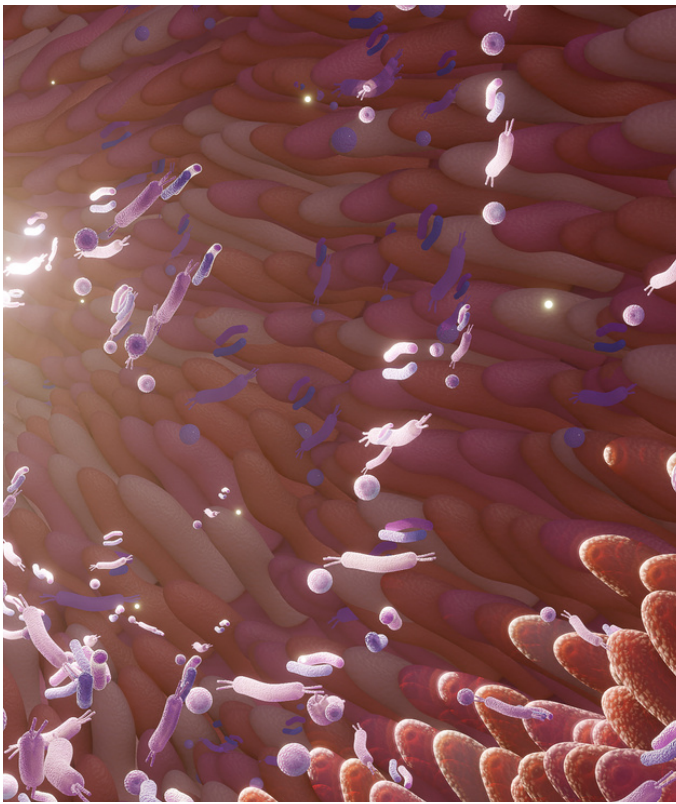


# Complete status of intestinal colonisation

## What is intestinal colonization and how does it affect you?

The human intestine is colonized by many different species of bacteria. The growth of intestinal bacteria depends on the type and composition of our nutrition. Through an unbalanced diet you enhance the growth of some bacteria whilst inhibiting others.

A diet rich in proteins and fat (very common in the Western world) favours the growth of putrefaction bacteria, which generate a lot of gas causing abdominal pain, feeling full and bloating.



In addition, large amounts of harmful metabolites grow from these bacteria, enter the blood stream often resulting in headaches, migraines, joint pain or chronic fatigue.

The useful intestinal bacteria are further weakened by antibiotics, chemotherapy, radiotherapy and the ingestion of foods and substances which cause allergies. Damaging intestinal bacteria finally results in the generation of new allergies and other intestinal diseases.

## What are the symptoms of a disturbed intestinal colonization?

- Abdominal pain
- Diarrhoea or constipation
- Gas, heavy bloating and cramps
- Problems after antibiotic treatment
- Headaches or migraines
- Joint pain
- Skin problems
- Sugar cravings
- Weight loss or gain
- Foul smelling stools
- Food sensitivities
- Chronic fatigue
- A weak immune system
- Allergies e.g. eczema, hay fever, eczem



## Why take the test?

This is the Ultimate stool test, and a MUST for anyone suffering from any intestinal distress. This simple test will analyse all yeast, moulds and the representative strains of aerobic (oxygen loving) and anaerobic bacteria (survives without oxygen).

This is the ideal starting point for anyone wishing to improve his or her digestion, health and vitality! (Nobody can analyse all bacteria as they are about 500= species.)

