



NATURAL  
MED DOC



# LOW FOD MAP & SPECIFIC CARB NUTRITION PLAN

THE NATURAL MED DOC NUTRITION PLAN

# TABLE OF CONTENTS

- 
- 02** **About SIBO**  
Symptoms that may caused SIBO
- 
- 03** **Why Low FODMAP and Specific Carbohydrate Diets are Necessary**  
Learn about the FODMAP acronym
- 
- 04** **Benefits of Completing the Diet Protocol**  
NMD Protocol Immediate Benefits
- 
- 05** **The Natural Med Doc Protocol:**  
Phase 1: Kill the Bacterial Overgrowth  
Phase 2: Re-test & Progress Review  
Phase 3: Gut Healing and Prevention
- 
- 07** **SIBO DIET GUIDE: The FODMAP Cheat Sheet**  
Allowed Foods  
Foods to Avoid  
Restricted Foods

# About SIBO

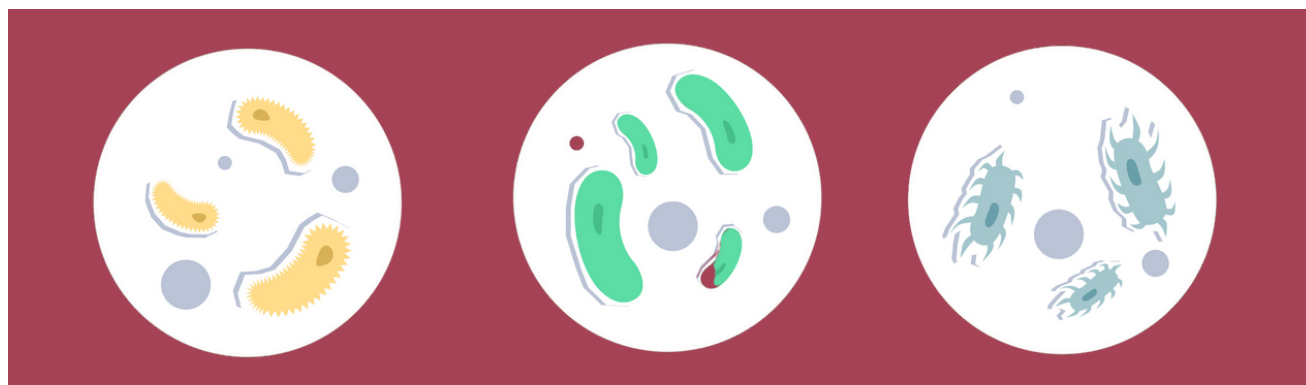
The GI system is the home of a tropical microbiome, housing TRILLION of bacteria that support our immune system, energy level, GI health, nutrient absorption, healthy weight, and much more.

In a healthy thriving digestive system, these bacteria primarily reside in the colon. Many factors including antibiotic use, constipation, even a single bout of food poisoning can throw this delicate balance off and allow these bacteria to overgrow in locations they should not be.

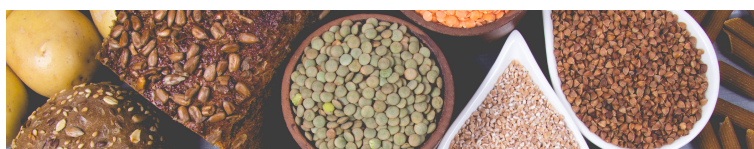
The overgrowth of these otherwise healthy bacteria in locations of the small intestine causes mild to severe symptoms due to SIBO (small intestine bacterial overgrowth)

## Symptoms that may be Caused by SIBO:

- Bloating
- Gas
- Abdominal pain and Cramping
- Weight loss and malnutrition
- Weight gain and difficult weight loss
- Anxiety and/or depression
- Acne
- Fatigue
- Brain fog
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Loss of appetite and an uncomfortable feeling of fullness
- Heartburn and reflux



# Why Low FODMAP and Specific Carbohydrate Diets are Necessary



The bacteria that have overgrown in the small intestine primarily feed on fermentable carbohydrates. These combined diets aim to limit the food supply to the bacteria, therefore limiting carbohydrate intake, in turn reducing the number of bacteria in the intestinal tract and the associated symptoms.

Foods under the FODMAP category are highly fermentable, easily triggering symptoms. By eliminating these foods and sticking to foods with low fermentability symptoms throughout treatment are more easily controlled. A list of Low FODMAP foods will be provided within this guide.

## The acronym Low FODMAP stands for:

- Low Fermentable
  - Oligosaccharides
  - Disaccharides
  - Monosaccharides
  - Polyols

The Specific Carbohydrate Diet as the name suggests, will eliminate certain carbohydrates and allow others.

These diets are to be followed only for a certain amount of time with the goal of re-introducing. How long you're following this diet will depend on your physician.

# Benefits of Completing the Diet Protocol



The immediate benefit of following the diet protocol is symptom relief. With this diet, you reduce the food supply for the bacteria but are still able to nourish your body.

Following this diet alone will not cure SIBO but can resolve or reduce the intensity of symptoms.

This being utilized in addition to antimicrobial supplements and/or pharmaceuticals is generally the most effective approach to treating SIBO. You are essentially starving the bacteria and bombing or killing off the overgrowth at the same time to cure your SIBO!

# The Natural Med Doc Protocol:

## Phase 1: Kill the Bacterial Overgrowth

Begin the diet in conjunction with anti-microbial supplements and/or pharmaceuticals. This phase consists of 2-3 weeks of antimicrobial treatment and a strict dietary protocol. During this “killing phase,” you may expect “die-off” or Herxheimer reactions. “Die-off” reactions occur when these bacteria are rapidly killed, causing them to release substances known as endotoxins.

Prior to being filtered out of the body at high levels these endotoxins may cause “Die-off” symptoms including but not limited to:

- Flu-like symptoms
- Diarrhea
- Nausea
- Headache
- Fatigue
- Dizziness
- Abdominal upset like gas, bloating, diarrhea, burning
- Joint pain
- Rashes

As mentioned above, the bacteria that are overgrown feed on fermentable carbohydrates, therefore dietary avoidance of those foods is crucial. Below you will find a basic guide of foods to strictly avoid during this phase.

1. Be sure to do a Pantry Purge! Throw out all foods that are not allowed while on the Low FODMAP and SCD diets to avoid temptation.
2. Be sure to read labels on all processed food before eating as sugar and other ingredients are often snuck into products.
3. Be careful when eating out. We often see symptom recurrence in patients after eating out even when they are careful with ingredients.
4. Symptoms may become worse before they get better! This is a typical detox reaction that usually will subside in 3-9 days

## Phase 2: Re-test & Progress Review Phase

At this phase re-testing for SIBO 5-10 days after completing Phase 1 is strongly recommended. This is because SIBO is a rather stubborn bacterial overgrowth to cure and multiple rounds of treatment may be necessary. In other words, If the first round did not kill off all of the bacteria it will start to grow back, and as will your symptoms.

Re- Testing is Essential! Re-testing will help us figure out if additional treatment is needed. If we determine that it is, it is essential to start the second round of treatment as soon as possible to avoid re-growth.

At the start of phase 2, you will meet with your doctor for a progress review assessing symptoms and the effectiveness of the treatment. This is a pivotal time for treatment. The progress assessment allows us to determine if the supplemental and/or pharmaceutical treatment should be altered or even restarted while waiting on test results to ensure optimal treatment.



## Phase 3: Gut Healing and Prevention Phase

Once you have received test results indicating that the SIBO has been cleared, it is time to heal the intestinal lining and the underlying damage created by the bacterial overgrowth.

Now that you have cleared the overgrowth we want to heal the tight-junctions of the intestinal walls and support the regrowth of a healthy lush microbiome. This will help protect your digestive tract from future damage.

# SIBO DIET GUIDE: To Be Followed for 4-6 weeks

	Allowed	Restricted	Avoid
<b>PROTEIN</b>	Meat/Fish/Poultry/Eggs		All legumes
<b>DAIRY PRODUCTS</b>	Avoid	Avoid	Avoid
<b>VEGETABLES</b>	Alfalfa sprouts, Bamboo shoots, Bok choy, Capsicum, Carrot, Chives, Cucumber, Eggplant, Ginger, Kale, Lettuce, Olives, Radicchio, Radish, Rocket, Spring onion (green part only), Sunflower sprouts, sun-dried tomatoes, Witlof	Parsnips	Canned vegetables, Garlic, Mushrooms, Onions, Potato (sweet), Potato (white), Starch powder (arrowroot, corn, rice, tapioca)
<b>LIMITED VEGETABLES (one per meal)</b>	Artichoke hearts Beetroot slices Broccoli Cabbage Cabbage, savoy (wombok) Celery Chilis Fennel bulb Green beans Peas (green) Snow peas	Asparagus spears Brussels sprouts Pumpkin Leek Spinach leaves Zucchini	

FRUITS

Lemons, Limes	Avocado Banana Berries (all varieties) Cherries Citrus Grapes Honeydew Kiwi Lychee Passion fruit piece Paw paw Pineapple Pomegranate Rhubarb Rockmelon	Apple, Apricot, Blackberries, Canned fruit in fruit juice, Custard apple, Fig, Jam, Mango, Nashi, Nectarine, Peach, Pear, Persimmon, Plum, Watermelon

<b>GRAINS, STARCHES, BREADS, AND CEREALS</b>	Avoid all – except rice if approved by physician	Limit if Approved by physician- Quinoa, White rice (basmati, jasmine only) – ½ cup cooked	Avoid all grains, breads, cereals, cakes, biscuits
<b>LEGUMES (LENTILS AND BEANS)</b>	Avoid	Avoid	Avoid
<b>SOUPS</b>	Homemade broths: beef or lamb bone broths, chicken meat broths	-	Canned soups and soup bouillons, broths made from chicken frames
<b>BEVERAGES</b>	Tea (black), Tea (herbal), Water	Alcohol (clear spirits) – no more than 30ml twice weekly, Coffee (black) – 1 cup per day, Tea (black), Tea (herbal), Water	Beer, Energy drinks, Fruit juices, Liqueurs and spirits (dark), Soft drinks, Wine
<b>SWEETENERS</b>	Stevia (100% pure, no inulin),	Dextrose, Glucose, Organic honey (clear) – no more than 2 tbsp per day	Agave nectar, Artificial sweeteners, Maple syrup, Xylitol
<b>NUTS AND SEEDS</b>	Almonds OR Almond flour/meal Coconut (flour/shredded) Coconut milk (without thickeners/gums ) OR Coconut cream	Almond milk (unsweetened, without added thickeners) Hazelnuts Pecans Walnuts	Chia seeds, Flaxseed, Peanuts

**CONDIMENTS****FATS/OILS**

Hazelnuts  
Macadamias  
Pecans  
Pine nuts  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

Mayonnaise (sugarless), Mustard (without garlic), Tabasco, Vinegar (apple cider, distilled, white/red), Wasabi, All fresh and dried herbs and spices, not the spice blends. Turmeric and ginger beneficial for anti-inflammatory

Braggs liquid aminos, Coconut aminos, Fish sauce All fresh and dried herbs and spices but not the blends

Butter

Spice sachets or pre-mixes READ LABELS! No Maltodextrin, Starches, Sugar etc Asafetida, Balsamic vinegar, Chicory root, Garlic, Gums/ carrageenans/thickeners, Onions, Soy sauce/tamari

Palm, Soybean



NATURAL  
MED DOC

LIVE YOUR BEST LIFE

3226 N Miller Rd Suite #4,  
Scottsdale, AZ 85251  
info@naturalmeddoc.com  
480-630-9093