

## **Herbal treatment for abnormal methane vs. only abnormal hydrogen on lactulose breath testing**

Information about the details of herbal therapy for SIBO is derived from naturopaths, who have been using such treatment for people with SIBO and confirming clearance of methane on breath testing for years. These instructions come from Allison Siebecker, ND, in Portland, Oregon. The instructions include the standard dose levels that I have seen described. When I have had patients take herbal agents, I have asked them to start each one alone for a couple of days, and take with a large glass of water. After each one has been tried and the patient can tolerate them, then they are taken together. A few patients have had to reduce the number of pills to tolerate treatment—abdominal discomfort has occasionally occurred at first but often improves. Since some patients seem to respond to just one herbal agent, they should take a combination that they can tolerate daily for 4 weeks.

The current consensus is that patients should continue a relatively low carbohydrate diet for at least 3 months, probably longer, after treatment. There are no published long-term studies regarding the effects of diet after treatment for SIBO.

**The current understanding is that patients who have an abnormal methane result from the breath test have better results if allicin is part of the regimen.** Start with Allicin, which is derived from garlic. Add either berberine or oil of oregano. An optional ingredient to add is neem, which is from a tropical evergreen plant. Treatment should be continued for 4 weeks total.

**Patients whose breath tests only show abnormal rise in hydrogen, or elevated hydrogen baseline, with normal methane results, do not need to include allicin.** Those patients can take one herbal preparation that contains berberine along with one that contains oregano oil. If response is not complete, add neem as well.

- Allicin 450 mg twice a day. That is 3 of the Allicin-Max pills twice a day, Amazon link:
- [https://www.amazon.com/Allicin-Max-90-Veg-Caps/dp/B006KVTNYM/ref=pd\\_lpo\\_sbs\\_121\\_img\\_1/137-8003902-3341552?encoding=UTF8&refRID=P693YMYFD0VWWP604VBP&th=1](https://www.amazon.com/Allicin-Max-90-Veg-Caps/dp/B006KVTNYM/ref=pd_lpo_sbs_121_img_1/137-8003902-3341552?encoding=UTF8&refRID=P693YMYFD0VWWP604VBP&th=1)
- Berberine 2.5 gm twice a day would be 2 of the following pills twice a day:
- [https://www.amazon.com/Premium-1200mg-Berberine-Supplement-Cardiovascular/dp/B07NGSDH67/ref=sr\\_1\\_3?crd=170I1JP6Y3HDX&keywords=berberine+1200mg&qid=1563147806&s=hpc&srefix=berberine%2Chpc%2C212&sr=1-3](https://www.amazon.com/Premium-1200mg-Berberine-Supplement-Cardiovascular/dp/B07NGSDH67/ref=sr_1_3?crd=170I1JP6Y3HDX&keywords=berberine+1200mg&qid=1563147806&s=hpc&srefix=berberine%2Chpc%2C212&sr=1-3)
- Approximately 100 mg of emulsified oil of oregano twice a day would be one twice a day of Gaia oil of oregano capsules:
- [https://www.amazon.com/Gaia-Herbs-Oregano-Liquid-Capsules/dp/B00F1J7004/ref=sr\\_1\\_3?crd=CGVEM4JG8DC7&keywords=gaia%2Boil%2Bof%2Boregano%2B120%2Bcapsules&qid=1563147928&s=hpc&srefix=gaia%2Boil%2Chpc%2C223&sr=1-3&th=1](https://www.amazon.com/Gaia-Herbs-Oregano-Liquid-Capsules/dp/B00F1J7004/ref=sr_1_3?crd=CGVEM4JG8DC7&keywords=gaia%2Boil%2Bof%2Boregano%2B120%2Bcapsules&qid=1563147928&s=hpc&srefix=gaia%2Boil%2Chpc%2C223&sr=1-3&th=1)
- Optional ingredient is neem, 1 capsule twice a day:

- [https://www.amazon.com/Natures-Way-Neem-Leaf-Vcaps/dp/B000293X4E/ref=sr\\_1\\_3?crid=1T3HS2220PR7J&keywords=neem+capsules&qid=1563148271&s=hpc&srefix=neem%2Chpc%2C200&sr=1-3](https://www.amazon.com/Natures-Way-Neem-Leaf-Vcaps/dp/B000293X4E/ref=sr_1_3?crid=1T3HS2220PR7J&keywords=neem+capsules&qid=1563148271&s=hpc&srefix=neem%2Chpc%2C200&sr=1-3)