

Daniela Ochoa

FUNCTIONAL MEDICINE NUTRITION COUNSELING

On her personal health journey, she has struggled with mold toxicity, SIBO, candida and dysbiosis and witnessed firsthand the power of food and the importance of a holistic approach. This curiosity turned into an insatiable hunger to learn more about Nutrition. Working with Daniela is a truly transformative experience! You will work together to create a lifestyle that suits your needs and preferences while guiding you towards the best version of yourself. Her goal is to help you understand not only what you need to eat, but why this change would benefit you. You will leave empowered



Link to website:

<https://www.danielaochoard.com/>



Iberogast

These nine herbs have positive effects on the digestive system that can help with SIBO, IBS, or other digestive problems. It's used to help with cramping, diarrhea, bloating, gas, heartburn, and nausea.

For more information:

<https://sibosense.blog/2018/11/07/iberogast-for-sibo-and-ibs/>

Elemental Diet

It has been shown that the elemental diet is one of the most effective treatment options for patients suffering from a variety of digestive conditions, particularly those struggling with small intestinal bacterial overgrowth (SIBO) symptoms.

Link to informational video:

<https://www.siboinfo.com/elemental-formula.html>



How to do SIBO Breath Test

Genova's SIBO Profiles are non-invasive breath tests which capture exhaled hydrogen (H₂) and methane (CH₄) gases following patient ingestion of a lactulose solution to evaluate bacterial overgrowth of the small intestine. Here is an easy "how to" video on directions for the SIBO breathe test:






<https://youtu.be/FzK3nwlRvyl>

FODMAP DIET




FODMAP stands for "fermentable oligo-, di-, mono-saccharides and polyols". These are short-chain carbs that are resistant to digestion. Instead of being absorbed into your bloodstream, they reach the far end of your intestine where most of your gut bacteria reside. Your gut bacteria then use these carbs for fuel, producing hydrogen gas and causing digestive symptoms in sensitive individuals.

The SIBO diet is a temporary elimination diet that incorporates low-FODMAP foods to decrease bacterial overgrowth. It typically lasts 2 to 6 weeks. While seen as an effective treatment method, the SIBO diet treats symptoms but may not treat the underlying cause. Traditional treatment methods shouldn't be ignored. Prior to incorporating any dietary changes to your treatment plan, discuss your options with your doctor. It's important to bring FODMAPs back into your diet when your symptoms ease. This will prevent healthy bacteria loss.

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p>fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p><small>Note: if fruit is dried, eat in small quantities</small></p> 	<p>vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals gluten-free bread or cereal products</p> <p>bread 100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p><small>*check for additives</small></p> <p>cheeses hard cheeses, and brie and camembert</p> <p>yoghurt lactose-free varieties</p> <p>ice-cream substitutes gelati, sorbet</p> <p>butter substitutes olive oil</p>	<p>tofu</p> <p>sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes golden syrup*, maple syrup*, molasses, treacle</p> <p><small>*small quantities</small></p> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p> 	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p>fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p> 