

Vitalan Stool Diagnostics

Gut Sanitation

What is Gut Sanitation ?

„**Death sits in Gut**“ was known since antiquity. Hippocrates admonished his patients and disciples for a healthy nutrition and gut cleaning. Modern Gut Sanitation is based on **5 pillars**: balanced nutrition (includes full supply of macro- and micro-nutrients), complete digestion (sufficient digestive enzymes), periodical evacuation (including sufficient drinking amount), stable local body defense (intake of probiotics) and special therapy procedures (gut cleaning, inflammation treatment, fight against enteropathogenic bacteria, viruses, yeast, parasites).

For what is Gut Sanitation good ?

Gut Mucosa with around 400 square meter is the largest contact surface of our body to the environment. Their purpose is not only active Digestion and Resorption of Nutrients and Liquids but also effective Separation of endogenous from exogenous compounds.

Indications for Gut Sanitation results from all disturbances of this complex ecosystem by unbalanced nutrition, weak digestion, weak defense, acute and chronic inflammation, infections through Enteropathogenics, food intolerance and allergy, environmental burden, stress, cancer as well as by symptoms like bloating/gas, constipation, diarrhea, pain.

The healthy gut works normally quiet and unnoticed, contributes not only to well-being and health, but is condition for effective activity of all other organs and systems and their repair.

Modern Stool Diagnostics for specific Gut Sanitation

Modern Stool Diagnostics are condition for specific and successful Gut Sanitation. This comprises a multitude of different parameters allowing a insight into the main sources for disturbances. IWDL offers analysis of Stool Flora (including Anaerobic and Aerobic Bacteria, Yeast and pH), Digestive Residues (Fat, Protein, Sugar, Fiber, Water), Digestive Enzymes (Bile, Pancreas), Local Body Defense (secretory Immunglobuline A, Defensine), Food Intolerance (Histamine), Food Allergy (Serotonine), Inflammation (Calprotectine, CRPs, Hemoglobine, Antigliadine), Enteropathogenic Bacteria (Salmonella, Campylobacter, Shigella, Yersinia, Helicobacter), Viruses (Rota, Adeno, Noro), Parasites (Worms, Protozoa), Tumormarker.

Practice of Gut Sanitation

The Practice of optimal Gut Sanitation is based on:

- Nutrition: Whole Food Mediterranean Style with 50-60% Carbohydrates (Grain, Vegetable, Salad, Fruit each 200 g/day, total 30-50 g fiber), 20-30% fats (mostly oils with unsaturated fatty acids, 50-60 g/day), 20-30% protein (white meat, fish, poultry, 60-80 g/day) and 2-3 l Liquid (still Mineral Water, Green Tea, fresh Juice, moderately Coffee and Wine).
- Avoid processed food (taste enhancer MSG and Sweeteners, Conservants, Colorants, Enzymes).
- Digestion: complete digestion by sufficient bile, pancreatic and duodenic juice, if necessary substitution, periodical evacuation, moderately sport.
- Microbiological Therapy: include Probiotics (living Lactobacilli and Bifidobacteria from yoghurt or nutraceuticals for strengthening defense and influencing ecosystem), Yeast (living Saccharomyces from sauerkraut, wheat beer or nutraceuticals for binding and evacuation), Algae (Chlorella, Spirulina for detoxification).
- Inflammation Therapy: after elimination of cause (Antibiotics, Antimycotics, Antiparasitics, Intolerance, Allergy), bland diet, elimination diet, Glutamine, full supply of Micronutrients and Antioxidants, Colostrum.
- Colon-Hydrotherapy: the medical Gut Bath is the most effective method for Cleaning, Detoxification (load) and Stimulation (constipation, defense).
- Ozone-Therapy: active introduction of Ozone in Large Intestine improves blood circulation and oxygen supply.
- Fasting: means calming for Regeneration of Mucosa and Pancreas, Detoxification.

Prophylaxis for a Healthy Gut

Active Preventive Medicine is mainly based on keeping gut healthy. All mentioned Therapies are able for Prevention too. Recommendation for stable Intestinal Ecology consists in regular intake of Probiotics and Micronutrients, balanced Nutrition and complete Digestion, moderate Sports.