



# PROBYOZEN YOGURT

## ITEMS NEEDED TO MAKE PROBYOZEN YOGURT:

- Yogurt Maker, Dehydrator or Sous Vide. We use the Luvele yogurt maker. <https://www.luvele.com/?ref=probyozen> - \$100)
- Lactobacillus reuteri (strains DSM 17938 and ATCC PTA 6475) colonizes the upper GI tract, forms a biofilm and produces potent bacteriocins. It triggers the release of the “feel good” hormone, Oxytocin, is excellent for skin health and reverses the impaired immunity of aging as well as bone loss.  
BIOGAIA Gastrus([https://www.amazon.com/dp/B01AH3RT9Y?ref=nb\\_sb\\_ss\\_w\\_as-reorder-t1\\_ypp\\_rep\\_k0\\_1\\_5&crd=2FEEVGNDZJN18&sprefix=bioga](https://www.amazon.com/dp/B01AH3RT9Y?ref=nb_sb_ss_w_as-reorder-t1_ypp_rep_k0_1_5&crd=2FEEVGNDZJN18&sprefix=bioga))
- Lactobacillus gasseri (strains BNR17) which colonizes the upper GI tract and produces up to 7 bacteriocins. It reduces the symptoms of IBS, reduces levels of oxalate, and can increase strength.  
DR. MERCOLA Biothin  
([https://www.amazon.com/Dr-Mercola-Probiotic-Supplement-Regularity/dp/B09CSFTM24/ref=sr\\_1\\_12?crd=2M0T2K47AFF7A&keywords=lactobacillus+gasseri&qid=1660753866&s=hpc&sprefix=lactobac%2Chpc%2C149&sr=1-12](https://www.amazon.com/Dr-Mercola-Probiotic-Supplement-Regularity/dp/B09CSFTM24/ref=sr_1_12?crd=2M0T2K47AFF7A&keywords=lactobacillus+gasseri&qid=1660753866&s=hpc&sprefix=lactobac%2Chpc%2C149&sr=1-12))
- Bacillus coagulans (strain GBI-30, 6086) also produce a bacteriocin and has been shown to reduce the symptoms of IBS (usually synonymous with SIBO). This strain can reduce the pain and swelling of arthritis, reduce abdominal bloating and accelerate recovery from strenuous exercise.  
SCHIFF Digestive Advantage [https://www.amazon.com/Digestive-Advantage-Probiotics-Probiotic-Capsules/dp/B00C1C2114/ref=sr\\_1\\_5?crd=3TBQBLB3QXRMH&keywords=bacillus+coagulans+gbi-30+6086&qid=1660758873&rdc=1&sprefix=bacillus+co%2Caps%2C93&sr=8-5](https://www.amazon.com/Digestive-Advantage-Probiotics-Probiotic-Capsules/dp/B00C1C2114/ref=sr_1_5?crd=3TBQBLB3QXRMH&keywords=bacillus+coagulans+gbi-30+6086&qid=1660758873&rdc=1&sprefix=bacillus+co%2Caps%2C93&sr=8-5)
- Prebiotic fiber - Inulin  
[https://www.amazon.com/NOW-Supplements-Certified-Organic-Non-GMO/dp/B000MGS11K/ref=sr\\_1\\_6?crd=21REU2CKH4D15&keywords=inulin+powder&qid=1660767318&sprefix=inulin%2Caps%2C129&sr=8-6](https://www.amazon.com/NOW-Supplements-Certified-Organic-Non-GMO/dp/B000MGS11K/ref=sr_1_6?crd=21REU2CKH4D15&keywords=inulin+powder&qid=1660767318&sprefix=inulin%2Caps%2C129&sr=8-6)
- Organic coconut milk (see list of approved coconut milk below)
- Clip on thermometer  
[https://www.amazon.com/gp/product/B00LIA3N8C/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B00LIA3N8C/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1)
- Optional SIBO at-home test kit \$179. [https://www.amazon.com/Giorgio-Beverly-Hills-FoodMarble-Bundle/dp/B07V38N6ZB/ref=asc\\_df\\_B07V38N6ZB/?tag=hyprod-20&linkCode=df0&hvadid=507604316118&hvpos=&hvnetw=g&hvrnd=4557430796744](https://www.amazon.com/Giorgio-Beverly-Hills-FoodMarble-Bundle/dp/B07V38N6ZB/ref=asc_df_B07V38N6ZB/?tag=hyprod-20&linkCode=df0&hvadid=507604316118&hvpos=&hvnetw=g&hvrnd=4557430796744)



## RECIPE FOR SUPER GUT **COCONUT-BASED** SIBO “YOGURT”

- 3 cans coconut milk
- 2 Tbs Apple Pectin powder
- 2 Tbs Inulin powder
- 10 BioGaia Gastrus L. Reuteri) tablets, crushed
- 2 capsules Biothin Lactobacillus Gasseri BNR17
- 2 capsules Digestive Advantage Bacillus Coagulans GBI-30
- 2 Tbs Maple syrup or Honey
- NOTE: You can substitute 2 TBS of existing ProByoZen Yogurt for the 3 probiotics listed above

## STEPS FOR **COCONUT-BASED** SIBO “YOGURT”

1. Start with a coconut cream that is just coconut and water, without any thickeners or mixing agents. Recommended brands are Aroy D Coconut milk, Savoy coconut cream, Honest to Goodness organic coconut milk, Thrive Market organic coconut milk, Biona organic coconut milk, and Trader Joe’s organic coconut cream.
2. In a small or medium-sized saucepan, heat the coconut milk over medium heat to 180 degrees or until it just begins to boil; remove from heat and allow to cool for 5 minutes.
3. Pour into a blender and add inulin, honey/maple syrup, and 2 tbsp of apple pectin to thicken the yogurt.
4. Use the blender to fully mix and then cool to 100 degrees.
5. Pour this into the yogurt maker and stir in the 3 probiotics OR 2 TBS of existing ProByoZen Yogurt.
6. Ferment for 48 hours at 104 degrees (with a Luvele yogurt maker, you will need to add 12 hours to the max of 36 hours).
7. To make future batches, use 2 Tbs of yogurt from a previous batch.
8. Store in the refrigerator.
9. Consume ½ cup per day.



## TIPS AND TRICKS TO AVOID SIBO AND RECURRENCES

- Avoid sugars
- Avoid synthetic noncaloric sweeteners
- Banish foods that contain emulsifying agents such as polysorbate 80, carrageenan, lecithin, and propylene glycol.
- Choose organic, and foods in their original state (eggs, meats, vegetables, fruit, legumes, etc.)
- Filter drinking water ([https://aquatruwater.com/product/aquatru-countertop-water-purifier/?attribute\\_pa\\_product-type=aquatru-classic](https://aquatruwater.com/product/aquatru-countertop-water-purifier/?attribute_pa_product-type=aquatru-classic) - search for a coupon code for a discount)
- Avoid/minimize wheat and grains
- Reduce/eliminate alcohol consumption
- Get off NSAIDs and stomach acid-suppressing drugs
- Add fermented foods (sauerkraut, kimchi, pickles in brine, kefir, yogurt, etc.) into your diet daily.