

Alternative Nutritional Lab Tests



by Ronald Steriti, NMD, PhD

About this booklet

This booklet was written as a handy guide to many of the alternative nutritional laboratory assessments that are now available.

About the Author

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Dr. Steriti advocates freedom of choice in health care and assists people in making informed decisions about natural health throughout the United States and Canada.

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Gastrointestinal

Comprehensive Digestive Stool Analysis, CDSA

The CDSA is considered the gold-standard test of digestive function. It evaluates digestion, absorption, intestinal flora and assesses the colonic environment. The CDSA is useful for chronic gastrointestinal problems and many systemic diseases that are associated with maldigestion.

The CDSA examines stool samples for triglycerides, valerate and iso-butyrate, meat and vegetable fibers, long chain fatty acids, cholesterol, total fecal fat, total short-chain fatty acids and their distribution, n-butyrate, beta glucuronidase, pH, bacterial and yeast cultures, macroscopic analysis and dysbiosis index.

Microbiology Analysis

An evaluation of the stool for levels of beneficial bacteria, unbalanced flora such as yeast and pathogenic bacteria may also be useful.

Digestive Function Analysis

Stool is examined for digestive ability, absorption, pH and bacterial metabolism as reflected by short-chain fatty acids.

Intestinal Permeability Assessment

The clearance of lactose and mannitol is measured to assess intestinal permeability or malabsorption and identify leaky gut syndromes.

Parasites

A macroscopic examination of the stool for intestinal parasites is often recommended with the CDSA. Three separate stool samples are preferred.

Parasitology

The basic parasitology test assesses stool for the presence of parasites. It is useful when there has been a sudden change in bowel pattern, especially for those that have been traveling abroad or camping. Testing for *Giardia* and *Cryptosporidium* can also be added to this test.

Comprehensive Parasitology

The comprehensive parasitology panel examines the stool for aerobic and anaerobic bacteria, *Cryptosporidium*, *Entamoeba histolytica*, *Giardia lamblia* and Yeast.

Macroscopic Exam for Worms

An examination for adult cestodes, nematodes and trematodes or pieces of worms that may be shed in stool is often helpful in identifying parasites.

Yeast Culture and Sensitivity

Specimens are evaluated for yeast and may include a sensitivity panel using prescription and natural agents.

Nutritional

Elemental Hair Analysis

A hair sample is analyzed for levels of 13 toxic and 21 nutritional elements. This analysis is useful for people who suspect heavy metal toxicity or to measure levels of nutrient minerals.

Elemental Urine Analysis

A 24 hour urine sample is evaluated for levels of 10 toxic and 8 nutrient elements.

Toxic Elements, Urine

A 24-hour urine sample is evaluated for levels of 10 toxic elements.

Amino Acid Analysis

Urine is examined for the metabolic markers of 43 amino acids. This test can also indicate functional deficiencies of a number of vitamin and mineral cofactors needed for amino acid metabolism.

Vitamin Profile

Plasma is examined to determine vitamin status from culture growth rates of specific microbes. Twelve vitamins are assessed.

Comprehensive Vitamin Profile

Plasma is examined to determine vitamin status from culture growth rates of specific microbes. Seventeen vitamins are assessed.

Endocrinology

Bone Resorption Assessment

A direct urinary assay of pyridium and deoxypyridium cross-links is useful in identifying the current rate of bone loss.

Adrenocortical Stress Profile

Four salivary samples over a 24-hour period are evaluated for levels of cortisol and DHEA. Imbalances in these hormones are associated with a variety of ailments including obesity and chronic fatigue.

Comprehensive Melatonin Profile

Three saliva samples are evaluated for the secretion pattern of melatonin. Imbalance of melatonin is associated with Seasonal Affective Disorder, infertility, sleep disorders and compromised immune function.

Glucose and Insulin Tolerance

Glucose and insulin levels are measured over a four-hour period following a dose of glucose to provide information about hypoglycemia, hyperglycemia and insulin resistance.

Hormones

Male Hormone Profile

Four salivary samples over a 24-hour period are evaluated for levels of testosterone.

Comprehensive Male Profile

In addition to the analysis of testosterone, this advanced profile measures cortisol, DHEA and melatonin.

Female Hormone Profile

Eleven saliva samples over a 28 day period are evaluated for levels of estradiol, progesterone and testosterone.

Comprehensive Female Profile

In addition to the estradiol, progesterone and testosterone levels, this advanced profile measures cortisol, DHEA and melatonin.

Menopause Profile

Four saliva samples over a 2 week period are evaluated for levels of estradiol, progesterone and testosterone.

Comprehensive Menopause Profile

In addition to the estradiol, progesterone and testosterone, this advanced profile measures cortisol, DHEA and melatonin.

Metabolic

Comprehensive Detox Profile

Saliva, blood and urine are analyzed after administration of caffeine, aspirin and acetaminophen to determine the functional capacity of the liver's Phase I and II detoxification pathways.

Standard Detoxification Profile

Saliva and urine are analyzed after administration of caffeine, aspirin and acetaminophen to determine the functional capacity of the liver's Phase II detoxification pathway.

Oxidative Stress Analysis

A 10-hour urine sample is analyzed after the administration of aspirin and acetaminophen to identify markers of hydroxyl radical activity and urine lipid peroxides. This test is particularly useful in cases of chronic fatigue, xenobiotic exposure, and chronic illness.

Allergies

Food Antibody Assessment

The ELISA test of IgE and IgG antibodies for 88 foods is indicated for people with suspected food allergies or sensitivities.

Inhalants Profile

The serum IgE antibody levels of 36 region-specific pollens and environmental inhalants are evaluated with the ELISA test. This is useful for people with suspected environmental or seasonal allergies.

Comprehensive Antibody Assessment

This is a combination of the Food Antibody and Inhalants profiles.

Spice Profile

Serum IgE and IgG antibodies of 24 frequently used culinary herbs and spices and evaluated with the ELISA test.

Anti-Chemical Antibodies Profile

Serum is assayed for levels of toxic chemicals including formaldehyde, trimellitic anhydride, toluene, phthalic anhydride and benzene ring antibodies.

More Booklets

Dr. Steriti has written several booklets on natural health, including:

Tips for New Mothers

Healthy Skin, Hair and Nails Naturally

Sports Nutrition for Athletes

A Guide to Diets

What Foods to Buy at an Organic Market or Health Food Store

How to Choose a Good Multiple

Great Health Quotes

An Introduction to Naturopathy and Naturopathic Medicine

Alternative and Nutritional Lab Tests

These booklets can be ordered by sending \$5 per booklet with a self-addressed, double-stamped envelope to:

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How to Find a Naturopath

What is Naturopathy?

Naturopathy is a term made popular in the early 1900's to describe a system of medicine that emphasizes natural therapies including herbs, homeopathy, hydrotherapy, nutrition, diet, and manipulation.

What is Naturopathic Medicine?

Naturopathic medical schools have four-year full-time programs that teach both naturopathy and conventional Western diagnosis and treatment. Graduates are trained to become primary care physicians in licensed states.

There are currently four naturopathic medical schools in the United States and one in Canada: Bastyr, National, and Southwest Colleges of Naturopathic Medicine, The University of Bridgeport, and the Canadian College of Naturopathic Medicine.

Currently Alaska, Arizona, British Columbia, Connecticut, Hawaii, Maine, Manitoba, Montana, New Hampshire, Ontario, Oregon, Utah, Vermont and Washington have naturopathic medical licensing laws.

Where do I find a naturopath?

Check the American Association of Naturopathic Physician's web site:

www.naturopathic.org

Top Ten Reasons to See a Naturopath

1. It's part of your healthy life-style.
2. You are taking a lot of supplements, but aren't sure if they are right for you.
3. You want advice from a specialist that is well trained in natural therapies.
4. You want to make an informed decision about your health.
5. You want a natural health program designed for you.
6. You are confused by contradictory health claims.
7. You have vague complaints but aren't sick enough to see a medical doctor or use drugs.
8. You are concerned about the long-term side effects of drugs.
9. You have an uncommon health problem which has many specialists baffled.
10. The drugs you are taking cause side effects which are worse than the original problem.