

APRIL 2022 | ISSUE 3

Natural Med Doc Newsletter

**\$150 in Prizes
in This Issue!**



NATURAL MED DOC

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Our Membership Site is Live!

Here's how to access it



Check your **inbox** and log in via the **email** we sent you. If you don't receive your email make sure to check your spam folder. Upon logging in you will immediately receive **\$10 NMD bucks!**

How to Win NMD BUCKS

NMD bucks are store credit you can win to utilize toward supplements, swag, peptides, and more located in our membership site.

Every two months we release a new newsletter much like today. The newsletter is designed to educate you on the newest trendy health topics. It can be anything from detox, thyroid, fertility, peptides, and more.

Click to Login



2



Dashboard Store

Once you're in, click on the dashboard section.

3

On your left-hand side, you're going to see **two onboarding videos** that will show you how to get the most for our membership website!

At the start of each newsletter, there will be a challenge for you to complete with a provided set of instructions giving you an opportunity to win NMD bucks. So make sure you read it, get engaged, post in the Facebook group, and submit the newsletter challenge!

Onboarding Videos

Learn how to get the most for our membership website by watching the following videos.

Watch Quick 3 Min Tutorial:



Win Cash Prizes! Learn How!



NMD Challenge

Happy Gut Shake!

Make your gut feel extra special and happy by shaking up some of your favorite fruits and veggies.

Join us as we shed light on gut health and a SIBO-friendly diet this month!

The challenge: Share your favorite fruit and veggie shake on Facebook.

Be sure to include photos of you enjoying your favorite happy gut shake, and use the hashtag **#NMDSIBOChallenge** when you post it.

Three winners will be selected randomly and will be announced in our Facebook group on **April 30th, 2022**.

The prize up for grabs is \$50 NMD bucks!



HOW TO JOIN!

Think of your favorite fruit and veggie shake

It can be anything from strawberries and kale, blueberries and spinach, to carrot and ginger.

Take a shake selfie

Take a picture of you enjoying your favorite happy gut shake.

Share it on Facebook

Post it on your Facebook account and use the hashtag #NMDSIBOChallenge. Be sure to make the post "Public."

Look out for the winners announcement

Three winners will be selected randomly and will be announced in our Facebook group on April 30th, 2022.

**CLICK
HERE TO
JOIN OUR
FACEBOOK
GROUP**



Dr. Nallely Ibarra



Dr. Ibarra is a naturopathic physician. She received her medical degree from Southwest College of Naturopathic Medicine and B.S. in Human Nutrition from Arizona State University. She has experience with both conventional and naturopathic medicine.

Before we fully delve into this month's topic, let me preface that SIBO is not treated by every doctor. This is because SIBO is still an emerging diagnosis in the conventional arena.

In fact, to my surprise, after discussing SIBO with one of my osteopathic medical doctor colleagues, I came to find out this was not a condition taught at her medical school. To this day I am shocked that other medical schools are omitting research documented conditions from their criteria!

While this condition is taught to naturopathic medical students, it is best treated by a physician that has extensive knowledge on this topic, as SIBO is often stubborn to treat and can even become chronic. Fortunately, throughout the treatment process, there are many therapies that can provide symptom relief.

Although I learned about this condition throughout my medical school training, I began to dive deep into this subject after my own SIBO diagnosis in the beginning of 2020.

My symptoms first started in 2018, but initially, I didn't think much of it, since my symptoms were mild, just a bit of left lower abdominal pain that would come and go. Then I began to experience a sensation of air "stuck in my chest" only relieved by belching, also high amounts of anxiety, which had never before been a characteristic of my personality.

Although the anxiety began to consume my life, I did not connect it to my GI tract since all other symptoms were mild. I began natural therapies I knew improved anxiety, such as GABA, magnesium, and prayer which provided relief.

Over time, I developed intense abdominal pain, extreme bloating after meals, and acne on my forehead. To make things worse, I began having alternating episodes of loose stools and uncomfortable constipation.

This is when I knew there was something else going on and became highly suspicious of SIBO!

After evaluation of my symptoms, together with my physician, we decided to run both a SIBO breath test and a stool analysis. I was determined to find the cause of my symptoms.

My results came back positive for hydrogen dominant with high methane SIBO.

As I talk about treatment, I will also share my personal experience with it. SIBO is stubborn and usually requires multiple rounds of treatment to be cleared.

As I write, I just learned that I have cleared SIBO after completing my second round of treatment (and 3 SIBO breath tests)! I couldn't feel happier! On that note, I would be happy to share with you all the knowledge as well as the treatment that I learned as I went through this journey before.

What is SIBO?

Small Intestinal Bacterial Overgrowth (SIBO) is exactly what is in the name, overgrowth of bacteria in the small intestine, where most of our digestion and nutrient absorption is happening. While it is a normal and a necessary occurrence to have bacteria in our large intestine, it is not normal to have large amounts of bacteria in the small intestine.

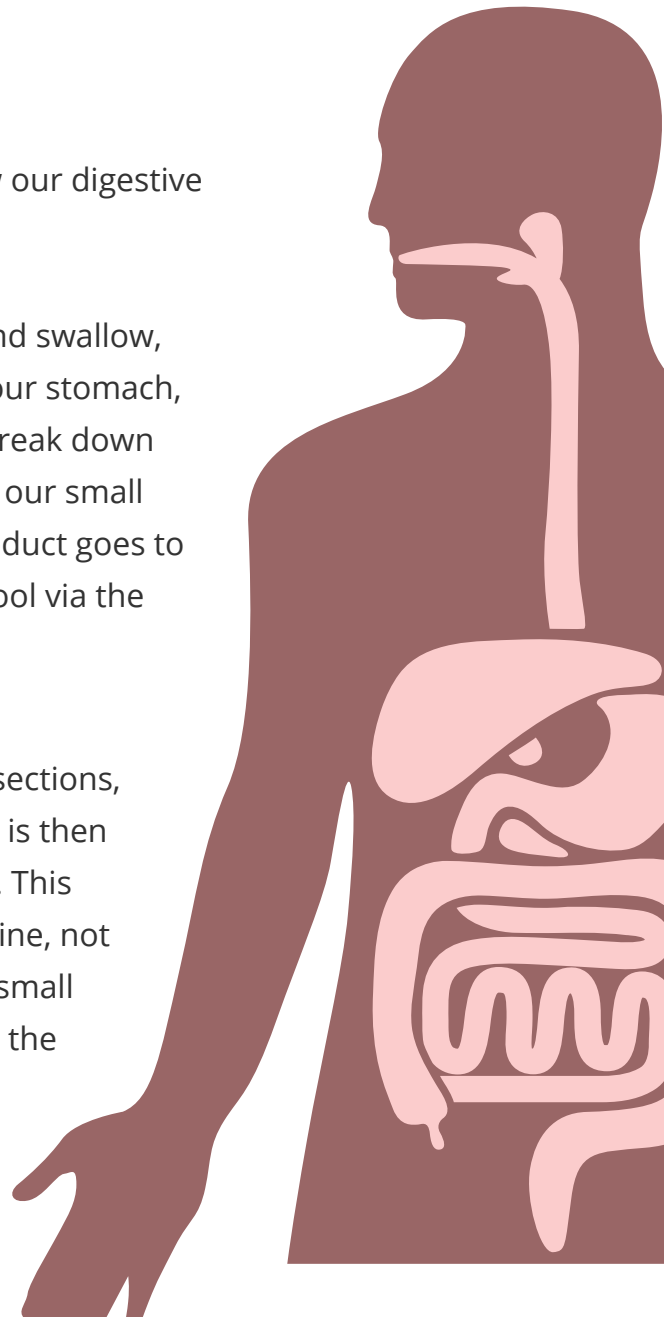
Common SIBO symptoms include excessive gas and bloating, frequent belching, indigestion, diarrhea or constipation, acid reflux, and anxiety.

How Digestion Works

To help you understand this better let me explain how our digestive system works.

Digestion begins in our mouth, as we begin to chew and swallow, our food then goes down through our esophagus, to our stomach, where stomach acid and digestive enzymes begin to break down our food. As our food is being broken down it reaches our small intestine for nutrient absorption. Lastly, our waste product goes to our large intestine to then be excreted through our stool via the rectum.

Furthermore, our small intestine is divided into three sections, the duodenum, the jejunum, and the ileum. The ileum is then connected to the large intestine via the ileocecal valve. This valve should only allow food to go into the large intestine, not the other way around. When the valve opens into the small intestine, this allows for bacteria to be introduced into the small intestine, thus allowing for bacterial overgrowth.



The Gut Microbiome

Now, did you know that our digestive tract houses TRILLIONS of bacteria often referred to as the gut flora or microbiome?! A healthy microbiome is important for the regulation of the immune system, digestion, nutrient absorption, and vitamin production.

A certain amount of bacteria should be present in each section of our digestive tract for optimal health. Here is a breakdown of the number of bacteria by colony-forming units per milliliter of a healthy digestive tract (1).

- Duodenum: 0 cfu/ml (small intestine)
- Jejunum: 100 cfu/ml (small intestine)
- Ileum-ileocecal valve: 1000-10,000 cfu/ml (small intestine)
- Colon: 100,000,000,000 cfu/ml (large intestine)

As you can see, there should only be very small amounts of bacteria in the small intestine in comparison to the large intestine.

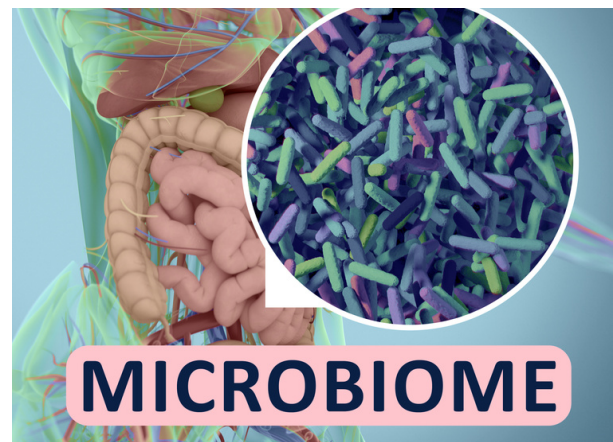
Therefore, SIBO can be diagnosed when there is bacteria greater than or equal to 10,000 cfu/ml in the small intestine.

Why is a little bacteria in the wrong location such a huge deal?

Well.. because these bacteria ferment carbohydrates and fibers into gases that can damage the small intestine and cause symptoms of malabsorption, gas, bloating, belching, abdominal discomfort, etc.

There are three different types of gases this fermentation process can release depending on the bacteria that are present, hydrogen gas, methane gas, and hydrogen sulfide gas. These gases can lead to an array of symptoms ranging from mild to severe intensity.

Allow me to share with you The SIBO Success Plan course that I used <https://www.thesibodoctor.com/sibo-success-plan/>





Signs and Symptoms

SIBO symptoms can range from mild to severe and not all symptoms may be present at once.

In addition to causing unwanted symptoms, SIBO can also lead to malabsorption which over time can lead to deficiencies of iron and B12, often resulting in anemias.

Yes, SIBO can significantly interfere with daily life and unfortunately is often overlooked by medical providers.

If you are diagnosed with IBS or are currently thinking “hmm.. This sounds a lot like me.” Take a look at the list of SIBO symptoms I have listed below to see how many you currently have.

Common Symptoms (1):

- Bloating
- abdominal distention

- constipation or diarrhea (or a mixture of them),
- abdominal pain
- excessive belching and/or flatulence

Additional signs and symptoms (2):

- Anxiety
- Abdominal pain
- Brain fog
- Acid reflux
- Nausea
- Dyspepsia
- Fatigue
- Gut permeability
- Depression
- Joint pain
- Weight loss
- Nasal mucus
- Skin rashes
- Sneezing or asthma after eating
- Steatorrhea (fatty stools)
- Acne rosacea
- Restless leg syndrome
- Fibromyalgia
- Chronic prostatitis

SIBO can also cause microvilli damage (or damage to the lining of the intestine) which can lead to gut or intestinal permeability. Intestinal permeability refers to the loosening of the tight junctions in the intestinal wall allowing food to pass through the intestine lining, ultimately leading to food sensitivities, histamine intolerance, and damage to brush border enzymes of the small intestine.

This damage can cause many unwanted symptoms, such as GI upset, headaches, joint pain, brain fog, allergies, weight gain, and many others.

Histamine intolerance on the other hand refers to reactions to histamine-containing foods such as fermented food like kimchi and sauerkraut.

Lastly, brush border enzymes are substances released by certain organs such as the stomach, pancreas, gallbladder, and small intestine, which aid in the digestion of food.

For example, in SIBO there can also be bile acid destruction. Bile acids are released by the gallbladder to help digest fat and get it absorbed. This can lead to malabsorption of fat-soluble vitamins such as A, E, D, K, and essential fatty acids. Other nutrient malabsorption includes vitamin B12, magnesium, and iron. Malabsorption creates deficiencies in nutrients our body needs for optimal living. These deficiencies can impact energy, cognition, muscle relaxation, and immune function.



Types of SIBO

There are 3 main types of SIBO each characterized by which gas is dominantly produced, and the resulting unique symptom picture.



Methane

- Constipation
- Nausea
- Belching



Hydrogen

- Diarrhea
- Abdominal cramping
- Fibromyalgia



Hydrogen Sulfide

- Diarrhea or constipation
- Foul gas
- Bladder and joint pain

The current SIBO breath test can only detect methane and hydrogen gas SIBO. Current technology can not detect Hydrogen sulfide, and therefore the diagnosis can only be made by assumption based on symptoms and if the SIBO breath test results are essentially flatlined. On the other hand, it is also possible to have elevated numbers of both methane and hydrogen gas, in which case the diagnosis would be either "hydrogen dominant SIBO" or "methane dominant SIBO."

What Causes SIBO?

Although SIBO is still under research, it is currently associated with several possible causes and risk factors, including but not limited to (3):

1. Food poisoning
2. Ileocecal valve dysfunction (4)
3. Hypothyroidism (5)
4. Intestinal obstruction (due to a tumor, chronic constipation)
5. Autoimmunity (Crohn's, Celiac Disease, Scleroderma)
6. Diabetes
7. Complications of abdominal surgery (like an appendectomy)
8. Ehlers-Danlos Syndrome
9. Organ dysfunction
10. Recurrent antibiotic use



Many of the factors listed above have one thing in common, they impair gut motility (6). This means the proper flow of food from the mouth to the anus is disrupted.

This flow is primarily disrupted in two ways, through structural changes (such as a tumor compressing the intestines) blocking digestion, and by damaging the part of the nervous system (the migrating motor complex (MMC)) that controls this movement through our intestines.

The job of the MMC is to cleanse the intestines every 90 minutes between meals, to stimulate digestion and move food along the digestion tract. When this is compromised food and bacteria can begin to build up in the digestive tract causing bacteria to grow in locations that should not be resulting in SIBO.

This being said, it is important to understand that the underlying cause is not always able to be determined.



How is SIBO treated?

When it comes to SIBO there are 3 main treatment options that are used to kill the microorganisms: antibiotics, herbal antimicrobials, and the elemental diet.

Each option does come with its individual set of pros and cons which will be discussed. Often a mixture of these treatments is prescribed to obtain the best results.

SIBO can be difficult and stubborn to treat. For optimal results, I always recommend working together with your naturopathic physician to develop an individualized streamline protocol. SIBO can be overwhelming and difficult to take on without physician guidance.

It's important to keep in mind that regardless of which treatment option you choose, you may experience "die-off" symptoms. Die-off symptoms are symptoms that can arise with the killing off of the pathogenic bacteria. So ultimately, if this occurs although it may feel bad, it is actually a good sign.

Antibiotics

First, let's talk about the antibiotics option. Different antibiotics are used to treat each type of SIBO.

Rifaximin (Xifaxan)

The antibiotic that is most commonly prescribed for the treatment of SIBO is Rifaximin (Xifaxan), especially when hydrogen is the only gas elevated.

Xifaxan does not behave like a typical antibiotic. It acts primarily on the small intestine and is not absorbed systemically, into the rest of the body (7).

Xifaxan has abiotic effects, meaning it helps increase beneficial bacteria like Lactobacilli and Bifidous in the large intestine (where it is supposed to be!). Therefore, unlike other antibiotics, it is not harming your healthy gut flora.

Due to providing an abiotic effect, it does not cause yeast or fungal (otherwise known as candida) overgrowth like many other antibiotics. Frequently, conventional antibiotics will kill off the healthy gut flora, leaving room for opportunistic yeast or fungus to overgrow, causing unwanted symptoms.

It is also anti-inflammatory through the NF-Kappa pathway, as it is self-perpetuating (end products turn it back on), and it is non-toxic!

Xifaxan has many pros but comes with one major drawback.. Oftentimes insurance companies will not cover the cost of the prescription and out-of-pocket cost to the patient in the United States can run close to \$2,000 for two weeks.

I personally find this outrageous! To get around this high price, my physician provided a wonderful resource to be able to offer this excellent treatment option to my patients.

Mark's Marine Pharmacy, in Vancouver, Canada will import medications to provide them at lower costs to patients. Through Mark's Marine Pharmacy, the cost for a two-week treatment (imported from India) is approximately \$75.

If you or someone you know has been struggling to get your hands on this medication, ask your physician to order from this pharmacy to make treatment more affordable!

Neomycin

In the case where both methane and hydrogen gasses are elevated, a second antibiotic (in addition to Rifaximin) called Neomycin is used. This antibiotic is typically dosed at 500mg tablet twice daily for fourteen days.

Similar to Xifaxan, Neomycin is not absorbed systemically in the body but does act in both the small and large intestine, which unfortunately can kill off beneficial bacteria.

The most common side effects of Neomycin include diarrhea, nausea, and drowsiness. Although rare, this antibiotic can cause ototoxicity. Therefore, if you notice ringing in your ear, notify your doctor immediately.

Thankfully, Neomycin is covered by most insurance plans and has a low out-of-pocket cost generally running lower than \$10 per treatment.

Metronidazole/Flagyl

Metronidazole/Flagyl is the antibiotic used when only methane gas is elevated and in cases when a patient has an adverse reaction to Neomycin. Similar to Neomycin, Metronidazole

also behaves like a typical antibiotic acting on both the small and large intestines which can kill off beneficial bacteria.

Common side effects include nausea, vomiting, dizziness, headache, and a metallic taste in the mouth. Unfortunately, prolonged use of this Metronidazole can cause candida overgrowth leading to yeast infections of the vaginal canal and mouth (aka thrush).

Metronidazole is generally covered by insurance, and has a low out-of-pocket cost, usually running under \$10 per treatment.

With this treatment option, there are recommended additional supplements that help with the eradication of SIBO in combination with Rifaximin. You can find these additional supplements in the last section of treatments.

For my initial treatment, I was prescribed Rifaximin and Neomycin to address elevated hydrogen and methane gases on my SIBO breath test. After the first dose, I began to experience extreme nausea, severe

bloating, and felt generally unwell.

Although these symptoms may have been “die-off” symptoms, I decided to try another style of treatment (I will discuss this treatment later in this article), which I quickly decided was not the best option for me.

After speaking with my physician (Yes, even physicians see physicians for an unbiased approach), we decided to discontinue all treatment and reintroduce each medication and supplement (from the original treatment) one at a time in order to determine which substance aggravated my symptoms.

Thankfully, the symptoms were not reproduced, which allowed me to continue treatment as initially prescribed.

The first round of Xifaxan provided much improvement but unfortunately, not complete bacterial eradication. I was not about to give up and decided to move forward with the second round of Xifaxan. This time I added herbal antimicrobials for extra support in killing the microorganisms!



Herbal Antimicrobials

SIBO may also be treated with a variety of herbal antimicrobial therapies, alone or in combination with antibiotics and other SIBO treatments.

By research standards, SIBO is still a relatively new condition requiring more studies for optimal understanding. This being said it is not a surprise that there are very few research studies on the efficacy of herbal therapy for the treatment of SIBO specifically (8).

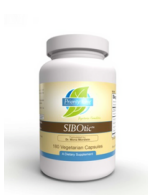
However, there are numerous studies showing the strong antimicrobial properties of many medicinal herbs, which are commonly used to treat SIBO.

A few antimicrobial herbs that are commonly used to treat SIBO include:

Berberine containing herbs (9), Neem (ayurvedic), oregano oil (better tolerated in capsules), Allicin (garlic extract)- (garlic is a fermentable food that can trigger bloating thus this is a better option), and Allimed (for methane SIBO).

When treating SIBO with antimicrobial herbs, don't be surprised if your provider recommends a combination of 2-3 herbs or creates an individualized tincture formulation based on which gases are elevated (10).

I personally utilized both antibiotic therapy in combination with antimicrobial herbal supplementation. Although these supplements can have a strong taste and smell, the treatment was successful and I am SIBO free in just under 2 months of treatment. I personally used SIBOiotic by and Neem Plus and frequently recommend these products to patients.



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Elemental Diet

The elemental diet is another commonly recommended treatment for SIBO. Despite the name, the elemental diet is actually a rigorous supplementation protocol rather than a diet plan.

The Elemental Diet is a medical food powder that contains a blend of macronutrients fortified with vitamins, minerals, and electrolytes which is typically taken for consecutive 14 days. It is an elemental powder meaning that it is in a "pre-digested" form, to provide ease of digestion and absorption in the GI system (11).

This treatment option tends to significantly lower gas due to its quick absorbance high in the gut, which prevents the bacteria from fermenting it lower in the gut.

Depending on the Elemental Diet formula the powder may contain simple carbohydrates. The Elemental Diet is an intensely strict protocol as the powder is the only thing the patient is allowed to ingest (besides plain water) for two weeks. Nothing else!

Diet for SIBO

It is important to understand that there is no one right diet and that each diet can be customized to the patients' needs. Because bacteria mostly feed on carbohydrates the recommended diets are low in carbohydrates and are designed to starve the bacteria but feed the person.

I have listed other SIBO-friendly below:

- Specific Carbohydrate Diet
 - A grain-free diet, low in sugar and lactose.
- Low FODMAP:
 - A diet low in Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols
- SIBO Specific Diet
 - A combination of a Specific Carbohydrate Diet and a Low FODMAP diet was developed by Dr. Allison Siebecker.
 - More restrictive diet
- SIBO Bi-phasic diet
 - A variation of the SIBO Specific diet developed by Dr. Nirala Jacob

Each diet has a great amount of detail and variation.

You can find great resources on SIBO friendly diets on SIBO specialist, Dr. Allison Siebecker's website! <https://www.siboinfo.com/diet.html> and also on SIBO expert, Dr. Nirala Jacobi's website!

<https://www.thesibodoctor.com/sibo-bi-phasic-diet-free-downloads/>



Supporting Supplements

Lastly, I want to review treatments that can further enhance the efficacy of the therapies listed above.



NMD Speciality Labs

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IBS is the number one gastrointestinal complaint in the world. Emerging studies show that about 60-80% of all IBS is actually due to Small Intestinal Bacterial Overgrowth (SIBO).

Common symptoms seen associated with SIBO include: bloating, abdominal distention, constipation or diarrhea, abdominal pain, excessive belching, and/or flatulence.

If you commonly experience the symptoms listed above, and/ or you have been diagnosed with a condition associated with SIBO, ask your Natural Med Doc Provider about running a SIBO breath test.



[CLICK HERE TO PURCHASE](#)

SIBOtic is a unique formulation by Dr. Mona Morstein that contains a comprehensive, therapeutically dosed collection of SIBO-cidal ingredients in one product.

Retesting SIBO After Treatment

For proper assessment, it is important to retest SIBO within 5-10 days after completing treatment, regardless of the treatment option that was chosen.

Re-testing allows us to assess the efficacy of treatment and whether further treatment is necessary. We don't want to waste time and allow for rebound bacterial overgrowth if SIBO was not fully eradicated on the first treatment.

Please remember that for any case of SIBO multiple treatments are often necessary for full eradication. Therefore, this is especially important with complicated cases to ensure progress in treatment.

SIBO is Gone, Now

What?

Eradicating SIBO can be complicated. Most patients will require more than one round of treatment to kill off the bacteria.

However, once a SIBO test has come back negative, it is imperative to now heal the GI tract.

First, you must initiate treatment to promote gut motility to prevent relapse, as bacteria can begin to repopulate in your small intestine two weeks after completing treatment. Often decreased motility is at the root of SIBO.

We must stimulate the migrating motor complex (MMC), a neuro-operated wave that sweeps through your intestines every 90-120 minutes to move along food and residual debris. Essentially, the MMC cleans the intestines.

So, how do we stimulate the MMC?

We do so by using Prokinetics. I typically recommend taking Prokinetics for a minimum of 6 months or more!

Side note: prokinetics should always be

taken away from food.

Second, it is essential to begin treatment to restore your intestinal lining.

Our intestinal lining is a single cell layer. It acts as a barrier. This barrier is commonly compromised in gut conditions like intestinal permeability, irritable bowel disease, and irritable bowel syndrome. Therefore, I frequently use herbal demulcents like *Althea Officinalis*, slippery elm, and the amino acid L-glutamine to restore intestinal lining.

Third, don't forget that diet and lifestyle must be sustainably changed to ensure SIBO does not return!

While diet alone does not cure SIBO, it certainly helps with symptom management during or after treating SIBO. Different diets can be used, most commonly the Low FODMAP and Specific Carbohydrate Diet, or both. In addition, stress management is another crucial component of gut health.

To review the treatments I most commonly recommend when treating SIBO [click here](#).

Get Your Life Back

Gastrointestinal issues are far too common and can really disrupt the quality of life. In fact, GI-related concerns are some of the most commonly reported and treated in my practice.

Daily, patients tell me disheartening stories of how they have spent endless hours, dollars, and energy trying to solve the GI dysfunction, with no success.

Even after having extensive lab work and imaging run all results return normal. Provider after provider fails to find a definitive diagnosis leaving them with a diagnosis of exclusion... IBS, or worse being told, "it's all in your head".

The worst part of all this is that all these patients were led down a dead-end road, with no cure. They are frequently told there is nothing left to do.

I feel fortunate to be in the naturopathic field. I can't imagine where my health would be if I didn't know about SIBO and my GI concerns went untreated.

I know it can be discouraging, but there is hope! If you are thinking "wow, this sounds like me" or maybe someone you know, don't wait! It's time to make a change. Work together with your local naturopathic physician, or come into Natural Med Doc for a comprehensive health assessment and development of an individualized treatment plan.

You don't have to live with terrible GI issues! Take action and change your life today! Here at Natural Med Doc, we are happy to help you live your best life!



Get Tested Now!

The easiest and most cost-effective way to diagnose SIBO is through a 3-hour breath test (6). This test does require the patient to take certain steps to prepare for the test, but overall it is quick and painless.

1

Abstain from strenuous exercise for twenty-four hours prior to testing.

2

Eat a restricted diet for the first twelve hours of that twenty four hour period. During the period only eat eggs, white bread, white rice, baked fish, chicken, or beef without seasoning. No other foods are allowed! This is probably the hardest part in preparation for the test.

3

Fast for the remaining twelve hours. Only water is allowed.

4

Wake up at least one hour before initiating the breath test.

Unfortunately, this test is not covered by insurance, as it is considered a specialty laboratory test. Don't fret! The price is by no means outrageous generally ranging between \$200-\$375.

And take it from me, it's worth every penny if you are battling SIBO.

5

Abstain from strenuous exercise for twenty four hours prior to testing.

6

Once the baseline tube is obtained, drink a lactulose solution mixed in 8 oz of water. This lactulose solution is included in the SIBO breath test kit.

7

Every 20 minutes thereafter for the next 180 minutes blow into a separate tube for two seconds. Be sure to document the time.

8

Send or take in the test for processing.

LIFE-CHANGING STORIES WORTH TELLING

Could you describe one of your biggest struggles with SIBO?

My biggest struggle with SIBO has been diagnosis. I believe I was struggling with SIBO for at least 5 years before diagnosis. Without a diagnosis for proper treatment, SIBO can control your social, professional, and personal life. Unfortunately without a diagnosis, you begin to believe that your symptoms are "normal" and you start to alter your life around your symptoms rather than addressing them.



What were some challenges and frustrations you faced while trying to find treatment?

Unawareness about SIBO in the medical community was extremely frustrating. Over the last 5 years, I have probably seen about 10 different doctors, all of whom had no solutions for me/my issues. I was going into MD after MD and they would run one test, and then conclude that there was "nothing wrong with me." While still dealing with your symptoms it is hard to hear a doctor tell you that you are fine.

What pushed you to keep searching for a viable treatment?"

At the end of the day, I knew I was not fine. You know your body the best over anyone else regardless of educational status. If you feel off, you are off. I got to a point where I did not trust the majority of the MDs I was visiting anymore. They didn't take my case and they didn't want to investigate the root cause of my symptoms. I needed a doctor who would look into the details for me, and work with me - because I knew my issues were not simple. Silent illness is stubborn, but at the end of the day, you do not need to just accept your symptoms.

How did you find out about Natural Med Doc?

My medical issues were across multiple systems (GI, skin/hair, endocrine, gynecologic, etc.) but I had heard or had figured, that the gut is the cause and solution to most problems. I knew that standard MDs were not willing to treat me as I needed to be treated. So I did research to find highly rated NMDs with experience in GI issues. I landed on Dr Ibarra and liked how she had experienced herself with SIBO. I made my first appointment and was so glad I did.

How did you feel after your first consult? Was your experience with NMD different from other consults you've had?

After my first consult, I knew that I was on the right track. Dr. Ibarra took my ENTIRE medical history across all avenues (not focused just on GI). When my results were in, instead of writing them off as fine, she

discussed each result line by line with me and how some results in conjunction with others (ratios of hormones for example) could be improved. This was a level of attention I had never experienced before. After getting acquainted with Dr. Ibarra, I felt like there was an open door for communication where I could discuss my symptoms and not be minimized. Instead, be empowered to tackle my health.

How different is your life now?

Before going to Dr. Ibarra, I was exhausted, anxious, and uncomfortable. Unfortunately, I had basically accepted that for quite some time. It is incredible that with just a few



"Investing in a NMD is not something you do right away, it is a step you take after you had exhausted all the other options that are more common/accepted by society."

small adjustments in my life I am able to get proper sleep, feel energized to exercise, not have my GI symptoms control my life, and have a positive outlook on improving my health even more in the future.

How did you manage to stay hopeful and optimistic despite all the let-downs?

I wouldn't say I stayed hopeful and optimistic, but I would say I got to a point where I thought "this cannot be so, this cannot be my life." I guess that is hitting rock bottom? It didn't make sense for a young adult who takes care of herself to be so sick. I got to a point where the let-downs by previous doctors weren't letdowns, I started to see them as steps I had to take to get to this point in the first place. I think investing in an NMD is not something you do right away, it is a step you take after you had exhausted all the other options that are more common/accepted by society. So in a way, my stubborn nature and my ability to take a step back and try a different approach got me to where I am today in my health journey.



Do you have any advice for people going through SIBO?

This is a marathon, not a sprint. Don't just take the antibiotics and think that you are done with this. Pay attention to the way your body feels, and think about why did you get SIBO in the first place? Think about your health in the past, and really focus on that root cause (sometimes there is more than one). Share all of this information with your doctor, because it matters. Make sure to eat right, sleep tight, exercise, and don't stress. Life is way too short to accept poor health. Take the necessary measures your own body needs to feel the way you deserve to feel.



We have officially opened our very own IV suite allowing us to provide you with nutrient infusions, and glutathione inhalations. We have a wonderful variety available, be sure to check out our nutrient infusion Menu!

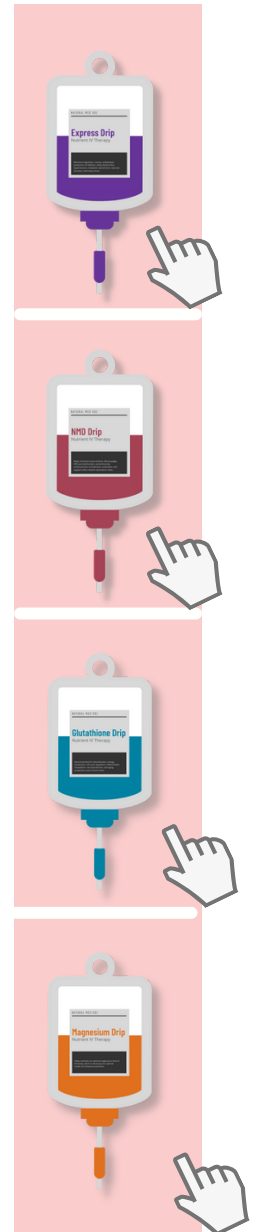
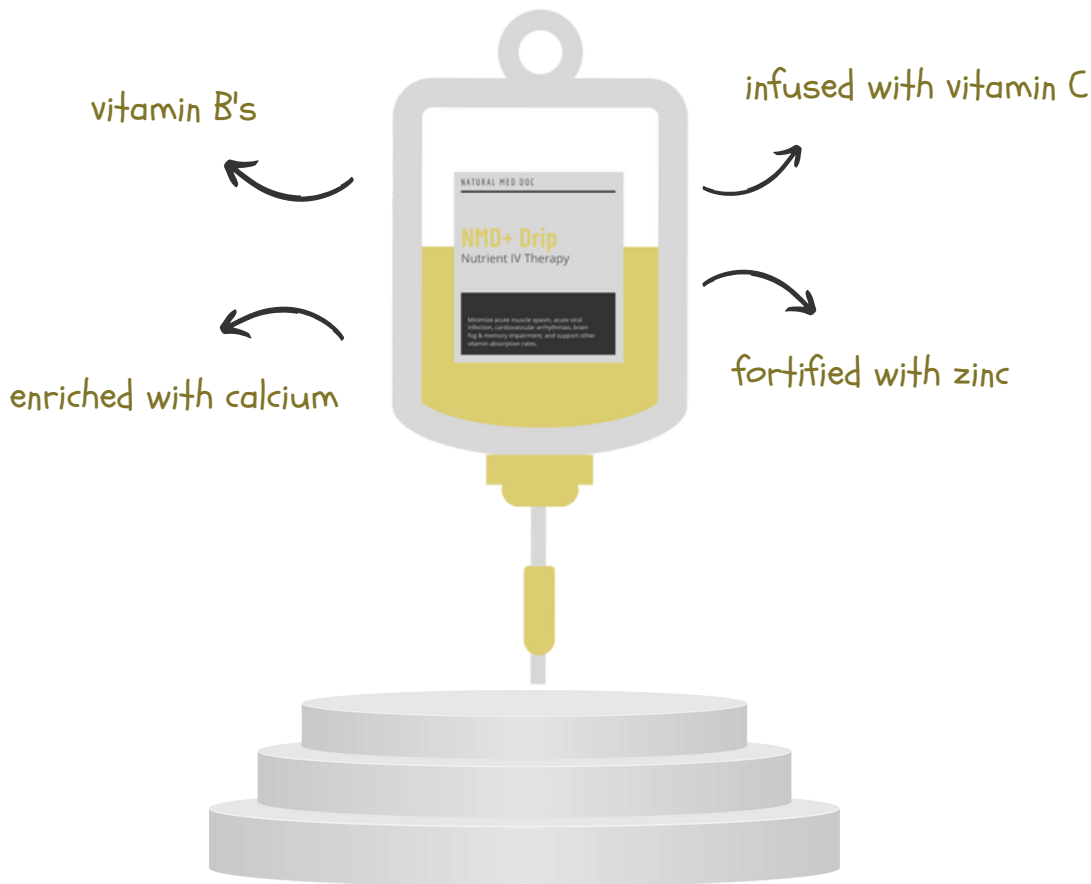
Nutrient infusion allows the body to utilize the full dose more quickly and efficiently, skipping absorption barriers and detoxifying organs that typically interfere with absorption and utilization.

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DON'T MISS OUT!

CLICK TO BOOK YOUR FIRST INFUSION NOW!



Nutrient IV therapy has been shown to provide a wide variety of health benefits, including but not limited to the following benefits:

- Athletic Recovery
- Immune Function
- Fatigue
- Allergies
- Hydration
- Detoxification
- Anti-Aging
- Acute/ Chronic infection
- Asthma
- Nutrient Deficiencies
- Cardiovascular Disease
- Muscle spasms
- Fibromyalgia
- Hypertension
- Migraines
- Post Traumatic Brain Injury
- Cognitive Decline

New Doctor Alert!



We are excited to announce that we added a physician to our team. Be sure to welcome Dr. Roxanna Garcia to the team next time you are in!

We luckily were able to convince her to leave her practice to join our mission in helping our patient live their best life.

She has a passion for treating all types of conditions, especially inflammatory, autoimmunity, and gastrointestinal disorders. She has an incredible knowledge of nutrition, which has grown in her experience in teaching nutrition courses at ASU.



She is currently assisting Dr. Bennett in the opening of Natural Med Doc's New IV suite. Say "Hello" At your next Infusion appointment!

Dr. Roxanna Garcia, NMD

Dr. Garcia loves being a naturopathic medical doctor. She received her degree from Southwest College of Naturopathic Medicine and completed her undergraduate degree from the University of Arizona in Neuroscience and Cognitive Sciences.

Her love for learning and education led her to teach nutrition at Arizona State University, something that she carries over when treating her patients. In addition to nutrition, she focuses on natural supplements, botanical medicine, IV therapy, and mind-body/lifestyle medicine.



Marily

2022 is off to a great start. Her son, Emilio turned 4 and then they both flew off to Seattle Washington for a 2 week vacation with family and friends. Emilio's favorite part was that he was able to have 2 birthday parties, one safari themed and one power rangers themed. Unfortunately, His favorite presents, a backpack and battery powered flying UFO ball, were stolen out of their car while traveling.

Despite this sad event they both had a great time adventuring. They are saving a visit to the space needle for the next visit because Emilio was just a bit too scared to see the top. They are both glad to be home! As Emilio says " Seattle is too cold!"

Be sure to ask about her trip next time you are in if you haven't already!



Team Hot Yoga



Todd



As many of you know the man working the magic behind the scenes at Natural Med Doc is Dr. Bennett's Fiance, Todd Van Duzer. You may not have had the chance to meet him, but his passions include business and adrenaline inducing adventures!

Of all things, his newest hobby is skydiving. He is going through the certification process as we speak. Yes.. This means he jumps out of planes on his own on a regular basis. He needs 25 jumps to complete his certification, and is nearly there! Only 5 more to go.

He continues to ask Dr. Bennett to join him but has yet to succeed at convincing her.



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