



Your Roadmap to **SIBO** Recovery

A Step-by-Step Guide to Test & Treat
SIBO/IMO, Prevent Relapse, and Manage
Symptoms

SHIVAN SARNA
Bestselling author of *Healing SIBO*

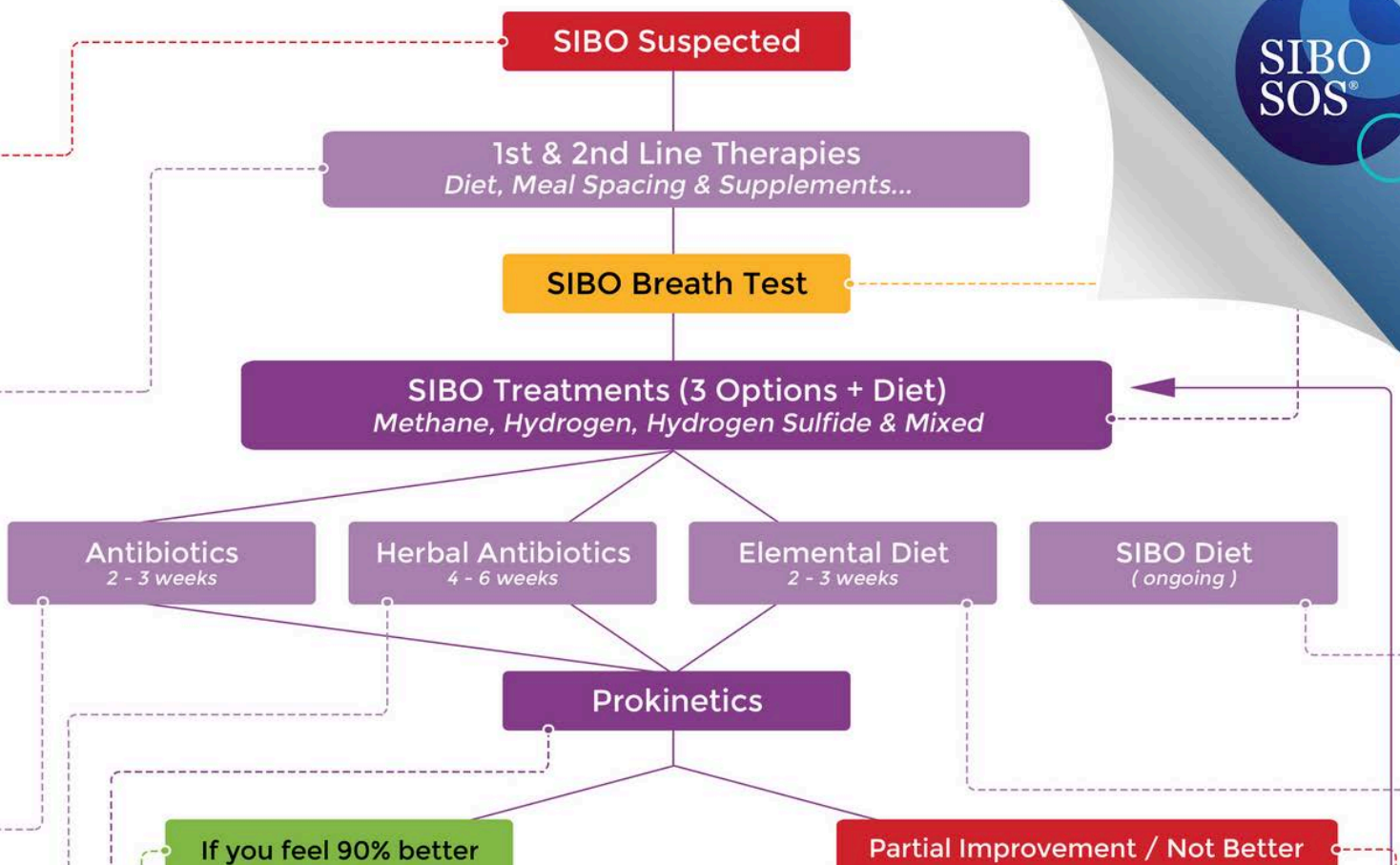


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So you think you might have SIBO (Small Intestine Bacterial Overgrowth) or IMO (Intestinal Methanogen Overgrowth)...?

There's only one logical next step...

Search the internet for how to fix it!

But if you do that - or maybe you already have, and that's how you landed here - you'll quickly see...


There's no "one way" to deal with SIBO or IMO.

Every doctor, health coach, and "gut health expert" has their own ideas and approach to treating this common condition...

Some say you *must* follow a special diet. Others say diet is a waste of time. Some like prescription antibiotics... while others warn prescription antibiotics will only make things worse!

There's controversy over testing, what herbs to use, when to retest, if you need to retest, what to do if you aren't getting better, how long to take the treatment, if your underlying cause really matters, what symptoms are and aren't caused by SIBO/IMO, and so much more.



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Shivan Sarna

If you're feeling overwhelmed, confused, and uncertain, you're not alone!


I'm Shivan Sarna, and I was in your position just a few years ago.

My initial elation to finally get my SIBO/IMO diagnosis and know what was "wrong" with my gut was quickly replaced by a new problem:

I couldn't figure out what I needed to do to heal my SIBO/IMO and get on with my life!

That's when I binged Dr. Google, for multiple days with extensive late-night search, I found Dr. Allison Siebecker.

Dr. Siebecker is the real-deal - a serious expert in all things SIBO/IMO. She is a legitimate, award winning, SIBO/IMO specialist. Not only has she had the condition herself, but she ran a SIBO/IMO-centered practice where she saw thousands of SIBO/IMO patients day in and day out - on top of teaching gastroenterology at the National University of Natural Medicine, and running a free information website about SIBO/IMO.

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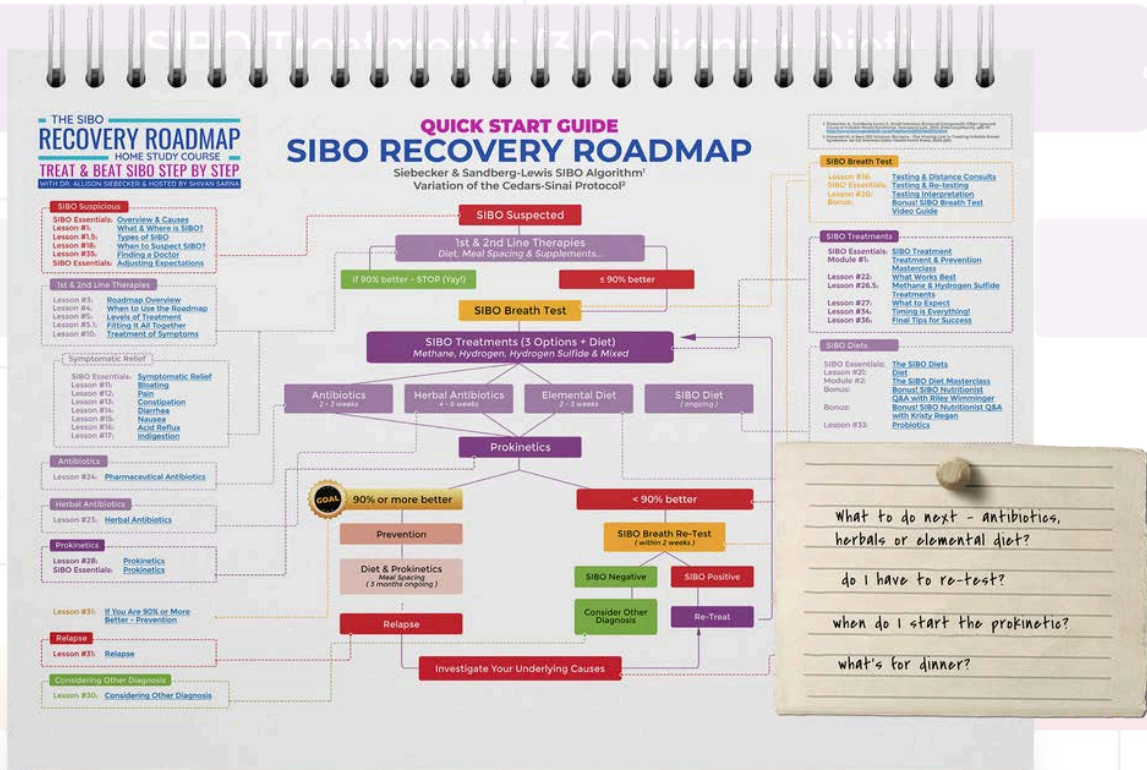
SIBO Suspected

And through all this work, Dr. Siebecker and her colleagues have developed a proven, validated, roadmap for understanding, treating, and beating SIBO and IMO.

If 90% better - STOP (Yay!)

≤ 90% better

This is the protocol that I used to help me reclaim my health.



And today, I get to share that roadmap with you!

Yes, really!!

No matter where you are on your SIBO/IMO journey, you can start right now.

The days of being stuck or feeling lost - are now over. There is always a next step and hope!

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SIBO Suspected

For example, if you already have your positive breath test diagnosis - you can jump ahead. It is truly an interactive roadmap for managing and treating SIBO/IMO.

It's a step-by-step plan for diagnosing and treating SIBO/IMO, which tells you **what to do when** and **in what order** so you can avoid the common pitfalls and never feel lost or overwhelmed.

With the roadmap, you're not just wandering in the dark - there's a plan and a protocol to follow, developed by experts that is actually easy to follow along with!

I'm going to walk you step-by-step through each stop on the roadmap. When we're done, you'll understand exactly how and why this roadmap is so powerful.



Dr. Allison Siebecker & Shivan Sarna

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What is the Roadmap?

The roadmap – also known as **the SIBO/IMO algorithm** – is a proven plan for treating SIBO/IMO and IMO. It was first developed by **Dr. Mark Pimentel, MD**, the world's leading researcher on Irritable Bowel Syndrome (IBS) and SIBO/IMO at Cedars-Sinai Hospital in Los Angeles.

Dr. Pimentel's original algorithm was then updated, expanded, and adapted by **Dr. Allison Siebecker, ND**, and her clinic partner and functional gastroenterologist, **Dr. Steven Sandberg-Lewis, ND**.

Dr. Siebecker and Dr. Sandberg tweaked the roadmap based on their experience with thousands of patients, and also added in treatments from a naturopathic perspective.

I'm even proud to share that I made my own contribution to the algorithm – adding in the step about finding your underlying cause (more on that to come).



Dr. Mark Pimentel, MD



Dr. Allison Siebecker, ND

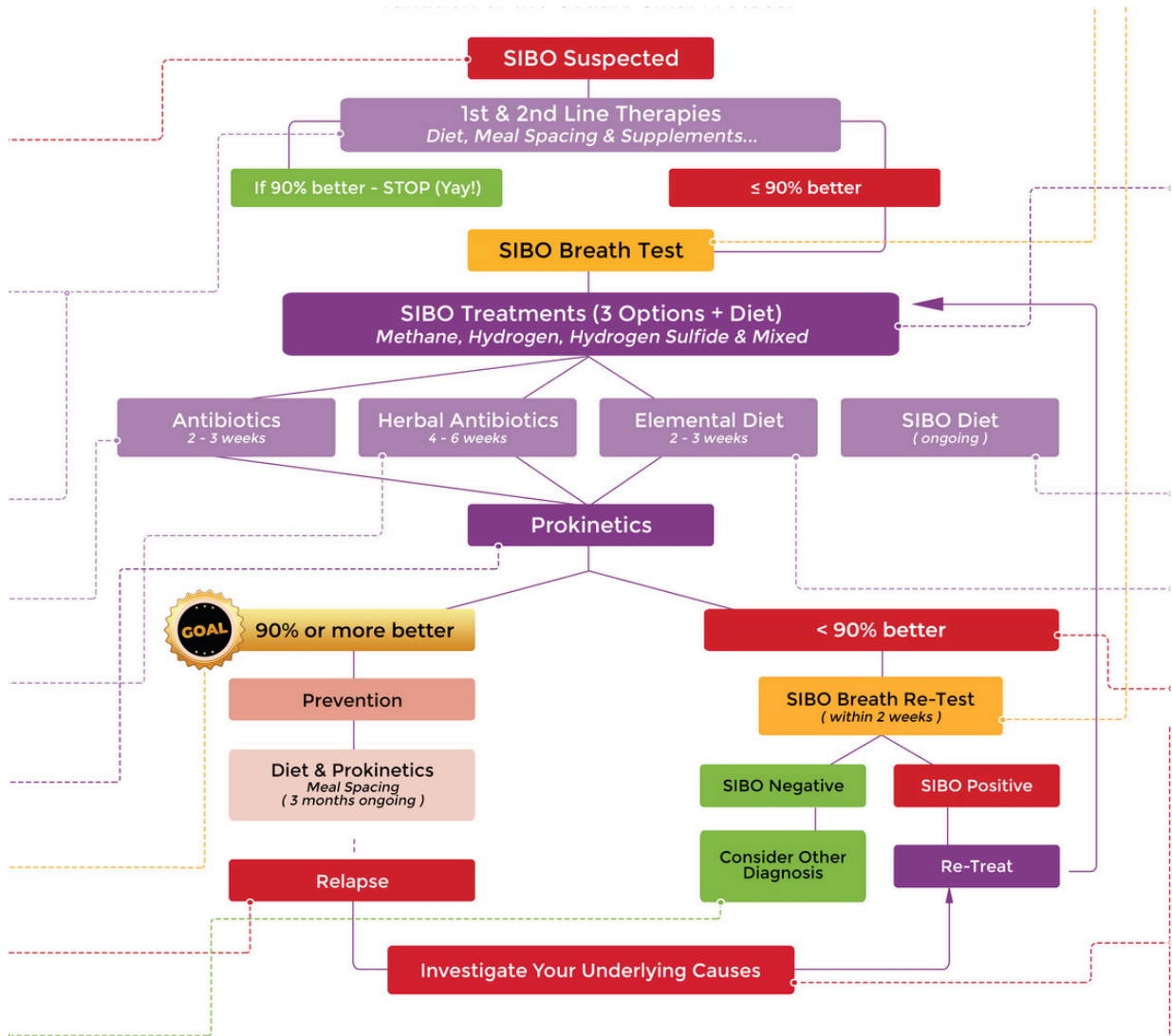


Dr. Steven Sandberg-Lewis

In its current form, the roadmap is the product of multiple leading experts who together have a combined 50+ years of helping SIBO/IMO patients!

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The algorithm is also the foundation of our **SIBO Recovery Roadmap® Course**. The SIBO Recovery Roadmap® is the one-stop video course (created by myself and Dr. Siebecker) for anyone who wants to treat and beat SIBO/IMO, once and for all!



In the course, we walk you through each and every step on the algorithm, sharing our best tips, tricks, and time-earned wisdom.

Now that you have the history of the roadmap, let's dive right in to explaining each step!

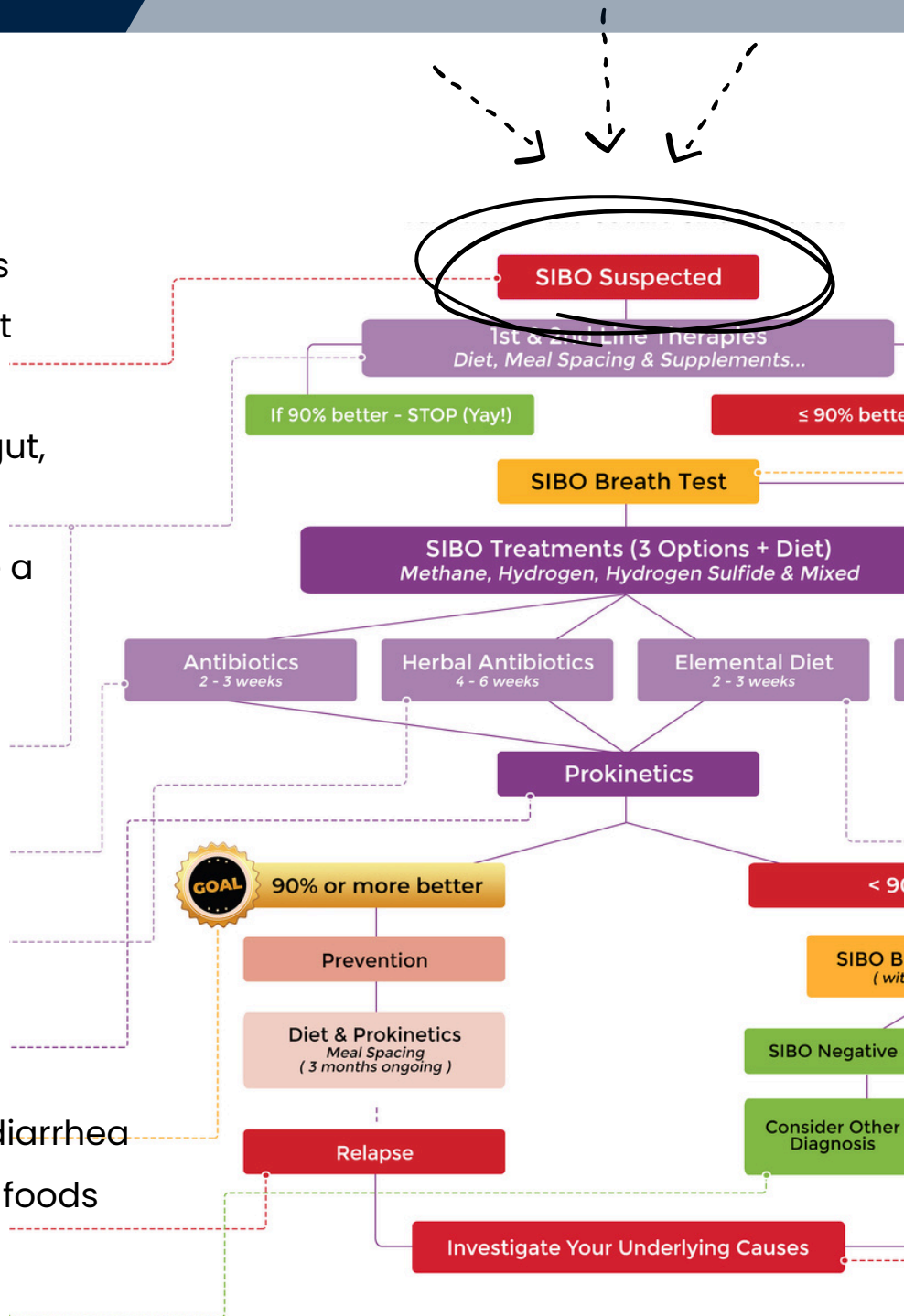
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#1 SIBO Suspected

“SIBO Suspected” is the first step on the algorithm - this is the point you may be at, right now. This is when you know something is “up” with your gut, and you think it might be SIBO/IMO, but you don’t have a confirmed diagnosis.

Some of the tell-tale SIBO symptoms that lead to a SIBO/IMO suspicion are:

- 🎯 Bloating
- 🎯 Abdominal pain
- 🎯 Constipation and/or diarrhea
- 🎯 Intolerance to certain foods (especially carbs)



If you have some (or all!) of these symptoms, you’re not wrong to suspect SIBO, but before you jump to testing, Dr. Siebecker recommends you try something else, first...

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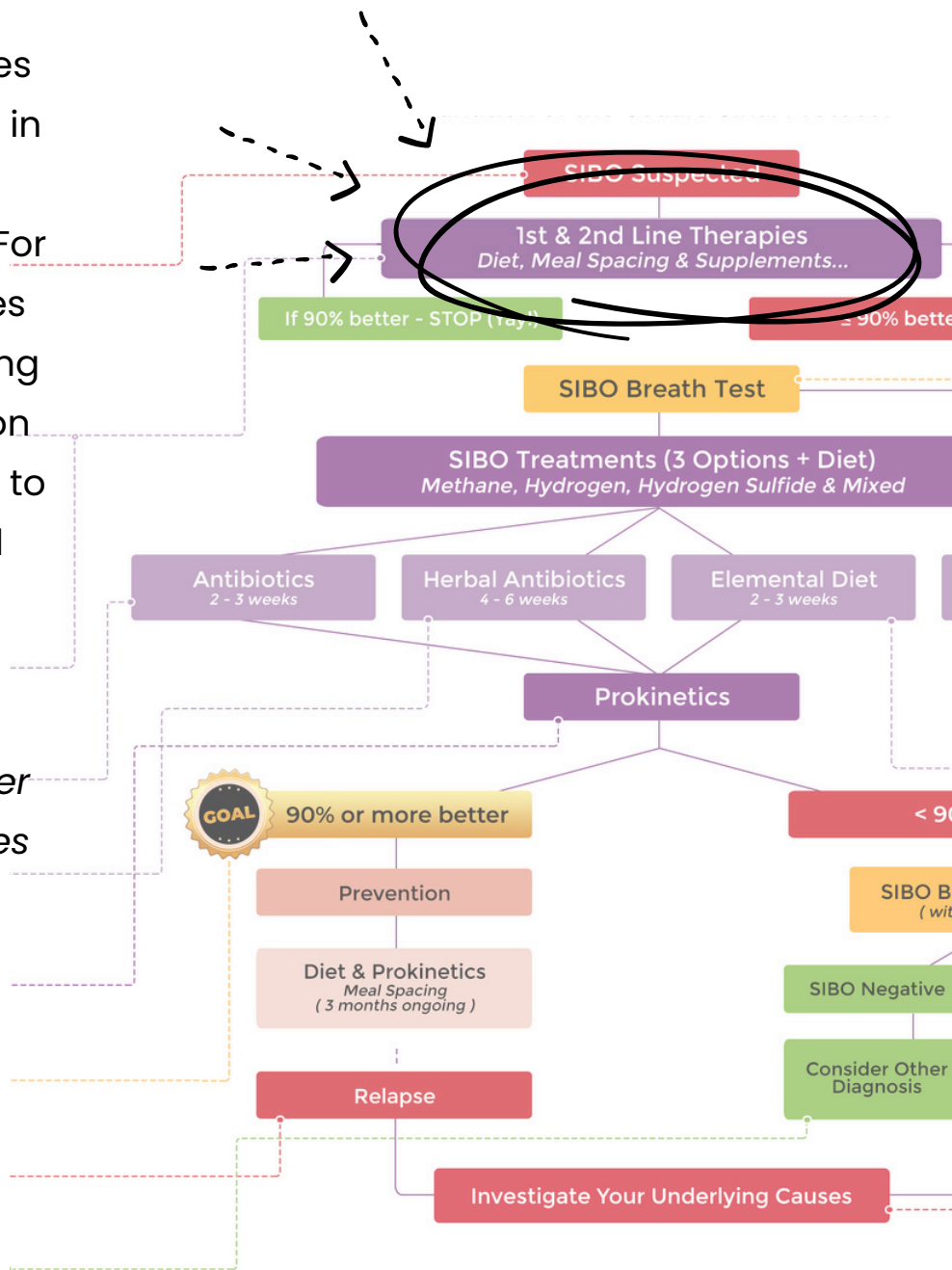
#2 First & Second Line Therapies

First and second line therapies are a fancy name for adding in digestive supplements and making some diet changes. For many people, simple changes like adding a probiotic, starting to exercise, or cutting down on processed foods are enough to clear up their symptoms and help them start feeling noticeably better.

(Dr. Siebecker shares all of her first and second line therapies inside the [SIBO Recovery Roadmap® Course!](#))

If first and second line therapies alone clear your symptoms, lucky you!

But if you're reading this book, you've probably tried these things already (I know I had!) and while they might provide some relief, they don't solve everything. That's when it's time to figure out once and for all if you have SIBO/IMO and get tested.



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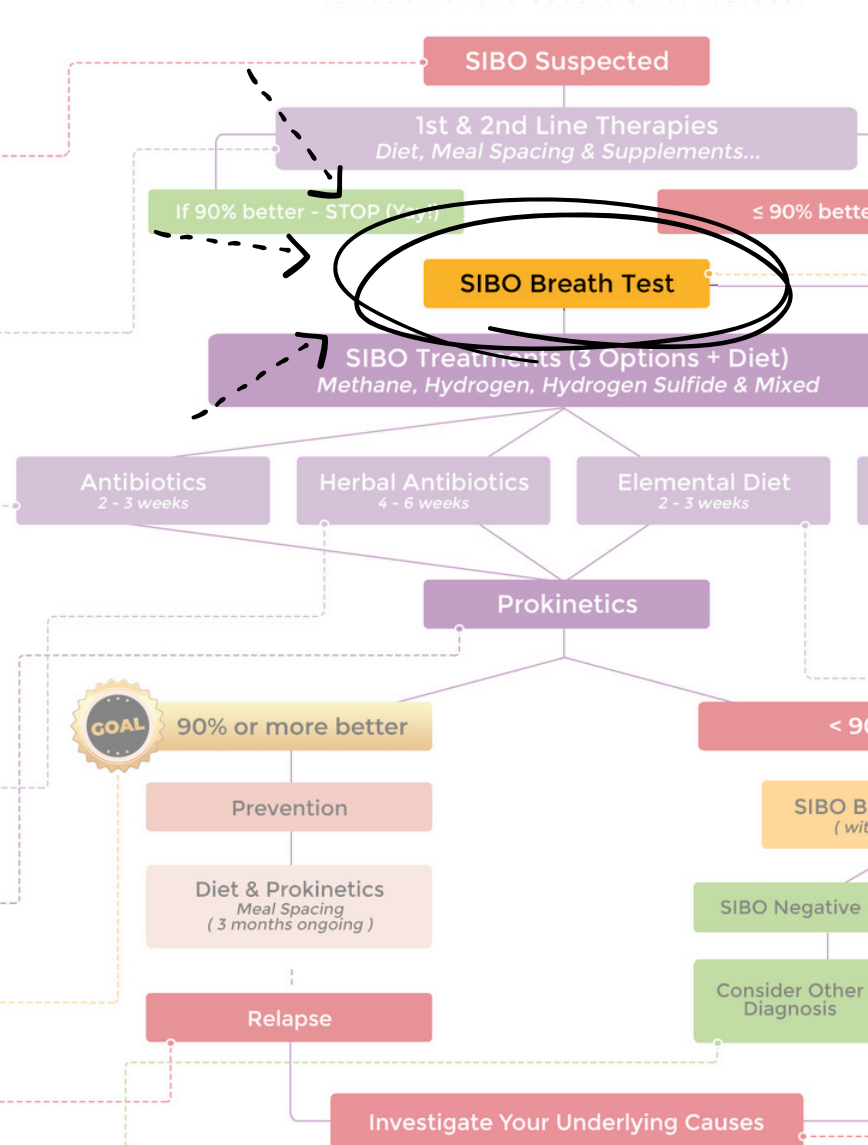
#3 SIBO / IMO Test

When you're ready to get tested for SIBO/IMO, you have three options:

#1 Endoscopy with culture - this test is the most invasive option, and the hardest to get. For this test, you'll be sedated by an anesthesiologist, then a doctor will place a thin, flexible camera down your throat and into the small intestine, where they can take a sample (culture). While this test has historically been used in SIBO/IMO research, it is often not the first choice of patients or doctors because it is invasive, time consuming and

expensive (if you have an endoscopy scheduled ask your practitioner to take this opportunity to culture).

#2 SIBO/IMO Blood Test - the SIBO/IMO blood test looks for anti-CDTB and anti-vinculin, two markers of damage caused by bacterial food poisoning that can lead to post-infectious IBS/SIBO. If you're positive for anti-CDTB or anti-vinculin, you likely have SIBO/IMO. However, this test can't tell you what type or what level of SIBO you have. It also can't tell you if you have SIBO/IMO



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#3 SIBO / IMO Test

from another cause than food poisoning. Therefore, while the blood test is a first great screening test, Dr. Siebecker still recommends you also complete a breath test.

#3 SIBO Breath Test – this is what we consider to be the “gold standard” SIBO/IMO test. There are multiple types of SIBO/IMO tests with various substrates (like lactulose or glucose), time intervals (like 3 hours, with a sample every 15 minutes), as well as tests that measure 2 glasses and some that are able to measure 3. You’ll also need to do a special prep diet for at least 24 hours beforehand... more on this in [The Ultimate SIBO Testing Guide](#).

Once you have your breath test results, you might need a little help with interpretation, as the results aren't as simple as positive or negative. But that's actually a good thing, because the complexity of the results actually contains a lot of important information! In fact, your test results can help guide your treatment, both the type and length.



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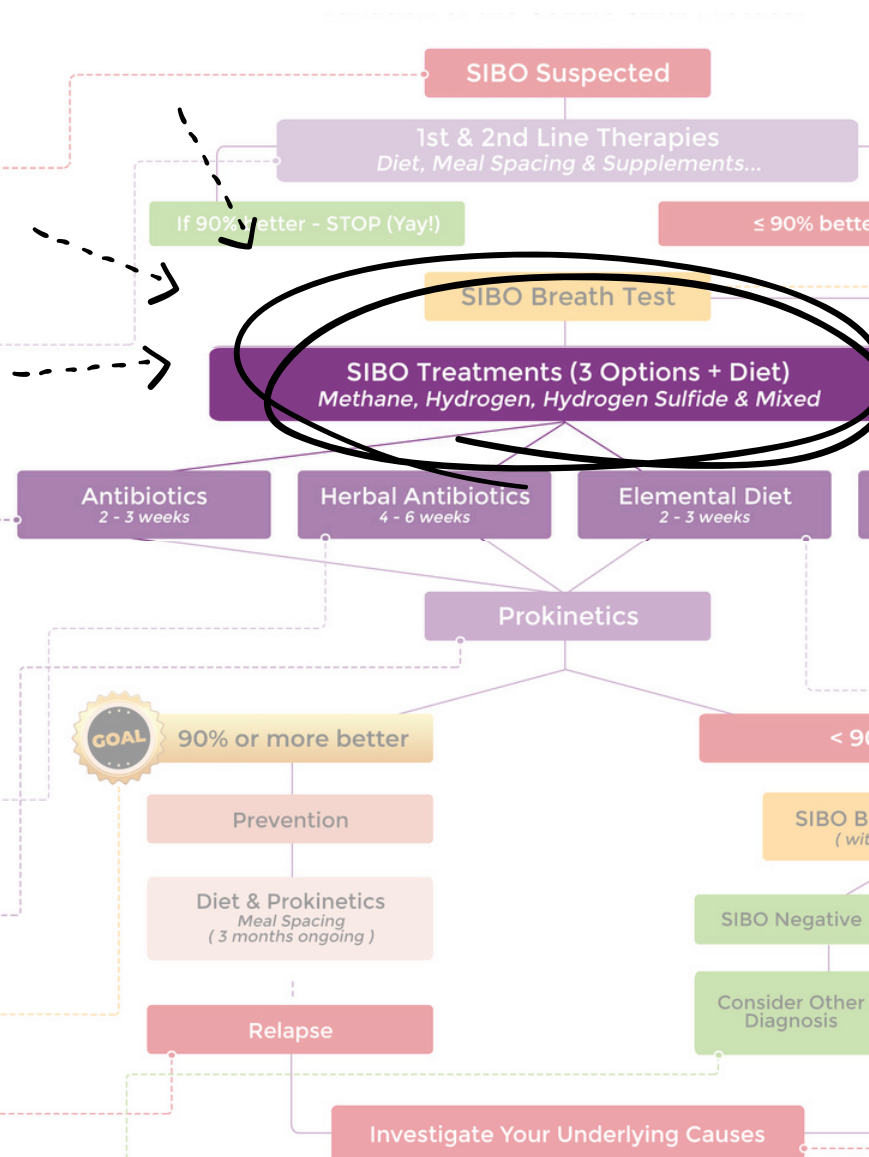
#4 SIBO Treatment

With your test results in and, it's time to move to the next step in the algorithm: treatment! And this is the time YOU as the patient get to make a decision about what you want to do and what will be best for you.

Woohoo!

There are 4 treatment options, and each has pros and cons. You might even end up using more than one, depending on your type and severity of SIBO/IMO. (Multiple rounds of treatment are often necessary based on your test results / gas levels.)

What works for one person might not work for you, so we walk you through not only what each treatment option is, but how to pick the one that is right for you.



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#4 SIBO Treatment



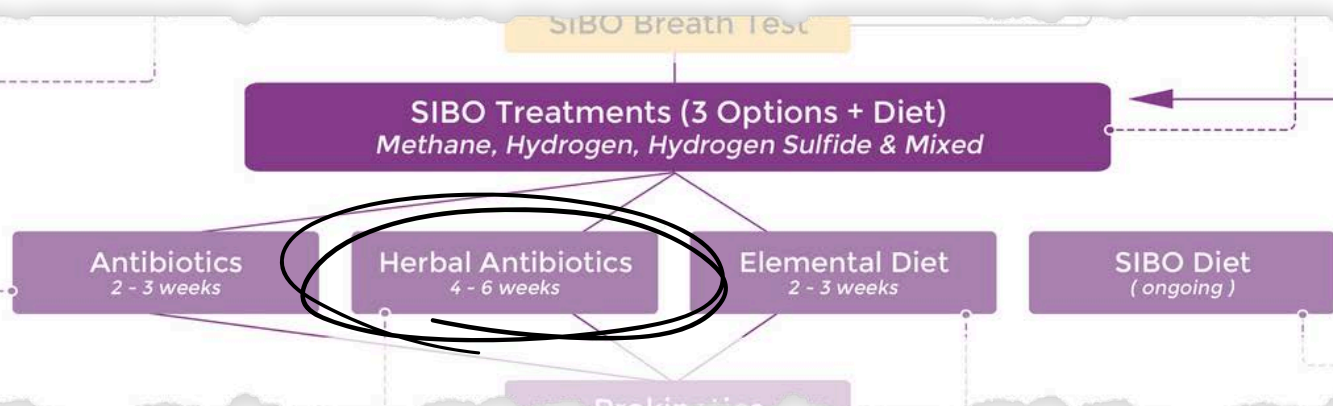
Pharmaceutical/Prescription Antibiotics – You can use specific antibiotics (not the ones you would use for a sinus infection) to treat SIBO/IMO. Some of these antibiotics are even target-specific to the small intestine, meaning they can wipe out SIBO/IMO without disturbing good bacteria elsewhere in the body. This is one of the faster treatment options, and if you just want to get in, get SIBO/IMO out, and move on with your life, this might be the right choice for you.

Dr. Siebecker covers exactly what antibiotics she recommends and in what doses and duration inside the [SIBO Recovery Roadmap® Course](#), and you can take that information straight to your doctor!

Plus, because these specific antibiotics can be very expensive, we'll cover how and why your insurance might cover them, and ways to get discounts and deals.

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#4 SIBO Treatment



Herbal Antibiotics – For those who don't want (or can't) to use prescription antibiotics, there are herbal antibiotics. Research has shown herbal antibiotics are just as effective as prescription antibiotics, but may need a longer duration of treatment to work (think taking them for 4 weeks instead of 2). If you prefer something more gentle or natural, this might be the right treatment for you. Plus, we can't forget the biggest pro: herbal antibiotics are available over the counter, without a prescription.

But just because you can buy them yourself, doesn't mean any old combination of herbs will work. The secret to success in using herbal antibiotics to treat SIBO/IMO is the right combination of herbs for YOUR type of SIBO/IMO, along with the correct dosage and duration. You definitely don't want to just guess, as that can lead to lots of wasted time and money.

Luckily, Dr. Siebecker has treated thousands of patients with herbal antibiotics, and after years of practice, has specific protocols for each type of SIBO/IMO to share with you in the [SIBO/IMO Recovery Roadmap® Course](#).

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#4 SIBO Treatment



Elemental Diet - An elemental diet is an all-liquid medical diet that works to “starve” the bacterial overgrowth by completely eliminating the carbohydrates they consume. This option is pretty hardcore: no solid food and only elemental diet liquid for at least a couple weeks. And while the formulas have come a long way, it definitely doesn’t taste as good as your average protein powder. (By the way, a typical protein powder will not serve as a substitute for elemental or semi-elemental diet formulations.)

So why would anyone choose this route? Depending on your personality and lifestyle, the fast relief and idea of not needing to think about what to eat for a couple weeks might actually appeal to you. And, if you have a very stubborn case of SIBO/IMO that hasn’t responded to other treatments, the elemental diet can be a total gamechanger.

If the elemental diet is the right treatment for you, we’ll walk you through how to choose an elemental formula, how much you need to drink each day, and even our best tips for surviving an all-liquid diet and not giving up early!

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#4 SIBO Treatment



Diet - Finally there's just diet - this encompasses any dietary changes you might make to better manage your SIBO/IMO symptoms, such as a low-FODMAP diet. **It's really important to note that this option isn't a true "treatment" in that it will not kill an overgrowth**, but it can be used as a way to manage SIBO/IMO and keep symptoms controlled.

Did you catch that? Diet changes alone can not eradicate SIBO/IMO! (Unless you're talking about an elemental diet, like above!)

Diet should be used to control your symptoms.

This is a major misconception and mistake we see people make over and over again... they go on a restrictive diet, start feeling better, but as soon as they open their diet back up and start eating more foods, their symptoms come right back! That's because they hadn't actually killed the overgrown bacteria - they were just managing their symptoms.

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#4 SIBO Treatment

But, even though diet can't kill an overgrowth, it can help you feel a lot better, and at times, it's an important complement to another treatment, like herbal antibiotics.

In the [SIBO/IMO Recovery Roadmap® Course](#), we explain the science behind how and why diet works, so you can understand why you might want to change your diet (and when you can stray). Plus, since you never want to be on a restrictive diet long term, we'll explain all the ins and outs of a SIBO/IMO diet, including the ultra-important reintroduction phase. And of course, all my best tips for eating out and traveling while sticking to your plan!



#5 Prokinetics

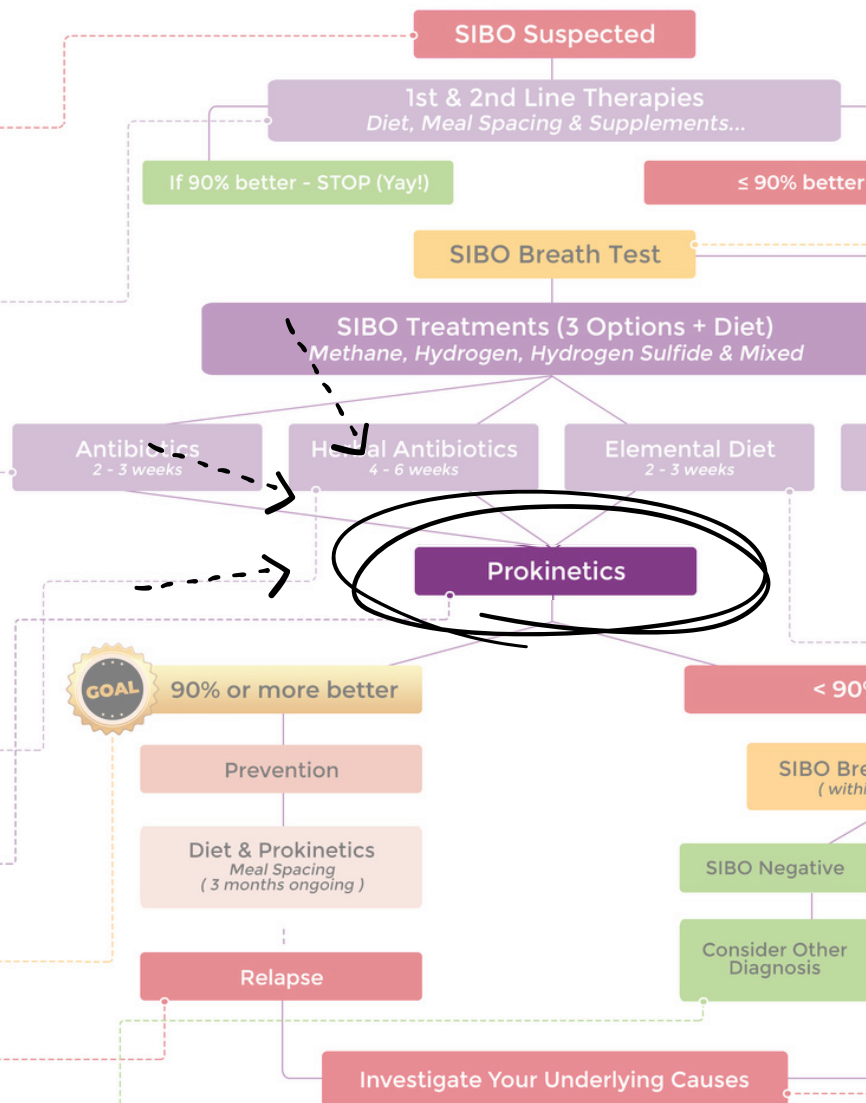
When you've completed your treatment (or at least your first round of treatment, as some cases require multiple rounds), you'll come to the next step: prokinetics.

You may have never heard this word before - don't be afraid! Dr. Siebecker actually credits prokinetics as one of the keys to SIBO/IMO-healing success! She recommends just about everyone start a prokinetic as soon as they complete treatment.

Prokinetics are motility agents - they help the motility of the small intestine, which keeps bacteria moving and stops it from building up and overgrowing, causing SIBO/IMO.

(And while some people think prokinetics are laxatives, they are not the same thing and work in different ways.)

Prokinetics are an absolute must for keeping SIBO/IMO gone once you've gone through treatment - and the important step all too many people miss! There are both herbal and prescription options, we'll go over both and the doses you need, and why. Plus there is an art as to when to start & how long to take them - inside the [SIBO Recovery Roadmap® Course](#).



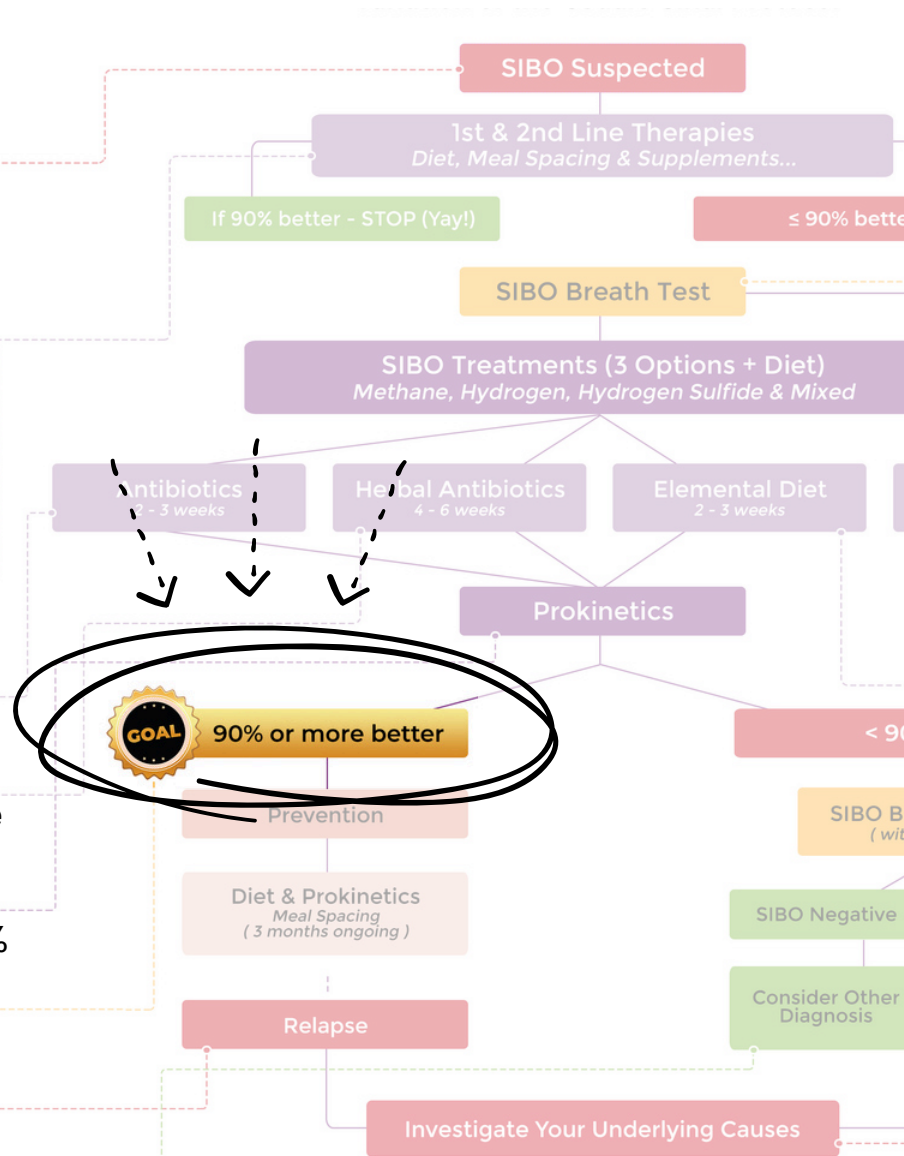
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90% Better or Partial/No Improvement

You've finished treatment, started your prokinetic, and now it's time for a big fork in the algorithm: assessing how you feel after treatment.

Dr. Siebecker divides people into two categories: either your symptoms are 90% or more better, or they are less than 90% improved.

Let's start with the lucky people in the 90% or more category (the left fork): if you complete a SIBO/IMO treatment and feel 90% or more better, congratulations! That very likely means your SIBO/IMO treatment was successful and you can move right along to preventing a SIBO/IMO relapse.



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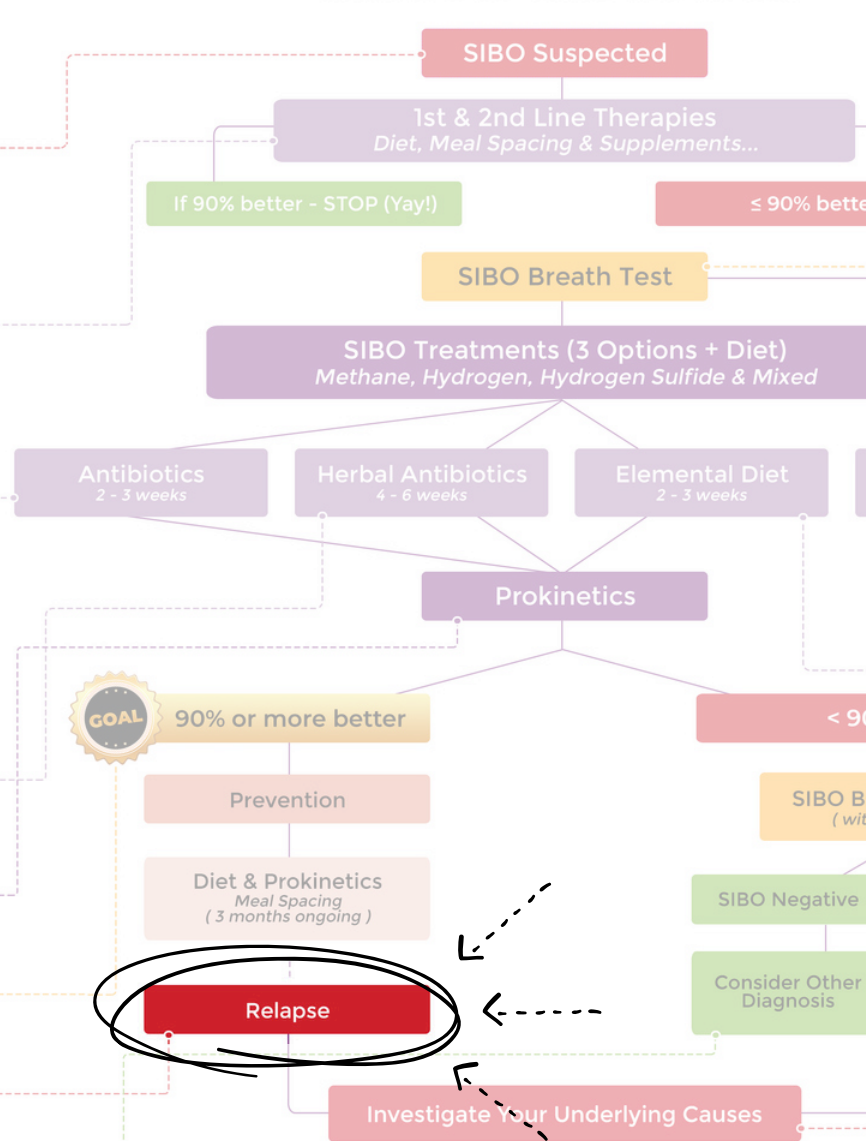
90% Better or Partial/No Improvement

Relapse? Yes, it's not fun, but it's a fact: SIBO/IMO is a condition that is known to recur, even after being successfully treated. Your chances of a relapse have to do with what caused your SIBO/IMO in the first place and if that "underlying cause" can and has been addressed (more on this to come!)

But don't panic - you can implement some simple changes to help stop SIBO/IMO from coming back, like spacing out your meals, modifying your diet a bit, and adding some key supplements.

And hopefully, this is where your journey ends - you're feeling great, and you know what you need to do to keep SIBO/IMO away!

But let's say you do, after some period of time, start to feel those SIBO/IMO symptoms coming back? Well then it's time to follow the algorithm again - starting with an investigation of your underlying cause.




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DO YOU NEED TO INVESTIGATE YOUR UNDERLYING CAUSE?

There are hundreds of potential causes of SIBO/IMO - but they all come down to something that causes a failure in the body's natural protections against SIBO/IMO. Bacteria isn't meant to exist in large quantities in the small intestine, and the body has lots of ways to make sure it doesn't - first, there's the natural movement of food down and through the GI tract, then there's the small intestine motility, plus other protections like the acidity of the stomach (to kill bacteria before it gets to the SI). When one or more of these protections fail, SIBO/IMO can occur.

The most common scenario is that a person gets a case of bacterial food poisoning, which damages the motility of the small intestine and allows bacteria to build up in the small intestine.

Another common case is that a past injury or surgery to the abdomen leads to the formation of adhesions - stretchy bands of scar tissue - which block the normal movement of the small intestine, allowing bacteria to build up. But those are just 2 examples - there are literally endless more ways SIBO/IMO can occur!

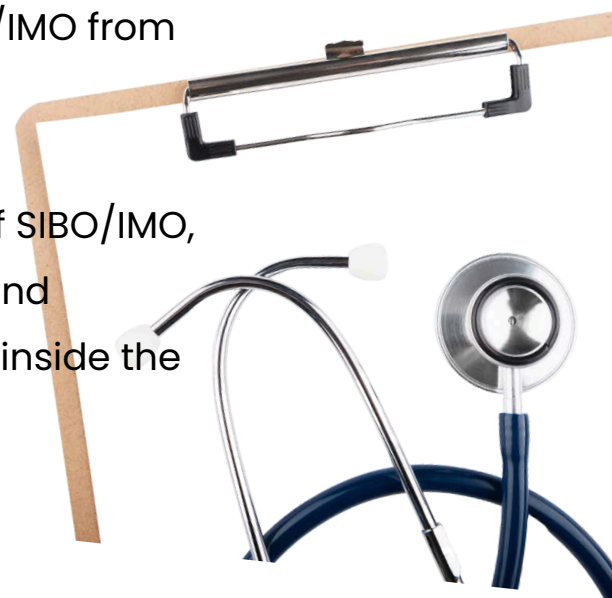
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Question: So, is finding out your underlying cause important?

Answer: It's complicated. Finding your underlying cause can be incredibly rewarding. It's good to know why something bad happened to you! But if you have a case of SIBO/IMO that resolves with treatment and doesn't relapse, finding out the cause doesn't matter a ton: all that matters is that your treatment worked!

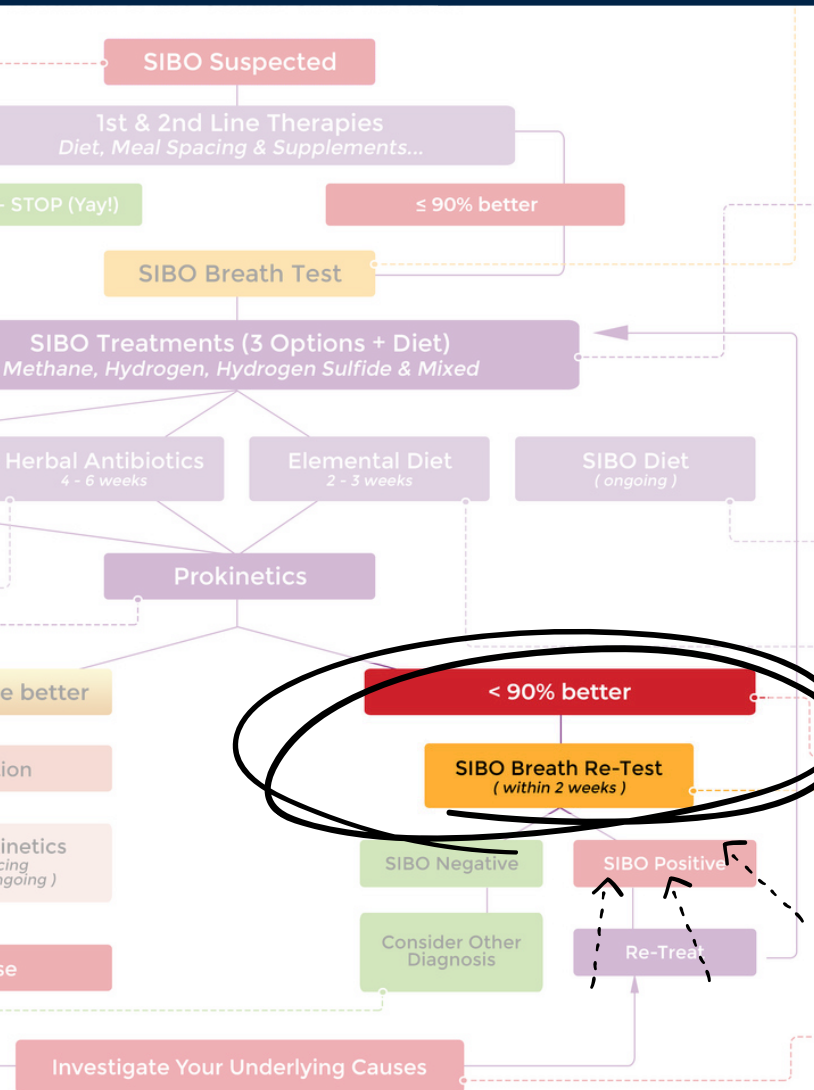
But if you have a stubborn case of SIBO/IMO that doesn't respond well to treatment, or keeps coming back, finding your underlying cause is invaluable. It's possible your underlying cause is something that can be treated or fixed, and that by doing so, you can stop SIBO/IMO from coming back.

But even if you have an "untreatable" cause of SIBO/IMO, knowing that can help guide your treatment and prevention plan - and we explain exactly how inside the [SIBO/IMO Recovery Roadmap® Course](#).



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90% Better or Partial/No Improvement



Ok, let's head back up and look at the right fork - what if you've done your treatment and you don't feel at least 90% better?

Your next step should be to retest for SIBO/IMO. **This tells you not only if you still have SIBO/IMO or not, but also exactly how much your treatment worked, and can be essential for deciding your next treatment step.**

If you're positive for SIBO/IMO and levels haven't improved: It may be time to choose another treatment strategy and try again, as well as investigate your underlying cause.

If you're still positive for SIBO/IMO, but your levels have improved: Congrats! Your treatment plan is working. You can decide if you want to do another round of the same treatment or try something else (we explain the pros and cons of both in the course).

If you're negative for SIBO/IMO, but still have symptoms: this is a major red flag that something else besides SIBO/IMO could be a problem for you. If this happens to you, you'll want to explore the many differential diagnoses - AKA all the other conditions that can cause the same symptoms as SIBO/IMO. We cover the "differential diagnosis" in the [SIBO Recovery Roadmap® Course](#).

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What Comes Next?

Is that it, the end of the algorithm,? Not exactly...


What makes the algorithm magic is that it doesn't have an "end." No matter where you are on your SIBO/IMO journey, you can hop right in. You can't get stuck or lost - there is always a next step! And if your SIBO/IMO is cured but relapses later - you can jump right back in where you left off.

The algorithm turns the hair pulling mystery of treating SIBO/IMO into a step by step process.

And with the SIBO Recovery Roadmap® Course, we've taken this algorithm and given you ALL the information you need for each step, in bite size nuggets so you can follow along effortlessly.

Treating SIBO/IMO doesn't have to take over your life and you don't have to become an expert (unless you want to)...

You can instead follow a simple plan that's been proven to work thousands of times! We're excited and grateful to share this information with you, and hope it helps lead you on the path of good health, a happy gut, and a wonderful life!

 **Footer Note: There is hope.** Do you have questions? Do you need more help? If you are not confident in your next steps dealing with your SIBO / IMO, IBS. [Clicking this link is your next step.](#) It is hard to stay motivated when you are not getting results and spinning your wheels. Knowing what to do and in the right order makes all the difference in your results.

What Comes Next?

I am so glad you made it this far. This is all the information I wish I had 5+ years ago when I was trying to figure out my gut and this would have made my life so much easier - and I would have saved a ton of money.

I wish you all the best and God-speed when it comes to your healing. If you would like to know more and join us for the SIBO Recovery Roadmap® Course to take you step by step on this journey and join us for live small group coaching, click [here](#).

THE SIBO RECOVERY ROADMAP
HOME STUDY COURSE
TREAT & BEAT SIBO STEP BY STEP
WITH DR. ALLISON SIEBECKER HOSTED BY SHIVAN SARNA

40+ video lessons
(Unlimited access + Ongoing Updates)

The SIBO Recovery Roadmap Quick Start Guide

Complete Slide Deck
(All your class notes done-for-you!)

Bloating - with or without pain

- Activated Charcoal - absorbs gas
 - Dose: up to 2 every 2-3 hours, away from meals, supplements, medicines if possible (it absorbs nutrients too)
 - can cause constipation and darkened stool
- Simethicone (Gas X) - breaks gas into smaller bubbles, allowing better movement, does not remove gas
 - Dose: follow label dosing
- Iberogast
 - Dose: 20 drops with meals or as needed &/or 20-60 drops at bed

Small Group Coaching Sessions (optional)

Downloadable audio
Listen on the Go!

GET MORE HELP!

" I was lost and needed a roadmap back to my health. What I love about this course is that it breaks down all the things you need to start your healing journey." ~ Conu