

Vitalan Stool Diagnostics

Digestive Residues in stool: diagnosis of Nutrition and Digestion

About **80% of Patients** visiting medical practices and clinics because of **abdominal complaints** (gas, bloating, pain, constipation, diarrhea) suffer of *Malnutrition* (eating unbalanced diet, civilisation food), *Maldigestion* (weakness of digestion by bile and/or pancreas) and/or *Malabsorption* (Malassimilation, reduced/alterated absorption of digested foods by inflamed mucosa).

Information about these gut disturbances are provided by **exact quantitative analysis** of digestive residues: **fat, protein, sugar, fiber, water in g%**. Other direct or indirect methods, like microscopical exploitation and cholesterol/fatty acids analysis are outdated.

Malnutrition

How is the Patient's Nutrition? What she/he's eating? Most popular is the Civilisation Diet with Processed Food containing excessive fat and sugar as well as less fiber, apart from lack of micronutrients.

Bowel Movements: Normal is the range from 2 Weekly up to 2 Daily with an average weight of 200 g. Beyond this is Constipation or Diarrhea.

Gas: Normal is the discharge of up to 15 winds per Day. Beyond this is Flatulency.

Maldigestion

Steatorrhea is the Maldigestion of **Fat beyond 6,5 g/100 g Stool** with the possibility for Overgrowth of lipolytic bacteria (Putrefaction by e.g. Clostridia, E.coli with high Gas). Causes can be Overeating of Fat and/or Weakness of Fat Digestion (less Bile and/or Lipase) and/or Decreased Absorption of Fat (increased Bile by overstimulation and/or disturbance of Enterohepatic Recycling by gut inflammation). Most popular is **less Bile**, after clearing the Gall Bladder (spasm, stones, cancer) the therapy consists in Cholangoga.

Azotorrhea (Creatorrhea) is the Maldigestion of **Protein beyond 10 g/100 g Stool** with the possibility for Overgrowth of proteolytic bacteria (Putrefaction by e.g. Clostridia, E.coli with high Gas). Causes can be Overeating of Meat and/or Weakness of Protein Digestion (exocrine pancreatic insufficiency, compare Info Pancreatic Elastase) and/or Decreased Absorption of Protein. Most popular are **less Digestive Enzymes**, after clearing the Pancreas (stones, inflammation, cancer) the therapy consists in Digestive Enzymes.

Saccharrhea is the Maldigestion of „**Sugars**“ (**Carbohydrates like Glucose, Fructose, Saccharose**) **beyond 0,59 g/100 g Stool** with the possibility for Overgrowth of saccharolytic bacteria and yeast (Fermentation by e.g. Enterococci, Candida with high Gas). Causes can be Overeating of „Sugar“ and/or Weakness of Carbohydrate Digestion (small bowel insufficiency of Lactase, Maltase, Saccharase). Most popular is **Lactase-Insufficiency**, after clearing the Small Intestine (inflammation due to intolerance/allergy, helicobacter, celiac disease) the therapy consists in Digestive Enzymes.

Amylorrhoea is the „Maldigestion“ of **Fiber beyond 4,1 g/100 g Stool** with the possibility for Overgrowth of amylolytic bacteria and yeast (Fermentation by e.g. Clostridia, E.coli, Enterococci, Bacilli, Candida with high Gas and Diarrhea). Causes can be **Overeating** of Fiber (specially tropical fruits, cereals, vegetables, salads). Most popular is **Fiber less than 1,3 g/100 g Stool**, mostly associated with **Constipation**. After clearing the Nutrition, the therapy consists in well-balanced nutrition excluding Civilisation Diet and Processed Food.

Malabsorption

Diarrhea is the Malabsorption of **Water beyond 81 g/100 g Stool**. Causes can be different. After clearing the causes: acute inflammation due to enteropathogenic bacteria, yeast, viruses, parasites, mostly self-limiting; chronical inflammation like Morbus Crohn, Colitis Ulcerosa, Irritable Bowel, the therapy consists in Bland Diet.

Constipation often shows **Water less than 71 g/100 g Stool**.