

COMPLETE DIGESTIVE STOOL ANALYSIS - Level 2

MACROSCOPIC DESCRIPTION

	Result	Range	Markers
Stool Colour	BROWN	Brown	Colour - Brown is the colour of normal stool. Other colours may indicate abnormal GIT conditions.
Stool Form	Formed	Formed	Form -A formed stool is considered normal. Variations to this may indicate abnormal GIT conditions.
Mucous	ND	< +	Mucous - Mucous production may indicate the presence of an infection, inflammation or malignancy.
Blood (Macro)	ND	< +	Blood (Macro) - The presence of blood in the stool may indicate possible GIT ulcer, and must always be investigated immediately.

Macroscopy Comment

BROWN coloured stool is considered normal in appearance.

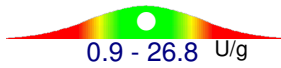
MICROSCOPIC DESCRIPTION

	Result	Range	Markers
RBCs (Micro)	ND	< +	RBC(Micro) - The presence of RBCs in the stool may indicate the presence of an infection, inflammation or haemorrhage.
WBCs (Micro)	0	< 10	WBC(Micro) - The presence of WBCs in the stool may indicate the presence of an infection, inflammation or haemorrhage.
Food Remnants	ND	< ++	Food Remnants - The presence of food remnants may indicate maldigestion.
Fat Globules	ND	< +	Fat Globules -The presence of fat globules may indicate fat maldigestion.
Starch	ND	< +	Starch - The presence of starch grains may indicate carbohydrate maldigestion.

DIGESTIVE MARKERS

Chymotrypsin

16.5



Short Chain Fatty Acids, Putrefactive

8.1



	Result	Range
Meat Fibres	ND	< +
Vegetable Fibres	+	< ++

Markers

Chymotrypsin - Chymotrypsin is involved in protein digestion. Low levels of chymotrypsin may indicate protein maldigestion due to pancreatic insufficiency.

Short Chain Fatty Acids, Putrefactive - Putrefactive SCFAs are produced when anaerobic bacteria ferment undigested protein, indicating protein maldigestion.

Markers

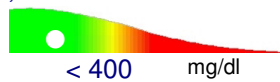
Meat Fibres - The presence of meat fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.

Vegetable Fibres - The presence of vegetable fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.

ABSORPTION MARKERS

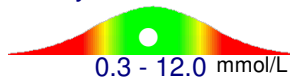
Triglycerides, Stool

219



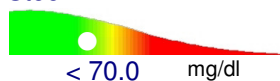
Long Chain Fatty Acids

4.5



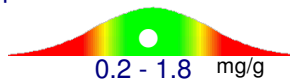
Cholesterol, Stool

61.1



Phospholipids

0.5



Markers

Triglycerides, Stool - Elevated levels of Triglycerides in the stool may indicate lipid maldigestion.

Long Chain Fatty Acids - Elevated levels of LCFAs in the stool may indicate inadequate lipid absorption.

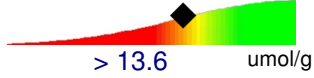
Cholesterol, Stool - Elevated levels of Cholesterol in the stool may indicate inadequate absorption.

Phospholipids - Elevated levels of Phospholipids in the stool may indicate inadequate absorption.

METABOLIC MARKERS

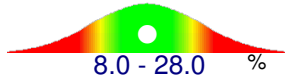
Short Chain Fatty Acids, Beneficial

12.4



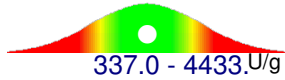
Butyrate

13.1



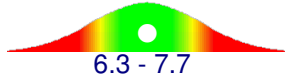
b-Glucuronidase

3247.0



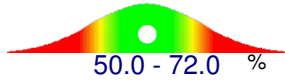
pH

7.2



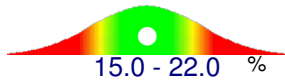
Acetate

61.8



Propionate

20.5



Markers

Short Chain Fatty Acids, Beneficial (Total) - Elevated SCFAs may indicate bacterial overgrowth. Inadequate SCFAs may indicate inadequate normal flora.

Butyrate - Decreased Butyrate levels may indicate inadequate colonic function.

b-Glucuronidase - Increased levels of b-Glucuronidase may reverse the effects of Phase II detoxification processes.

pH - Imbalances in gut pH, will influence SCFA production and effect.

Acetate - Decreased Acetate levels may indicate inadequate colonic function.

Propionate - Decreased Propionate levels may indicate inadequate colonic function.

BENEFICIAL BACTERIA

	Result	Range
Bifidobacteria	+	2 - 4 +
Lactobacilli	+++	2 - 4 +
Eschericia coli	++	2 - 4 +
Enterococci	+	1 - 2 +

COMMENTS:

Significant numbers of Lactobacilli, Bifidobacteria and E coli are normally present in the healthy gut: Lactobacilli and Bifidobacteria, in particular, are essential for gut health because they contribute to 1) the inhibition of gut pathogens and carcinogens. 2) the control of intestinal pH, 3) the reduction of cholesterol, 4) the synthesis of vitamins and disaccharidase enzymes.

OTHER BACTERIA

	Result	Range
Klebsiella	ND	< +
Pseudomonas	ND	< +
Campylobacter	ND	< +
Citrobacter	ND	< +
Yersinia	ND	< +

COMMENTS:

Reduced numbers of these organisms - whether caused by antibiotic use, chronic maldigestion or bacterial overgrowth - leave the intestine susceptible to colonisation by pathogens and production of carcinogens. A reduction in the desirable levels of beneficial bacteria indicates the need for supplementation.

YEASTS

	Result	Range
Candida albicans	ND	< +
Other Yeasts	ND	< +

COMMENTS:

PARASITES

	Result	Range
Cryptosporidium	ND	< +
Giardia lamblia	ND	< +
Entamoeba Histolytica	ND	< +
Blastocystis Hominis	ND	< +
Other Parasites	ND	< +

COMMENTS:

MICROORGANISM SUMMARY

BENEFICIAL BACTERIA LEVELS LOW:

Consider possible causes and symptoms include antibiotics use, chlorinated water consumption, food allergy or sensitivity, IBS, IBD, inadequate dietary fiber or water, low intestinal sIgA, maldigestion, NSAIDs use, nutrient insufficiencies, parasite infection and slow transit time.

To Improve the levels of beneficial bacteria follow the four R's:

REMOVE

- Allergenic foods, Alcohol, NSAIDs, Pathogens, Sugar, refined carbohydrates, saturated fat, red meat, fermented foods

REPLACE

- Supplement hydrochloride, digestive enzymes or other digestive aids (see pancreatic elastase 1 results)

REINOCULATE

- Prebiotic and probiotic supplementation (see bacterial culture results)

REPAIR

- Use nutraceutical agents that will help heal the gastrointestinal lining. eg. L-glutamine, aloe vera, zinc, slippery elm.

Adequate levels of Lactobacilli detected.