

DO YOU HAVE Gibo?

Take the quiz to find out if you should get tested.

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Sipo?

Tick all that applies to you.

1. You have any of those digestive symptoms



3. Your symptoms developed after taking pain medications, like opiates

Yes
No



4. You have or have taken proton pump inhibitors (PPI) for more than 1 month. (Another very common cause of SIBO, around 50% of people on PPI have SIBO)



5. You have fatty stools (a sign of fat malabsorption which can be caused by the bacteria)



6. You notice that fibre worsens your constipation, instead of improving bowel movement (when certain bacteria are overgrowing in your small intestine, they produce methane gas which causes constipation. Because fibre can 'feed' those bacteria, it can make constipation worst)



7. You notice an improvement in IBS symptoms after a course of antibiotics (but the symptoms return shortly after)

Yes No

8. You feel more gas and bloating when you take a probiotic that contains prebiotics (like inulin or FOS) or eat food like like Jerusalem artichoke, onions, garlic, cabbage, asparagus, etc)



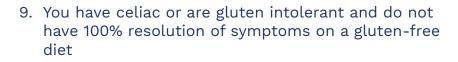












Yes

10. Your blood work shows chronically low B12, iron or ferritin with no known cause

Yes No

11. You have hypothyroidism (like hashimoto's)



12. You have had surgical bowel resection

Yes

13. You have food sensitivities (like gluten, dairy, etc)

Yes











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WHAT DO YOUR ANSWERS MEAN?

Most people with SIBO have digestive symptoms, bloating being the most common. If you have 'ticked' question 1, you might have SIBO and I would recommend testing for it.

If you have 'ticked yes' to just 1 or 2 of any of the other questions, you have an even bigger chance of having SIBO, and I would highly recommend getting tested for it.

The good news is that you don't have to go to your doctor to get tested, I can organise the testing for you. Simply contact me at: gen@nourishingtherapies.com.au











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