

CLEARING DYSBIOSIS, SIBO, AND PARASITES WITH NATURAL MEDICINE IN PATIENTS WITH AUTOIMMUNE DISEASE

CAVEAT

Autoimmune diseases are extremely complex. The information in this document is not meant to replace appropriate medical intervention. Please note that the herbs and botanicals listed here may not be appropriate for all cases. Because of the potent immunostimulatory nature of certain herbal remedies, you must first consult with a practitioner who is trained in the appropriate use of botanicals for immune modulation. The following protocols are for informational purposes only and need to be carefully considered with the guidance of a knowledgeable health care practitioner trained in the appropriate botanical. This handout should not be considered a replacement for medical advice.

SIBO AND DYSBIOSIS

When dealing with an autoimmune condition, it's important to identify and remove overgrowths of yeast, bacteria, and parasites that may also be driving your immune/inflammatory response. By reducing these triggers and fixing the intestinal barrier you will lessen the autoimmune reactions that you may experience outside of the gut (i.e., in the skin, joints, thyroid, and brain).

Dysbiosis refers to an overgrowth of yeast, bacteria, and/or parasites located in the gastrointestinal tract. This generally occurs due to excess sugar and refined carbohydrate consumption along with a history of antibiotic use as well as lack of hydrochloric acid and enzymes that set the stage for poorly digested food that acts as substrate for these organisms to feed on.

Small Intestine Bacterial Overgrowth (SIBO) is now being considered as a significant yet overlooked cause of IBS (Irritable Bowel Syndrome). SIBO can cause nausea, gas, bloating, diarrhea, and/or constipation. Bacterial toxins from SIBO can impair absorption and result in nutrient deficiencies, fat malabsorption, food intolerances, poorly functioning digestive enzymes, leaky gut, and the autoantibody response (i.e., your autoimmune reactions and tissue destruction).

PREPARATION FOR CLEARING BACTERIA, YEAST AND PARASITES

Before you start treating your gut infections, remember that there is no place for constipation and/or inefficient methylation pathways when you are detoxing gut infections and their toxins. You will do well to make sure your bowels and liver are well supported to avoid toxic overload as you are doing this cleanse. It is recommended that you start on an anti-inflammatory diet well before you consider clearing your pathogens. The optimal dietary foundation is the autoimmune protocol which you are encouraged to start at least one month before you do this cleanse. Even though the botanical recommendations here are plant based, they are very powerful and need to be used wisely. Speak with your practitioner to about supporting your liver's detox pathways and consider adding support several weeks in advance of treating your gut infections- ideally as you are starting on the autoimmune protocol. To support your detox pathways, you may consider [Reduced Glutathione](#), [Silymarin](#) 250mg/day, [Alpha Lipoic Acid](#) 400mg/day, and [NAC \(N-Acetyl-Cysteine\)](#) 600mg 2x/day for several weeks before you start on any of these protocols. To promote regular bowel movements, you can also include more [Fat](#), [Vitamin C](#) 2-6g/day, and [Magnesium Citrate](#) up to 800mg/day.

STOOL TESTING FOR DYSBIOSIS AND PARASITES

There are many tests on the market that are constantly being scrutinized for accuracy. The tests I suggest here are based on research regarding their validity and application in clinical practice along with results based on treating thousands of patients with natural medicine protocols.

You can review all tests on [this page](#).

The best “starter test” that checks for everything from inflammatory markers (to distinguish IBS from IBD), levels of secretory IgA, short chain fatty acids (status of good bacteria in colon), parasites, yeast and bacteria is the Doctor’s Data Comprehensive Digestive Stool Analysis with Parasitology x3. This test offers a sensitive proteomic detection and analysis of microbes. You could also use the Doctor’s Data organic acids panel which looks at by products of fungal and cellular metabolism and also detects levels of bacteria in urine. Another useful test for amino acids via the urine can indicate malabsorption and detects markers that may be suggestive of bacterial overgrowth. For SIBO, it’s preferable to use tests that detect both methane and hydrogen. You will also find Genova breath test that you can run for SIBO.

TREATMENT CONSIDERATION WITH TH1 AND TH2 HERBS

There are many “gut protocols” that include potentially immune stimulating herbs which are not always appropriate for a patient with autoimmune disease. Indeed the immune system often needs support in stimulating both our innate and adaptive immune responses to effectively fight off a pathogen in the gut, and some immune stimulation may possibly be beneficial but it is a case by case basis. However, you need to be astute as to how to balance your immune system before you consider using these botanicals.

However, when autoimmune patients take TH1/TH2 supplements, there is a possibility that they may flare their autoimmune process, increasing their immune system’s attack against their own tissues. This includes supplements like echinacea, golden seal, astragalus, and medicinal mushrooms like reishi and maitake. Th1 dominance is a tendency for many autoimmune patients and in most cases, these herbs need to be avoided. If you know that your immune system tends toward TH1 dominance, and your stool tests are positive for dysbiosis (yeast and/or bacteria) you can consider adding in neutral remedies along with biofilm disruptor enzymes. See below.

DYSBIOSIS AND SIBO/SIFO SUPPLEMENTS

OPTION 1

- [Candibactin AR](#) 2 caps 2x/day x 4 weeks (contains a TH1 stimulant lemon balm*)
- [Candibactin BR](#) 2 caps 2x/day x 4 weeks

OPTION 2

- [Berberine 500](#) 5g/day for 6 weeks

OPTION 3

- GI Synergy 2 packets/day for 45 days (contains TH1 stimulant Goldenseal)

Additions

- [Extra Virgin Coconut Oil](#) 2 teaspoons/day
- [Kirkman Biofilm Defense](#) 1/day
- [Garlic 6000](#) 2 caps/day

Probiotics Best Uses

- [VSL3](#) (IBD and Crohns)
- [S. Boulardii](#) (Crohns)
- For IBS → Bifido bacteria.
- For yeast → Sacchromyces boulardii
- For SIBO → Sibotica
- Sbiotica (contains Lactobacillus casei, Lactobacillus Plantarum, Bifido brevis showed were shown to have a 82% clinical improvement in SIBO).

Cautions for IBS and SIBO

- To be FODMAP free, probioitcs must be prebiotic free
- FOS→fructooligosaccharide
- GOS→Galactooligosaccharides
- Soluble/Fermentable fiber
- Resistant starch
- Prebiotic inulin from chicory
- Fructose
- Beta glucan
- Larch Arabinogalactan

SIBO PREVENTION

- [Low FODMAP Diet](#)
- Siotics
- [Ox bile](#)
- [Hydrochloric acid](#)
- [Pancreatic enzymes](#)
- 4-6 hours between meals
- Decrease stress
- Acupuncture for stimulating the migrating motor complex (MMC)

HEALING DIET TO FOLLOW FOR SIBO/IBS

Insoluble fiber and no starch and/or low FODMAP diet are best for SIBO. The FODMAP Free Paleo Menu below removes FODMAPS, starches and soluble fibers.

- [Autoimmune Paleo FODMAP Free diet](#) for 3 months

TH1 DOMINANCE PROTOCOLS FOR SIBO, SIFO AND DYSBIOSIS

These botanicals are potent and need to be used wisely. Choose either option 1, 2 or 3 for 4-6 weeks. Do not use all together.

OPTION 1

- [Oregano oil](#) 2 caps 3x/day with meals
- [Grapefruit Seed Extract](#) 2 caps 2x/day
- [Kirkman Biofilm Defense](#)
- [Extra Virgin Coconut Oil](#) 2 teaspoons/day
- [Monolaurin](#) 2 caps 3x/day

OPTION 2

- [SF722](#) 5 caps 2x/day
- [Grapefruit Seed Extract](#) 2 caps 2x/day
- [Kirkman Biofilm Defense](#)
- [Monolaurin](#) 2 caps 3x/day
- [Extra Virgin Coconut Oil](#) 2 teaspoons/day

OPTION 3

- GI Synergy 2 packets/day for 45 days (contains TH1 stimulant Goldenseal)

Probiotics Best Uses

- [VSL3](#) (IBD and Crohns)
- [S. Boulardii](#) (Crohns)
- For IBS -> Bifido bacteria.
- For yeast -> Sacchomyces boulardii
- For SIBO -> Siotics
- Siotics (contains Lactobacillus casei, Lactobacillus Plantarum, Bifido brevis which a study showed were shown to have a 82% clinical improvement in SIBO).

Cautions for IBS and SIBO

- To be FODMAP free, probiotics must be prebiotic free
- FOS+fructooligosaccharide
- GOS+Galactooligosaccharides
- Soluble/Fermentable fiber
- Resistant starch
- Prebiotic inulin from chicory
- Fructose
- Beta glucan
- Larch Arabinogalactan

Parasite Treatments

Many parasites can be treated naturally with herbs and botanicals. Recalcitrant bugs generally need western medications. These botanicals are potent and need to be used wisely. Choose either option 1, 2 or 3 for 4-6 weeks. Use only one option. Do not more than one.

OPTION 1

- [Oregano oil](#) 2 caps 3x/day with meals
- [Grapefruit Seed Extract](#) 2 caps 2x/day
- [Kirkman Biofilm Defense](#)
- [Extra Virgin Coconut Oil](#) 2 teaspoons/day
- [Probiotics](#) 2 caps/day

OPTION 2

- [SF722](#) 5 caps 2x/day
- [Probiotics](#) 2 caps/day
- [Grapefruit Seed Extract](#) 2 caps 2x/day
- [Kirkman Biofilm Defense](#)
- [Monolaurin](#) 2 caps 3x/day

OPTION 3

- GI Synergy 2 packets/day for 45 days (contains TH1 stimulant Goldenseal)

BROAD SPECTRUM PROTOCOL FOR PARASITES, DYSBIOSIS and SIBO

OPTION 1 for 4-6 weeks

- [Candibactin AR](#) 2 caps 2x/day x 4 weeks (contains lemon balm*)
- [Candibactin BR](#) 2 caps 2x/day x 4 weeks
- [Extra Virgin Coconut Oil](#) 2 teaspoons/day
- [Kirkman Biofilm Defense](#) 1/day
- [Garlic 6000](#) 2 caps/day
- [Grapefruit Seed Extract](#) 2 caps 2x/day.

OPTION 2 for 45 Days

- GI Synergy 2 packets/day for 45 days (contains TH1 stimulant Goldenseal)

Probiotics Best Uses

- [VSL3](#) (IBD and Crohns)
- [S. Boulardii](#) (Crohns)
- For IBS → Bifido bacteria.
- For yeast → Sacchomyces boulardii
- For SIBO → Sibotica
- Sibiatica (contains Lactobacillus casei, Lactobacillus Plantarum, Bifido brevis which a study showed were shown to have a 82% clinical improvement in SIBO).

Cautions for IBS and SIBO

- To be FODMAP free, probiotics must be prebiotic free
- FOS → fructooligosaccharide
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- Soluble/Fermentable fiber
- Resistant starch
- Prebiotic inulin from chicory
- Fructose
- Beta glucan
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DETOX AND LIVER SUPPORT FOR PARASITES, DYSBIOSIS and SIBO

Dosage Recommendations

- [NAC \(N-Acetyl-Cysteine\)](#) 1 cap 2x/day
- [Liposomal Vitamin C](#)
- [Charcoal](#) 2 caps up to 3x/day
- [Silymarin](#) 2 tabs/day
- [Alpha Lipoic Acid](#) 1cap/day
- [Reduced glutathione](#)

General GI Support

Replacing stomach acid and digestive enzymes can help break down your food more easily for better digestion, absorption and assimilation. Consider hydrochloric acid tablets and digestive enzymes to support symptoms of poor digestion.

- [Spectrazyme](#)
- [Metazyme](#)

SIBO PREVENTION

- Low-FODMAP Diet
- Siotics
- Ox bile
- Hydrochloric acid
- Pancreatic enzymes
- 4-6 hours between meals
- Decrease stress
- Acupuncture for stimulating the migrating motor complex (MMC)

HEALING LEAKY GUT

Soothing and healing the gut lining while also supplying adequate nutrition for efficient immune function is the key to maintaining good health. Dietary recommendation may be adequate for many patients; others, however, may need to add the following to receive the full benefit.

- [Zinc-Carnosine](#)
- [L-Glutamine](#)
- [DGL powder](#)
- [Omega 3 Fatty Acid](#)
- [Glycine](#)
- [Liposomal Vitamin C](#)
- [Probiotics](#)

Soothing Teas (caution: TH1)

- Slippery Elm Tea
- Marshmallow root tea

Probiotic Specifics

Probiotics Best Uses

- [VSL3](#) (IBD and Crohns)
- [S. Boulardii](#) (Crohns)
- For IBS → Bifido bacteria.
- For yeast → Sacchromyces boulardii
- For SIBO → Sibotica
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- Fructose
- Beta glucan
- Larch Arabinogalactan

Botanicals → Best Use

Oil of Oregano:

Antifungal, antiparasitic, and antibacterial
Best for gram-negative bacteria.

Candida albicans

Aspergillus mold

Staphylococcus

Campylobacter

Klebsiella

E. coli

Giardia

Pseudomonas

Proteus

Blastocystis hominis,

Entamoeba hartmanni

Endolimax nana

Grapefruit Seed Extract

Parasites (single and multi-celled)

Candida yeast infections.

Garlic

Bacteria, and yeast

Biofilm disruptor

H. pylori

Pseudomonas aeruginosa

Candida albicans

Berberine

Antifungal, antiparasitic, and antibacterial
Best for gram+positive bacteria.
Giardia Candida
Streptococcus

St. John's Wort

Staphylococcus aureus
Streptococcus pyogenes
Streptococcus agalactiae

STRESS REDUCTION

- rhythmic breathing
- exercise
- acupuncture
- massage
- hypnosis
- biofeedback
- painting
- reading
- writing
- having fun
- inspiring films

MICRONUTRITION SUPPORT

According to researcher Sarah Ballantyne Ph.D., patients with autoimmune conditions generally have deficiencies in vitamins A, B, C, D, E, K, zinc, copper, iron, magnesium, and selenium, as well as deficiencies of CoQ10, Omega 3s, glycine, and fiber. Since these are all critical for proper immune cell function, one of the goals of the nutrient-dense Paleo autoimmune diet is to provide you with a good supply of these vitamins and minerals from the food you eat.

Since we now know that building regulatory T-cells is one of the most important things you can do for your immune system, let's look at the most significant vitamins and supplements for supporting regulatory T-cells:

- [Vitamin D](#)
- [Fish oil, EPA/DHA](#)
- [Probiotics](#)
- [Vitamin A](#)
- [Reduced Glutathione](#)

The Autoimmune Paleo Breakthrough Supplement and Herb Guide

Regulatory T-cell Support	
Product	Manufacturer
• Omegagenics EPA/DHA	Metagenics
• Ultra Flora Plus DF	Metagenics
• D3 10000	Metagenics
• GlutaClear	Metagenics

General GI Support	
Product	Manufacturer
• Spectrazyme	Metagenics
• Metazyme	Metagenics
• Zinlori	Metagenics
• Ox Bile	Thorne

Methylation and Detoxification Support	
Product	Manufacturer
• Folapro	Metagenics
• NAC (N-Acetyl-Cysteine)	Pure Encapsulations
• Liposomal Vitamin C	Seeking Health
• Activated Charcoal	Integrative Therapeutics
• Silymarin	Metagenics
• Alpha Lipoic Acid	Pure Encapsulations

Adrenal Support	
Product	Manufacturer
• Cortico B5, B6	Metagenics

Reduce Inflammation	
Product	Manufacturer
• Omegagenics EPA/DHA	Metagenics
• Wobenzym PS	Douglas Labs

Brain Support	
Product	Manufacturer
• Omegagenics DHA 600	Metagenics

Dysbiosis and SIBO Support	
Product	Manufacturer
• Oregano oil	Designs for Health
• Probiotics	Metagenics
• Grapefruit Seed Extract	Pure Encapsulations
• Kirkman Biofilm Defense	Kirkman
• Extra Virgin Coconut Oil	Natures Way
• Garlic 6000	Pure Encapsulations
• SF722	Thorne
• Lauricidin	Med-Chem Labs

Natural Protocol for Dysbiosis and SIBO	
Product	Manufacturer
• Candibactin AR (TH1 caution)	Metagenics
• Candibactin BR	Metagenics

Healing Leaky Gut	
Product	Manufacturer
• GlutaClear	Metagenics
• Zinc-Carnosine	Metagenics
• DGL powder	Vital Nutrients
• Omega 3 Fatty Acids	Metagenics
• Glycine	Great Lakes
• Liposomal Vitamin C	Seeking Health
• Probiotics	Metagenics

Mitochondrial Support	
Product	Manufacturer
• NAC (N-Acetyl Cysteine)	Pure Encapsulations
• Co-Q 10	Metagenics
• Alpha Lipoic Acid	Pure Encapsulations
• Acetyl-L-Carnitine	Pure Encapsulations

For help designing a personalized Autoimmune Paleo Nutrition and Functional Medicine treatment program, please visit www.paleobreakthrough.com

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