing for SIBO can be easily done with the Lactulose breath test. Most breath test labs, however, discount the results for the lactulose breath test, and instead count on the glucose breath test to determine if the patient has SIBO. Glucose is a sugar which is easily and quickly absorbed in the first part of the small intestine, and thus can miss the rest of the small intestine. For this reason, glucose breath tests are often negative. SIBOtest does also offer glucose testing, but mostly to confirm the diagnosis of SIBO

Using ‘open system’ breath collection devices

At SIBOtest, we use the gold standard **Quintron breath tracker** machine and supply our home test kits with **vacuum test tubes** for ease of breath collection at home. Some labs however, are using “open system” collection devices in which the patient blows into a bag which is then manually sealed. This method of collection leaves a lot of room for error with sample collection.

Improper prep diets

Patients are usually asked to restrict their diet 1-2 days prior to testing to reduce bacteria prior to consuming the test sugar (lactulose, fructose, or glucose). This ensures that the bacteria, if present in the SI, respond to the test sugar and not to fermentable foods consumed in the days leading up to the test. Many labs have prep diets which are too lenient in their food restrictions and thus can end up with higher gas readings during the test. At SIBOtest, though strict, we have carefully formulated our prep diet for most accurate breath testing results

Test, and Re-test !

At the 2015 SIBO Symposium in Portland, Oregon, SIBO expert Dr Mark Pimentel reiterated the importance of re-testing once the patient has completed the treatment. This is to ensure all the bacteria are gone and to prevent relapse. This is of utmost importance and patients are usually only too happy to make sure their SIBO has been eradicated. The most common reason why SIBO treatment has failed is due to lack of re-testing, which could have easily identified that SIBO was still present.

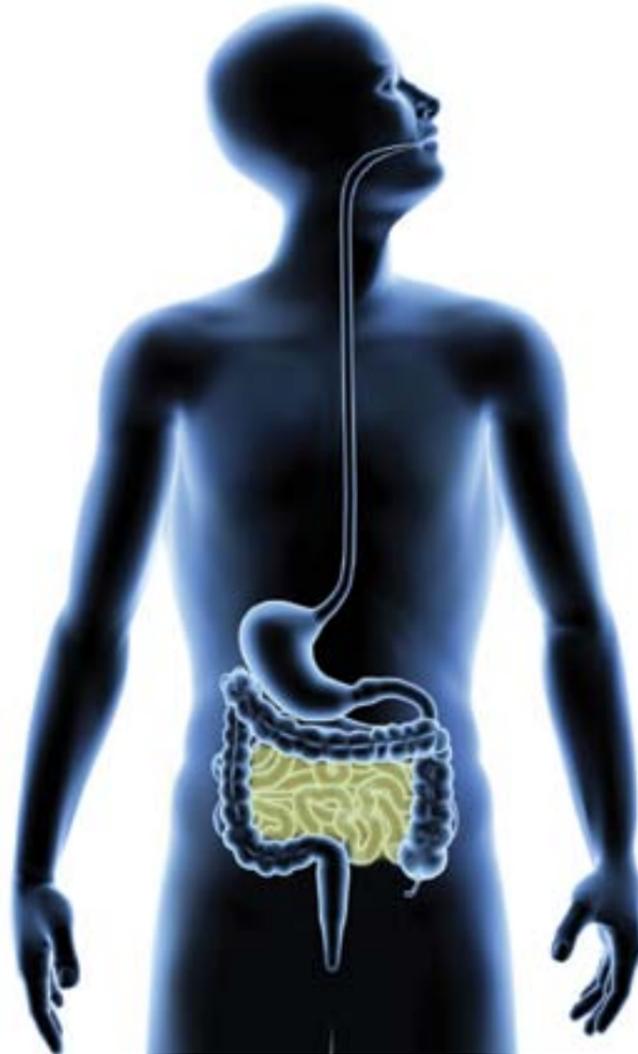


Objectives of the MasterClass (to be discussed over the 3 sessions)

1. Increase your confidence in the assessment and treatment of SIBO
 - Review SIBO testing and treatment
 - Case review
2. Other testing to consider
3. Understand the nuances of individualised treatment
 - Changing the diet to suit your patient
 - Sensitive patients
 - Leaky gut, immuno impaired
 - Histamine intolerance
4. Question and Answer time



STEP 3- TREAT



As you will learn in the webinars (available at SIBOtest.com) SIBO patients require a particular type of treatment which includes the following treatments/products:

1. Antimicrobials
2. Supportive natural supplements
3. Specific diet
4. Prokinetics- support to reset the motility in the small intestines

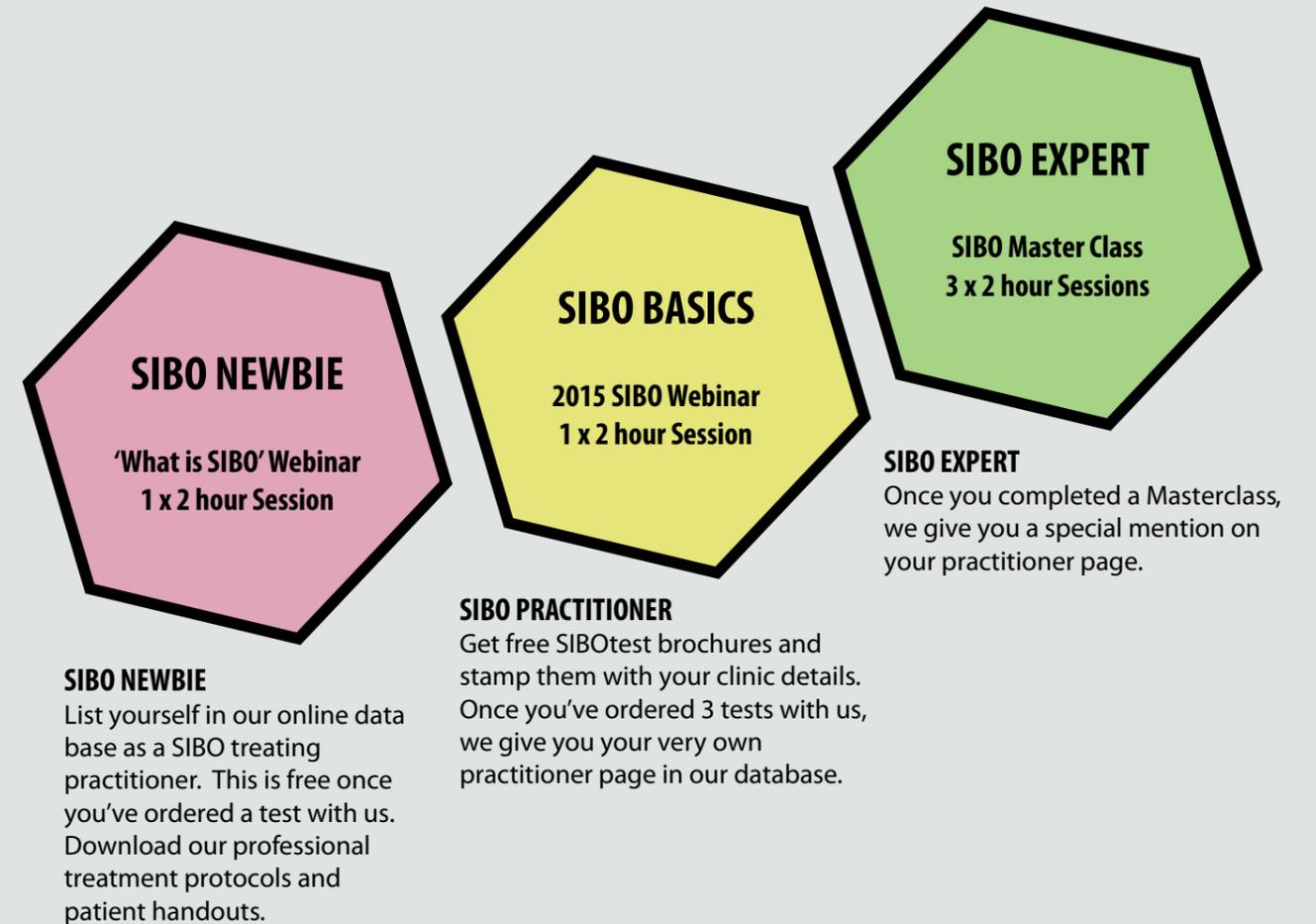
This protocol has been proven extremely successful and practitioners are seeing great results in their practice.

FREE ONLINE RESOURCES

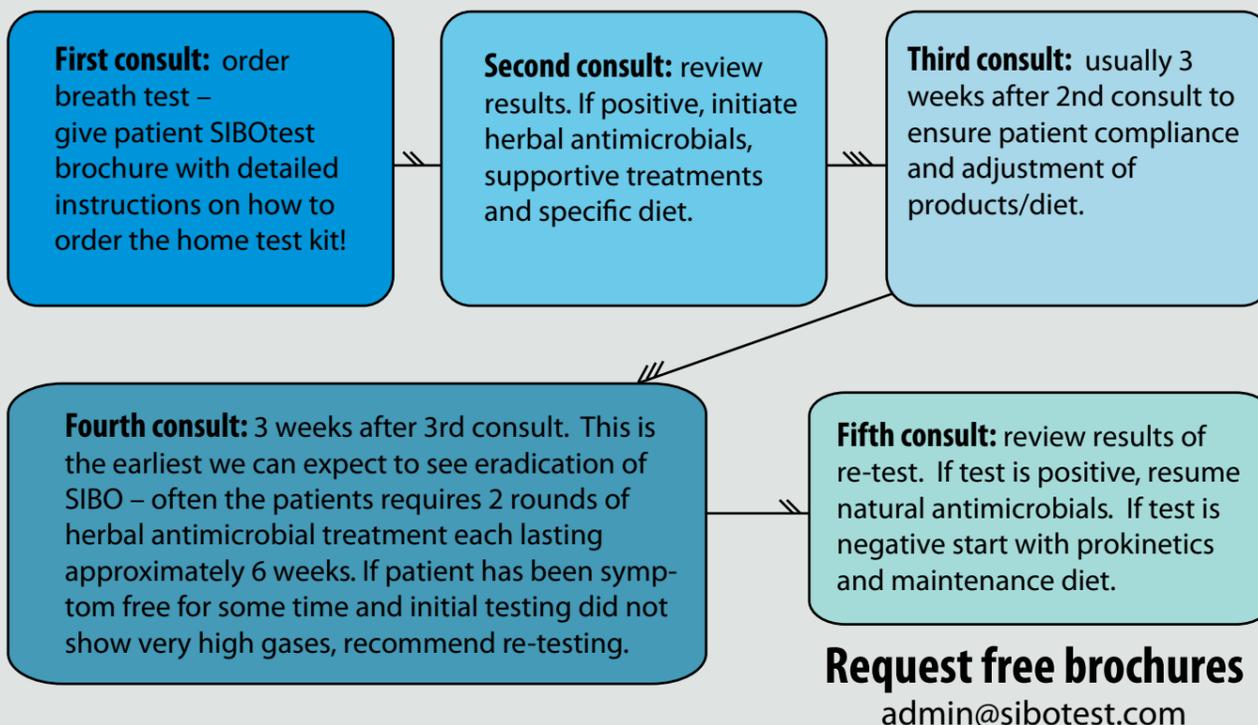
-  **SIBO PROTOCOL PART 1**
-  **SIBO PROTOCOL PART 2**



SIBO Learning Pathway



SIBO Patient Management Flow Chart



Step 4- MARKETING

Now that you’ve successfully treated a number of patients for SIBO, it is time to start marketing yourself as a SIBO treating expert.

SIBOtest is the #1 Google ranked website for SIBO testing and we can help to promote your services. We know there are thousands of potential clients who don’t know where to turn for help. Our goal is to help you be the most successful SIBO treating practitioner as you can be, so you can help these people.

Wishing you all the best and success!
The team at SIBOtest.com