



How to Use Resistant Starch

Resistant Starch: Adding resistant starch type 2 or 3 into your diet can also help feed the beneficial bacteria in the gut. The beneficial bacteria in the gut produce a short chain fatty acid called butyrate. Butyrate help keep the ph. in the gut lower, tightens the ileocecal valve and provides fuel for the cells of the colon. [Click here to watch a video for more info on how resistant starch can help improve your SIBO \(Small Intestinal Bacterial Overgrowth\).](#)

My Favorite Resistant Starch:

- [Type 2 Resistant Starch – Unripened Banana Flour by “Wedo.” Click here!](#)
- [Type 3 Resistant Starch – Potato Flour “Bob’s Red Mill.” Click here!](#)

Instructions: If you have significant SIBO, start with just **1 tsp** of resistant starch and work up to **2 tbsp**. If you have any significant gas or bloating after taking the resistant starch, half the dose the next day. Continue to half the dose till you find an amount that doesn’t create bloating or gas. When in doubt start slow, gas and bloating is a sure fire sign that you have SIBO.

You should be able to take **2 tbsp.** of resistant starch 1-2x per day without any symptoms. Some people may have to use herbal medicines to significantly knock down the SIBO before the resistant starch can be tolerated. Make sure you work with your functional medicine Doctor to support you in the process.

On a low carb diet the e.rectale and the roseburia bacteria can significantly decline. Adding in resistant starch can help prevent this decline in beneficial bacteria while maintaining a low carb eating plan. Some people are carb sensitive and need to keep their carbs down, this provides an excellent option to get the best of both worlds.