

SIBO explained

Making sense of your symptoms: simple to understand, helping you feel understood.

What is SIBO? Symptoms, causes, and what actually helps

A clear overview of what SIBO is, why it develops, how it's diagnosed and treated, and why symptoms can persist after the bacteria are cleared.

nervahealth.com/post/what-is-sibo

Do I have SIBO or IBS?

Explains how two conditions with near-identical symptoms differ in cause and treatment, and why getting the distinction right matters for lasting relief.

nervahealth.com/post/do-i-have-sibo-or-ibs