



Bloat Begone

COURSE OUTLINE

Week 1

What is SIBO and its prevalence?

Symptoms, causes and how the digestive system works

SIBO Test - How to interpret

Wellness plan - SIBO Protocol

What to eat - What diet should you follow?

Resources / Handouts / Homework

Week 2

Movement - what is the right exercise for you?

Having a LIFE with SIBO

How to eat out with SIBO

What to do to keep motivated

Vagus Nerve - What is it and how to exercise it

Enema & Colonics

Detox Baths

Resources / Handouts / Homework



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Week 3

Food intolerances/sensitivities

Other intolerances; histamine, oxalates, sulfites and salicylates

Alternative Therapies; Hypno Therapy, Tapping Method, EMDR, etc

Week 4

How long do you need to be in the treatment phase?

Retesting - when and why

Bloating - why it's not always SIBO

Managing Symptoms - Bloating

Week 5

SIBO Relapse - How to stop it from coming back

Motility

Lifestyle Habits

Overcoming Food fear

Resources / Handouts / Homework/Review

The Sibo Nutritionist®



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Week 6

Other pathogens and the GI MAP

The Elemental Diet

What should your progress be at now?

Resources / Handouts / Homework/Review

Week 7

What if you didn't get all your SIBO?

Got all your SIBO but still have symptoms?

Resources / Handouts / Homework/Review

Week 8

Replenishing Nutrients

Stress and how to manage it

How to maintain a healthy digestive system

The difference between fixed and healed

Resources / Handouts / Homework