

The role of nutrition in motility and SIBO

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Presentation

Gut Microbiota

Neurogastroenterology & Motility

Small Intestine & Nutrition

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The speaker presented nutrition as a therapeutic approach to SIBO by targeting both gut motility dysfunction and microbiota imbalance, emphasizing that continuous snacking disrupts the migrating motor complex and increases small intestinal fermentation.

KEY POINTS

- The speaker stated that SIBO involves a vicious circle where gut motility dysfunction increases bacterial overgrowth in the small intestine, which in turn further impairs motility.
- The migrating motor complex serves as an intestinal housekeeper that sweeps undigested material and prevents fermentation, but continuous snacking and eating interrupt this cleaning mechanism, which occurs primarily during nighttime fasting.
- The speaker reported that a low FODMAP diet can effectively reduce SIBO symptoms in the short term due to reduced osmotic activity and gas production, but may worsen dysbiosis and have an anti-prebiotic effect on the long run.
- Western diet should be avoided in SIBO patients because fermentation of animal proteins and sulphur-containing foods by bacteria such as *Bilophila wadsworthia* produces hydrogen sulphide, which the speaker stated disrupts the mucus layer and triggers inflammation.
- The speaker recommended probiotics such as *Bifidobacterium*, *Lactobacillus*, and *Saccharomyces boulardii*, along with prebiotic fibers and fermented dairy products like kefir, as potentially useful supplements for SIBO, though further human studies are needed.
- Dietary habits including slower chewing, avoiding multitasking while eating, and maintaining breaks between meals may be as effective as low FODMAP diet in reducing IBS-like symptoms, according to the speaker.

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