

Candida stool test

What is Candida?

Candida albicans can exist in a benign form in various parts of the body – the skin, genitals and especially the digestive tract. It is an integral part of our body ecology. Candidiasis is a complex medical issue resulting from an overgrowth of Candida albicans. The normally harmless yeasts multiply and change into a mycelial form (where they take root in tissues and grow)

Rather:adhere to tissue walls and grow (in tissue suggests that they might be invasive. But they are only invasive in immune deprived people).

this upsets the ecological balance in the digestive tract. Normally the 'friendly' good bacteria keep Candida and other fungi in check, but when the Candida is allowed to grow unchecked they can cause problems throughout the body. Candida is a kind of parasite that feeds off the human body and pollutes the system with its toxic waste.

What causes Candida?

We all have some Candida cells living inside us, however certain factors can allow the yeast to increase in number in our bodies and threaten our health, these may be:

- Antibiotic use
- Birth control pill
- HRT
- Steroids
- Poor diet high in refined carbohydrates and sugar
- Prolonged stress
- Not enough hydrochloric acid in the stomach
- Being bottle-fed and poor diet
- Pancreatic enzyme insufficiency
- etc

What are the symptoms of Candida?

Candidiasis can affect many parts of the body, and therefore produce many different seemingly unrelated symptoms. These may include:

- Chronic fatigue
- Food cravings
- Food and environmental sensitivities
- Headaches
- Muscle aches
- Lack of libido or impotence
- Diarrhoea and or constipation
- Bladder and kidney infections
- Gas and bloating
- Bad breath
- Heartburn
- Acne and or skin infections
- PMS
- Nail infections
- Vaginal infections
- Depression, irritability, poor concentration

Why take the test?

If your body is suffering from unexplained symptoms or you have symptoms detailed above Candidiasis may be the cause. One simple test could accurately diagnose the problem and appropriate action can be taken to help. Taking this test is also useful for monitoring the success of any treatments and if the condition has been eradicated.

Tumour Marker stool test

What is bowel cancer?

Bowel cancer is the second most common cause of cancer death in the UK, affecting men and women equally. Every year over 35,000 people in this country are diagnosed with the disease - that's someone every 15 minutes. Every year nearly 16,000 people in this country die from bowel cancer - claiming a life every 30 minutes. Although 90% of all people diagnosed are over 55 (average age 70) a growing number of younger people are living with the disease. The good news is that bowel cancer is highly treatable if caught in the early stages.

What causes bowel cancer?

Although the exact cause of bowel cancer is unknown there are certain factors that put people at risk:

- **Age:** Bowel cancer tends to affect both men and women equally over the age of 55.
- **Family history:** Bowel cancer can occur in a number of people who have significant family history of bowel cancer.
- **Diet and lifestyle:** An inactive lifestyle and a low vegetable, high-fat diet can increase the risk of bowel cancer.
- **Inflammatory bowel disease:** People with a long history of crohn's or ulcerative colitis, or who have had previous polyps removed, may be at an increased risk.

What are the symptoms of bowel cancer?

- Persistent change of bowel habit over four to six weeks with unexplained constipation or diarrhoea.
- Persistent rectal bleeding with no soreness, pain, swelling or itching.
- Unexplained severe pain and/or lump in the abdomen.
- Extreme tiredness without an obvious cause.
- **Unfortunately early stages of bowel cancer may not cause any symptoms at all but have the best chance of healing.**

It is important to remember that most symptoms do not turn out to be bowel cancer.

Why take the tumour marker stool test?

If you have a family history of bowel cancer, or find that you are suffering from any of the above symptoms, you may want to take this test **maybe** once a year as part of your preventative approach. This test provides a very accurate screening tool enabling early detection of bowel cancer development. **Bowel cancer detected in an early stage has a very good chance to be treated successfully.**

Pancreas diagnostic stool test

What is pancreatitis?

The pancreas is a large gland located behind the stomach. When functioning correctly the pancreas secretes digestive enzymes and releases the hormones **glucagon** and insulin that regulate blood sugar levels. Pancreatitis can be acute (severe) or chronic.

In **acute Pancreatitis** enzymes leak out into the adjacent tissue, causing severe damage and strong pain. **Chronic pancreatitis can cause constant digestive problems due to a lack of digestive enzymes in the intestine. This can sometimes mimic the symptoms of candidiasis or bacterial imbalance.**

What causes pancreatitis?

Gallstones or other gallbladder diseases are major causes of pancreatitis, also **diabetes**, alcohol abuse and alcoholism. Other factors that can contribute may include traumatic injury (or surgery) to the abdomen, viral infection, excess calcium in the blood and some medications.

What are the symptoms of pancreatitis?

The main symptom of **acute pancreatitis** is pain **around** the naval that may spread across the abdomen and back. **This is an emergency.**

Symptoms of chronic pancreatitis may include:

- Abdominal bloating and gas
- Smelly stools
- Fatty stools
- Nausea or being sick
- Fever
- Clay coloured stools
- Chills
- Sweating

Why take the pancreas diagnostic stool test?

If your body is suffering from unexplained symptoms or you have symptoms detailed above and all protocols used to date have not relieved your symptoms a simple test of the functioning of the pancreas may be appropriate.

Intestinal parasites stool test

What are parasites?

A parasite is an organism that lives off another organism **and may harm its host**. If parasites are present, they steal your food, even the supplements you take!

What causes us to get parasites?

Everyone is exposed to parasites, however some people will be less resistant to their attack and have a weak immune system and the parasites can take hold. Factors that can lower resistance are:

- Exposure to toxins, chemicals and heavy metals
- Poor diet
- Low enzyme production
- Low HCl production
- Colon toxicity
- Stress
- Candida

What are the symptoms of parasites?

Parasites can mimic other disorders, or cause no symptoms, but when they do they can include:

- Diarrhoea or constipation
- Gas, bloating and cramps
- Skin problems
- Insomnia
- Sugar cravings
- [Weight loss](#)
- Headaches/backaches etc
- Nasal drip/nose picking
- Foul smelling stools
- Food sensitivities
- Fatigue

Why take the parasite stool test?

Although parasites in the digestive system are usually uncommon in the UK, with people experiencing more exotic foreign travel and foods they can be involved in numerous health issues. If you identify with any of the symptoms above, or everything you have tried to heal your digestion has failed, parasites could be the underlying cause.

Intestinal Inflammation:

Secretory IgA (function of the intestinal immune system)

What are sIgAs?

Secretory immunoglobulin A (sIgA) are antibodies form the first-line of defence of your intestinal immune system. The intestinal immune system guards the body against invasion by pathogens (disease causing bodies). If your body is lacking or has a less concentrated presence of sIgA antibodies it may indicate that your intestinal immune system is not functioning optimally. This will allow diseases to develop in your digestive system. If the level of sIgA is too high, this indicates inflammation in the intestine.

What can be the symptoms of a lower concentration of sIgAs?

- Intestinal inflammation
- Candida
- Allergies

What can be the symptoms of a high concentration of sIgAs?

- bloating
- diarrhoea and constipation
- abdominal pain
- mucous in stool
- blood in stool

Why take the test?

The test will indicate the level of concentration of sIgAs. If your body is suffering from unexplained symptoms or you have any of the above conditions confirmation of any weakness of the intestinal immune system will help identify appropriate treatment.

PNM – Elastase (Inflammation marker stool test)

What is inflammatory bowel disease?

There are two **main** types of inflammation of the bowel. Ulcerative colitis is a chronic inflammation of the mucous lining of the colon and the rectum. Crohn's disease is also chronic inflammation of the intestinal system, but usually develops in the final section of the small intestine (the ileum)

What causes inflammatory bowel disease?

Like so many gastrointestinal disorders the cause is unknown. There are many theories, but generally proposed contributing factors can be:

- Poor eating habits
- Stress
- Food allergies
- Bad bacterial balance, often brought on by the use of antibiotics
- **Genetic disposition**

What are the symptoms of inflammatory bowel disease?

The symptoms of inflammatory bowel disease can be similar to other intestinal disorders. Generally they occur intermittently, and symptoms can be mild or severe. Symptoms may include:

- Abdominal pain
- Diarrhoea and or constipation
- Weight loss
- Blood in stool mucus in stool
- Severe fatigue
- Vomiting/nausea
- Fever

Why take the test?

If your body is suffering from unexplained symptoms or you have any of the above conditions confirmation of any inflammation in the intestine will help identify appropriate treatment.

Alpha 1 Antitrypsine (leaky gut stool test)

What is Leaky Gut?

Leaky gut is the condition in which the mucosal lining of the intestinal tract becomes porous and irritated. The mucosal lining acts like a barrier defence **not** allowing nutrients to pass through **and** preventing undigested food, parasites, Candida and toxins from entering the bloodstream.

What causes leaky gut?

It can be caused by stress, processed foods, **candida or other fungal overgrowth**, **bacterial imbalance**, not chewing, drinking too much with meals, poor food combining and over eating.

What are the symptoms of leaky gut?

- **Mainly: food allergies**

There are 80 recognised autoimmune diseases, these include:

- Rheumatoid arthritis
- Crohn's disease
- Chronic fatigue syndrome
- Ulcerative colitis
- Multiple Sclerosis

Other disorders that are associated with Leaky gut include:

- Eczema
- Psoriasis
- Candida
- Chemical sensitivities
- Food allergies
- Malabsorption of nutrients
- IBS

Why take the test?

If your body is suffering from unexplained symptoms or you have any of the above conditions confirmation of the leaky gut will help identify appropriate treatment. It is also useful for monitoring the success of any treatments and if the condition has been eradicated.

Complete status of intestinal colonisation

What is intestinal colonization and how does it affect you?

The human intestine is colonized by many different species of bacteria. The growth of intestinal bacteria depends on the type and composition of our nutrition. Through an unbalanced diet you enhance the growth of some bacteria whilst inhibiting others. A diet rich in proteins and fat (very common in the Western world) favours the growth of putrefaction bacteria, which generate a lot of gas causing abdominal pain, feeling full and bloating. In addition, large amounts of harmful metabolites grow from these bacteria, enter the blood stream often resulting in headaches, migraines, joint pain or chronic fatigue. The useful intestinal bacteria are further weakened by antibiotics, chemotherapy, radiotherapy and the ingestion of foods and substances which cause allergies. Damaging intestinal bacteria finally results in the generation of new allergies and other intestinal diseases.

What are the symptoms of a **disturbed intestinal colonization?**

Symptoms that may indicate a need for this test include:

- Abdominal pain
 - Diarrhoea or constipation
 - Gas, heavy bloating and cramps
 - Problems after antibiotic treatment
 - Headaches or migraines
 - Joint pain
 - Skin problems
 - Sugar cravings
 - Weight loss or gain
 - Foul smelling stools
 - Food sensitivities
 - Chronic fatigue
 - Allergies: eczema, hay fever, asthma
- A weak immune system

Why take the test?

This is the Ultimate stool test, and a MUST for anyone suffering from any intestinal distress. This simple test will analyse all yeast, moulds and **the representative strains** of aerobic (oxygen loving) and anaerobic bacteria (survives without oxygen).

This is the ideal starting point for anyone wishing to improve his or her digestion, health and vitality!

(Nobody can analyse all bacteria as they are about 500= species.)

Diagnosis of acute diarrhoea stool test

What is diarrhoea and the symptoms?

Diarrhoea is characterised by the frequent passage of watery stools. Symptoms of severe abdominal pain, confusion, unresponsiveness or dizziness whilst standing warrant medical attention.

What causes diarrhoea?

The most common causes of diarrhoea are viruses, pathogenic bacteria, food poisoning, and parasites such as *Giardia* or anxiety, reactions to food, alcohol or medications.

Why take the test?

Even if your initial symptoms have passed this simple test will confirm if the bacterial infection has been eradicated and the treatment successful, or if further treatment is required.

Helicobacter pylori antigen stool test

What is Helicobacter pylori and the symptoms?

Most bacteria are killed by the strong stomach acid. Helicobacter pylori, however, thrives on it. It settles in the mucous tissue of the stomach and usually leads to a lifelong inflammation of all parts of the stomach and causes 80-90% of all gastritis forms. It is also the most common cause of stomach and duodenal ulcers worldwide.

Typical symptoms include:

- chronic gastritis
- symptoms of gastric ulcers
- chronic stomach pains

What causes Helicobacter pylorus?

An infection with these bacteria is most likely acquired by ingesting contaminated food and water or through person to person contact.

Why take the test?

The test has a 94% sensitivity and can help diagnose an infection with these bacteria so that, if appropriate, suitable medication can be taken to cure the infection.