

SIBO diet diary

Day 1 - 20/Feb Sunday (Started on day 24)	* 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 gurlly 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 Feeling a bit lighter
Day 20 - 11/March Friday	Morning BM = no issues Booster ☹️ Dermatitis reducing? 5 mins moderate rotten egg smelling farts Pfzier #3 tonight
Day 21 - 12/March Saturday	Morning BM = no issues Started 10ml liver tonight at dinner after Amy consult Wearing jeans, I haven't worn for a while - 2kg weight loss Less bloated today 5 mins moderate rotten egg smelling farts
Day 22 (3 wks!) 13/March Sunday	Morning BM = noticeably softer, still 6 pieces or so, mucous in stool? Noticeably less bloated today First day on 10mg x 2 liver tonic
Day 23 14/March Monday	Morning BM = 9 pieces, but noticeably softer, mucous in stool? Increase to bloat
Day 24 15/March Tuesday	Morning BM = 9 pieces but so much easier to pass Gurly tummy after a big dinner tonight, bit upset in tummy too Increase to bloat
Day 25 16/March Wednesday	Morning BM = 9 pieces but so much easier to pass Gurly tummy after dinner tonight Increase to bloat
Day 26 17/March Thursday	Morning BM = bit delayed, 9 pieces but so much easier to pass! Intestines feel hard
Day 27 18/March Friday	Morning BM = bit delayed, 2 pieces Really campy after dinner – first big cramps, lasted 1-2 hours on/off?
Day 28 19/March Saturday	Morning BM = bit delayed but ok Bit crampy 5 mins after liver tonic
Day 29 (4 wks!) 20/March Sunday	Nothing to report today
Day 30 21/March Monday	Morning BM = less pieces and softer now 😊 Noticing some breakouts on cheeks
Day 31 22/March Tuesday	Morning BM = less pieces and softer now 😊
Day 32 23/March Wednesday	Morning BM = a bit strained, many pieces, didn't feel fully evacuated Feeling pretty 'full' and distended upper abdomen after food this week (same food)

	UPDATE - maybe 30% max reduction in bloat after 4 weeks?
Day 33 24/March Thursday	BM morning = last bit long and skinny, dry Increase to bloating today STARTED 20 drops ANTIMICROBIALS TODAY
Day 34 25/March Friday	BM morning = ok Feeling a bit warm lunch time Less upper abdominal distention?
Day 35 26/March Saturday	BM morning = fine, white mucous? Have been having lunch last few days - tummy coping better than before
Day 36 (5 wks!) 27/March Sunday	BM morning = no issues Reduction in bloating
Day 37 28/March Monday	Morning BM = no issues STARTED 2.5ml ANTIMICROBIALS TODAY Feeling flat, not quite sore throat, just off, brain fog Increase to bloat today Mild gas (not usual for many months)
Day 38 29/March Tuesday	Morning BM = noticeable first change of colour since starting (very dark brown now), not fully evacuated this morning Brain fog Mild gas (haven't had for many months)
Day 39 30/March Wednesday	Delayed BM, bit strained, dark brown colour Second BM = back to normal colour Tummy gurdy parts of today Die off? Feeling a bit run down and brain fog high Mild gas
Day 40 31/March Thursday	Morning BM = definitely softer, bit darker today Increase to bloated today
Day 41 1/April Friday	Morning BM = definitely softer, usual colour STARTED 5ml ANTIMICROBIALS TODAY
Day 42 2/April Saturday	Morning BM = definitely softer! Added in pure organic cocoa powder today – no issues Bit gurdy after tonic today Feel a bit lighter in tummy? STARTED 2 X ALIMAX TODAY
Day 43 (6 wks!) 3/April Sunday	Morning BM = definitely softer! Semi restricted diet adding in new food Some gas, rotten egg smelling after dinner – didn't last long Maybe small increase to bloating, no flare though DAY ONE STRAWBERRIES (1/2 cup BF/lunch)
Day 44 4/April Monday	Morning BM = definitely softer! Feeling a bit lighter? Mild gas tonight, didn't last long Dermatitis on face has lightened? Less distension upper abdo DAY TWO STRAWBERRIES (1/2 cup BF)
Day 45 5/April Tuesday	Morning BM = definitely softer! Brain fog, low energy, weakness, low mood, body aches 2 weeks now DAY THREE STRAWBERRIES (1/2 cup BF) First little abdo flare tonight in a while
Day 46 6/April Wednesday	Morning BM = definitely softer Day off work due to die off ssx Increase to bloating today DAY ONE AVO (1/4 cup lunch/dinner) (mild gas 2 hours after eating both lunch & dinner avo) STOPPED AVO
Day 47 7/April Thursday	1st BM this morning was a bit more constipated/darker brown colour 2 nd BM this morning was softer/normal brown colour

	<p>Noticeably needing more sleep this week (die off & luteal)</p> <p>NO AVO TODAY – felt a bit flarey, not sure if just die off so stopped</p> <p>1tsp charcoal powder for die off ssx</p>
Day 48 8/April Friday	<p>Delayed BM but am feeling much better, after charcoal?</p> <p>First lunch at work in over a year? ☺</p>
Day 49 9/April Saturday	<p>Morning BM = normal, softer</p> <p>DAY THREE STRAWBERRIES (1/2 cup BF)</p> <p>Increase to bloat in arvo</p> <p>Night time BM dark grey/brown fully evacuated (charcoal on Thurs)</p>
Day 50 (7 wks!) 10/April Sunday	<p>Morning BM = normal colour, much softer, fully evacuated</p> <p>Less abdo bloat</p> <p>15 PECANS LUNCH (gas 3 hours later, mild cramping 4 hours later above belly button), 15 pecans dinner – all good</p> <p>1 tsp charcoal between lunch & dinner</p> <p>STARTED 7.5ml ANTIMICROBIALS (ROUND 1)</p>
Day 51 11/April Monday	<p>Morning BM = softer</p> <p>Gurly after antimicrobials today</p> <p>Less bloat today</p> <p>Pecans going well</p>
Day 52 12/April Tuesday	<p>Morning BM = softer</p> <p>DAY ONE ½ BLUEBERRIES</p>
Day 53 13/April Wednesday	<p>Morning BM = softer</p> <p>Back on Magtrau (ran out)</p> <p>DAY ONE ½ BLUEBERRIES</p>
Day 54 14/April Thursday	<p>Morning BM = softer</p> <p>Increase to bloat (moving house?)</p> <p>DAY ONE ½ BLUEBERRIES</p>
Day 55 15/April Friday	<p>Morning BM = softer</p> <p>Increase to bloat (moving house?)</p>
Day 56 16/April Saturday	<p>Morning BM = softer</p> <p>Increase to bloat</p> <p>PECANS & BLUEBERRIES going ok</p>
Day 57 (8 wks!) 17/April Sunday	<p>Morning BM = softer</p> <p>Finished Allimax & herbal tonic at breakky</p> <p>STARTED 20 DROPS ANTIMICROBIALS (ROUND 2) & 1 BERB-EVAIL</p>
Day 58 18/April Monday	<p>Morning BM = softer</p> <p>Bit gurly after lunch tonic dose and mild tummy cramps a bit above & below tummy button, also a few farts</p>
Day 59 19/April Tuesday	<p>Morning BM = softer</p> <p>INTRODUCED PUMPKIN DINNER - a bit gurly down low 2 hours post</p>
Day 60 20/April Wednesday	<p>Morning BM = softer</p> <p>Feeling achey, foggy, tired today - die off or work?</p> <p>STARTED 2.5ml ANTIMICROBIALS (ROUND 2)</p>
Day 61 21/April Thursday	<p>Morning BM = bit harder</p> <p>4 weeks antimicrobials</p>
Day 62 22/April Friday	<p>Morning BM = bit harder but fully evacuated 15 mins later</p> <p>STARTED 5ml ANTIMICROBIALS (ROUND 2)</p>
Day 63 23/April Saturday	<p>Morning BM = bit harder but fully evacuated</p> <p>20 mins of cramping upon a bit above belly button</p> <p>Started 2 tabs berb-evail today</p> <p>BLOATING UP A LOT TODAY</p>
Day 64 (9 weeks!) 24/April Sunday	<p>Morning BM = first movement a bit harder, 2nd movement 10 mins later fully evacuated</p> <p>BLOATING UP A LOT TODAY</p>
Day 65 25/April Monday	<p>Morning BM = bit harder (ran out of Mutaflor/Toxaprevent?)</p> <p>Bloating back to my usual level, flare settled</p>

Day 66 26/April Tuesday	Morning BM = first movement a bit harder, 2 nd movement 10 mins later fully evacuated
Day 67 27/April Wednesday	Morning BM = first movement a bit harder, 2 nd movement 10 mins later fully evacuated * Supp restock arrived (started Bifida & back on Toxaprevent)
Day 68 28/April Thursday	Morning BM = first movement a bit harder (very mild fissure), 2 nd movement 10 mins later fully evacuated
Day 69 29/April Friday	Morning BM = back to easy and soft Woke up with discomfort upper abdo above belly button (not cramps, hard to explain), increase to bloat today
Day 70 30/April Saturday	Morning BM = back to easy and soft ADDED IN COCONUT AMINO'S - mild rotten egg gas smell 10 mins/gurling 2 hours post
Day 71 (10 weeks!) 1/May Sunday	Morning BM = back to easy and soft Charcoal to see if it helped bloating COCONUT AMINO'S (2 TBSP) DINNER - big gurdy 2 hours post, no issues really
Day 72 2/May Monday	Morning BM = back to easy and soft COCONUT AMINO'S - no issues
Day 73 3/May Tuesday	Morning BM = bit harder but still softer and fully evacuated
Day 74 4/May Wednesday	
Day 75 5/May Thursday	
Day 76 6/May Friday	
Day 77 7/May Saturday	
Day 78 (11 weeks!) 8/May Sunday	

Summary: eating pecans, pumpkin, blueberries, coconut amino's and doing ok on these.