



STOOL TESTING

The ability to digest and absorb nutrients from our food is essential. Poor digestion and malabsorption of vital nutrients can contribute to problems with degenerative diseases, compromised immune status, and deficiency states caused by inadequate mineral, vitamin, carbohydrate, fats and amino acid status.

The gastrointestinal tract eliminates undigested food residues and toxins that are excreted via the bile into the intestinal tract and provides a niche for the proliferation of friendly microorganisms. The impairment of the gut wall or leaky gut syndrome can result from a number of suspected causes. Common causes include low stomach acid, chronic maldigestion, food allergens impacting on the bowel surfaces, bacterial overgrowth or imbalances (dysbiosis), pathogenic bacteria, yeast or parasites with related toxic irritants and the over-subscription of antibiotics. Research has linked the health and function of the gastrointestinal tract to the function of many other organs and systems within the body.

The contents and physiochemical reactions occurring within the gastrointestinal tract can impact on hepatic, neurological, immunological, musculoskeletal, and other vital body organ functions. Signs and symptoms of systemic inflammation may originate from dysfunction within the gastrointestinal tract.

Stool testing can be a useful diagnostic test, which covers a variety of symptoms:

- Food allergies or intolerances
- Auto-immune illnesses, immunodeficiencies, increased allergenicity
- Symptoms of chronic infection
- Skin conditions such as acne or eczema
- Attention difficulties, hyperactivity, aggressive behaviour
- Learning difficulties, poor concentration
- Anxiety, depression, sleep disturbances
- Cardiovascular symptoms such as palpitations, arrhythmia, hypertension
- Arthritis, joint pain, rheumatoid disease, osteoarthritis
- Asthma, hayfever, allergies
- Menopause, PMS symptoms, menstrual problems
- Weight gain or loss
- Emotional problems
- Fungal infections (Candida)
- Anaemia, vitamin or mineral deficiencies
- Digestive disorders such as peptic ulcers
- Constipation and diarrhoea, nausea and vomiting
- Colon cancer risk
- Repeated use of antibiotics
- Chronic fatigue
- Fibromyalgia
- Intestinal infections, bacteria, yeasts
- Gastrointestinal disorders: ulcers, Crohn's disease and Coeliac disease
- Irritable bowel syndrome
- Undesirable changes in bowel movements
- Signs of malabsorption such as floating, bulky, foul smelling stools
- Belching, bloating, indigestion, diarrhoea, constipation, and cramping
- Blood or mucus in stools, black or tarry stools, stool colour changes
- Parasites in stool, anal itching
- Headaches
- Fever, Chills
- Stomach Cramps
- Heartburn



CSA

This profile will cover the ability to digest, metabolise and absorb nutrients as well as reporting bacteria (beneficial, imbalanced and pathogenic) and yeasts, but does not include the detection of intestinal parasites. This profile is commonly used to monitor treatment protocols used to improve digestion, absorption and inflammatory conditions.

CSAP x 2

This is the most comprehensive test because it will assess the widest range of intestinal conditions. The CSAP will provide information on the ability to digest, metabolise and absorb nutrients as well as report all bacterial flora (beneficial, imbalanced and pathogens), all yeast, and all intestinal parasites (worms, eggs, larva and protozoa). It is important to analyse both the intestinal digestion/absorption functions as well as the levels of yeast, bacteria and parasites, because symptoms of maldigestion or malabsorption often mimic those of chronic bacterial, yeast or parasitic infections. Additionally, chronic bacterial, yeast, or parasitic infections may have adverse effects on the body's metabolic and absorptive processes. All of these conditions can be assessed using the CSAP x 2.

CP x 2

This profile reports all bacterial flora (beneficial, imbalanced and pathogenic), all yeast and all bacterial parasites (worms, eggs, larva and protozoa). It is commonly used to monitor treatments for bacterial, yeast or parasitic infections.

P x 2

Comprehensive Parasitology includes microscopic stool analysis for parasitic ova or whole organisms, as well as EIA for Cryptosporidium and Giardia Lamblia. This is an economical profile commonly used when the clinician is only interested in parasite detection and monitoring.

NOTE

- No special diet requirements.
- If patient is taking anti-fungal or antibiotic medication, finish the course of the medication and then wait three days before starting the test.
- Refrain from taking digestive enzymes, antacids and aspirin during the test.
- Turnaround of 10-14 days from receipt of sample

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory you can phone and arrange your kit to be sent in the post. Once samples have been taken, you simply post the Test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend

For further information consult your practitioner, or call us today on 020 7730 7010