

SIBO BREATH

PROCESS OVERVIEW



OUR RECOMMENDATIONS



Your bespoke supplement package



The Healthpath plate



The Healthpath fundamentals of health programme



Sleep



Activity



Stress



Diet

SIBO BREATH

TEST REPORT

Thank you for taking the SIBO Breath Test. We're delighted to provide your personalised report.

The report is divided into three sections:



Scientific overview

The first section of this report introduces you to the basic science behind breath testing.



Your results

This section shows your results, along with guidance on how to interpret them.



Recommendations

The third and final section contains your personalised supplement and lifestyle recommendations, along with some tips for the future.

I. SCIENTIFIC OVERVIEW

Breath testing works by measuring the gases produced in the intestines. These gases make their way into blood circulation, and are then breathed out through the lungs.

There are four main sources of intestinal gas:



Swallowed air and/or air mixed with food



Gas formed by chemical reactions in the gut



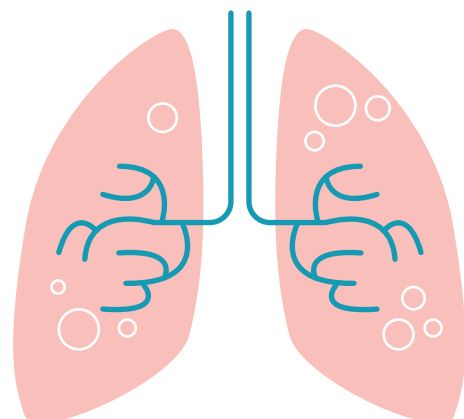
Diffusion of gases from the bloodstream



Gas formed by metabolism of gut bacteria

It's normal to have around 100 ml of intestinal gas (ranging from 30ml to 200 ml). This tends to be a mixture of hydrogen (H₂), carbon dioxide (CO₂) and methane (CH₄), with smaller amounts of oxygen (O₂), nitrogen (N₂), hydrogen sulfide (H₂S) and ammonia (NH₃).

Hydrogen and methane are only produced by gut bacteria when they ferment sugar. This is the principle behind clinical breath testing: if either hydrogen and/or methane are detected, this proves that the bacteria has come into contact with gut bacteria.



II. YOUR RESULTS

POSITIVE

NEGATIVE

Hydrogen SIBO

Methane SIBO

A rise in hydrogen of greater than or equal to 20 p.p.m. by 90 minutes during lactulose breath testing for SIBO is considered positive.

A methane level of greater than or equal to 10 p.p.m. is considered methane positive.

The most recent guidelines for interpreting SIBO Breath Test results come from 'The North American Consensus'.

III. RECOMMENDATIONS

Based on your results, we recommend the following:

- ✓ Follow the modified Healthpath plate for a maximum of 8 weeks. This encourages a way of eating that's based on whole, natural and soothing foods. What's more, many of the foods are naturally fermented by bacteria.

Take the following supplements:

PRODUCT NAME	DOSE	HOW TO TAKE	DURATION
Saccharomyces Boulardii by Seeking Health	2 capsules	Take whenever is most convenient.	6-8 weeks
Culturelle	2 capsules	Take 1 with breakfast and 1 with dinner.	6-8 weeks
Pro Digestion Intensive by Seeking Health	6 capsules	Take 2 with each meal.	6-8 weeks

After 6-8 weeks, move on to the following supplement:

PRODUCT NAME	DOSE	HOW TO TAKE	DURATION
Saccharomyces Boulardii by Seeking Health	2 capsules	Take whenever is most convenient.	6-8 weeks



You can buy these supplements separately, or they can also be found in the **Healthpath SIBO Stop: Diarrhoea supplement bundle**.

✓ After treatment:

It's important that you don't stay on an elimination diet for long periods of time. After a maximum of 8 weeks on the modified Healthpath plate, switch to the Healthpath plate. It's also not advisable to stay on high dose antimicrobials (such as oregano oil and nolis) for long periods of time.

It's important to re-test for SIBO because, in our experience, sometimes you can be successful in getting rid of the bacterial overgrowth but still have symptoms. In this case, it's best to investigate further. If the re-test is still positive, a change of strategy may be recommended. Alternatively, if gas production has come down a lot but is still positive, it may just be that more time is needed.

If you continue to struggle with your symptoms after your treatment period, we suggest getting some 1-2-1 support.



Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition, please consult your doctor before following these recommendations.

