

We had another interesting Functional Medicine Discussion Group meeting last Thursday. The topic was Small Intestinal Bacterial Overgrowth (SIBO). We welcome several first timers, including Susanne Bennet, DC, Hyla Cass, MD, and Lisa Marlene Thompson, DC, who all added to our group. We have decided to have an informal journal sharing club to foster our efforts to be evidence based integrative practitioners. When I list the attendees below I have also listed subscriptions that they have to journals. This is so when you are researching a topic and find that you can only access the full text for \$35, you can now send an email to someone in our group and when they have time, they will share the article thru email for you to look at for your personal use only. I have subscriptions to American Journal of Clinical Nutrition, Journal of Nutrition, and Advances in Nutrition and feel free to email me any requests for specific articles.

Our next meeting will be Tuesday February 16 at 6:30. Since February is national heart month, the topic will be the natural management of dyslipidemia and our group cardiologist, Dr. Howard Elkin has offered to start us off with a summary of the current state of the literature as it relates to this topic. I will send out some papers to read by next week.

I started the discussion by giving an overview of what SIBO is, it's etiology, and how it is treated. To keep this email from being too long, I have made it into a blog post with a link here:

<http://www.drweitz.com/2016/01/small-intestinal-bacterial-overgrowth-brief-overview-for-doctors/>

Dr. Susanne Bennett was a great contributor to our discussion and she talked about several cases where she used certain botanical protocols containing oregano and berberine from Biotics along with a silver product that she has had great success with. Dr. Wishingrad discussed how he treats SIBO and how it is influenced by Dr. Marc Pimentel and his group being at Cedar's across town, who is the doctor who pioneered and did much of the research on SIBO and how to treat it. He also mentioned that there are about 20% false positives with breath testing and this may be due to patients who have faster transit times. He said that he does not take a sample from the intestine to culture to look for bacteria for the reasons I mentioned in my summary. He discussed the use of Rifaximin and Dr. Bennet also mentioned using probiotics with SIBO patients.

I asked Dr. Wishingrad how he tests for motility and he mentioned that they can have the patient swallow a tiny camera pill. He also mentioned how many commonly used medications can adversely affect motility, including blood pressure medications and narcotics. He also mentioned that not eating for 12 hours can help with getting rid of bacteria. Dr. Bennett mentioned that intermittent fasting has anti-ageing benefits and can help with resetting the mitochondria. She also noted that she will have her next book out soon on the mitochondria. She also informed us that she has a regular radio show and she graciously offered that if we wanted to appear on a show, that we can contact her producer to see if it can be arranged.

The discussion then somehow drifted off into genetic testing and the 23 and me test and how to process the data, etc.

Trent Nall, our Genova labs rep, told us about Genova's SIBO test and we looked at a sample and discussed how to interpret it. We also discussed the GI Effects stool test that Genova offers and how they stopped doing PCR testing for parasites and switched to culture. Dr. Bennett talked about how the PCR testing discovered parasites or pathogenic bacteria that enabled her to help some patients that is not picked up by the culture that is currently done. Trent explained that there was a lot of criticism of this procedure, since it could not distinguish dead pathogens from live and resulted in false positives. At some point, Dr. Weisner asked Dr. Wishingrad why when one of our patients sees a conventional Gastroenterologist and he looks at some of the testing that us integrative practitioners have run, such as some of the Genova tests, that it often gets dismissed as worthless. Dr. Wishingrad explained that he is trying to be evidence based and that testing such as Genova offers is not evidence based and hasn't been published in any journals. Unfortunately, not being a doctor and not having been with Genova for all that long, Trent was not prepared to defend his tests in this way. Too bad that we did not have a clinician from Genova, but they are all in North Carolina and were not available to attend our meeting. While Genova has not published papers on any of their tests, most of the methods and procedures utilized in their tests have been scientifically validated.

***Please note that I have decided to not list the attendees and their emails due to privacy concerns.*