

# LAB TESTING INFO

GI Pathogens Screen w/ H. Pylori  
Test Kit #401H



## DIGESTIVE DISORDERS & GUT REPAIR

**You are what you ABSORB!**

You can have the greatest diet of all time, but if your digestive system is not up to snuff, forget about it!!!

The gold standard for measuring your inner environment. With a single saliva sample this test kit measures:

- The Immune System (80% resides in your gut!)
- Bacterial Overgrowth
- Yeast Overgrowth
- Antibodies to common dietary proteins (egg, cow's milk, corn, wheat, soy)
- Leaky Gut Syndrome

We are equipped with several test kits to help us find the root cause of your digestive issues.

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### Overview

This stool analysis determines the presence of ova and parasites such as protozoa, flatworms, or roundworms; immunoglobulin G (IgG) to *Cryptosporidium parvum*, *Entamoeba histolytica*, and *Giardia lamblia* antigens in stool; bacteria, *H. Pylori*, fungi (including yeasts), and occult blood; and *Clostridium difficile* colitis toxins A and B. Five stool samples and one smear are taken over a four-day period, providing a highly reliable comprehensive analysis of intestinal microflora.

### Physiology

Causes for concern are both an overgrowth of microorganisms that are normally present in the intestines and the presence of microorganisms that are not normally present in the intestines. Either condition signals that major physiological pathways in the intestinal environment are outside homeostatic limits. Some of the immediate consequences can include adverse alterations in pH, digestion, and absorption. These factors set the stage for further deviations from health, including the retention and proliferation of microorganisms that would be maintained ordinarily at a lower concentration, or would be rapidly expelled. Such conditions can produce anatomic disruption of the intestinal mucosa resulting from the physical infestation of the microorganism, and chemical insult and physiological upset of the mucosa caused by adverse reactions to the metabolic products of the invader. Maldigestion and malabsorption of nutrients can produce longer-term dysfunction of the host. This condition can persist subclinically for years, even decades. By the time signs and symptoms become evident, the patient might be suffering severe and extensive underlying pathophysiology.

Even more ominous than a primary infestation is the tendency of invading microorganisms to metamorphose into various stages, and to migrate to tissues and organs sometimes distant from the gastrointestinal tract. Such stages, including cysts, can remain dormant within tissues, and can be extremely difficult to detect. Discouragingly, the level of difficulty

of detection is often directly proportional to the level of difficulty of treatment. These factors underscore the importance of maintaining constant vigilance in controlling the intestinal environment.

Secondary infections, often involving so-called "opportunistic" organisms, can provide evidence of a more deeply rooted, insidious process. One such organism is the yeast *Candida albicans*, which is implicated in a variety of disorders and has a predilection for virtually any mucous membrane. Often innocuously present in small amounts, it is important not only to control its concentration, but also to correct the causes and the effects of its proliferation.

Several methods can be used to detect intestinal microflora. Direct microscopic examination can reveal the ova and mature forms of parasites; immunological analysis can detect active immunoglobulins to pathogens; chemical analysis can reveal the presence of toxins and occult blood. All three methods are used in the GI Pathogen Screen (BHD #401). Varying fecal transit times and the natural cycling of parasites through their successive stages mandate a sufficiently large group of samples to provide a representative profile; samples are generally taken over four days. However, if a patient has slow transit/retention times, sampling every other or every third day may increase recovery rate.

### Clinical Aspects

Optimal intestinal health is a prerequisite for most body physiology. The functions of digestion and absorption are so fundamental to the maintenance of homeostasis in metabolism that every physiological process is ultimately dependent upon digestive function and process. Suboptimal digestive function can be either a basic cause of or a substantial contributor to a variety of disorders, some of which may have seemingly little or no obvious clinical correlation to intestinal physiology. This reliable intestinal microflora screen documents parasitic and pathogenic involvement that can interfere with normal gastrointestinal function and develop into a pathological condition.

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### **Helicobacter pylori Stool Antigen Test (HpSA)**

The HpSA non-invasive test for accurately diagnosing Helicobacter pylori infections. The Premier Platinum HpSA Plus, an enzyme immunoassay for the detection of Helicobacter pylori antigens in human stool, cleared by the FDA and CE-marked, is now widely used in many countries, as a valuable tool for the H.pylori patients' management.

It is now well documented that Helicobacter pylori is responsible for up to 90% of duodenal ulcers, 70% of gastric ulcers and the majority of MALT lymphomas. As well, a recent epidemiological study confirmed the link between the infection and an increased risk of developing gastric cancer (NEJM, Vol 345:784-789, 2001, No. 11). The eradication of the infection significantly decreases the development of gastric cancer in patients with precancerous lesions (JAMA, 2004; 291: 187-194).

### **Validation studies**

The HpSA test was validated in studies including more than 10,000 patients, in many different countries worldwide. More than 40 studies, published in peer-reviewed journals, report an average accuracy exceeding 90%, in both adult and paediatric populations, for diagnosing the infection and for confirming the eradication after the therapy. The test seems to be equivalent to the Urea Breath Test, with the exception of being less influenced by the medications (PPI's, H2 blockers and antibiotics) which strongly reduce the sensitivity of the urease-based techniques.

The role of the Stool Antigen test in the Primary Care

The HpSA, being more accurate than the serology and more readily available than the Urea Breath Test, is an important option whenever the use of a non-invasive technique is recommended. Cost/benefit analyses support the use of the HpSA in different situations and prevalence of infection. The use of non-invasive tests has been advocated in different strategies for the management of dyspeptic patients in the primary care. The Maastricht Guideline considers as acceptable a "test

and treat" approach for patients below 45 years, with no alarm symptoms. "Diagnosis of the infection should be by UBT or Stool Antigen test." While the serology has a low positive predictive value, because of the high rate of false positive results, the UBT and the HpSA are accurate enough for justifying an eradication therapy. An alternative approach, "test and scope", suggests the use of non-invasive tests for screening the patients with higher risks to be further investigated with an endoscopy.

### **Conditions Assessed**

Conditions that may be assessed include suspected parasitic or pathogen infection, maldigestion, malabsorption and pathologies caused by infectious agents.

### **Logical Sequence of Testing**

The logical sequence of using this test as an initial or a follow-up test is determined by a variety of individual considerations, including the patient's chief complaint, the array of signs and symptoms, the chronicity of the condition, the tests previously taken, and the judgment of the practitioner.

### **Quick Breakdown**

Many clients have found that their health challenges were rooted in undiagnosed intestinal infections their doctors never looked for! These infections tax the immune and hormonal systems. This in-home stool kit requires 5 samples and looks for: Ova & Parasites (Giardia Lamblia, B. Hominus, E. Histolytica, C. Parvum), Specific Bacterial Overgrowth, Fungus/Yeast, H. Pylori, Blood in the Stool, Colitis Toxins A & B, & Clostridium Dificile (aka C. Dif).

### **Require Material From Client**

Medium: Five vials and one slide with stool samples. Seven Intake forms that must be filled out to fully understand your current health. Lab Fee: \$352

### **Notes**

Lab fees and cost of supplements are not included in our

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consulting rates. They are paid separate, and directly to the laboratory.

For many of our clients, addressing only the diet and lifestyle factors can be enough to achieve our objectives. However, some clients must go deeper beneath the surface, making functional lab testing necessary.

- A male client, who has been unable to lose weight despite a perfect diet and appropriate exercise, may have a low testosterone level or elevated estrogen level. These hormonal imbalances will certainly hinder any weight loss progress. This client needs a **Functional Adrenal Stress Profile**.

- A client may have chronic insomnia with an inability to stay asleep. She awakens several times a night with sugar cravings and maybe night sweats. This client likely has hormonal imbalances (specifically melatonin) secondary to intestinal infection (parasites, bacteria, fungus/yeast). This client needs a **Functional Adrenal Stress Profile** and a **GI Pathogens Screen**.

\*We do **NOT** diagnose or treat disease. Our focus is on **PREVENTION**. We Identify and repair malfunctions in a system and bring you back to **OPTIMAL** health. Our goal is to restore **YOUR** body back into balance and harmony the way it was **DESIGNED** to be.