

# 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 <sup>nd</sup> 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 <sup>st</sup> a bit constipated)
Day 17 - 8/March Tuesday	Morning BM = strained movement, very mild fissure, 2 <sup>nd</sup> 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 <b>STARTED 20 drops ANTIMICROBIALS TODAY</b>
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 <b>STARTED 2.5ml ANTIMICROBIALS TODAY</b> 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 <b>STARTED 5ml ANTIMICROBIALS TODAY</b>
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? <b>STARTED 2 X ALIMAX TODAY</b>
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 <b>DAY ONE STRAWBERRIES (1/2 cup BF/lunch)</b>
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 <b>DAY TWO STRAWBERRIES (1/2 cup BF)</b>
Day 45 5/April Tuesday	Morning BM = definitely softer! Brain fog, low energy, weakness, low mood, body aches 2 weeks now <b>DAY THREE STRAWBERRIES (1/2 cup BF)</b> 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 <b>DAY ONE AVO (1/4 cup lunch/dinner) (mild gas 2 hours after eating both lunch &amp; dinner avo) STOPPED AVO</b>
Day 47 7/April Thursday	1st BM this morning was a bit more constipated/darker brown colour 2 <sup>nd</sup> BM this morning was softer/normal brown colour

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

Day 66 26/April Tuesday	Morning BM = first movement a bit harder, 2 <sup>nd</sup> movement 10 mins later fully evacuated
Day 67 27/April Wednesday	Morning BM = first movement a bit harder, 2 <sup>nd</sup> 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 <sup>nd</sup> 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 <b>ADDED IN COCONUT AMINO'S - mild rotten egg gas smell 10 mins/gurling 2 hours post</b>
Day 71 (10 weeks!) 1/May Sunday	Morning BM = back to easy and soft Charcoal to see if it helped bloating <b>COCONUT AMINO'S (2 TBSP) DINNER - big gurdy 2 hours post, no issues really</b>
Day 72 2/May Monday	Morning BM = back to easy and soft <b>COCONUT AMINO'S - no issues</b>
Day 73 3/May Tuesday	Morning BM = bit harder but still softer and fully evacuated Tummy a bit lighter feeling?
Day 74 4/May Wednesday	Morning BM = first movement hard, 2 <sup>nd</sup> movement 10 mins later fully evacuated Tummy a bit lighter feeling?
Day 75 5/May Thursday	Morning BM = normal <b>Last day tonic #2</b>
Day 76 6/May Friday	Morning BM = normal <b>Day 1 broccoli (forgot to add after this)</b>
Day 77 7/May Saturday	Morning BM = normal Woke up with strong hunger signals
Day 78 (11 weeks!) 8/May Sunday	Morning BM = normal
Day 79 9/May Monday	Morning BM = 2 movements, first harder, last normal and easy
Day 80 10/May Tuesday	Morning BM = 3 movements, first harder again Had to eat dinner after only 3 hours as I was hungry/nauseous
Day 81 11/May Wednesday	Morning BM = 3 movements, first harder Woke up with strong hunger signals/almost nausea <b>Started 3<sup>rd</sup> round (1<sup>st</sup> tonic again) at lunch (5ml tonic + 2 Allimax) after 7 days no tonic)</b>
Day 82 12/May Thursday	Morning BM = bit hard but ok <b>Tonic 1 (second round) 7.5ml + 2 Allimax</b>
Day 83 13/May Friday	Morning BM = two times within 30 mins, normal R nasolabial dermatitis has lessened but still very present, new spot L lower lip corner showing up over the last 4-6 weeks? Sudocream hasn't helped for last 2 months so I tried Canesten to see if fungal/mask wearing?
Day 84 14/May Saturday	Morning BM = bit hard but ok
Day 85 (12 weeks) 15/May Sunday	Morning BM = soft, easy, fully evacuated Feeling really relaxed First ice bath tonight = vasovagal, very ill for many hours after
Day 86 16/May Monday	Morning BM = soft, easy, fully evacuated Still wiped, dizzy, nauseous from yesterday's <b>vasovagal</b> – day off/rest day Canesten cream helping dermatitis on face?
Day 87 17/May Tuesday	Morning BM = soft, easy, fully evacuated Still very nauseous today – tried 1tsp charcoal before dinner

	Had to have handful of nuts before dinner due to nausea levels Significant difference over last 2 wks to eye whites not being as yellow!!
Day 88 18/May Wednesday	Morning BM = 1 <sup>st</sup> bit hard, 2 <sup>nd</sup> soft, easy, fully evacuated Slightly crampy tummy around belly button today – gurgly? Much less nausea today Noticing more hunger signals (nice gurgles)
Day 89 19/May Thursday	Morning BM = 1 <sup>st</sup> bit hard, 2 <sup>nd</sup> soft, easy, fully evacuated <b>ABDO ULTRASOUND TODAY = no significant findings</b>
Day 90 20/May Friday	Morning BM = a few BM's over the day, bit hard but last one fully evacuated after dinner. <b>Day 1 Broccoli again (absolutely no issues/gas)</b>
Day 91 21 May Saturday	Morning BM = soft and easy, fully evacuated shortly after waking <b>Day 2 Broccoli</b> <b>Day 1 almonds – very mild upset 1/10 2 hours post, very mild gas?</b>
Day 92 (13 weeks) 22/May Sunday	Morning BM = 1 <sup>st</sup> one harder, second one 20 mins later easy to pass/ <b>formed but a bit too soft?</b> <b>Day 3 Broccoli</b> <b>Day 2 almonds</b> Still belching post food/water Bloating still present upper abdo but appears to have settled around belly button and below Feeling nauseous lately – like blood sugar dropping and need to eat? Emailed Amy about this.
Day 92 23/May Monday	Morning BM = easy to pass, fully evacuated
Day 93 24/May Tuesday	Morning BM = easy to pass/same color and formation as usual, fully evacuated <b>Finished second round tonic #1</b>
Day 94 25/May Wednesday	Morning BM = soft, easy to pass, full evacuated <b>Started second round tonic #2 (7.5ml + 2 herb-eval) – no die off!</b>
Day 95 26/May Thursday	Morning BM = soft, easy to pass, full evacuated Feeling really relaxed – no change to bloating but big change to yellowing eyes/dark circles under eyes <b>Day 1 rice</b> <b>Continuing to have belching after food/water and also 3 hours after</b>
Day 96 27/May Friday	Morning BM = soft, easy to pass, full evacuated <b>Day 2 rice</b>
Day 97 28/May Saturday	Morning BM = soft, easy to pass, full evacuated <b>Day 3 rice</b> <b>SMOOTHIE for first time (blueberries, walnuts, magtaur powder, spinach, almonds, water)</b> <b>Had a huge dinner last night and woke up with increase to bloat, foggyiness, clumsy, low mood today</b>
Day 98 (14 weeks) 29/May Sunday	Morning BM = soft, easy to pass, full evacuated – 3 times in morning Tummy cramps. Back to basics food today to settle things. Low mood/teary <b>Bloating around/under belly button</b>
Day 99 30/May Monday	Morning BM = soft, easy to pass, full evacuated Mood is really low today/teary/fatigue/lethargic/no appetite/nausea – I developed some SIJ pain and I think the pain caused this
Day 100 31/May Tuesday	Morning BM = soft, easy to pass, full evacuated Woke up to calf cramp Mood improving
Day 101 1/June Wednesday	Morning BM = soft, easy to pass, full evacuated

Day 102 2/June Thursday	Morning BM = multiple movements in morning, soft, easy to pass, full evacuated, last movement was a bit sticky (first time during this protocol) Back to normal upbeat mood Tummy mildly gurling this morning (before macadamias) Day 1 macadamias
Day 103 3/June Friday	Morning BM = a bit soft and sticky Tummy a bit upset today – hard to explain, felt like I could have diarrhea but didn't Day 2 macadamias
Day 104 4/June Saturday	Morning BM = normal, easy to pass Day 3 macadamias Day 1 pepitas (breaky & lunch – no issues) Day 1 almond milk (dinner) No cramping or upset tummy
Day 105 (15 wks!!) 5/June Sunday	Morning BM = normal, easy to pass Day 2 pepitas Day 2 almond milk (tea) Small strip plain bacon (once off) Mild 1/10 queasy feeling post bacon lasting 5 mins max Mild 1/10 gas 5 mins (not a bad smell) Mild 1/10 gurgles
Day 106 6/June Monday	Morning BM = easy to pass, slightly green tinge (spinach yesterday?) Finished second round tonic #2
Day 107 7/June Tuesday	Morning BM = a bit soft and sticky but formed and easy to pass Bit gurdy and crampy above belly button upon waking
Day 108 8/June Wednesday	Morning BM = easy to pass, full evacuated Sending early ahead of Saturday chat with Amy
Day 109 9/June Thursday	Morning BM =
Day 110 10/June Friday	Morning BM =
Day 111 11/June Saturday	Morning BM =
Day 112 (16 wks!!) 12/June Sunday	Morning BM =

Foods: pecans, pumpkin, blueberries, coconut amino's.

Recent foods introduced: broccoli, almonds (mild gas, soft stool from these one day), rice, macadamias, pumpkin seeds, almond milk, bacon (once off). Overall no real issues.