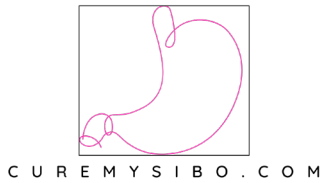


SIBO Fix Protocol





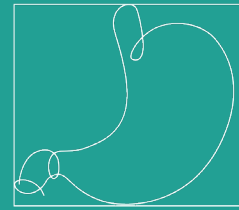
Introduction:

When Antibiotics Fail

Small Intestinal Bacterial Overgrowth (SIBO) can be a persistent condition, and antibiotics are not always effective in eliminating it.

Many individuals find that symptoms return shortly after treatment or that antibiotics fail to resolve the problem altogether.

This guide explores a comprehensive, science-backed approach to tackling SIBO using targeted supplements that support bacterial elimination, gut repair, and long-term recovery.



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Phase 1

Starving the Bacteria - The Elemental Diet (Days 1-21)

The Elemental Diet is a medical nutrition strategy designed to starve SIBO bacteria while still providing essential nutrients for the body.

This liquid-only diet consists of easily absorbed amino acids, simple carbohydrates, and essential fats to nourish the individual while depriving bacteria of fermentable fibers.

Timeline: Days 1-21

Key Supplements



JoMars Labs Amino Acids: Supplies essential protein without requiring digestion.

[Buy It Here](#)



Dextrose Powder: Provides an energy source that does not feed bacteria.

[Buy It Here](#)



Sea Salt: Replenishes electrolytes.

[Buy It Here](#)



Metagenics Multivitamin: Covers nutritional gaps during the diet.

[Buy It Here](#)

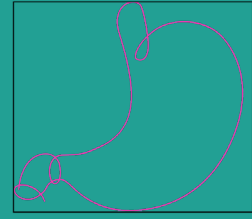


MCT Oil: Supports digestion and provides quick energy.

[Buy It Here](#)

Why This Works

By eliminating fermentable carbohydrates, bacteria are unable to thrive, leading to their gradual die-off without the use of antibiotics.



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Phase 2

Killing the Bacteria - Herbal Antimicrobials (Days 22-60)

After starving the bacteria, the next step is to directly target them with natural antimicrobials.

These supplements have been scientifically shown to be as effective as pharmaceutical antibiotics for SIBO but with fewer side effects.

Timeline: Days 22-60

Key Supplements



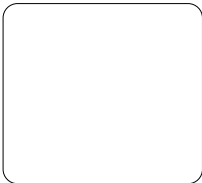
Oregano Oil & Garlic Extract: Contain natural antibacterial compounds like carvacrol and allicin that kill harmful bacteria while preserving beneficial ones.

[Buy It Here](#)



Atrantil: Targets methane-producing bacteria, which are resistant to conventional antibiotics.

[Buy It Here](#)



Ginger Root: Stimulates gut motility, preventing bacterial stagnation.

[Buy It Here](#)



Dysbiocide & FC-Cidal: Herbal blends with antimicrobial properties.

[Dysbiocide](#) [FC-Cidal](#)



Ox Bile Salts & Betaine HCl: Improve digestion and prevent bacterial overgrowth.

[Buy It Here](#)



Black Seed Oil: Has strong anti-inflammatory and antimicrobial effects.

[Buy It Here](#)

Key Supplements [cont]



Activated Charcoal: Binds to bacterial toxins released during die-off, reducing detox symptoms.

[Buy It Here](#)

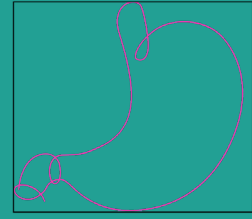
Klaire Labs InterFase: A biofilm disruptor that breaks down the protective barriers bacteria create, making antimicrobials more effective.

[Buy It Here](#)

Why This Works

Herbal antimicrobials disrupt bacterial colonies and biofilms, eliminating overgrowth naturally and effectively.





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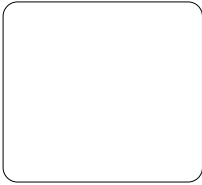
Phase 3

Recovery - Restoring the Gut Microbiome (Days 61-90)

Once the bacterial overgrowth is under control, it is crucial to restore a healthy gut environment to prevent recurrence.

Timeline: Days 22-60

Key Supplements



Visbiome Probiotic: Contains clinically tested strains that help restore gut microbiome balance.

[Buy It Here](#)



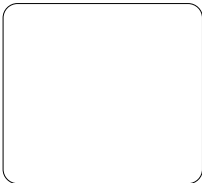
Digestive Enzymes & Betaine HCl: Aid in digestion and nutrient absorption.

[Super Enzymes](#) [Betaine HCl](#)



Low-FODMAP Diet: Helps prevent bacterial regrowth by limiting fermentable carbohydrates.

[Buy It Here](#)

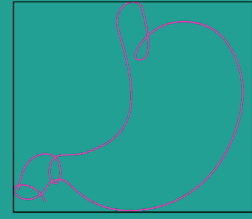


Gradual Fiber Reintroduction: Encourages the growth of beneficial bacteria without feeding harmful ones.

[Buy It Here](#)

Why This Works

Probiotics and digestive aids help re-establish gut health, ensuring that bacterial overgrowth does not return.



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Conclusion

A Holistic Approach to SIBO Recovery

Overcoming SIBO is not a quick fix. It requires dedication, patience, and a willingness to make lasting changes.

This 90-day protocol is designed to not only eliminate bacterial overgrowth but also to restore your gut to a state where it can function optimally long-term.

Managing Expectations

SIBO treatment is a process that involves discomfort, challenges, and strict adherence to dietary and supplement protocols. The die-off phase can bring temporary symptoms like headaches, fatigue, and digestive distress, but these are signs that the treatment is working. Understanding that healing is not always linear is crucial. Some days will feel better than others, but consistency is key.



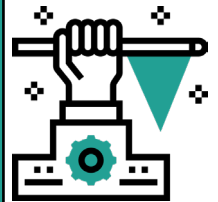
The Commitment Required

This protocol requires unwavering commitment. The elemental diet can be difficult, the antimicrobial phase demands precision, and the recovery phase requires discipline in reintroducing foods and supporting gut health. However, sticking to the plan will yield long-term relief and improvement in digestive function, energy levels, and overall well-being.



Why Sticking to the Plan Matters

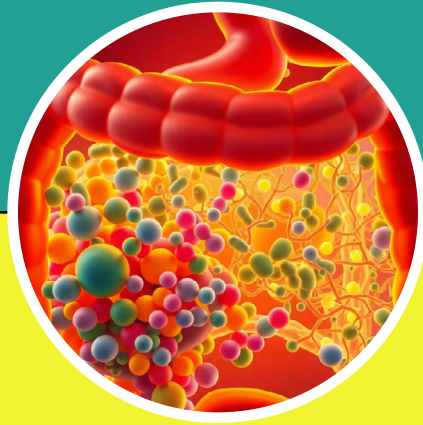
Many who struggle with SIBO find themselves in a cycle of recurring symptoms, often due to incomplete or inconsistent treatment. By following through with each phase and fully restoring your gut, you maximize your chances of long-term success. SIBO is notorious for its relapse rates, but a comprehensive approach that includes biofilm disruption, antimicrobial support, and proper gut repopulation greatly reduces the risk of recurrence.



Getting Your Life Back

SIBO symptoms can take a toll on your daily life—bloating, discomfort, brain fog, and food intolerances can make every meal a challenge. This protocol is about reclaiming your health and freedom. Imagine being able to eat without fear, having the energy to fully engage in your daily activities, and finally feeling in control of your gut health. That is the reward for your dedication.





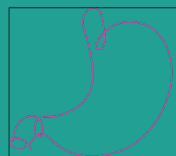
If you've struggled with SIBO and antibiotics haven't worked, this natural protocol could be the key to your recovery.

Stick with it, trust the process, and take the necessary steps toward lasting gut health.

Get Started Today

For more gut health insights, visit:

curemysibo.com



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