

# The Mysterious Stomach Issue that Kept Gordon Ryan From Competing for a Year

<https://silosolo.com/198294>

## Summary

The speaker faced health issues such as recurring staph infections, fungal overgrowth, and bacterial imbalance. These health issues caused chronic nausea and affected the speaker's daily life. The causes of the health issues include staph infection, overuse of antibiotics, and backup of bile and food in the small intestines. The speaker underwent a year-long treatment involving medication and the use of a super strong soap called Hip Cleanse. The recommended soap to prevent staph infections is Defense Soap, which contains essential oils.

## Silo sample questions

- What was the main health issue the speaker faced?
- How did the speaker's health issues affect their daily life?
- What caused the speaker's health issues?
- What treatments did the speaker undergo?
- What is the recommended soap to prevent staph infections?

## Topics

Health issues

Impact on daily life

Causes of health issues

Treatments

Prevention of staph infections

## Key Takeaways

- The speaker had recurring staph infections, fungal overgrowth in the small intestine, and a bacterial imbalance in the stomach.
- The speaker experienced chronic nausea, inability to hold conversations, and could not function as a human being.
- The speaker's health issues were caused by a combination of staph infection, overuse of antibiotics, and a backup of bile and food in the small intestines.
- The speaker underwent a year-long treatment that involved medication and the use of a super strong soap called Hip Cleanse.
- The recommended soap is Defense Soap, which contains essential oils that are good for healthy bacteria but kill off bad bacteria.

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