



THE SOLINGER METHOD

by Root Health L.L.C.

Small Intestinal Bacterial Overgrowth (SIBO)

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult SIBO

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Is SIBO

Small Intestinal Bacterial Overgrowth is a condition in which bacteria that normally belong primarily in the large intestine colonize the small intestine, where they ferment food, create excess gas, trigger inflammation, and impair nutrient absorption.

SIBO is not simply an infection; it is usually a **motility and digestive function disorder** that allows overgrowth to occur and recur.

Common symptoms include bloating shortly after meals, abdominal distention, gas and belching, constipation, diarrhea, reflux, nausea, fatigue, brain fog, and worsening food intolerances.

Conventional Medicine Perspective

Conventional medicine often frames SIBO as bacterial overgrowth treated with antibiotics, typically after breath testing. This can reduce bacterial load, but recurrence is common when drivers like impaired motility, low stomach acid, bile insufficiency, or structural contributors are not addressed.

Naturopathic Medicine Perspective

Naturopathic medicine treats SIBO as a **terrain and motility problem with an overgrowth component**. The goal is to lower bacterial load while rebuilding the physiology that prevents relapse, digestion, motility, bile flow, nervous system regulation, and gut immune balance.

Core Mechanisms Driving SIBO

Impaired migrating motor complex activity, the small intestine's housekeeping wave between meals

Low stomach acid, allowing bacteria to survive and migrate upward

Bile insufficiency, reduced antimicrobial action and fat digestion

Digestive enzyme deficiency, leaving fermentable substrate

Stress and autonomic dysregulation, slowing motility

Inflammation and barrier disruption, worsening immune surveillance

Nutrition Strategy

Nutrition is used to **reduce fermentation while protecting nourishment**, not to restrict long-term.

Core priorities

Regular meals with spacing, avoid constant grazing

Adequate protein

Lower fermentable load during flares

Maintain calories to prevent cortisol driven relapse patterns

Therapeutic emphasis

Protein each meal, 30 to 40 grams

Well cooked vegetables, easier digestion, less fermentation

Carbohydrates chosen strategically, often lower FODMAP temporarily if symptoms are severe

Healthy fats to maintain calories without feeding fermentation



THE
SOLINGER METHOD
by Root Health L.L.C.

Supplement Strategy, Done in Phases

SIBO responds best when approached in structured phases:

Phase 1, support digestion and motility

Phase 2, antimicrobial eradication, “kill phase”

Phase 3, gut lining repair, microbiome rebalancing, relapse prevention

You can combine phases depending on severity, but skipping Phase 1 is a common reason protocols fail.

Phase 1, Digestive and Motility Support

Digestive Enzymes, broad spectrum

Mechanism, reduces fermentable substrate by improving macronutrient breakdown

Adult dosing, 1 to 2 capsules with meals

Betaine HCl, when indicated

Mechanism, restores gastric sterilization, improves protein digestion, reduces upper GI bacterial survival

Adult dosing, individualized titration with protein meals

Ox Bile or bile support, when indicated

Mechanism, improves fat digestion and bile’s natural antimicrobial activity

Adult dosing, 125 to 500 mg with higher fat meals

Prokinetic support

Mechanism, strengthens migrating motor complex activity between meals, key for relapse prevention

Adult dosing, typically at bedtime, product dependent

Magnesium glycinate

Mechanism, supports motility, reduces constipation tendency, supports nervous system tone

Adult dosing, 400 to 600 mg daily

Vitamin D3 + K2



Adult dosing, 5,000 IU daily, adjust based on labs.
Mechanism, supports gut immune regulation, inflammatory balance

Phase 2, Antimicrobial Eradication Support

This is the section you wanted, the actual bacteria-killing agents, with mechanisms and therapeutic dosing.

Oil of Oregano, standardized softgels

Mechanism, carvacrol and thymol disrupt bacterial membranes, reduce pathogenic overgrowth, and lower gas producing fermentation
Adult dosing, 100 to 200 mg, two to three times daily with meals, typically used in cycles

Aged Garlic Extract

Mechanism, broad antimicrobial activity, supports immune modulation, often better tolerated than raw garlic
Adult dosing, 600 to 1,200 mg daily, divided

Allicin, high potency garlic extract

Mechanism, particularly helpful for methane patterns, strong antimicrobial effects without the same fermentable carbohydrate burden as whole garlic
Adult dosing, 450 to 900 mg daily, divided, commonly used 4 to 8 weeks depending on case

Berberine

Mechanism, broad antimicrobial activity, lowers endotoxin signaling, supports microbial balance, also supports metabolic terrain
Adult dosing, 500 mg, two to three times daily with meals

Neem

Mechanism, antimicrobial, anti inflammatory, supportive in mixed overgrowth patterns
Adult dosing, 300 to 600 mg, twice daily

Thyme extract

Mechanism, thymol supports antimicrobial activity and reduces gut fermentation patterns
Adult dosing, 200 to 500 mg daily, divided

Black seed oil, optional and pattern dependent



Mechanism, immunomodulatory, antimicrobial, reduces inflammatory signaling that perpetuates dysbiosis

Adult dosing, 1,000 to 2,000 mg daily, divided

Atrantil, most useful for methane and bloating patterns

Mechanism, reduces methane production and symptom burden, supports gut comfort during kill phase

Adult dosing, per product protocol, typically divided doses with meals

Antimicrobial cycling note

Most cases do best with 1 to 3 antimicrobials combined, then rotated rather than taking everything at once. The goal is effective pressure without unnecessary irritation.

Phase 3, Gut Repair and Relapse Prevention

Zinc carnosine

Mechanism, supports mucosal repair and barrier integrity

Adult dosing, 75 mg daily

L glutamine, when tolerated

Mechanism, fuels enterocytes and supports gut lining repair

Adult dosing, 5 to 10 grams daily

Saccharomyces boulardii

Mechanism, supports microbial balance, reduces inflammatory signaling, helpful during and after antimicrobials

Adult dosing, 5 to 10 billion CFU daily

Prokinetic continuation

Mechanism, relapse prevention is often won or lost here

Adult dosing, bedtime, often continued for a period after symptom control

Celery Juice Support for SIBO

Celery juice may support digestion and hydration status, and for some individuals it supports stomach acid signaling and bile flow.



THE
SOLINGER METHOD
by Root Health L.L.C.

Suggested use, 6 to 8 oz fresh celery juice daily, taken earlier in the day, away from meals. If celery worsens bloating in a specific person, it is not a moral failing, it is a data point.

Supplement Access

A complete supplement protocol for Adult SIBO is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Meal spacing supports migrating motor complex activity
Gentle movement after meals supports motility
Stress reduction directly improves gut motility through vagal tone support
Sleep is not optional, gut repair is sleep dependent

When to Dig Deeper

Breath testing when appropriate
Thyroid function, motility and thyroid are tightly linked
B12, iron, and micronutrient status
Consider contributing drivers, adhesions, medications, autonomic dysfunction, chronic infections
SIBO resolves when bacterial load is reduced and the underlying physiology is restored, not when antimicrobials are taken indefinitely.

If you say **Next**, we'll move straight into **Everyday Issues**, starting with **Common Cold**, built in the same protocol style, with therapeutic dosing and your Fullscript access insert.

You didn't add any of the bacteria killing supplements like Oil of oregano, aged garlic, etc.

You're right, the toggle you asked for is the **true eradication, bacteria-killing supplement list**, and it needs to be explicitly spelled out, with **therapeutic adult dosing and mechanisms**.

Here is the **SIBO antimicrobial kill-phase section** you can paste directly into your SIBO handout under "Targeted Supplement Support" or "Eradication Phase."



THE
SOLINGER METHOD

by Root Health L.L.C.

Antimicrobial Eradication Support

Therapeutic Adult Dosing

Oil of Oregano

Mechanism, carvacrol and thymol disrupt bacterial cell membranes, reduce bacterial adhesion and biofilm activity, lower fermentation, and gas production.

Adult dosing, 100 to 200 mg, two to three times daily with meals, commonly used 4 to 8 weeks, often cycled

Aged Garlic Extract

Mechanism, broad antimicrobial and immune modulating activity, supports reduction of overgrowth while often being better tolerated than raw garlic in sensitive guts.

Adult dosing, 600 to 1,200 mg daily, divided

Allicin, high potency garlic extract

Mechanism, strong antimicrobial activity, especially helpful in methane dominant patterns, supports reduction of gas producing organisms without the same fermentable load as whole garlic.

Adult dosing, 450 to 900 mg daily, divided, commonly 4 to 8 weeks

Berberine

Mechanism, broad spectrum antimicrobial, reduces endotoxin signaling, supports microbiome modulation, also supports metabolic terrain that worsens recurrence risk.

Adult dosing, 500 mg, two to three times daily with meals

Neem

Mechanism, antimicrobial and anti inflammatory, useful for mixed bacterial patterns and gut immune dysregulation.

Adult dosing, 300 to 600 mg, twice daily with meals

Thyme Extract

Mechanism, thymol supports antimicrobial activity and reduces fermentation driven bloating.

Adult dosing, 200 to 500 mg daily, divided

Black Seed Oil, optional but often helpful



THE
SOLINGER METHOD
by Root Health L.L.C.

Mechanism, antimicrobial and immunomodulatory, reduces inflammatory signaling that perpetuates dysbiosis and reactivity.

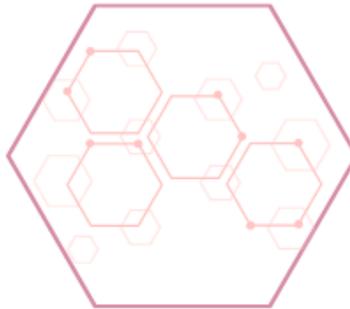
Adult dosing, 1,000 to 2,000 mg daily, divided

Atrantil, most helpful for methane and severe bloating patterns

Mechanism, reduces methane production and symptom burden, often used alongside antimicrobials and motility support.

Adult dosing, per product protocol, divided with meals

Most cases do best using **two to three antimicrobials together**, in a rotation rather than stacking everything at once. The goal is effective pressure without unnecessary irritation.



THE SOLINGER METHOD

by Root Health L.L.C.