

Clinical Pearls HOT SHEET

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By its description, Small Intestine Bacterial Overgrowth (SIBO) sounds like a simple disorder to treat. If there is bacterial overgrowth, reduce the bacteria with antimicrobials. However, if we do not address the factors that contribute to the development of SIBO, it will frequently recur. As part of a comprehensive treatment program for SIBO, digestive capacity, HCL production and digestive enzymes need to be considered. Liver and gallbladder function should be considered also. Sluggish bile from dehydration, high cholesterol and low-fat diets can interfere with motility as bile stimulates the migrating motor complex (MMC) which moves food through the small intestine. Optimizing bile flow can improve elimination and stimulate the MMC.



Of all the non-organic fruits to avoid eating, strawberries are at the top of the list. According to the Environmental Working Group (<https://ewg.org>) "*USDA tests found that strawberries were the fresh produce items most likely to be contaminated with pesticide residues, even after they are picked, rinsed in the field and washed before eating.*" On average, non-organic strawberry crops contain approximately seven different pesticides while other fruits contain about two different pesticides.



If working with any individual with Autism and you are recommending a group of supplements it is strongly recommended not to start them all at once. Instead, have a parent administer one new supplement every 24 hours to 72 hours depending on how sensitive the individual is to supplements and medications. This method often eliminates any confusion over supplement reactions and helps to isolate certain products that might trigger physical or behavioral changes, i.e. magnesium and loose stool, Vitamin B6 and hyperactivity.



A comprehensive digestive stool analysis (CDSA) is an effective laboratory test helpful for the detection of gut pathogens such as bacteria and parasites. However, when it comes to candida or other digestive yeast imbalances stool testing often comes up short. It is not uncommon to see yeast detected through microscopy, but via culture analysis show no growth. Yeast, including candida, are sophisticated organisms and may not be shedding actively in the stool, but instead exist as more invasive forms. These organisms produce various organic compounds, a.k.a. organic acids, which are absorbed into the body and concentrated in urine. The Organic Acids Test (OAT) is a preferred analysis for chronic candidiasis. It is not uncommon to see high OAT markers for candida and other yeast at the same time getting negative results for these organisms on a stool analysis.



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