



# The SIBO Solution: Your Comprehensive Guide to Eliminating Small Intestinal Bacterial Overgrowth

*Sylvie McCracken*

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## **The SIBO Solution: Your Comprehensive Guide to Eliminating Small Intestinal Bacterial Overgrowth** Sylvie McCracken

Discover the real cause of your suffering. The SIBO Solution is the complete guide to solving this bacterial overgrowth for good. Are you tired of: · Constantly battling diarrhea and constipation? · Enduring painful cramps, heartburn, and abdominal pain? · Bloating so bad that it looks like you are 5 months pregnant? · Feeling tired, sluggish, and anxious all of the time? · Getting the run around from doctors who don't take your symptoms seriously? Millions of people suffer from these symptoms every day. Many of them (including yourself) may have already tried countless diets, prescriptions, and therapies, but none of them gave any lasting relief. This is because traditional treatment methods don't get to the root of the problem. In The SIBO Solution, you will learn proven-effective methods which will not only get rid of your symptoms, but also cure you of your digestive ailments for good. Find out: · The real cause of all of your health problems · An easy, effective method of testing yourself for SIBO · What foods are wreaking havoc on your body · Why the low FODMAP diet doesn't work, and what does · Simple steps for healing the gut · Methods for improving motility · How to banish bacterial overgrowth and make sure it never comes back · And much more! Included are over 40 SIBO recipes which heal your body and safeguard your immunity from another flare up, so you never have to be confused about what to eat again. The SIBO Solution is the only book of its kind to offer a comprehensive method for curing bacterial overgrowth by using natural methods and the first to combine the low FODMAP diet, SCD diet, and paleo/primal diet for maximum results. Download the book today and finally beat SIBO for good!

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