Homemade Elemental Diet

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Key Treatment Point

• Elemental Diet can decrease severe gas levels in one 2 wk course (up to 148ppm)
Homemade Elemental Diet

• I created a recipe in 2011, to mimic Vivonex Plus for patients that couldn’t afford it

• My colleagues & I have found it equally effective as Vivonex
  • **Disclaimer:** The recipe has not been formally tested.

• **Recipe:** Siboinfo.com; Resources; Handouts
  • **Protein** = amino acids, **CHO** = honey (fructose & glucose)/glucose (dextrose), **Fat** = oil, **Micronutrients** = multi-vitamin, salt (electrolytes)

• 2 versions: 1. Matches Vivonex (High CHO) 2. Low CHO/High Fat

Commercial Vs Homemade (Pros & Cons)

• **Vivonex Plus**
  • Expensive $~800-1000
  • Studied
  • Maltodextrin (not tolerated by some)
  • Contains: Soy, Corn, BHT
  • Premixed Packets- easier to use
  • High Carb 76%/Low Fat 6%

• **Homemade**
  • Less Expensive $~200
  • Not Studied
  • No Maltodextrin
  • Cleaner Ingredients
  • Separate Ingredients- more work
  • Separate Ingredients- more control

Same: Effectiveness (excellent for both gases) & Challenges (Bad taste, Emotionally difficulty, Die off, Weight loss, Yeast aggravation)
M BEFORE Homemade Elemental Diet

<table>
<thead>
<tr>
<th>Sample</th>
<th>ppm H₂</th>
<th>ppm CH₄</th>
<th>Total H₂ + CH₄</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Baseline</td>
<td>10</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>2 20 min</td>
<td>11</td>
<td>0</td>
<td>11</td>
</tr>
<tr>
<td>3 40 min</td>
<td>48</td>
<td>0</td>
<td>48</td>
</tr>
<tr>
<td>4 60 min</td>
<td>71</td>
<td>0</td>
<td>71</td>
</tr>
<tr>
<td>5 80 min</td>
<td>95</td>
<td>1</td>
<td>96</td>
</tr>
<tr>
<td>6 100 min</td>
<td>86</td>
<td>1</td>
<td>87</td>
</tr>
<tr>
<td>7 120 min</td>
<td>97</td>
<td>1</td>
<td>98</td>
</tr>
<tr>
<td>8 140 min</td>
<td>111</td>
<td>1</td>
<td>112</td>
</tr>
<tr>
<td>9 160 min</td>
<td>142</td>
<td>3</td>
<td>145</td>
</tr>
<tr>
<td>10 180 min</td>
<td>166</td>
<td>3</td>
<td>169</td>
</tr>
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</table>

Date Collected: 3/27/2014  Date Tested: 4/1/2014

M AFTER Homemade Elemental Diet: H↓ 84 ppm

<table>
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<tr>
<th>Sample</th>
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<td>1</td>
<td>4</td>
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<td>2 20 min</td>
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<td>3</td>
<td>7</td>
</tr>
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<td>3 40 min</td>
<td>6</td>
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<tr>
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<td>0</td>
<td>10</td>
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<tr>
<td>5 80 min</td>
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<td>6 100 min</td>
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<td>7 120 min</td>
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<tr>
<td>8 140 min</td>
<td>9</td>
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<tr>
<td>9 160 min</td>
<td>11</td>
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<tr>
<td>10 180 min</td>
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<td>0</td>
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</tr>
</tbody>
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Date Collected: 4/29/2014  Date Tested: 4/29/2014

Dr. Siebecker 2015
T BEFORE Homemade Elemental Diet

Dr. Siebecker 2015

T AFTER Homemade Elemental Diet: M ↓ 85 ppm

Dr. Siebecker 2015
T Clinical Notes

- Stopped Dextrose after 3 days to avoid vaginal yeast (made tongue white). Encapsulated the amino acids (took 40 caps/day).

- During: “it was torture, terrible.” 2 days of flu feeling. Day of diarrhea. But it was also “amazing” – all GI sx relieved while on HM ED. No bloating, burping, pain, & had clear thinking. Lost 15 pounds, but it came back.

- Result: As soon as started eating – bloating & constipation returned, even while on erythromycin & SCD Intro Diet. But burping & farting are gone and feeling of food sitting is less.

B BEFORE Homemade Elemental Diet

[Graph showing data with ppb values and H2+CH4 levels over time]
B AFTER Homemade Elemental Diet: M ↓ 119 ppm

B Clinical Notes

• During: “really exhausting.” 3rd week, while off it, had to recover on couch.

• Results: great improvement in bloating, food tolerances & pain (even when cheat w/gluten). Tiny improvement in energy. Still constipated.
**J BEFORE** Homemade Elemental Diet

**J AFTER** Homemade Elemental Diet: M ↓ 129 ppm
J Clinical Notes

• During: bad brain fatigue, lost almost 8# on 2nd day, die off hit day 4.

• Results: eliminated body aches (CC), diarrhea, bloating, farting, burping, headaches. Fatigue is still there.

• “Digestion has been wonderful”.

Key Clinical Point

• Standard cleansing/detox formulas such as Mediclear, Clearvite or Ultraclear are not elemental formulas & can’t be used for this purpose
Elemental Diet Pros & Cons

- **PRO**
  - Can lower severe gas in 1 course (up to 148ppm)
  - Studied/proven (Vivonex)
  - Non-antibiotic method
  - Weight Loss: avg 10 lbs

- **CON**
  - Tastes bad
  - Emotionally challenging
  - Die off
  - Yeast aggravation
    - due to simple sugars
  - Weight loss: avg 10 lbs
    - Can be averted by consuming sufficient calories

Elemental Diet: Clinical Notes

- Recommend family/friends give encouragement during
- Expect bowel changes- odd colors, diarrhea, constipation
- Often takes 1-2 weeks for stool to normalized after, or longer
- Die off can be very bad and last the whole time
  - Flu-like feeling
  - Fatigue
  - Headache
  - Aggravation of existing or past symptoms
  - New GI symptoms
Elemental Diet: Optional
After treatment

• To prevent bloating and help with motility

1. Iberogast with meals

2. Diet 1st 1-2 days: No Fiber
   • white rice ¼-1/2 c/meal, eggs/meat/fish/fowl, butter/ghee/oil, lactose-free dairy
     • Lactose-free dairy= hard cheese aged 30days+, dry curd cottage cheese, lactose free milk, butter/ghee, 24 hour homemade yogurt (this may need to be avoided if Pbx aggravate)
       • Note: some commercial lactose-free yogurt contains pectin fiber
   • Then: pureed carrots, zucchini or other low fiber veg
   • Then return to normal diet