NutriPATH
INTEGRATIVE PATHOLOGY SERVICES
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ALI REYNOLDS
21-May-1975 Female

2/2 REED STREET
COOLANGATTA QLD 4225

-.KAITLYN TOMLINSON
OMNE WELLNESS
1/34 MURWILLUMBAH STREET
MURWILLUMBAH NSW 2484

LAB ID : 3893826
UR NO. : 6195412
Collection Date : 24-May-2023
Received Date:26-May-2023

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COMPLETE DIGESTIVE STOOL ANALYSIS - Level 1

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	Semi-formed	Formed	**Form** -A formed stool is considered normal. Variations to this may indicate abnormal GIT conditions.
Mucous	NEG	< +	**Mucous** - Mucous production may indcate the presence of an infection, inflammation or malignancy.
Occult Blood	NEG	< +	**Occult Blood**- 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.

Faecal Occult Blood Negative:
Faecal occult blood has not been detected in this specimen. If the test result is negative and clinical symptoms persist, additional follow-up testing using other clinical methods is recommended.

MICROSCOPIC DESCRIPTION

	Result	Range	Markers
RBCs (Micro)	NEG	< +	**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	+	< ++	**Food Remnants** - The presence of food remnants may indicate maldigestion.
Fat Globules	NEG	< +	**Fat Globules** -The presence of fat globules may indicate fat maldigestion.
Starch	NEG	< +	**Starch** - The presence of starch grains may indicate carbohydrate maldigestion.
Meat Fibres	NEG	< +	**Meat Fibres** - The presence of meat fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.
Vegetable Fibres	+	< ++	**Vegetable Fibres** - The presence of vegetable fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.

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METABOLIC MARKERS

pH

6.5

6.3 - 7.7

Markers

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

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BENEFICIAL BACTERIA	Result	Range		Result	Range
Bifidobacterium longum.	2+	2 - 4+	Lactobacillus plantarum	1+ *L	2 - 4+
Bifidobacterium bifidum	1+ *L	2 - 4+	Lactobacillus rhamnosus.	2+	2 - 4+
Bifidobacterium animalis	3+	2 - 4+	Lactobacillus paracasei	2+	2 - 4+
Bifidobacterium pseudocaten.	2+	2 - 4+	Lactobacillus casei	1+ *L	2 - 4+
Bifidobacterium breve	1+ *L	2 - 4+	Lactobacillus acidophilus	1+ *L	2 - 4+
Escherichia coli	1+ *L	2 - 4 +	Enterococci	1+	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.

PATHOGENIC BACTERIA

Organism	Growth	Range	Classification
Aeromonas species	NEG		
Campylobacter	NEG		
Salmonella	NEG		
Shigella	NEG		
Yersinia	NEG		

COMMENTS:
The above Pathogenic Bacteria are those that have the potential to cause disease in the GI tract. A result of ISOLATED may require a notification to the Department of Health and also cross tested via a secondary method such as PCR or sequencing. Should this be the case, you will also be notified.

OPPORTUNISTIC AND DYSBIOTIC BACTERIA

Organism	Growth	Range	Classification
Bacillus species	2+	< 4+	Non-Pathogen
Pseudomonas aeruginosa	1+	< 4+	Non-Pathogen
Enterobacter kobei	1+	< 4+	Non-Pathogen

COMMENTS:
Commensal 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. A detailed explanation of bacteria that may be present can be found in the Pathogen Summary at the end of this report.

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YEASTS

Organism	Growth	Range	Classification
Candida albicans	NEG	< ++	
Geotrichum spp	NEG	< ++	
Rhodotorula spp	NEG	< ++++	
Other Yeasts	NEG	< ++++	

COMMENTS:
No Yeast or Fungal organisms isolated

Yeast may normally be present in small quantities in the skin, mouth, and intestine. A detailed explanation of yeast that may be present can be found in the Pathogen Summary at the end of this report.

PARASITES	Result
Blastocystis Hominis	NOT DETECTED
Dientamoeba fragilis	DETECTED
Cryptosporidium	NOT DETECTED
Giardia lamblia	NOT DETECTED
Entamoeba Histolytica	NOT DETECTED
Other Parasites	NOT DETECTED

COMMENTS: Parasites are organisms that are not present in a normal/healthy GIT. A detailed explanation of parasites that may be present can be found in the Pathogen Summary at the end of this report.

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ANTIBIOTIC SENSITIVITIES and NATURAL INHIBITORS

Pseudomonas aeruginosa

Antibiotics

	Susceptible
Amoxicillin	N/A
Ampicillin	N/A
Augmentin	N/A
Ciprofloxacin	N/A
Norfloxacin	S
Meropenem	S
Cefazolin	N/A
Gentamycin.	N/A
Trimethoprim/Sulpha	N/A
Erythromycin	N/A
Penicillin.	N/A

LEGEND

S = Sensitive	R = Resistant	N/A = Not Tested

Inhibitors

	Inhibition %
Berberine	60%
Black Walnut	40%
Caprylic Acid	100%
Citrus Seed	20%
Coptis	20%
Garlic-	20%
Golden seal	20%
Oregano	40%

LEGEND

Low Inhibition — High Inhibition

0	20	40	60	80	100

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YEAST - SENSITIVITIES and NATURAL ANTIFUNGALS

Antifungals

Fluconazole

Voriconazole

Itraconazole

INHIBITION CATEGORY

R	Resistant	This category indicates that the organism is not inhibited by obtainable levels of the pharmaceutical agent
I	Intermediate	This category indicates where the minimum inhibiition concentrations (MIC) approach obtainable pharmaceutical agent levels and for which response rates may be lower than for susceptible isolates
SDD	Susceptible, Dose Dependent	This category indicates that clinical efficay is achieved when higher than normal dosage of a drug is used to achieve maximal concentrations
S	Susceptible	This category indicates that the organisms are inhibited by the usual achievable concentration of the agent
NI	No Interpretative Guidelines	This category indicates that there are no established guidelines for MIC interpreatation for these organisams

Non-absorbed Antifungals

Nystatin

Natural Antifungals

Berberine.

Garlic

Black Walnut.

Citrus Seed.

Coptis.

Golden seal.

Oregano.

LEGEND

Low Inhibition — High Inhibition

0	20	40	60	80	100

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PATHOGEN SUMMARY

PSEUDOMONAS SPECIES:

Description:
Pseudomonas is found in water and soil as well as fruits and vegetables. Bottled water can be a common source of infection. Because the organism is able to survive aqueous environments, it is an important nosocomial pathogen.
Pseudomonas can also be found on a number of surfaces and in aqueous solutions.

Pathogenicity:
Pseudomonas is considered an opportunistic pathogen.

Symptoms:
Associated with diarrhoeal infection, particularly in the immunocompromised host.

Treatment:
Ciprofloxacin is recommended for the treatment of Pseudomonas induced antibiotic-associated colitis. Pseudomonas is usually susceptible to antipseudomonal penicillins, aminoglycosides, carbapenems, 3rd generation cephalosporins and gentamycin.

Other Herbal antimicrobials include:
Andrographis, Tea tree, Prunus armeniaca, Prunella vulgaris, Nelumbo nucifera, Panax notoginseng root, Panax notoginseng flower, Punica granatum, Areca catechu and Imperata cylindrical.

BACILLUS SPECIES:

Bacillus species are spore forming, gram-positive rods belonging to the Bacillaceae family. There are currently 50 valid species within the genus.

Sources:
Meat dishes are a common source of infection in other species of Bacillus such as B. subtilis and B. licheniformis.

Pathogenicity:
As yet, no toxins or other virulence factors have been identified in association with the symptoms that accompany non-B. cereus species.

Symptoms:
B. licheniformis and B. subtilis are associated with food-borne diarrheal illness.

Treatment:
B. species is almost always susceptible to clindamycin, erythromycin and vancomycin.

ENTEROBACTER COMPLEX:

Sources:
Widely distributed in the environment.
Water, soil, sewage and cornstalks have all been identified as sources of contamination.

Pathogenicity:
Usually considered a commensal organism; however, strains of E.b cloacae have been shown to produce a heat-stable toxin similar to that produced by E.coli.

Symptoms:
Has been associated with diarrhea in children.

Treatment:
Currently, standard texts provide no specific antimicrobial guidelines for GI overgrowth of Enterobacter.
Carbapenems are recommended for extraintestinal sites.

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DIENTAMOEBA FRAGILIS:
Dientamoeba fragilis appears to be extremely common and may have a cosmopolitan distribution, although there are large variations in prevalence. Dientamoeba fragilis has been linked to intestinal symptoms, especially in children. The most common symptoms associated with this organism are abdominal pain, intermittent diarrhoea, bloating and anorexia.

TREATMENT SUGGESTIONS:
Mild symptoms are self-limiting.
If treatment is warranted, metronidazole for 10 days or a single 2g dose of Tinidazole may be used. Tetracycline has also proven effective in adults.
Rule out allergy to above medication before prescribing/taking. Consult ID specialist if patient is showing severe symptoms or immunocompromised.

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The Four "R" Treatment Protocol

REMOVE	Using a course of antimicrobial, antibacterial, antiviral or anti parasitic therapies in cases where organisms are present. It may also be necessary to remove offending foods, gluten, or medication that may be acting as antagonists. Consider testing IgG96 foods as a tool for removing offending foods.	ANTIMICROBIAL	Oil of oregano, berberine, caprylic acid
		ANTIBACTERIAL	Liquorice, zinc carnosine, mastic gum, tribulus, berberine, black walnut, caprylic acid, oil of oregano
		ANTIFUNGAL	Oil of oregano, caprylic acid, berberine, black walnut
		ANTIPARASITIC	Artemesia, black walnut, berberine, oil of oregano
		ANTIVIRAL	Cat's claw, berberine, echinacea, vitamin C, vitamin D3, zinc, reishi mushrooms
		BIOFILM	Oil of oregano, protease
REPLACE	In cases of maldigestion or malabsorption, it may be necessary to restore proper digestion by supplementing with digestive enzymes.	DIGESTIVE SUPPORT	Betaine hydrochloride, tilactase, amylase, lipase, protease, apple cider vinegar, herbal bitters
REINOCULATE	Recolonisation with healthy, beneficial bacteria. Supplementation with probiotics, along with the use of prebiotics helps re-establish the proper microbial balance.	PREBIOTICS	Slippery elm, pectin, larch arabinogalactans
		PROBIOTICS	Bifidobacterium animalis sup lactise, lactobacillus acidophilus, lactobacillus plantarum, lactobacillus casei, bifidobacterium breve, bifidobacterium bifidum, bifidobacterium longum, lactobacillus salivarius ssp salivarius, lactobacillus paracasei, lactobacillus rhamnosus, Saccaromyces boulardii
REPAIR & REBALANCE	Restore the integrity of the gut mucosa by giving support to healthy mucosal cells, as well as immune support. Address whole body health and lifestyle factors so as to prevent future GI dysfunction.	INTESTINAL MUCOSA IMMUNE SUPPORT	Saccaromyces boulardii, lauric acid
		INTESTINAL BARRIER REPAIR	L-Glutamine, aloe vera, liquorice, marshmallow root, okra, quercetin, slippery elm, zinc carnosine, Saccaromyces boulardii, omega 3 essential fatty acids, B vitamins
		SUPPORT CONSIDERATION	Sleep, diet, exercise, and stress management

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