
A CLINICAL GUIDE FOR WOMEN

Holistic Support for SIBO & Digestive Dysbiosis

A Gentle Integrative Approach to Gut Restoration

*A patient handout on restoring rhythm, regulation,
and digestive resilience.*

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Understanding the Bigger Picture

The gut as part of a larger pattern.

Small Intestinal Bacterial Overgrowth (SIBO) is often approached as a bacterial imbalance within the small intestine. While reducing overgrowth can be important, true healing usually involves restoring the body's rhythm, motility, nervous system regulation, and digestive resilience.

Many people experiencing digestive symptoms are not only dealing with the gut itself, but with a larger pattern involving:

- Nervous system dysregulation
- Chronic stress or depletion
- Slowed digestive motility
- Hormonal imbalance
- Inflammation
- Circulatory or lymphatic stagnation
- Poor sleep and recovery
- Irregular eating rhythms

Healing often happens most sustainably when the body is supported rather than forced.

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*The gut is not isolated.
It listens to everything the body is carrying.*

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TWO

Common Symptoms

Signs the digestive system is asking for support.

- Bloating or abdominal distention
- Gas after meals
- Constipation or diarrhea
- Food sensitivities
- Brain fog
- Fatigue
- Reflux or indigestion
- Pelvic congestion
- Alternating bowel patterns
- Feeling full quickly
- Symptoms that worsen with stress

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THREE

Our Holistic Approach

Five layers of restoration.

1. Nervous System Regulation

The digestive system functions best in a parasympathetic (“rest and digest”) state.

Supportive practices may include:

- Slow diaphragmatic breathing
 - Mindful eating
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- Gentle movement
- Restorative practices
- Meditation or breathwork
- Reducing multitasking during meals
- Vagal nerve support
- Adequate rest and sleep

BEFORE MEALS

Pause for 3 slow breaths before eating.

Allow the body to shift into a calmer digestive state.

2. Support Digestive Motility

Healthy digestion depends on proper movement through the gastrointestinal tract.

Supportive strategies may include:

- Warm cooked foods
- Ginger tea
- Digestive bitters
- Gentle walking after meals
- Meal spacing
- Avoiding late-night overeating
- Castor oil packs
- Abdominal massage
- Acupuncture and bodywork

MEAL RHYTHM

Try allowing 3 to 4 hours between meals when appropriate, supporting the body's natural cleansing waves between meals.

3. Nourishment Instead of Depletion

Overly restrictive diets may weaken the body over time.

Focus on:

- Warm, easy-to-digest meals
- Protein and mineral-rich foods
- Hydration
- Blood sugar balance
- Gentle fiber as tolerated
- Anti-inflammatory nourishment

Some individuals benefit from temporarily reducing foods that worsen bloating or fermentation while the gut heals.

GENTLE REMINDER

Healing foods should leave you feeling nourished, steady, and supported rather than depleted.

4. Herbal & Integrative Support

Herbal approaches are sometimes used to support microbial balance and digestive function.

Examples sometimes used in integrative care:

- Ginger
- Peppermint
- Oregano
- Berberine-containing herbs
- Neem
- Allicin or garlic extracts
- Chamomile
- Fennel

Herbal protocols should be individualized and guided by a qualified practitioner.

HERBAL SUPPORT

Herbs are best used thoughtfully and in rhythm with the individual body.

5. Restore the Whole Terrain

Long-term healing often involves supporting the body as a whole.

Areas commonly addressed:

- Hormonal balance
- Sleep quality
- Stress resilience
- Pelvic and abdominal circulation
- Lymphatic flow
- Breath mechanics
- Emotional well-being
- Gentle movement
- Daily restorative practices

WHOLE-BODY HEALING

The digestive system does not function in isolation.

Restoration often involves the body's entire regulatory system.

FOUR

Traditional Chinese Medicine Perspective

Patterns beneath the symptoms.

From a TCM perspective, digestive dysregulation may involve patterns such as:

- Spleen Qi deficiency
- Damp accumulation
- Liver Qi overacting on digestion
- Food stagnation
- Cold in the digestive system
- Stress affecting digestive flow

Treatment focuses on restoring harmony, circulation, warmth, rhythm, and regulation throughout the body.

FIVE

Gentle Daily Self-Care

A rhythm to return to.

Morning

- Warm water upon waking
- Gentle stretching or walking
- Warm nourishing breakfast

Throughout the Day

- Eat slowly
- Avoid rushing meals
- Stay hydrated
- Take pauses to breathe

Evening

- Reduce overstimulation
 - Warm dinner
 - Castor oil pack as appropriate
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- Restorative breathwork
- Consistent sleep schedule

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SIX

Important Reminder

What healing actually asks of the body.

Healing the gut is rarely about force or aggressive restriction.

It is about restoring:

- Rhythm
- Regulation
- Nourishment
- Circulation
- Rest
- Digestive resilience

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*The body heals most effectively
when it feels safe enough to return to balance.*

This handout is for educational purposes only and is not intended to diagnose, treat, or replace medical care. Please consult your healthcare provider regarding any symptoms, supplements, herbs, or treatment decisions.

Yours in Health and Harmony,

DR. BELLA LAUREN, DOM, AP
