



LAB #: [REDACTED]
 PATIENT: [REDACTED]
 ID: [REDACTED]
 SEX: Male
 DOB: [REDACTED] AGE: 31

CLIENT #: [REDACTED]
 DOCTOR:
 Regenerus Laboratories Ltd
 Aero 14 Redhill Aerodrome Kings Mill Lane
 Redhill, Surrey, RH1 5YP UNITED KINGDOM

Comprehensive Stool Analysis / Parasitology x3

BACTERIOLOGY CULTURE

Expected/Beneficial flora	Commensal (Imbalanced) flora	Dysbiotic flora
3+ Bacteroides fragilis group	3+ Alpha hemolytic strep	3+ Pseudomonas aeruginosa
NG Bifidobacterium spp.	3+ Gamma hemolytic strep	
3+ Escherichia coli	2+ Hafnia alvei	
4+ Lactobacillus spp.	4+ Lactococcus lactis	
2+ Enterococcus spp.	1+ Staphylococcus aureus	
2+ Clostridium spp.		
NG = No Growth		

BACTERIA INFORMATION

Expected /Beneficial bacteria make up a significant portion of the total microflora in a healthy & balanced GI tract. These beneficial bacteria have many health-protecting effects in the GI tract including manufacturing vitamins, fermenting fibers, digesting proteins and carbohydrates, and propagating anti-tumor and anti-inflammatory factors.

Clostridia are prevalent flora in a healthy intestine. Clostridium spp. should be considered in the context of balance with other expected/beneficial flora. Absence of clostridia or over abundance relative to other expected/beneficial flora indicates bacterial imbalance. If *C. difficile* associated disease is suspected, a Comprehensive Clostridium culture or toxigenic *C. difficile* DNA test is recommended.

Commensal (Imbalanced) bacteria are usually neither pathogenic nor beneficial to the host GI tract. Imbalances can occur when there are insufficient levels of beneficial bacteria and increased levels of commensal bacteria. Certain commensal bacteria are reported as dysbiotic at higher levels.

Dysbiotic bacteria consist of known pathogenic bacteria and those that have the potential to cause disease in the GI tract. They can be present due to a number of factors including: consumption of contaminated water or food, exposure to chemicals that are toxic to beneficial bacteria; the use of antibiotics, oral contraceptives or other medications; poor fiber intake and high stress levels.

YEAST CULTURE

Normal flora	Dysbiotic flora
1+ Candida albicans	

MICROSCOPIC YEAST

Result:	Expected:
Few	None - Rare

Yeast in stool is expected at a level of none-rare. A microscopic finding of yeast in stool of few, moderate, or many may be helpful in identifying potential yeast overgrowth, or non-viable or dietary yeast.

YEAST INFORMATION

Yeast may normally be present in small quantities in the skin, mouth, and intestine. When investigating the presence of yeast, disparity may exist between culturing and microscopic examination. Yeast are not uniformly dispersed throughout the stool and this may lead to undetectable or low levels of yeast identified by microscopy, despite culture and identified yeast species. Conversely, microscopic examination may reveal a significant amount of yeast present but no viable yeast cultured. Yeast may not always survive transit through the intestines. Nonviable diet-derived yeast may also be detected microscopically. Consideration of clinical intervention for yeast detected microscopically should be made in the context of other findings and presentation of symptoms.

Comments:

Date Collected: 02/25/2019

Date Received: 02/28/2019

Date Reported: 03/08/2019

* *Aeromonas, Campylobacter, Plesiomonas, Salmonella, Shigella, Vibrio, Yersinia, & Edwardsiella tarda* have been specifically tested for and found absent unless reported.





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PROTOZOA	PX1	PX2	PX3	INFORMATION
<i>Balantidium coli</i>	None Detected	None Detected	None Detected	<p>Intestinal parasites are abnormal inhabitants of the gastrointestinal tract that have the potential to cause damage to their host. The presence of any parasite within the intestine generally confirms that the patient has acquired the organism through fecal-oral contamination. Damage to the host includes parasitic burden, migration, blockage and pressure. Immunologic inflammation, hypersensitivity reactions and cytotoxicity also play a large role in the morbidity of these diseases. The infective dose often relates to severity of the disease and repeat encounters can be additive.</p> <p>In general, acute manifestations of parasitic infection may involve diarrhea with or without mucus and or blood, fever, nausea, or abdominal pain. However these symptoms do not always occur. Consequently, parasitic infections may not be diagnosed or eradicated. If left untreated, chronic parasitic infections can cause damage to the intestinal lining and can be an unsuspected cause of illness and fatigue. Chronic parasitic infections can also be associated with increased intestinal permeability, irritable bowel syndrome, irregular bowel movements, malabsorption, gastritis or indigestion, skin disorders, joint pain, allergic reactions, and decreased immune function.</p> <p>One negative parasitology x1 specimen does not rule out the possibility of parasitic disease, parasitology x3 is recommended. This test is not designed to detect <i>Cyclospora cayetanensis</i> or <i>Microsporidia</i> spp.</p>
<i>Blastocystis spp</i>	None Detected	Few	Few	
<i>Chilomastix mesnili</i>	None Detected	None Detected	None Detected	
<i>Dientamoeba fragilis</i>	Few trophs	Rare trophs	Rare trophs	
<i>Entamoeba coli</i>	None Detected	None Detected	None Detected	
<i>Entamoeba histolytica/dispar</i>	None Detected	None Detected	None Detected	
<i>Entamoeba hartmanni</i>	None Detected	None Detected	None Detected	
<i>Entamoeba polecki</i>	None Detected	None Detected	None Detected	
<i>Endolimax nana</i>	None Detected	None Detected	None Detected	
<i>Enteromonas hominis</i>	None Detected	None Detected	None Detected	
<i>Giardia duodenalis</i>	None Detected	None Detected	None Detected	
<i>Iodamoeba butschlii</i>	None Detected	None Detected	None Detected	
<i>Isospora belli</i> oocysts	None Detected	None Detected	None Detected	
<i>Pentatrichomonas hominis</i>	None Detected	None Detected	None Detected	
<i>Retortamonas intestinalis</i>	None Detected	None Detected	None Detected	
NEMATODES - ROUNDWORMS				
<i>Ascaris lumbricoides</i> eggs	None Detected	None Detected	None Detected	
<i>Capillaria philippinensis</i> eggs	None Detected	None Detected	None Detected	
<i>Capillaria hepatica</i> eggs	None Detected	None Detected	None Detected	
<i>Enterobius vermicularis</i> eggs	None Detected	None Detected	None Detected	
Hookworm eggs	None Detected	None Detected	None Detected	
<i>Strongyloides stercoralis</i>	None Detected	None Detected	None Detected	
<i>Trichuris trichiura</i> eggs	None Detected	None Detected	None Detected	
CESTODES - TAPEWORMS				
<i>Diphyllobothrium latum</i> eggs	None Detected	None Detected	None Detected	
<i>Dipylidium caninum</i> eggs	None Detected	None Detected	None Detected	
<i>Hymenolepis diminuta</i> eggs	None Detected	None Detected	None Detected	
<i>Hymenolepis nana</i> eggs	None Detected	None Detected	None Detected	
<i>Taenia</i> eggs	None Detected	None Detected	None Detected	
TREMATODES - FLUKES				
<i>Clonorchis sinensis</i> eggs	None Detected	None Detected	None Detected	
<i>Fasciola hepatica/Fasciolopsis buski</i>	None Detected	None Detected	None Detected	
<i>Paragonimus westermani</i> eggs	None Detected	None Detected	None Detected	
<i>Heterophyes heterophyes</i>	None Detected	None Detected	None Detected	
ADDITIONAL ORGANISMS				
OTHER MARKERS				
Yeast	Few	Few	Few	
Red Blood Cells	None Detected	None Detected	None Detected	
White Blood Cells	None Detected	None Detected	None Detected	
Charcot-Leyden Crystals	None Detected	None Detected	None Detected	
Pollen	None Detected	None Detected	None Detected	
IMMUNOASSAY				
	RESULT	REFERENCE INTERVAL		
<i>Giardia duodenalis</i>	Neg	Neg		
<i>Cryptosporidium</i>	Neg	Neg		

Comments:

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Methodology: **Microscopy, EIA**



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DIGESTION / ABSORPTION

	Within	Outside	Reference Range	
Elastase	> 500	[REDACTED]	> 200 µg/mL	<p>Elastase findings can be used for the diagnosis or the exclusion of exocrine pancreatic insufficiency. Correlations between low levels and chronic pancreatitis and cancer have been reported. Fat Stain: Microscopic determination of fecal fat using Sudan IV staining is a qualitative procedure utilized to assess fat absorption and to detect steatorrhea. Muscle fibers in the stool are an indicator of incomplete digestion. Bloating, flatulence, feelings of "fullness" may be associated with increase in muscle fibers. Vegetable fibers in the stool may be indicative of inadequate chewing, or eating "on the run". Carbohydrates: The presence of reducing substances in stool specimens can indicate carbohydrate malabsorption.</p>
Fat Stain	None	[REDACTED]	None - Mod	
Muscle fibers	None	[REDACTED]	None - Rare	
Vegetable fibers	Rare	[REDACTED]	None - Few	
Carbohydrates	Neg	[REDACTED]	Neg	

INFLAMMATION

	Within	Outside	Reference Range	
Lactoferrin	< 0.5	[REDACTED]	< 7.3 µg/mL	<p>Lactoferrin and Calprotectin are reliable markers for differentiating organic inflammation (IBD) from functional symptoms (IBS) and for management of IBD. Monitoring levels of fecal lactoferrin and calprotectin can play an essential role in determining the effectiveness of therapy, are good predictors of IBD remission, and can indicate a low risk of relapse. Lysozyme* is an enzyme secreted at the site of inflammation in the GI tract and elevated levels have been identified in IBD patients. White Blood Cells (WBC) and Mucus in the stool can occur with bacterial and parasitic infections, with mucosal irritation, and inflammatory bowel diseases such as Crohn's disease or ulcerative colitis.</p>
Calprotectin*	< 10	[REDACTED]	<= 50 µg/g	
Lysozyme*	228	[REDACTED]	<= 600 ng/mL	
White Blood Cells	None	[REDACTED]	None - Rare	
Mucus	Neg	[REDACTED]	Neg	

IMMUNOLOGY

	Within	Outside	Reference Range	
Secretory IgA*	73.9	[REDACTED]	51 - 204 mg/dL	<p>Secretory IgA* (sIgA) is secreted by mucosal tissue and represents the first line of defense of the GI mucosa and is central to the normal function of the GI tract as an immune barrier. Elevated levels of sIgA have been associated with an upregulated immune response.</p>

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*For Research Use Only. Not for use in diagnostic procedures.

Methodology: Elisa, Microscopy, Colormetric, Gas Chromatography, ph Electrode



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SHORT CHAIN FATTY ACIDS

	Within	Outside	Reference Range
% Acetate	58		40 - 75 %
% Propionate	15		9 - 29 %
% Butyrate	23		9 - 37 %
% Valerate	3.3		0.5 - 7 %
Butyrate	1.9		0.8 - 4.8 mg/mL
Total SCFA's	8.0		4 - 18 mg/mL

Short chain fatty acids (SCFAs): SCFAs are the end product of the bacterial fermentation process of dietary fiber by beneficial flora in the gut and play an important role in the health of the GI as well as protecting against intestinal dysbiosis. Lactobacilli and bifidobacteria produce large amounts of short chain fatty acids, which decrease the pH of the intestines and therefore make the environment unsuitable for pathogens, including bacteria and yeast. Studies have shown that SCFAs have numerous implications in maintaining gut physiology. SCFAs decrease inflammation, stimulate healing, and contribute to normal cell metabolism and differentiation. Levels of **Butyrate** and **Total SCFA** in mg/mL are important for assessing overall SCFA production, and are reflective of beneficial flora levels and/or adequate fiber intake.

INTESTINAL HEALTH MARKERS

	Within	Outside	Reference Range
Red Blood Cells	None		None - Rare
pH	6.6		6 - 7.8
Occult Blood	Neg		Neg

Red Blood Cells (RBC) in the stool may be associated with a parasitic or bacterial infection, or an inflammatory bowel condition such as ulcerative colitis. Colorectal cancer, anal fistulas, and hemorrhoids should also be ruled out.
pH: Fecal pH is largely dependent on the fermentation of fiber by the beneficial flora of the gut.
Occult blood: A positive occult blood indicates the presence of free hemoglobin found in the stool, which is released when red blood cells are lysed.

MACROSCOPIC APPEARANCE

	Appearance	Expected
Color	Brown	Brown
Consistency	Loose/Watery	Formed/Soft

Color: Stool is normally brown because of pigments formed by bacteria acting on bile introduced into the digestive system from the liver. While certain conditions can cause changes in stool color, many changes are harmless and are caused by pigments in foods or dietary supplements. **Consistency:** Stool normally contains about 75% water and ideally should be formed and soft. Stool consistency can vary based upon transit time and water absorption.

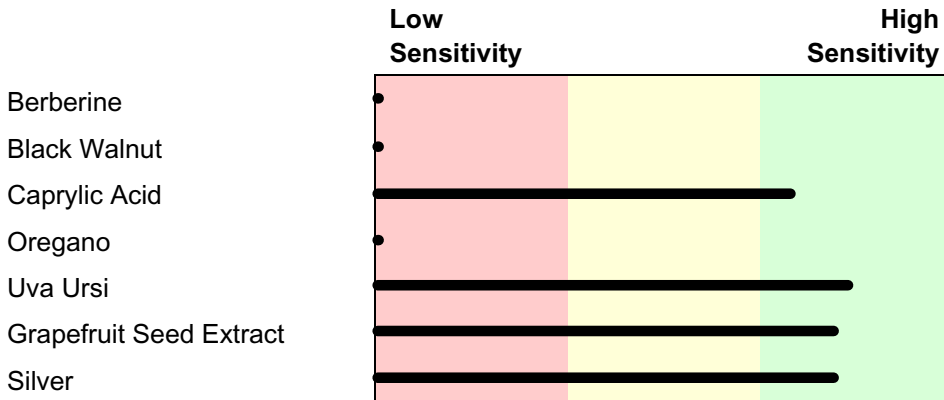


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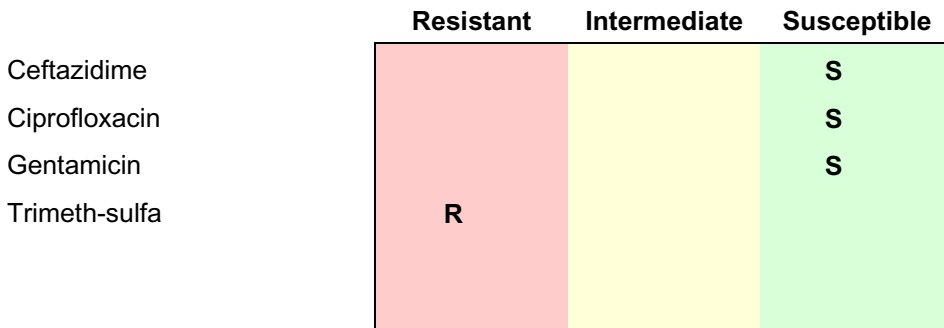
Bacterial Susceptibilities: Pseudomonas aeruginosa

NATURAL ANTIBACTERIALS



Natural antibacterial agents may be useful for treatment of patients when organisms display in-vitro sensitivity to these agents. The test is performed by using standardized techniques and filter paper disks impregnated with the listed agent. Relative sensitivity is reported for each natural agent based upon the diameter of the zone of inhibition surrounding the disk. Data based on over 5000 individual observations were used to relate the zone size to the activity level of the agent. A scale of relative sensitivity is defined for the natural agents tested.

PRESCRIPTIVE AGENTS



Susceptible results imply that an infection due to the bacteria may be appropriately treated when the recommended dosage of the tested antimicrobial agent is used. **Intermediate** results imply that response rates may be lower than for susceptible bacteria when the tested antimicrobial agent is used. **Resistant** results imply that the bacteria will not be inhibited by normal dosage levels of the tested antimicrobial agent.

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Natural antibacterial agent susceptibility testing is intended for research use only.
 Not for use in diagnostic procedures.

v10.11

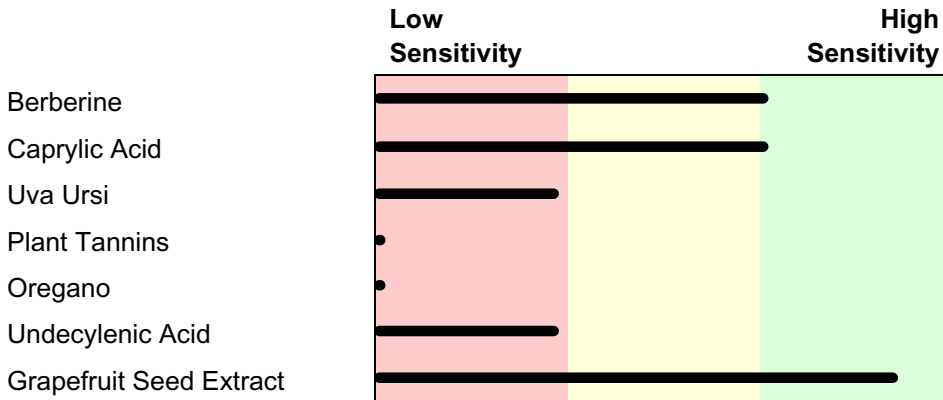


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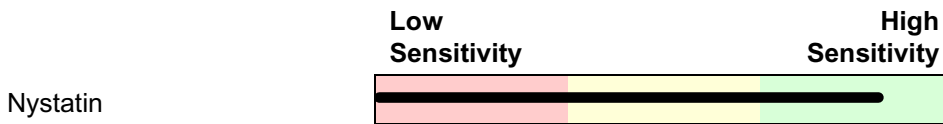
Yeast Susceptibilities: *Candida albicans*

NATURAL ANTIFUNGALS



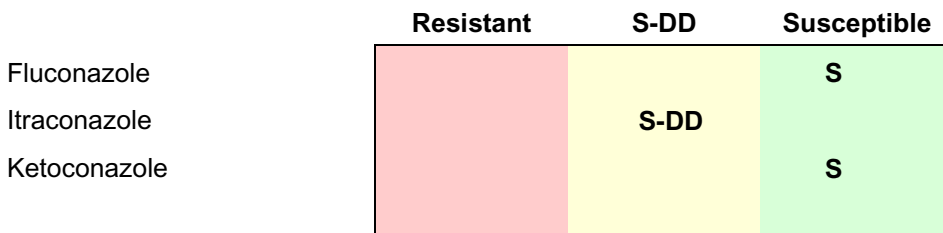
Natural antifungal agents may be useful for treatment of patients when organisms display in-vitro sensitivity to these agents. The test is performed by using standardized techniques and filter paper disks impregnated with the listed agent. Relative sensitivity is reported for each natural agent based upon the diameter of the zone of inhibition surrounding the disk. Data based on over 5000 individual observations were used to relate the zone size to the activity level of the agent. A scale of relative sensitivity is defined for the natural agents tested.

NON-ABSORBED ANTIFUNGALS



Non-absorbed antifungals may be useful for treatment of patients when organisms display in-vitro sensitivity to these agents. The test is performed using standardized commercially prepared disks impregnated with Nystatin. Relative sensitivity is reported based upon the diameter of the zone of inhibition surrounding the disk.

AZOLE ANTIFUNGALS



Susceptible results imply that an infection due to the fungus may be appropriately treated when the recommended dosage of the tested antifungal agent is used.
Susceptible - Dose Dependent (S-DD) results imply that an infection due to the fungus may be treated when the highest recommended dosage of the tested antifungal agent is used.
Resistant results imply that the fungus will not be inhibited by normal dosage levels of the tested antifungal agent.

Standardized test interpretive categories established for *Candida* spp. are used for all yeast isolates.

Comments:

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Yeast antifungal susceptibility testing is intended for research use only.
 Not for use in diagnostic procedures.

v10.11

INTRODUCTION

This analysis of the stool specimen provides fundamental information about the overall gastrointestinal health of the patient. When abnormal microflora or significant aberrations in intestinal health markers are detected, specific interpretive paragraphs are presented. If no significant abnormalities are found, interpretive paragraphs are not presented.

Imbalanced flora

Most of the reported imbalanced flora are commensal bacteria that reside in the host gastrointestinal tract; they do not benefit nor harm the host. Certain dysbiotic bacteria may appear under the commensal/imbalanced category if found at low levels (<3+) because they are not likely pathogenic at the levels detected. When several species of imbalanced bacteria are present, it is common to find inadequate levels of one or more of the beneficial bacteria, and/or an alkaline fecal pH. Hemolytic or mucoid *E. coli* are often associated with a low level of beneficial *E. coli* and alkaline pH, secondary to a mutation of beneficial *E. coli* (DDI observations). Treatment with antimicrobial agents is unnecessary unless bacteria appear under the dysbiotic category.

Mackowiak PA. The normal microbial flora. *N Engl J Med.* 1982;307(2):83-93.
Tenaillon O, Skurnik D, Picard B, et al. The population genetics of commensal *Escherichia coli*. *Nat Rev Microbiol* 2010;8:207-217.

Dysbiotic Flora

In a healthy balanced state of intestinal flora, the beneficial bacteria make up a significant proportion of the total microflora. However, in many individuals there is an imbalance or deficiency of beneficial flora and an overgrowth of non-beneficial (imbalance) or even pathogenic microorganisms (dysbiosis). This can be due to a number of factors including: consumption of contaminated water or food; daily exposure of chemicals that are toxic to beneficial bacteria; the use of antibiotics, oral contraceptives or other medications; poor fiber intake and high stress levels.

A number of toxic substances can be produced by the dysbiotic bacteria including amines, ammonia, hydrogen sulfide, phenols, and secondary bile acids which may cause inflammation or damage to the brush border of the intestinal lining. If left unchecked, long-term damage to the intestinal lining may result in leaky gut syndrome, allergies, autoimmune disease (e.g. rheumatoid arthritis), irritable bowel syndrome, fatigue, chronic headaches, and sensitivities to a variety of foods. In addition, pathogenic bacteria can cause acute symptoms such as abdominal pain, nausea, diarrhea, vomiting, and fever in cases of food poisoning.

Bacterial sensitivities to a variety of prescriptive and natural agents have been provided for the pathogenic bacteria that were cultured from this patient's specimen. This provides the practitioner with useful information to help plan an appropriate treatment regimen. Supplementation with probiotics or consumption of foods (yogurt, kefir, miso, tempeh, tamari sauce) containing strains of lactobacilli, bifidobacteria, and enterococci can help restore healthy flora levels. Polyphenols in green and ginseng tea have been found to increase the numbers of

beneficial bacteria. Hypochlorhydria may also predispose an individual to bacterial overgrowth, particularly in the small intestine. Nutritional anti-inflammatories can aid in reversing irritation to the GI lining. These include quercetin, vitamin C, curcumin, gamma-linoleic acid, omega-3 fatty acids (EPA, DHA), and aloe vera. Other nutrients such as zinc, beta-carotene, pantothenic acid, and L-glutamine provide support for regeneration of the GI mucosa. A comprehensive program may be helpful in individuals in whom a dysbiotic condition has caused extensive GI damage.

Lispki E. Digestive Wellness. New Canaan, CT: Keats Publishing; 1996.

Mitsuoka T. Intestinal Flora and Aging. Nutr Rev 1992;50(12):438-446.

Weisburger JH. Tea and Health: The Underlying Mechanisms. Proc Soc Exp Biol Med 1999;220(4):271-275.4.

Pereira SP, Gainsborough N, Dowling RH. Drug-induced Hypochlorhydria Causes High Duodenal Bacterial Counts in the Elderly. Ailment Pharmacol Ther 1998;12(1)99-104.

Murray MT. Stomach Ailments and Digestive Disturbances. Rocklin, CA: Prima Publishing; 1997.

Pseudomonas aeruginosa

Pseudomonas aeruginosa is a gram-negative aerobic rod belonging to the bacterial family Pseudomonadaceae. This opportunistic pathogen is considered dysbiotic in the amount of 3+ - 4+. *P. aeruginosa* is tolerant to a wide variety of physical conditions and temperatures. The exact source and mode of transmission is not known due to its ubiquitous presence in the environment. This bacterium has minimal nutritional requirements and is very resistant to disinfectants and most antibiotics. It survives in moist environments and can therefore grow in bottled non-carbonated mineral water, distilled water, tap water, and food.

Pseudomonas can cause urinary tract infections, dermatitis, soft tissue infections, bacteremia, endocarditis, and osteochondritis. Skin and soft tissue infections can also proliferate in high moisture conditions (swimmer's ear, toe webs of athletes, skin of hot tub users).

Gastrointestinal colonization of immunocompromised patients with *P. aeruginosa* may lead to bacteremia. Gastrointestinal infections are found primarily in these immunosuppressed patients; however, a number of cases of diarrhea have been reported in otherwise healthy individuals. *Pseudomonas* is often asymptomatic in the gastrointestinal tract, but is considered a potential cause of antibiotic associated diarrhea.

For the otherwise healthy individual, antimicrobial therapy is often unnecessary. Antibiotics may be indicated if symptoms are prolonged and in systemic infections. Refer to the bacterial sensitivities to identify the most appropriate pharmaceutical or natural agent.

Kim, S.W., Peck, K.R., Jung, S.I., Kim, Y.S., Kim, S., Lee, N.Y., Song, J.H. *Pseudomonas aeruginosa* as a potential cause of antibiotic-associated diarrhea. J Korean Med Sci, 16(6):742-4,

2001.

Levy I. Nosocomial infections after cardiac surgery in infants and children: incidence and risk factors. *J Hosp Infect*, 53(2), 111-6, 2003.

Washington W, Allen S, Janda W, Koneman E, Procop G, Schreckenberger P, Woods, G. *Koneman's Color Atlas and Textbook of Diagnostic Microbiology*, 6th edition. Lippincott Williams and Wilkins; 2006. pg 319-320.

Murray PR, Baron EJ, Jorgensen JH, Pfaller MA, Tenover FC, Tenover FC. *Manual of Clinical Microbiology*, 8th edition. Washington, DC: ASM Press; 2003. pg 719-725.

Cultured Yeast

Yeast, such as *Candida* are normally present in the GI tract in very small amounts. Many species of yeast exist and are commensal; however, they are always poised to create opportunistic infections and have detrimental effects throughout the body. Factors that contribute to a proliferation of yeast include frequent use of wide-spread antibiotics/low levels of beneficial flora, oral contraceptives, pregnancy, cortisone and other immunosuppressant drugs, weak immune system/low levels of sIgA, high-sugar diet, and high stress levels.

When investigating the presence of yeast, disparity may exist between culturing and microscopic examination. Yeast grows in colonies and is typically not uniformly dispersed throughout the stool. This may lead to undetectable or low levels of yeast identified by microscopy, despite a cultured amount of yeast. Conversely, microscopic examination may reveal a significant amount of yeast present, but no yeast cultured. Yeast does not always survive transit through the intestines rendering it unviable for culturing. Therefore, both microscopic examination and culture are helpful in determining if abnormally high levels of yeast are present.

Microscopic yeast

Microscopic examination has revealed yeast in this stool sample. The microscopic finding of yeast in the stool is helpful in identifying whether the proliferation of fungi, such as *Candida albicans*, is present. Yeast is normally found in very small amounts in a healthy intestinal tract. While small quantities of yeast (reported as none or rare) may be normal, yeast observed in higher amounts (few, moderate to many) is considered abnormal.

An overgrowth of intestinal yeast is prohibited by beneficial flora, intestinal immune defense (secretory IgA), and intestinal pH. Beneficial bacteria, such as *Lactobacillus* colonize in the intestines and create an environment unsuitable for yeast by producing acids, such as lactic acid, which lowers intestinal pH. Also, *Lactobacillus* is capable of releasing antagonistic substances such as hydrogen peroxide, lactocidin, lactobacillin, and acidolin.

Many factors can lead to an overgrowth of yeast including frequent use of antibiotics (leading to insufficient beneficial bacteria), synthetic corticosteroids, oral contraceptives, and diets high in sugar. Although there is a wide range of symptoms which can result from intestinal yeast overgrowth, some of the most common include brain fog, fatigue, recurring

vaginal or bladder infections, sensitivity to smells (perfumes, chemicals, environment), mood swings/depression, sugar and carbohydrate cravings, gas/bloating, and constipation or loose stools.

A positive yeast culture (mycology) and sensitivity to prescriptive and natural agents is helpful in determining which anti-fungal agents to use as part of a therapeutic treatment plan for chronic colonic yeast. However, yeast are colonizers and do not appear to be dispersed uniformly throughout the stool. Yeast may therefore be observed microscopically, but not grow out on culture even when collected from the same bowel movement.

Parasites

Parasites were detected by microscopic examination in this stool specimen. Intestinal parasites are abnormal inhabitants of the GI tract that live off and have the potential to cause damage to their host. Factors such as contaminated food and water supplies, day care centers, increased international travel, pets, carriers such as mosquitoes and fleas, and sexual transmission have contributed to an increased prevalence of intestinal parasites.

In general, acute manifestations of parasitic infection may involve diarrhea with or without mucus and/or blood, fever, nausea, or abdominal pain. However, these symptoms do not always occur. Consequently, parasitic infections may not be diagnosed and eradicated. If left untreated, chronic parasitic infections can cause damage to the intestinal lining and can be an unsuspected cause of illness and fatigue. Chronic parasitic infections can also be associated with increased intestinal permeability, irritable bowel syndrome, irregular bowel movements, malabsorption, gastritis or indigestion, skin disorders, joint pain, allergic reactions, decreased immune function, and fatigue.

Murray MT. Stomach Ailments And Digestive Disturbances. Rocklin, CA: Prima Publishing;1997.

Gittleman AL. Guess What Came to Dinner Parasites And Your Health. New York, NY: Penguin Group; 2001.

Dientamoeba fragilis

Dientamoeba fragilis, an ameboflagellate, was detected in this specimen. *Dientamoeba fragilis* infects the large intestine. This parasite does not have a cyst stage, and cannot survive long outside the body alone. It may be spread in pinworm (*Enterobius vermicularis*) eggs. Infection is common worldwide, including in the United States.

D. fragilis is known to cause non-invasive diarrheal illness in humans. 90% of children are symptomatic, whereas only 15-20% of adults are. The most common symptoms include diarrhea, stomach pain, and stomach cramping. Loss of appetite and weight, nausea, and fatigue are also common.

Recommended treatment is iodoquinol (650 mg tid x 20 days, adult dose). Alternatives include tetracycline (500 mg qid x 10 days, adult dose) and metronidazole (500-750 mg tid x 10 days, adult dose). Natural agents include berberine, wormwood, black walnut, grapefruit seed extract, and oil of oregano.

More Information:

1. Windsor, JJ; Johnson, EH. *Dientamoeba fragilis*: the unflagellated human flagellate. *British J Biomed Sci* 1999; 56:293-306.
2. Windsor, JJ; Rafay, AM; Shenoy, AK; Johnson, EH. Incidence of *Dientamoeba fragilis* in faecal samples submitted for routine microbiological analysis. *British J Biomed Sci* 1998;55:172-5.
3. Spencer, MJ; Chapin, MR; Garcia, LS. *Dientamoeba fragilis*: a gastrointestinal protozoan infection in adults. *Am J Gastroenterol* 1982;77:565-9.
4. Spencer, MJ; Garcia, LS; Chapin, MR. *Dientamoeba fragilis*: an intestinal pathogen in children(c) *Am J Dis Child* 1979;133:390-3.
5. Yang, J; Scholten T. *Dientamoeba fragilis*: a review with notes on its epidemiology, pathogenicity, mode of transmission and diagnosis. *Am J Trop Med Hyg* 1977;26:16-22.

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Blastocystis spp

Blastocystis hominis was identified in this specimen. *Blastocystis* is a common protozoan found throughout the world. *Blastocystis* is transmitted via the fecal-oral route or from contaminated food or water.

Whether *Blastocystis* infection can cause symptoms is still considered controversial. Symptoms may be compounded by concomitant infection with other parasitic organisms, bacteria, or viruses. Often, *Blastocystis* is found along with other such organisms. Nausea, diarrhea, abdominal pain, anal itching, weight loss, and excess gas have been reported in some persons with *Blastocystis* infection.

Metronidazole has been the traditionally considered the most effective drug (recommended adult dosage varies from 250 mg bid for 5-7 days to 750 mg tid x 10 days). Iodoquinol is also an effective medication (650 mg tid x 20 days). Recommended therapy can also eliminate *G. lamblia*,

E. histolytica and *D. fragilis*. Various herbs may be effective, including oil of oregano. Limit refined carbohydrates in diet.

For more information:

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Beneficial Flora

One or more of the expected or beneficial bacteria are low in this specimen. Normally abundant include lactobacilli, bifidobacteria, clostridia, *Bacteroides fragilis* group, enterococci, and some strains of *Escherichia coli*. The beneficial flora have many health-protecting effects in the gut, and as a consequence, are crucial to the health of the whole organism. Some of the roles of the beneficial flora include digestion of proteins and carbohydrates, manufacture of vitamins and essential fatty acids, increase in the number of immune system cells, break down of bacterial toxins and the conversion of flavinoids into anti-tumor and anti-inflammatory

factors. Lactobacilli, bifidobacteria, clostridia, and enterococci secrete lactic acid as well as other acids including acetate, propionate, butyrate, and valerate. This secretion causes a subsequent decrease in intestinal pH, which is crucial in preventing an enteric proliferation of microbial pathogens, including bacteria and yeast. Many GI pathogens thrive in alkaline environments. Lactobacilli also secrete the antifungal and antimicrobial agents lactocidin, lactobacillin, acidolin, and hydrogen peroxide. The beneficial flora of the GI have thus been found useful in the inhibition of microbial pathogens, prevention and treatment of antibiotic associated diarrhea, prevention of traveler's diarrhea, enhancement of immune function, and inhibition of the proliferation of yeast.

In a healthy balanced state of intestinal flora, the beneficial bacteria make up a significant proportion of the total microflora. Healthy levels of each of the beneficial bacteria are indicated by either a 2+, 3+ or 4+ (0 to 4 scale). However, in some individuals there is an imbalance or deficiency of beneficial flora and an overgrowth of non-beneficial (imbalance) or even pathogenic microorganisms (dysbiosis). This can be due to a number of factors including: consumption of contaminated water or food; daily exposure of chemicals that are toxic to beneficial bacteria; the use of antibiotics, oral contraceptives or other medications; poor fiber intake and high stress levels.

A number of toxic substances can be produced by the dysbiotic bacteria including amines, ammonia, hydrogen sulfide, phenols, and secondary bile acids which may cause inflammation or damage to the brush border of the intestinal lining. If left unchecked, long-term damage to the intestinal lining may result in leaky gut syndrome, fatigue, chronic headaches, and sensitivities to a variety of foods. In addition, pathogenic bacteria can cause acute symptoms such as abdominal pain, nausea, diarrhea, vomiting and fever in cases of food poisoning.

Antibacterial and antifungal susceptibility testing to a variety of prescriptive and natural agents may be provided for the pathogenic organisms that are cultured from this patient's specimen. This testing is intended to provide the practitioner with useful information to help plan an appropriate treatment regimen. A comprehensive program may be helpful in individuals in whom a dysbiotic condition has caused extensive GI damage.

Note: Not all genera or species can be tested for susceptibility in the laboratory due to their specific growth requirements. In addition, the Centers for Disease Control and prevention recommend not testing certain organisms such as those associated with food poisoning. If a practitioner has specific questions, please contact customer service.

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Patient: [REDACTED]

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Page: 8
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