

SIBO diet diary

Day 1 - 20/Feb Sunday	* SIBO diet starts Mild malaise, sleep disturbances tonight (waking shortly after falling asleep not usual)
Day 2 - 21/Feb Monday	Malaise & flu like symptoms starting, chills, fever, sleep disturbances tonight (waking shortly after falling asleep not usual)
Day 3 - 22/Feb Tuesday	In bed all day with malaise, flu like symptoms die off (covid neg test) Morning BM = slightly softer/stinker than usual bowel movement Added in phase 1 restricted pancakes and zucchini for first time Mild bloat reduction L sided low tummy pain? Belching straight after food and after 4 hours Sleep better
Day 4 - 23/Feb Wednesday	Still feeling off today, could work though Morning BM = softer but 4 segments Tummy heavy today Strong stomach gurling in morning L sided low tummy pain? Belching straight after food and 4 hours after food * Supps arrived, started liver tonic and SB tablets, added in bone broth/green tea
Day 5 - 24/Feb Thursday	Feeling 100% better Morning BM = normal, didn't feel as emptied though Mild bloat reduction Briefly gurling after dinner in a comfortable way Noticing I'm running a bit hot
Day 6 - 25/Feb Friday	Morning BM = softer, 4 pieces = felt a bit lighter after it and haven't felt that for a long time. Brief comfortable gurgles Brief uncomfortable abdo cramping
Day 7 - 26/Feb Saturday	No bowel movement today - very constipated! Awful die off today = body aches, chills, malaise, headache, fever, light sensitivity, brain fog, nausea, chills, constipated, HR high, temp 38.15 degrees Coloxyl & Senna 1 tablet 7:30pm
Day 8 (1 week!) 27/Feb Sunday	Morning BM = normal No die off symptoms today at all Feeling quite full - very bloated and distended today Coloxyl & Senna 2 tablets 8:30am (stopped taking after this)
Day 9 - 28/Feb Monday	Morning BM = more white bits in it? Very bloated and distended all day
Day 10 - 1/March Tuesday	Morning BM = normal Belching after water Very bloated and distended all day Reduced liquid intake today as it was causing an uncomfortably fullness/distention
Day 11 - 2/March Wednesday	2 x bowel movements this morning, feeling a lot lighter after 2 nd one – noticing white bits/smelly today Severe bloating has come down a bit, back to my normal bloating Tea/bone broth really filling New food: added in 2 slices beetroot tonight – mild hydrogen smelling fart after but didn't last long
Day 12 - 3/March Thursday	Morning BM = normal Feeling very relaxed

Day 13 - 4/March Friday	Morning BM = stinky today, felt lighter afterwards Increase to bloat today New food tonight: 2 slices beetroot & bok choy – hydrogen smelling fart after didn't last long Bit gurling after dinner
Day 14 - 5/March Saturday	Morning BM = fragmented, bit smelly, not fully evacuated Increase to bloat today
Day 15 (2 wks!) 6/March Sunday	Morning BM = a bit constipated
Day 16 - 7/March Monday	Morning BM = 2 morning bowel movements (1 st a bit constipated)
Day 17 - 8/March Tuesday	Morning BM = strained movement, very mild fissure, 2 nd bowel movement after dinner felt better
Day 18 - 9/March Wednesday	Morning BM = no issues Missing carbs this week, tired, high cravings for sugar/carbs 5 hours after dinner had mild rotten egg smelling gas for 5 mins
Day 19 - 10/March Thursday	Morning BM = still a bit dry at start but feel fully evacuated
Day 20 - 11/March Friday	
Day 21 - 12/March Saturday	
Day 22 (3 wks!) 13/March Sunday	