

Facebook Bacteriotherapy Group FAQs

<https://www.facebook.com/groups/bacteriotherapy/>

Answers to frequently asked questions about bacteriotherapy and related topics, including fermented foods, probiotics, Probiotic Retention Enemas (PREs), Fecal Microbiota Transplants (FMTs), candida, SIBO, biofilms, GERD, constipation, diarrhoea, IBS, leaky gut, UTIs, sinusitis, pyroluria, phage therapy, helminthic therapy and lots more.

FMT (Fecal Microbiota Transplant) - where can I learn more about this?

Fecal Transplant FAQs

<http://thepowerofpoop.com/epatients/fecal-transplant-faqs/>

The Power of Poop - promoting safe, accessible FMT for all who need it.

<http://thepowerofpoop.com>

The Fecal Transplant Foundation

<http://thefecaltransplantfoundation.org>

Fecal Microbiota Transplantation: Past, Present and Future:

<http://www.medscape.com/viewarticle/776501>

This version is easier to read:

http://www.medscape.com/viewarticle/776501_print

RHR: All About Fecal Microbiota Transplants (Podcast and transcript)

<http://chriskresser.com/all-about-fecal-microbiota-transplants>

Fecal Microbiota Transplantation podcast with Dr. Mark Davis (Podcast)

<http://www.ndupdate.com/fecal-microbiota-transplantation-with-dr-mark-davis>

Fame and future of faecal transplantations - developing next-generation therapies with synthetic microbiomes:

<http://onlinelibrary.wiley.com/doi/10.1111/1751-7915.12047/full>

For further information, see the FMT group:

<https://www.facebook.com/groups/thepowerofpoop/>

and its well-stocked Files section:

<https://www.facebook.com/groups/thepowerofpoop/files/>

To join this group, send a friend request to Sally Brown:

<https://www.facebook.com/sally.brown.7186896>

FMT - where can I get one?

The Taymount Clinic for Digestive Health, London, UK:

<http://www.taymount.com>

Get the Taymount Brochure from the bottom of this page:

<http://www.taymount.com/faecal-bacteriotherapy.php>

Also see this post:

<https://www.facebook.com/groups/bacteriotherapy/permalink/525987647436927/>

The Bright Medicine Clinic, Portland, Oregon, USA:

http://www.brightmedicineclinic.com/bright_medicine/home.html

The Mayo Clinic, Minnesota, USA:

<http://www.mayoclinic.org/news2013-rst/7550.html>

The Centre for Digestive Diseases, Sydney, NSW, Australia:

<http://www.probiotictherapy.com.au>

The Sydney Colon Health Clinic, St Leonards, NSW, Australia:

<http://www.colonhealth.com.au/SCHCServ.htm>

<http://www.jonbarron.org/article/probiotic-miracle>

The Benefits of Probiotics - More than Ever

<http://www.jonbarron.org/natural-health/benefits-of-probiotics-immune-system>

What are probiotics? What are the health benefits of probiotics?

<http://www.medicalnewstoday.com/articles/264721.php>

Understanding probiotics and prebiotics

<http://www.gutmicrobiotawatch.org/understanding-probiotics-and-prebiotics/>

A good review of numerous probiotics

<http://www.medicalinsider.com/bacterial.html>

One of The Most Important Supplements You Can Take

<http://articles.mercola.com/sites/articles/archive/2011/09/24/one-of-the-most-important-steps-you-can-take-to-improve-your-health.aspx>

Benefits of probiotics - these healthy bacteria help with allergies, eczema and the common cold, as well as digestion

<http://www.naturalhealthadvisory.com/daily/natural-health-101/benefits-of-probiotics-more-than-just-digestion-these-healthy-bacteria-help-with-allergies-eczema-the-common-cold-and-more/>

7 ways probiotics detoxify your body

<http://www.greenmedinfo.com/blog/7-ways-probiotics-help-you-detoxify-your-health>

Guide to the best probiotic supplements - the key is to match the strain to your condition

<http://www.naturalhealthadvisory.com/daily/natural-health-101/guide-to-the-best-probiotic-supplements---the-key-is-to-match-the-strain-to-your-condition/> (You may need to copy/paste this link!)

Which Probiotics Actually Work?

http://www.huffingtonpost.ca/josh-gitalis/which-probiotics-actually_b_5447597.html

Why are probiotics so ineffective?

http://www.researchgate.net/post/Why_are_probiotics_so_ineffective

Popular probiotic may cause neurotoxicity

<http://www.mommpotamus.com/popular-probiotic-strain-may-induce-neurotoxicity/>

Probiotic Logic vs. Gut Feelings

http://well.blogs.nytimes.com/2014/07/21/probiotic-logic-vs-gut-feelings/?_php=true&_type=blogs&r=0

Probiotics - is it OK to use them if you're histamine-intolerant?

People with histaminic intolerance may be best advised to endure a few problems from taking probiotics in order to gain the benefits that they have to offer. One histamine intolerant individual found that rotating probiotics and prebiotics as well as taking Candex helped her to tolerate the probiotics better.

However, some probiotic strains are easier for histamine folk to tolerate.

The following microbial strains found in probiotics and bacterial preparations are histamine builders and should not be taken in case of histamine intolerance:

Lactobacillus casei (eg in Actimel, Yakult, kombucha)

Lactobacillus reuteri (eg in bread drink),

Lactobacillus fermentum fermentii /

Lactobacillus plantarum,

Lactococcus lactis #

Enterococcus faecialis,

Enterococcus faecium,

Escherichia coli (+ produces ammonia and possibly hemolysin as histamine liberators and other toxins, these substances can also be in dead bacteria (??))

The following microbial strains seem to work for histamine intolerance and tyramine intolerance:

bifidobacteria,

Lactobacillus gasseri,

Lactobacillus rhamnosus,
Lactobacillus salivarius,
Lactobacillus sporogenes.

The following microbial strains seem to be in order, except in cases of tyramine intolerance or "medium strong" histamine intolerance:

Lactobacillus acidophilus,
Lactobacillus helveticus,
Lactobacillus lactis
Streptococcus thermophilus (tyramine producers!)

(Source: Beutling 1996 "Biogenic amines in the diet")

Probiotics - what types/brands do group members recommend?

Prescript Assist (Soil-Based Organisms)

<http://www.prescript-assist.com>

Can Soil Based Organisms Restore Your Gut Health?

<http://www.thecandidadiet.com/soil-based-organisms/>

However, PA *may* be contraindicated for some people, e.g., those who are immunocompromised or diabetic.

<http://fixyourgut.com/hso-probiotics-part-3-prescript-assist/>

Bio-Kult

<http://www.bio-kult.com>

Mutaflor

See other entries here about buying and culturing Mutaflor.

GutPro custom probiotic / GutPro infant probiotic

(Includes only non-histamine-inducing strains, with no other ingredients)

<http://organic3.com/gutpro/>

Threelac, Fivelac - are they any good?

It might be wise to avoid both Threelac and Fivelac, as they contain Enterococcus faecalis, which strangles out competition, grows rapidly, and does nothing to promote biodiversity. It is also a potential threat if it gets outside the gut:

"Enterococcus faecalis, also known as E. faecalis, can constitute as much as 0.5 to 0.9 percent of gut microflora... Outside of the gut, E. faecalis can cause dangerous infections, such as endocarditis, and is often resistant to standard antibiotics like vancomycin.

<http://www.sciencedaily.com/releases/2012/12/121211193514.htm>

Also see: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1899230/>

However, one group member appears not to have had a problem with Threelac, and possibly to have benefitted from its use:

<https://www.facebook.com/groups/bacteriotherapy/permalink/528343900534635/>

Mutaflor - where can I buy it?

Metropolitan Pharmacy in Germany.

They understand English, are very helpful and possibly the cheapest source. When sending them a credit card number by email, split this into at least two parts and send these separately via different emails for added security.

<a>fra@metropolitan-pharmacy.com

Uriel Pharmacy in Wisconsin, if ordering as a prescription item. 100 mg. tablets are \$2.95 ea. and 20 mg. tablets are \$2.15 each (at March 2014). The 100 mg. tablets can be cut if one wants to start at a smaller dose. The pharmacy number is 866 642 2858.

<a><http://urielpharmacy.com/index.php>

From Medical Futures Inc. (Canada)

<http://mutaflor.ca/product/mutaflor/>

Feel Good Natural Health Store in Canada

NB. You MUST pay for the Express shipping if you live outside Canada.

Home page:

<http://www.feelgoodnatural.com>

Mutaflor page:

<http://www.feelgoodnatural.com/health-food/Mutaflor-SALE--60-Caps-30-Days-Supply-CANADA-ONLY--ORDERS-OUTSIDE-ONTARIO-AND-QUEBEC-REQUIRE-EXPRESS-SHIPPING/MUTAFLOR>

You may still be able to get Mutaflor from the Berlinda Versand Apotheke (trans. Berlinda Mail Order Pharmacy), although they have recently replied to a US customer with this: "I'm sorry but in the USA we ship basically no cooling products. The journey is too long and the bacteria survive under any circumstances." Their website is in German but is not too difficult to understand and their staff speak English, and are extremely helpful.

Home Page:

<http://www.berlindaversandapotheke.de>

Mutaflor Page:

<http://www.berlindaversandapotheke.de/artikelsuches.php?newSearch=1&volltext=Mutaflor&Los!>

Mutaflor - can I culture this?

Yes, once you have some Mutaflor, this can be cultured at home. http://www.drmyhill.co.uk/wiki/Growing_Mutaflor

The Taymount Clinic in the UK (<http://taymount.com>) incorporate Mutaflor into a "Super Probiotic"/"Yoghurt for Super-Heroes", which is Kefir, cultured VSL#3 and Mutaflor. <http://taymount.blogspot.co.uk/2013/02/right-were-back-couldnt-believe-how.html>

Taymount developed this recipe and use it for their own oral consumption as well as that of their donors and patients undergoing Faecal Microbiota Transplant treatments. They also use it as a retention enema.

The "Super Probiotic"/"Yoghurt for Super-Heroes" is made by combining the following:

- * Long-Life (UHT) milk (This is the milk in cartons that is stored at room temperature. This has been ultra-heated (http://en.wikipedia.org/wiki/Ultra-high-temperature_processing) so there are no remaining bacteria to compete for resources with the new probiotic cultures, which are able to grow faster and produce thicker yoghurt with improved texture. Raw or pasteurised milk can be used but it will produce a thinner, milk-like consistency.)
- * Kefir <https://www.facebook.com/yourkefirsource?fref=ts>
- * Mutaflor <https://www.facebook.com/Mutaflor>
- * VSL#3 <https://www.facebook.com/vsl3probiotic>
- * Fructooligosaccharide <https://www.facebook.com/pages/Fructooligosaccharide/109304452434846>.

To make the Super Probiotic, stir one sachet of VSL#3 into a litre of sterilised, Long-Life (UHT) milk, separate this into 100 ml pots and place these in a yogurt maker or dehydrator set to 37-38 degrees centigrade for 4-6 hours. Repeat this process with Mutaflor, mixing one adult daily dose in 1 litre of sterilised, Long-Life (UHT) milk, which makes 10 yoghurt pots of thick set Mutaflor yoghurt.

You can hold back one pot of each culture to produce a second culturing, and even sometimes a tertiary culturing. Although the third culture may be somewhat thin, you can still get a minimum of 19 daily doses from one adult daily capsule.

Once the VSL#3 and Mutaflor cultures are nicely set, pour 100ml of each into 500-700ml of strained kefir, then stir in a couple of heaped teaspoonfuls of FOS. Keep chilled and use within 24 hours as the FOS makes the bacteria quite lively!

Probiotics - when is the best time to take these?

It may be best to take probiotics at bedtime and/or first thing in the morning. When you get up in the morning may be the ideal time because your stomach pH will be at its lowest, so there will be less chance of the beneficial bacteria succumbing to stomach acid.

If you're taking an antibiotic, make sure you take your probiotic at least 2 hours before or after the drug, to reduce the chances of it killing the bacteria.

Probiotic Retention Enema (PRE) - what is this?

A PRE is an easily-administered, relatively cheap (much cheaper than FMTs), quick solution to gut dysbiosis that can be surprisingly effective in the short term, e.g: <https://www.facebook.com/groups/bacteriotherapy/permalink/530049563697402/>

For more details, see the separate doc here in our Files section:
<https://www.facebook.com/groups/bacteriotherapy/doc/262847780417583/>

Fermented foods - how do you make them?

Make your own fermented probiotic-dense foods
http://www.naturalnews.com/033675_fermented_foods_probiotics.html

Fermented Food for Beginners: Lacto-Fermented Vegetables
<http://www.nourishingdays.com/2009/07/the-benefits-of-fermented-food-lacto-fermented-vegetables/>

Vegetable Fermentation Further Simplified
<http://www.wildfermentation.com/vegetable-fermentation-further-simplified-2/>

Lacto-Fermentation: An Easier, Healthier, and More Sustainable Way to Preserve
<http://www.simplebites.net/lacto-fermentation-an-easier-healthier-and-more-sustainable-way-to-preserve/>

The Science Of Fermented Foods
<http://microbialfoods.org>

Kefir - what is it and how do you make it?

<http://nationalkefirassociation.com/Kefir.aspx>
<http://crohnsend.com/2012/10/kefir-101/>
<http://crohnsend.com/2012/11/kefir-how-to-make-and-drink-it/>
<http://users.sa.chariot.net.au/~dna/kefirpage.html>
<http://www.mercola.com/forms/kefir.htm>
<http://chriskresser.com/kefir-the-not-quite-paleo-superfood>

Kefir threads in our own group:
Milk kefir: <https://www.facebook.com/groups/bacteriotherapy/permalink/411529425549417/>
Water kefir: <https://www.facebook.com/groups/bacteriotherapy/permalink/391744197527940/>

Unfortunately, Kefir doesn't suit everyone!
<https://www.facebook.com/groups/bacteriotherapy/permalink/678922185476805/>

How to make kefir:
<https://www.facebook.com/notes/bacteriotherapy/kefir-what-is-it-and-how-do-you-make-it/503361426366216>

Encouraging good gut bacteria - what is the best diet to promote them?

Eating right - not supplements - Is best to keep your good bugs healthy
<http://www.sciencedaily.com/releases/2009/10/091021115153.htm>

Choosing particular preparation methods for potatoes can increase resistant starch and thereby promote beneficial gut bacteria.

Regardless of potato variety,

- * chilled potatoes (4.3g of resistant starch per 100g food, whether originally baked or boiled)
 - * baked potatoes (3.6g of resistant starch per 100g food)
 - * chilled-and-reheated potatoes (3.5g of resistant starch per 100g food)
 - * potatoes served hot (3.1g of resistant starch per 100g food)
 - * boiled potatoes (2.4g of resistant starch per 100g food)
- <http://www.medicalnewstoday.com/releases/259759.php>

Resistant Starch, Panacea, but Why?
[http://coolinginflammation.blogspot.co.uk/2014/02/resistant-starch-panacea-but-why.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed:+CoolingInflammation+\(Cooling+Inflammation\)](http://coolinginflammation.blogspot.co.uk/2014/02/resistant-starch-panacea-but-why.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed:+CoolingInflammation+(Cooling+Inflammation))

However, eating excessive amounts of resistant starch may backfire, may even foster potentially harmful properties of gut microbes, and may contribute to SIBO.

<http://digestivehealthinstitute.org/2013/05/resistant-starch-friend-or-foe/>

Gut Flora and Diet (Health in Diagrams I)

<http://coolinginflammation.blogspot.co.uk/2014/03/health-in-diagrams-i-gut-flora-and-diet.html?>

Candida - what can I do about it?

Candida can be confirmed by using a Candida antibody test, e.g., Genova Diagnostics IMM14 Candida Antibody Profile, which tests for IgG and IgA to establish past and present infection.

For more information on candida, check out this excellent article by Sherridan Stock:

<http://www.thefinchleyclinic.com/shop/candida-article-conquering-candida-a-421.html>

Candidiasis resource for Lyme sufferers, but of interest to all with this condition

<http://www.lymeinfo.net/candida.html>

How to overcome candida naturally

<http://foodmatters.tv/articles-1/how-to-overcome-candida-naturally>

There are several articles on the Dr Mercola site, e.g:

<http://articles.mercola.com/sites/articles/archive/2011/01/11/natural-remedies-for-yeast-infections.aspx>

<http://articles.mercola.com/sites/articles/archive/2008/06/10/holistic-treatment-for-candida-infection.aspx>

10 foods that will fight your candida

<http://www.thecandidadiet.com/candida-fighting-foods.htm>

"Horopito", a plant native to New Zealand that's sold under the Kolorex brand, has anti-candida properties that are unparalleled as far as herbal treatments go.

Saccharomyces boulardii is as effective as nystatin in reducing candida

<http://www.ncbi.nlm.nih.gov/pubmed/23703468>

<http://www.ncbi.nlm.nih.gov/pubmed/19732158>

(But see: <https://www.facebook.com/groups/bacteriotherapy/permalink/665492340153123/>)

Fresh garlic extract can reduce candida albicans biofilms:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC538912/>

Turmeric inhibits candida, even at low concentrations

<http://jac.oxfordjournals.org/content/63/2/337.long>

and its effect can be increased 5- to 10-fold by adding ascorbic acid

<http://www.sciencedirect.com/science/article/pii/S0308814612001744>

The non-toxic herb, Gymnema slyvestre, is effective against candida

<http://www.k-state.edu/media/newsreleases/jun13/vediyappan91213.html>

Extracts of Nigella sativa have shown antifungal effects against different strains of Candida albicans.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>

(N. saliva [aka. kalonji or nigella] is sometimes called "black cummin" but this name can also refer to the seeds of the less common but quite different Bunium bulbocastanum.)

Jujube honey is effective against C. albicans, inhibiting the formation of new biofilms and disrupting established ones.

<http://www.ncbi.nlm.nih.gov/pubmed/23867789>

Lufenuron provides rapid and effective treatment for fungal infections

<http://www.ncbi.nlm.nih.gov/pubmed/11128542>

<http://lufenuroncandidacure.owndoc.com>

Lufenuron dosage, etc.

<http://gettinghealthiernow.wordpress.com/2014/09/18/lufenuron-healing-cfsme-much-more/>

Sodium butyrate inhibits pathogenic yeast growth.

<http://jac.oxfordjournals.org/content/66/11/2573.long>

<http://www.amazon.com/gp/product/B0058A9SF0?>

[ie=UTF8&camp=1789&creativeASIN=B0058A9SF0&linkCode=xm2&tag=tyfs19-20](http://www.amazon.com/gp/product/B0058A9SF0?ie=UTF8&camp=1789&creativeASIN=B0058A9SF0&linkCode=xm2&tag=tyfs19-20)

SB is a powerful antifungal made in our own guts by the fermentation of vegetables. If you take antibiotics, however, you just may be killing off the fragile bacteria that make this important compound.

Why does butyrate work?

<https://www.facebook.com/groups/bacteriotherapy/permalink/713545758681114/>

Fecal microbiota transplants (FMT) will help repopulate butyrate generating bacteria, and this procedure could be undertaken whilst taking modest amounts of CS orally.

<http://thepowerofpoop.com>

The bacterium, clostridium butyricum

http://en.wikipedia.org/wiki/Clostridium_butyricum

generates butyrate in the gut, and this is available as a probiotic, Miyarisan Tablets, in Japan.

<https://www.facebook.com/photo.php?fbid=10152806891616155&set=p.10152806891616155&type=1&theater>

1. <http://www.ebay.co.uk/itm/251578568400>

2. <http://www.amazon.com/gp/product/B000FOUNBU?ie=UTF8&camp=1789&creativeASIN=B000FOUNBU&linkCode=xm2&tag=tyfs19-20>

and in the probiotic formulations, Bifilac and Bifilac HP

<http://www.indiamart.com/abpl/probiotic-dietary-supplements.html>

<http://m.internationaldrugmart.cn/pharmacy/over-the-counter-meds/bifilac.html>

C. butyricum is also available as an animal feed additive

http://www.alibaba.com/product-detail/probiotic-clostridium-butyricum_1589202110.html

Apple pectin converts to butyrate in the colon, and larch arabinogalactan increases butyric acid concentrations in the colon.

<http://www.iherb.com/Thorne-Research-Arabinex-3-5-oz-100-g/18737>

NB. Butyrate also protects against cancer:

<http://www.ncbi.nlm.nih.gov/pubmed/16460475>

and some studies say CS does too:

<http://www.ncbi.nlm.nih.gov/pubmed/21080962>

Monolaurin

<http://www.inspirednutrition.com/candida-yeast-and-monolaurin-study.html>

Lactoferrin

<http://en.wikipedia.org/wiki/Lactoferrin>

Avoid very low carb (VLC) diets because these cause ketosis, and yeasts love ketones.

VLC diets are not a good idea anyway:

<http://perfecthealthdiet.com/2010/11/dangers-of-zero-carb-diets-ii-mucus-deficiency-and-gastrointestinal-cancers/>

And ensure that your vitamin D level is optimal

<http://www.nimr.mrc.ac.uk/mill-hill-essays/vitamin-d-a-natural-wonder-drug-were-all-avoiding>

because this will produce cathelicidin, a potent antifungal only created in the body when stores of vitamin D are adequate

<http://www.ncbi.nlm.nih.gov/pubmed/21889964>

SIBO - what is it and how can I deal with it?

Small Intestine Bacterial Overgrowth:

Often-Ignored Cause of Irritable Bowel Syndrome

<http://www.townsendletter.com/FebMarch2013/ibs0213.html>

How to Tell If You Have Small Intestinal Bacterial Overgrowth and What to Do About It

<http://scdlifestyle.com/2011/08/how-to-tell-if-you-have-small-intestinal-bacterial-overgrowth-and-what-to-do-about-it-scd-podcast-25/>

How To Cure SIBO

<http://www.drbganimalpharm.blogspot.com.au/2013/11/how-to-cure-sibo-small-intestinal-bowel.html>

Peppermint oil provides antimicrobial activity in the small intestine:

<http://www.altmedrev.com/publications/7/5/410.pdf>

Bacillus clausii

https://microbewiki.kenyon.edu/index.php/Bacillus_clausii

is as effective as antibiotics against SIBO:

<http://www.bellybiotic.com/images/study5.pdf>

<http://www.ncbi.nlm.nih.gov/pubmed/19352343>

This bacterium appears to be marketed as "Enterogermina" by Sanofi-Aventis.

http://www.automedicazione.it/view_document.aspx?iddocument=6555

Run the following webpages through a translate app for more details:

<http://www.enterogermina.it>

<http://www.minsa.gob.pe/portallibroteca2/biblio/plm/PLM/productos/40656.htm>

http://www.medicamentosplm.com/productos/enterogermina_suspension.htm

Possible sources:

[http://www.ebay.co.uk/sch/i.html?](http://www.ebay.co.uk/sch/i.html?_nkw=enterogermina&clk_rvr_id=651667137214&adpos=1o1&MT_ID=10&crp=39392329407_2113181&device=c&geo_id=32251&keyword=enterogermina&crdt=0)

[_nkw=enterogermina&clk_rvr_id=651667137214&adpos=1o1&MT_ID=10&crp=39392329407_2113181&device=c&geo_id=32251&keyword=enterogermina&crdt=0](http://www.ebay.co.uk/sch/i.html?_nkw=enterogermina&clk_rvr_id=651667137214&adpos=1o1&MT_ID=10&crp=39392329407_2113181&device=c&geo_id=32251&keyword=enterogermina&crdt=0)

<http://www.drugsupdate.com/brand/generic/Bacillus%20clausii/48486>

Guar gum

Partially hydrolysed guar gum seems to be more useful in eradicating SIBO than rifaximin alone.

<http://www.ncbi.nlm.nih.gov/pubmed/20937045>

<http://www.sciencedirect.com/science/article/pii/S1756464611000946>

Perhaps Guar gum might work equally well in combination with herbal antimicrobials/antifungals, thus avoiding the need to use rifaximin?

Myrrh - a component of Swedish bitters - discourages the fermentation of food in the upper GI tract, so seems tailor-made for anyone with SIBO.

Herbal therapy equal to Rifaximin for the treatment of SIBO

<http://www.gahmj.com/doi/abs/10.7453/gahmj.2014.019>

One of the best ways to improve SIBO is via intermittent fasting, where you shift a full day's calories into the first 2/3 of the day. No food after 5pm is how one patient did it.

Can a Short-Term Elemental Diet Help Treat SIBO?

<http://chriskresser.com/can-a-short-term-elemental-diet-help-treat-sibo>

SIBO information handouts

<http://www.siboinfo.com/handouts.html>

Alcohol may exacerbate SIBO

<http://www.sciencedaily.com/releases/2011/10/111031114949.htm>

Biofilms - can they be broken up?

Attacking Pathogenic Biofilms

(Scroll down the page to reach this section.)

<http://perfecthealthdiet.com/2010/07/bowel-disease-part-iv-restoring-healthy-gut-flora/>

Quorum-sensing and cheating in bacterial biofilms

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3497100/?report=classic>

InterFase Plus

"... it seems to cause more of a Herxheimer or die-off reaction in treating infections than a lot of the botanical antimicrobials, which is indicative that it's working."

<http://chriskresser.com/the-highly-effective-but-little-known-treatment-for-chronic-sinusitis>

Kirkman's Biofilm Defense

<http://kirkmanlabs.com/ProductKirkman/397/1/BiofilmDefenseand/>

Leaky gut - what is it and how do you fix it?

Leaky Gut Syndrome In Plain English - And How To Fix It

<http://scdlifestyle.com/2010/03/the-scd-diet-and-leaky-gut-syndrome/>

Leaky Gut Protocol (from Too Much Magazine)

<http://toomuchmag.com/crowdsourcing-the-too-much-mag-protocol-for-leaky-gut/>

How To Heal a Leaky Gut

<http://us5.campaign-archive2.com/?u=a1282145364dee1ac445c5938&id=f6cd66dac3>

Leaky Gut Syndrome: A Modern Epidemic with an Ancient Solution?

<http://www.townsendletter.com/june2014/leaky0614.html>

Helminthic therapy can help to restore mucosal barrier function

<http://www.ncbi.nlm.nih.gov/pubmed/22464690>

05/08/14 The health of the intestinal lining depends on 'normal' bacteria

<http://www.medicalnewstoday.com/releases/280541.php>

Probiotics may help combat leaky gut

<http://ajpgi.physiology.org/content/307/4/G420>

Lactobacillus plantarum helps to reduce gut wall permeability

<http://www.drperlmutter.com/consider-lactobacillus-plantarum/?hvid=5qELg2>

4 Steps to Heal Leaky Gut and Autoimmune Disease

<http://www.greenmedinfo.com/blog/4-steps-heal-leaky-gut-and-autoimmune-disease>

5 steps to heal a leaky gut from Ibuprofen

<http://www.greenmedinfo.com/blog/5-steps-heal-leaky-gut-ibuprofen>

Gut healing - what can I use to heal my gut?

MucosaHeal

<http://www.imixnaturals.com/mucosaheal/mhhome.asp>

"... a Godsend in healing my intestines." (Judy Shepherd Hoffpauir)

GI Revive (by Designs For Health)

<http://catalog.designsforhealth.com/GI-Revive-Powder>

"Its the ferrari of gut mucosa restoration in my opinion." (Jonny Woodall)

Cranberry extract protects against intestinal inflammation by increasing the prevalence of the keystone mucin-degrading bacterium, Akkermansia.

<https://www.ncbi.nlm.nih.gov/pubmed/25080446>

A high phosphate diet may help in reversing stress induced gut problems

<https://www.facebook.com/groups/bacteriotherapy/permalink/700205733348450/>

<https://www.facebook.com/groups/bacteriotherapy/permalink/700210096681347/>

Healthy digestion explained

The Joy of Healthy Digestion

http://www.themaplecenter.org/~themaple/files/7513/4763/7778/The_Joy_of_Healthy_Digestion2.pdf

Irritable Bowel Syndrome (IBS)

IBS and FODMAPs

http://www.foodsmatter.com/allergy_intolerance/fodmaps/articles/fodmaps-read-01-14.html

Prescript-assist showed an 80% cure rate for IBS and no reported complications with one years use.

<https://www.ncbi.nlm.nih.gov/pubmed/17692729>

GERD/reflux - what can I do to help it?

The best solution to GERD is to make dietary and lifestyle changes:

<http://chriskresser.com/heartburn>

Lifestyle modifications still the best bet for warding off acid reflux

<http://tbo.com/health/lifestyle-modifications-still-the-best-bet-for-warding-off-acid-reflux-20131026/>

Get rid of heartburn and GERD forever in three simple steps

<http://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps>

9 Steps to reduce acid reflux without antacids

<http://jjvirgin.com/4446/9-steps-reduce-acid-reflux-antacids/>

5 Natural Heartburn Remedies Proven to Beat Drugs

<http://www.greenmedinfo.com/blog/5-natural-heartburn-remedies-proven-beat-drugs>

Top ways to get rid of acid reflux and heartburn

http://www.naturalnews.com/045895_acid_reflux_heartburn_herbal_medicine.html

Treating reflux with Betaine HCL

<https://www.facebook.com/groups/bacteriotherapy/permalink/523017391067286/>

But those who prefer to use mainstream medicine might find the LINX System

<http://health.ucsd.edu/news/releases/Pages/2013-02-22-study-shows-effectiveness-of-magnetic-device-GERD.aspx>

better than having to take reflux medications, such as proton pump inhibitors, for years, as these drugs increase the risk of infection <http://www.medpagetoday.com/PublicHealthPolicy/PublicHealth/31076>
hip fractures

<http://jama.jamanetwork.com/article.aspx?articleid=204783>

and intestinal damage

http://www.eurekalert.org/pub_releases/2011-09/mu-msf090111.php

to mention but three of the problems caused by PPIs.

Pyroluria - can this be related to gut problems?

Yes. Pyroluria is a common major contributor to gut health problems that causes chronic deficiencies of zinc and B6, is under-diagnosed, but easily treated. Around 10% of the population have it, including most autistic children, and there is a high incidence with depression. Since zinc deficiency contributes to leaky gut it is frequently present in those with gut health problems.

There is a sort of vicious circle with gut dysbiosis and pyroluria, and treating the pyroluria with supplements expedites treatment of dysbiosis.

More information about pyroluria can be found at these links.

<http://www.growyouthful.com/ailment/pyroluria.php>

<http://www.gethelpfordepression.info/pyroluria.aspx>

<http://www.primalbody-primalmind.com/do-you-have-pyroluria/>

Pyroluria is diagnosed using a simple urine test, but, if you want to get tested, do NOT use a home kit as this is likely to be ineffective. The sample needs to be collected in a pathology lab with an experienced biomedical doctor.

Constipation - what can I do to ease it?

<http://www.medicalnewstoday.com/articles/150322.php>

http://www.foodsmatter.com/digestive_conditions_coeliac/miscellaneous/articles/constipation_rose.html

<http://www.healthiertalk.com/curbing-constipation-naturally-part-1-0847>

<http://www.healthiertalk.com/naturally-curbing-constipation-part-ii-0880>

<http://www.healthiertalk.com/how-relieve-constipation-naturally-7-steps>

Sodium butyrate is effective against constipation.

<http://www.termedia.pl/Czasopismo/-41/pdf-21703-10>

<http://thehomeschoolingdoctor.com/2013/10/24/butyrate-and-constipation/>

http://www.emptyingthebowel.com/index.php?option=com_content&view=article&id=145%3Awhat-are-short-chain-fatty-acids-sdfa-and-butyrate&catid=42%3Agut-microbiota-and-fermentation-in-the-colon&Itemid=152

Apple pectin converts to butyrate in the colon, and larch arabinogalactan increases butyric acid concentrations in the colon.

<http://www.iherb.com/Thorne-Research-Arabinex-3-5-oz-100-g/18737>

(See more about sodium butyrate under "Candida", below.)

Avoiding cow's milk may help

<http://www.ncbi.nlm.nih.gov/pubmed/24853450>

Auriculotherapy may be beneficial in managing constipation

<http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2013.0324>

Vibration may help constipation

<http://www.ddw.org/news/articles/2014/05/03/vibrating-capsule-shows-promising-results-in-treating-chronic-constipation>

Diarrhea / Diarrhoea

100 Natural Remedies For Diarrhea

<http://ibsdctor.hubpages.com/hub/100-Natural-Remedies-For-Diarrhea>

The medical food, Cesinex, has antidiarrheal effects largely attributable to its tannic acid content, which improves intestinal epithelial barrier function. Suitable for all ages.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3244547/>

<http://www.laserpharmaceuticals.com/cesinex.php>

Tasectan - another antidiarrheal product suitable for all ages, contains gelatin tannate, which acts mechanically to protect inflamed intestinal mucosa by forming a protective, protein-based mucoadhesive film.

<http://www.tasectan.ie>

Clostridium difficile - what are the options for treating this?

A number of therapies for C. difficile-associated disorders are explained here:

http://www.cdd.com.au/pages/disease_info/clostridium_difficile.html

Bloating - what causes this and what might help?

Bloating 101: Why You Feel Bloating

<http://www.webmd.com/digestive-disorders/diarrhea-10/bloated-bloating>

What's behind that bloated belly? 5 common causes... and how to treat them

<http://www.mirror.co.uk/lifestyle/health/bloated-stomach-5-common-causes-1196763>

Female bloat: are Gas6 and LPS the culprits?

<https://www.facebook.com/groups/bacteriotherapy/permalink/677395922296098/>

Ileocecal valve massage - what is it and how do you do it?

<http://www.healingnaturallybybee.com/articles/massage1.php>

<http://www.energybalancing.com/selfeval/ileocecal.html>

Bile acids - what's their importance for gut microbiome health?

<https://www.facebook.com/groups/bacteriotherapy/permalink/696690327033324/>

Helicobacter pylori - what's the truth about this bug, and what might help control it?

Copper might help keep H. pylori 'polite'

<https://www.facebook.com/groups/bacteriotherapy/permalink/704512792917744/>

Bactericidal and anti-adhesive properties of culinary and medicinal plants against H. pylori

<http://www.ncbi.nlm.nih.gov/pubmed/16437723>

Infections - how can these be treated without antibiotics?

Lists of natural alternatives to antibiotics.

http://www.foodsmatter.com/natural_medicine_comp_therapies/miscellaneous/articles/altern_antibiotics.html

<http://jonbarron.org/article/anatomy-and-physiology-immune-system-part-4#.U8PyGIYhNBW>

(Anti-pathogens are listed halfway down page.)

Natural Alternatives to Antibiotics

by Dr John McKenna

http://www.amazon.co.uk/s/ref=nb_ss_b/202-4091682-6158203?initialSearch=1&url=search-alias%3Dstripbooks&field-keywords=natural+alternatives+to+antibiotics&Go.x=0&Go.y=0&Go=Go

Short book review here: http://www.foodsmatter.com/books/general_health.html

Herbal Antibiotics: Natural Alternatives for Treating Drug-resistant Bacteria

by Stephen Harrod Buhner

http://www.amazon.co.uk/Herbal-Antibiotics-2nd-Edition-Drug-resistant/dp/B00C7ETRZO/ref=sr_1_2?ie=UTF8&qid=1405349955&sr=8-2&keywords=Herbal+Antibiotics%2C+2nd+Edition%3A+Natural+Alternatives+for+Treating+Drug-resistant+Bacteria

Phage therapy (See separate section, below.)

One member, who had an infection that was resistant to multiple antibiotics, got rid of it in 2 days by taking oregano oil. She put 6 or 7 drops of oregano oil in a gelatin capsule along with the same number of drops of olive oil, and took this 3 times each day with food. (She cautions to always take oregano oil with food and that it may cause acid reflux in some people if they lie down after taking it.) She continued to take the oregano oil for a few days beyond the point at which the infection appeared to have gone.

Sinusitis - can bacteriotherapy help?

Yes, and there are other options too.

A colloidal silver (CS) solution applied directly into the sinuses is very effective and is active against both bacteria and fungi. Adding a surfactant (such as Tween-20*: http://en.wikipedia.org/wiki/Polysorbate_20 at roughly 0.2% - i.e., a VERY small amount!) to the silver solution enhances penetration of the silver into the cells.

This CS/surfactant mixture is reportedly able to terminate a sinus infections in a week or less, which beats antibiotics and avoids the collateral damage that the drugs cause. There's more on using a CS/surfactant mixture here:

<http://www.healthiertalk.com/sinusitis-treatment-without-antibiotics-2141>

There's no need to take CS orally, as spraying it, or using a neti pot, will get it directly into the sinuses and be effective. However, it does need to be applied repeatedly, especially if there's a constant discharge removing whatever is sprayed into the sinuses. So aim for reapplication every 20 to 30 minutes to begin with.

Spraying is arguably more convenient, and equally effective as using a neti pot, and it's easy to discard the original contents of a nasal spray and replace this with CS.

CS is perfectly safe to use in this way, and is also safe if taken orally, so long as the guidelines from the Silver Safety Council are followed:

<http://www.silversafety.org>

Using this convenient auto calculator will ensure that you stay within safe limits:

<http://www.silversafety.org/autocalculator.php>

A honey and salt rinse may also be effective, applied via in a neti pot.

16oz distilled water (half litre)
1.5 teaspoons kosher salt.
2 tablespoons manuka honey.

Heat the water to about 100 degrees F, add the honey and stir, add the salt, swizzle again, and use the mixture in a neti pot.

You could also spray vitamin C into your nostrils, and take a non-acidic form of vitamin C orally in divided doses throughout the day to add safe systemic support to the above treatments. There's more on this here:

<http://www.vitaminfoundation.org/surefire.shtml>

If you think your sinuses are blocked, taking an antihistamine can help get these open enough to allow the spray/neti solution to get in and do its job. However, check the Human Helminth Care Manual (also in this group's Files section) for a list of worm-safe antihistamines.

Enzymedica Muco Stop may help speed the breakdown and removal of inappropriate mucus

<http://www.enzymedica-digest.com/Enzymedica-Muco-Stop.html>

Probiotics that can be applied to the nostrils include:

Enterococcus faecalis, e.g., Symbioflor 1

<http://symbiopharm.de/en/products/symbioflor-1.html>

Lactobacillus salivarius, e.g., "Blis", (can be sprayed into the nose)

<http://blis.co.nz>

Lactobacillus sakei

<http://www.ncbi.nlm.nih.gov/pubmed/?term=22972842>

<http://lactobacto.com/2013/12/04/rethinking-chronic-sinusitis/>

<http://lactobacto.com/our-story/>

"I started dabbing live kimchi juice up my nose about once a day for about 2 or so weeks and so successfully treated my chronic sinusitis of many years." (This whole thread is interesting!)

<https://www.facebook.com/groups/bacteriotherapy/permalink/674050715963952/>

Several people have discovered, after much trial and error, that the L. sakei in one commercial brand of kimchi (Sunja's) only seemed to be present for the first 6 days after it was opened.

LDN helps some people.

"I take 4.5 mg LDN every day and it is the ONLY thing that has helped me keep sinus infections at bay. I couldn't even sleep well due to my sinus issues. It has been life changing for me. There's an LDN group on Facebook called 'LDN Research Trust.'"

Helminthic therapy has been shown to be a very effective long-term solution to chronic sinusitis, as can be seen from the reports in the "Sinusitis" section of this document:

http://www.foodsmatter.com/natural_medicine_comp_therapies/helminthic_therapy/articles/ht_success_stories.pdf

Other suggestions from Chris Kresser include Xylitol nasal spray, nasal irrigation with a 1% solution of Johnson's baby shampoo, and taking InterFase Plus.

<http://chriskresser.com/the-highly-effective-but-little-known-treatment-for-chronic-sinusitis>

UTIs/cystitis - what's the best way to get rid of these?

Antibiotics are often a doctor's first response to a UTI, but they may not be required, and Dr Mercola recommends that antibiotics should only be used as a LAST resort:

<http://articles.mercola.com/sites/articles/archive/2011/04/20/a-simple-natural-treatment-for-urinary-tract-health.aspx>

If an antibiotic is used, fluoroquinolones are definitely best avoided, e.g., Levaquin, Cipro, Floxin and Tequin (<http://gut-buddies.com/wordpress/2009/07/18/fluoroquinolone-antibiotics-avoid-like-the-plague/>) Trimeth/Sulfa is one example of a safer option.

Cranberry juice can help prevent adhesion by bacteria:

<http://www.nutraingredients.com/Research/Study-supports-cranberry-dose-levels-for-urinary-health>

However, cranberry products are often loaded with sugars - often fructose.

D-mannose is the active ingredient in cranberries.

Pure D-mannose is 10-50 times stronger than cranberry, so likely to be more effective, and more suitable for stubborn cases. It reportedly resolves more than 90% of all UTIs within 1-2 days, and is also non-toxic, produces no adverse effects, and is completely safe.

<http://www.townsendletter.com/May2014/gaby0514.html>

Vitamin C. The following dosage was recommended for treatment of a UTI by an Orthomolecular Naturopath: 5 grams of liposomal vitamin C, taken at one time each day for 10 days. But don't rely on home-made Lypo-C for these 10 days. True nano-sized liposome particles are required.

Nicotinamide, a form of vitamin B3, has been found to be remarkably effective against infections and for improving the immune system. Dosage, adjusted for body weight, is between 1 and 2 grams daily.

<http://www.vitaminfoundation.org/forum/viewtopic.php?f=19&t=10256>

<http://www.bbc.co.uk/news/health-19367277>

Oxygen therapy (hydrogen peroxide - H₂O₂) can be very effective against infections:
<http://www.vitaminfoundation.org/oxygen.htm>

Colloidal silver. One source recommends taking 30ml CS orally 3 times per day for 3 days. Then, after symptoms have cleared, continue to take 30ml per day. http://health.centreforce.com/health/Colloidal_Silver_Usage.html

Apple cider vinegar. Dilute apple cider vinegar creates a slightly more acidic environment in the urinary tract. 1-2 tablespoons taken in 8 ounces of water daily may be sufficient to nuke a UTI and prevent its reoccurrence.

Yogurt. Plain cultured yogurt can help against UTIs if eaten 3 times a day while symptoms last. Also you can dip a tampon in it and insert it directly. Nursing homes are reported to use this because it's cheap. Eating fermented foods regularly may help to prevent recurrence of UTIs.

One person's regimen for treating UTIs and nephritis

Take the following four times each day:

2 cranberry pills

2 garlic pills

2 vitamin C pills

2 acidophilus bifidus pills

Drink lots of pure, filtered water, and don't drink anything else (except hot herbal tea, if desired).

Give yourself a whole day to rest and let your body fight the infection with the help of the natural remedies.

<https://www.facebook.com/groups/htsupport/permalink/702101716512453/>

Herbs

Uva ursi (works well for many people but not everyone)

Buchu

Stinging nettle leaf

Goldenrod

Some other herbal options are mentioned in this article:

http://www.naturalnews.com/038116_bladder_infections_natural_remedies_D_Mannose.html

Baking soda. One tablespoon of baking soda dissolved in a glass of water has been reported to nip a UTI in the bud, but repeat doses may be required. http://www.earthclinic.com/curves/bladder_infection9.html#bs

Sea salt. Some have claimed that 1 teaspoon of sea salt in 8 oz warm water has helped with UTIs, but there have been warnings from a few users about adverse effects from this particular 'treatment'.

http://www.earthclinic.com/curves/bladder_infection18.html#seasalt

More assorted anti-UTI tips

<http://www.healthiertalk.com/quickly-relieve-and-eliminate-painful-urinary-tract-infections-2503>

Bioaktiv machines offer another approach to treating all types of infection.

http://www.foodsmatter.com/natural_medicine_comp_therapies/energy_medicine/articles/healing_machines_rivas.html

UTI prevention

Vitamin D prevents infections of all types, and natural vitamin D obtained from sun exposure appears to be even more effective than D₃ supplementation. This article shows how effective D₃ can be in preventing the flu.

<http://www.medicalnewstoday.com/releases/51913.php>

Probiotics may reduce the rate of recurrent UTIs

<http://www.sciencedaily.com/releases/2011/04/110415083151.htm>

Stinky armpits! What to do?

Don't spritz those pits; just zinc the stink!

<https://www.facebook.com/groups/bacteriotherapy/permalink/704347256267631/>

Mold (Mould) in the home - where do you start?

Very extensive website list on mold issues and doctors who treat mold illness:

Mold-Sick Building

<http://distressed-homeowner.tripod.com/id11.html>

<http://www.chronicneurotoxins.com>

http://www.moldsymptoms.org/Mold_Resource_Center.html

<http://www.personalconsult.com/articles/moldandbiotoxins/toxicmoldkillercells.html>

<http://www.safe-homes.com>

http://aromatherapyliving.com/thieves_mold_research.html

Facebook Group: Surviving Mold Illness... (sick building syndrome)

<https://www.facebook.com/groups/246033738881153/>

Phage therapy - what is this?

Bacteriophages (phages) are viruses that attack bacteria. They are a possible treatment solution for people who have a bacterial infection but don't want to use antibiotics, or have tried antibiotics without success.

Phage therapy

<http://phages.org>

https://en.wikipedia.org/wiki/Phage_therapy

<http://en.wikipedia.org/wiki/Bacteriophage>

Bacteriophages: an underestimated role in human and animal health?

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3975094/>

Did You Know That Viruses Are Saving Your Life Right Now?

<http://articles.mercola.com/sites/articles/archive/2013/08/26/mucus-phages.aspx>

Viruses might provide mucosal immunity

<http://www.virology.ws/2013/07/02/viruses-might-provide-mucosal-immunity/>

Bacteria-eating viruses 'magic bullets in the war on superbugs'

<http://www.sciencedaily.com/releases/2013/10/131016212558.htm>

Bacteriophages for Treatment of Diseases caused by Antibiotic-Resistant Pathogens

[http://www.istc.ru/istc/istc.nsf/va_WebResources/Event_Lyon/\\$File/Kutateladze.pdf](http://www.istc.ru/istc/istc.nsf/va_WebResources/Event_Lyon/$File/Kutateladze.pdf)

800 new bacteriophages mapped

<http://sciencenordic.com/new-study-completes-mapping-our-gut-bacteria>

There are two phage therapy centers in Tbilisi, Georgia

1. Eliava Phages, 3, Gotua Street, Tbilisi 0160, Georgia

This company can only provide standard treatments (cocktails) not address specific bacterial strains.

<http://www.eliaaphageny.com/index.html>

Email: phage_therapy@pha.ge

Eliava Phages have a satellite lab in New York:

EPNY, Lab. Department, 68-29 Springfield Blvd Oakland Gardens, NY 11364

2. The Phage Therapy Center

http://www.phagetherapycenter.com/pii/PatientServlet?command=static_home

The Phage Therapy Center also has affiliated clinics in France, Canada and the US (Reno, Nevada):

http://www.phagetherapycenter.com/pii/PatientServlet?command=static_reno_us&language=0

The Phage Therapy Center charges \$200 to carry out the necessary test to establish what bacterial infection is present, whereas the Eliava Institute may run the tests for little or no cost. The phages, if required, and if bought from the Eliava institute, will cost around \$400 for Georgians and \$1000 for foreigners.

"...If you just walk into Eliava Institute (Gotua street), give them a stool sample for testing and get a culture and sensitivity report from them, you just pay 29 Lari which is around US\$16.5. Then you wait for a few days and you get the report. The report contains a list of phages and antibiotics that your bacteria is sensitive to. There is a pharmacy in the Eliava Institute premises. You walk into the pharmacy with the report, they give you the phages

and the probiotics and you pay them. How much? A month's supply costs around \$60. How much do you pay the Eliava Institute or the Phage Therapy Center if you communicate with them in English? Well over \$1000... They will usually quote something between \$2000 and \$5000 depending on your condition... So consider just flying to Georgia, stay in a guest house, get tested and if suitable phages are available (very likely unless you have something like klebsiella or a rarish bacteria), get treated... There are cheap flights from all over Europe to Tbilisi via Istanbul, Pegasus airlines."

(<https://www.facebook.com/groups/bacteriotherapy/permalink/692372277465129/>)

One of our members recommends that "It's best to stay away from Phage Therapy Center. An institution that can manipulate your results is definitely not good to get treated at."

Helminthic therapy - what is it?

This is an experimental approach to the treatment of autoimmune disease, chronic inflammation and allergies. It involves the reintroduction of controlled numbers of carefully selected, small, benign intestinal worms that have been lost from the human biome during the last century in industrialised countries.

Helminthic therapy is complementary to bacteriotherapy.

"It is like a three-legged stool - the microbes, worms and immune system regulate each other. The worms have been with us throughout our evolution and their presence, along with bacteria, in the ecosystem of the gut is important in the development of a functional immune system."

<http://www.manchester.ac.uk/discover/news/article/?id=5841>

Helminths alter the diversity and abundance of intestinal bacteria, effectively "farming" them for our benefit:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4031128/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2959136/>

<http://actu.epfl.ch/news/nicola-harris-consequences-of-helminth-bacterial-i/#.U4ZWHtOTykw.facebook>

Here's a detailed introduction to helminthic therapy, with hundreds of success stories:

<http://gut-buddies.com/wordpress/helminthic-therapy-2/>

Unusual supplements - where do you get these from?

Try Bulk Supplements in the US:

<http://www.bulk supplements.com/all-products>

Compounded medicines - where can I get these?

E.g., medicines encapsulated using veggie capsules in place of gelatin. Women's International Pharmacy: <http://www.womensinternational.com>

For more on obtaining compounded medicines, see these blog posts:

Getting Medications Compounded

<http://no-corn.blogspot.co.uk/2008/10/getting-medications-compounded.html>

Corn Free Medication: Getting Prescriptions Compounded

<http://cornallergygirl.com/2013/06/10/corn-free-medication-getting-prescriptions-compounded/>

A Compounding Dilemma: New Laws and Regulations Threaten Compounded Drugs and Practitioner Freedom

<http://www.townsendletter.com/July2014/compound0714.html>

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