

## MICRO TRACE MINERALS COMPREHENSIVE DIGESTIVE STOOL ANALYSIS

This microbiological test is useful for patients suffering from abdominal pain, chronic diarrhea, and other GI-related symptoms.

Our microbiologists utilize the most technologically advanced testing procedures to accurately identify a wide range of markers as listed below.

### COLONIC BACTERIAL ENVIRONMENT

#### Beneficial bacteria:

Healthy amounts of Lactobacilli, Bifidobacteria, and E. coli are essential to the maintenance of a healthy system. Lactobacilli and Bifidobacteria species, in particular, have long been noted for their contributions to intestinal health.

In a healthy gut, these organisms make up a substantial portion of the 400-plus species of bacteria; Bifidobacteria alone comprises up to one-quarter of the total flora in a healthy adult. Reduced numbers of these organisms, resulting from the use of broadspectrum antibiotics, chronic maldigestion or bacterial overgrowth, leave the intestine susceptible to invasion by pathogens and production of carcinogens. Measurement of their levels may indicate the need to supplement with “friendly bacteria” to restore these important properties. While E. coli do not share some of these direct beneficial effects, clinical observation suggests ample amounts of these organisms are present in healthy intestines.

**The following list shows how results are compared to medically established reference ranges:**

ANALYSIS	RESULT	NORMAL RANGE
pH value:	6,8	5.5 – 6.5
<b>Physical analysis of stool:</b>		
Colour	brown-yellow	
Consistency	pulpy	
Homogenisation	moderate	
Mucous	negative	
Blood	negative	
Dysbiosis Index:	8,5	

<b>BACTERIOLOGICAL CULTURES</b>	<b>CFU/g</b>		<b>CFU/g</b>
Lactobacillus group	$3 \times 10^7$	normal	$\geq 3 \times 10^7$
Bifidobacteria group	$5 \times 10^7$	low	$\geq 3 \times 10^9$
Clostridia group	$1 \times 10^6$	high	$\leq 10^5$
Bacteroides group	$2 \times 10^7$	very low	$\geq 3 \times 10^9$
Eubacteria group	$2 \times 10^7$	low	$\geq 1 \times 10^9$
Enterocci	$3 \times 10^7$	normal	$\geq 3 \times 10^7$
Other streptococci	$< 10^5$	normal	$< 10^5$
Peptostreptococci	$< 10^5$	normal	$< 10^5$
Other anaerobic bacteria:	$< 10^5$	normal	$< 10^5$

<b>E.coli:</b>	<b>CFU/g</b>		<b>CFU/g</b>
E.coli group	$5 \times 10^6$	low	$\geq 2 \times 10^7$
E.coli, haemolysing	$< 10^5$	normal	$\leq 10^5$
E.coli, rough	$< 10^5$	normal	$\leq 10^5$

**Other aerobic bacteria:**

Samonella:	negative		
Shigella:	negative		
Yersinia	negative		
Campybacter	negative		
Other Enterobacteriaceae	$2 \times 10^6$	High	

<b>Yeast Cultures:</b>	<b>CFU/g</b>		<b>CFU/g</b>
Candida albicans	$1 \times 10^6$	extremely high	$\leq 10^3$
Candida sp.	negative	normal	$\leq 10^3$
Mould	negative	normal	$\leq 10^3$
Other fungi	negative	normal	$\leq 10^3$

<b>Digestion:</b>			
Fats:	negative		
Carbohydrates:	negative		
Muscle fibres:	negative		