



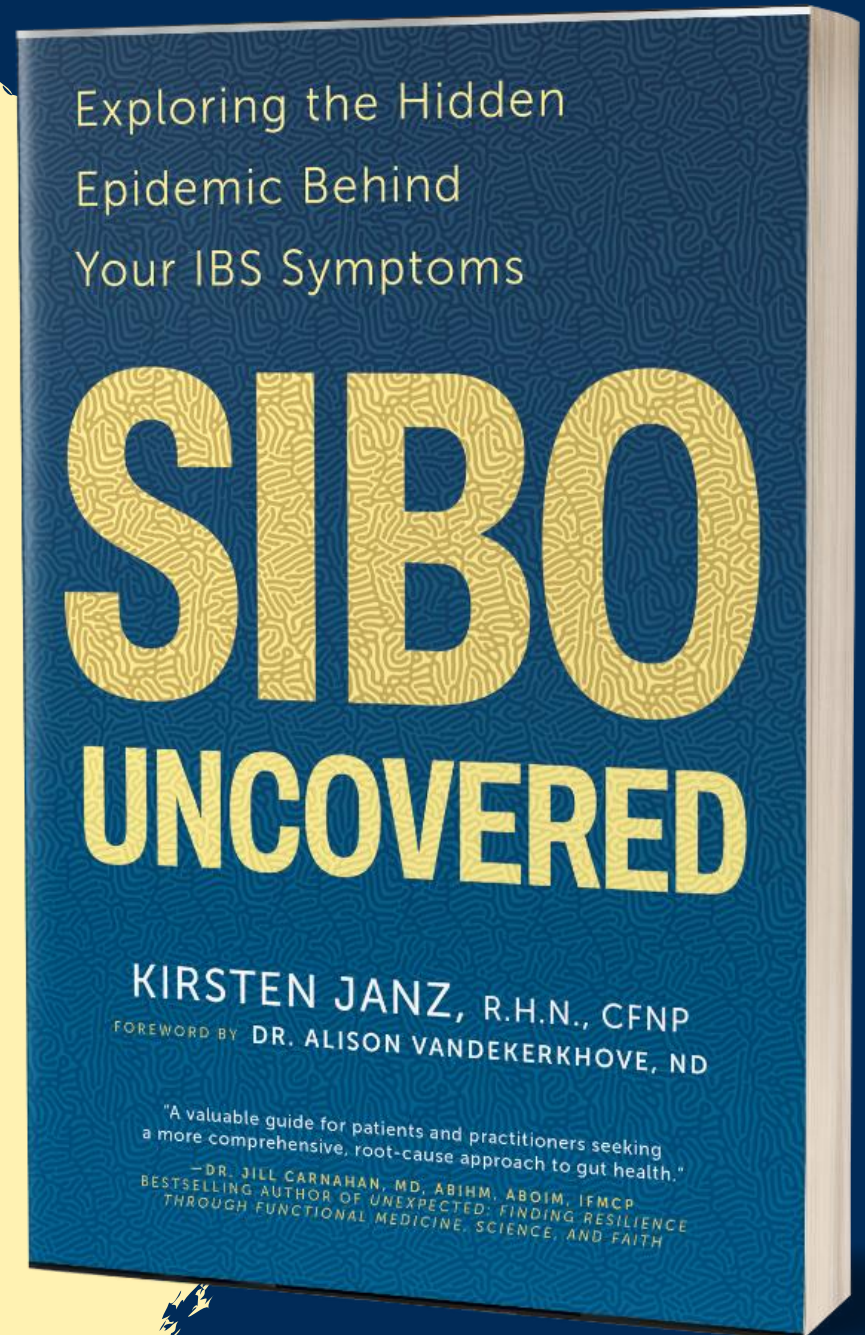
# What if an IBS diagnosis isn't the whole story?

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Behind the bloating, and unpredictable bowel movements lies an imbalance that millions silently struggle with: Small Intestinal Bacterial Overgrowth (SIBO). In *SIBO Uncovered: Exploring the Hidden Epidemic Behind Your IBS Symptoms*, holistic nutritionist and functional nutrition practitioner Kirsten Janz pulls back the curtain on this misunderstood imbalance, blending cutting-edge research and fifteen years of clinical experience with her own powerful healing story.

From food poisoning to motility issues, hormonal imbalances to abdominal surgery, Janz explores the mechanisms that may contribute to bacterial overgrowth in the small intestine, offering clarity where confusion once reigned. With empathy, scientific precision, and real-world guidance, she walks readers through testing options, supportive diets, and care approaches commonly used by health practitioners to nurture long-term digestive healing.

*SIBO Uncovered* is one of the few consumer health books to combine personal story, practitioner insight, and emerging research into an accessible roadmap for people searching for answers beyond symptom management.



Exploring the Hidden  
Epidemic Behind  
Your IBS Symptoms

# SIBO UNCOVERED

KIRSTEN JANZ, R.H.N., CFNP

FOREWORD BY DR. ALISON VANDEKERKHOVE, ND

"A valuable guide for patients and practitioners seeking  
a more comprehensive, root-cause approach to gut health."

—DR. JILL CARNAHAN, MD, ABIHM, ABOIM, IFMCP  
BESTSELLING AUTHOR OF *UNEXPECTED: FINDING RESILIENCE  
THROUGH FUNCTIONAL MEDICINE, SCIENCE, AND FAITH*

## EXPERT PRAISE

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*In SIBO Uncovered, Kirsten Janz offers a thoughtful and clinically grounded exploration of small intestinal bacterial overgrowth, an often overlooked contributor to chronic digestive symptoms.*

*Drawing from both research and personal experience, she provides clarity, compassion, and practical tools for those who have struggled to find answers. This book is a valuable guide for patients and practitioners alike seeking a more comprehensive, root-cause approach to gut health.*

— Dr. Jill Carnahan, MD, ABIHM, ABoIM, IFMCP

Best-selling Author, *Unexpected: Finding Resiliency through Functional Medicine, Science, and Faith.*

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*SIBO Uncovered provides a clear and structured overview of small intestinal bacterial overgrowth and its relationship to common digestive complaints. Kirsten Janz integrates clinical insight with practical guidance, helping readers better understand the factors that may contribute to their symptoms. This book provides a useful framework for considering care options.*

— Dr. Steven Sandberg-Lewis, ND

Professor of Gastroenterology at the National University of Natural Medicine; Co-founder of the SIBO Center at NUNM; Author of *Functional Gastroenterology* and *Let's Be Real About Reflux.*

Kirsten Janz

# ABOUT ME

**Nutritionist | Author | Wellness Educator**

Kirsten Janz, BA, R.H.N., CFNP, is a registered holistic nutritionist, certified functional nutrition practitioner, author, and founder of Whole Body Health and Wellness. With over fifteen years of clinical experience, she supports clients across North America in navigating complex digestive concerns, including SIBO, food sensitivities, and chronic illness.

Blending science, practical strategy, and lived experience, Kirsten is known for making complex gut health topics easier to understand in real-world terms. As a proud Métis woman and former wellness center founder, she brings both professional depth and personal insight to her work, helping people feel informed, supported, and empowered in their healing journey.

In addition to her clinical work, Kirsten mentors emerging nutritionists, creates educational content, and speaks on gut health and holistic recovery. She believes lasting wellness grows from understanding how the body's systems connect and supporting each person with clarity, compassion, and practical, evidence-based tools.

 [kirsten-janz](#)



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