Digestive and Dietary Profiling

Introduction to Digestive and Dietary Profiling

During clinical studies held between January and March 2008 it became apparent that there were patterns of results emerging which correlated with specific digestive conditions. By viewing the K-test results as not only a list of foods which need to be taken out of the diet, but more as a pattern of digestion a new level of observation can be deduced. At present four major profiles have been identified and are described below: The commentaries are split into 2 levels ;

- One for Red, Take Action Zone, indicating the need for focused action on these foods and profiles.
- One for the Orange, Monitor zone, indicating that prevention is better than cure.

Digestive Profile

This profile has been identified by medium and high results to protein rich foods i.e., meat, fish and dairy.

The high K test results to these foods could be an indicator of inefficient protein digestion. The failure to digest protein is due to low stomach acid and leads simultaneously to higher bacterial populations due to the loss of bactericidal action in the stomach. The gastric secretion of hydrochloric acid is essential for protein digestion as well as the activation of pepsin (proteolytic enzyme) and adequate sterilisation of stomach contents. This causes greater availability of unassimimulated amino acids for bacterial conversion rather than use for building cellular material in the body.

Symptoms of the above can include low mineral levels, wind, burning sensations in the stomach and oesophagus as well as sometimes stomach cramps.

Digestive Profile

This profile has been identified by medium and high results to protein rich foods i.e., meat, fish and dairy.

The high K test results to these foods could be an indicator of inefficient protein digestion. The failure to digest protein is due to low stomach acid and leads simultaneously to higher bacterial populations due to the loss of bactericidal action in the stomach. The gastric secretion of hydrochloric acid is essential for protein digestion as well as the activation of pepsin (proteolytic enzyme) and adequate sterilisation of stomach contents. This causes greater availability of unassimimulated amino acids for bacterial conversion rather than use for building cellular material in the body.

Symptoms of the above can include low mineral levels, wind, burning sensations in the stomach and oesophagus as well as sometimes stomach cramps.

Hormonal Profile

This profile is identified by medium and high results to foods high in stimulants (tea, coffee, cocoa) and simple sugar's (fruit, alcohol and sugar).

The high K test results to these foods could be an indicator of acute or chronic stress due to their effects on hormones such as adrenaline, cortisone, insulin and oestrogen.

The relationship between these foods and hormones are linked by the stress response itself. Caffeine in tea and coffee stimulate the release of cortisol which in turn releases sugar from liver stores. This raises blood sugars and stimulates the action of insulin. This can become over excessive and the sugar in the blood stream drops causing sugar cravings as in alcohol, fruit and refined carbohydrates and activates an short lived energy release and enhances the cyclical effect on the adrenal output of cortisol. Symptoms can include fatigue, PMT, thyroid symptoms, weight gain, high blood pressure and heart rhythm fluctuations

Liver Profile

This profile is identified by medium and high results to foods high in sulphur and other detoxifying agents which aid the liver to detoxify. i.e. as in eggs, onion, peas, and broccoli. The high K test results to these foods could be an indicator of slow liver detoxification pathway's related to detoxification utilizing sulphur compounds.

A deficiency in amino acid methionine and cysteine lowers capacity for xenobiotic metabolism especially of compounds containing sulphur. This means the person being tested has reduced capacity to reduce toxic compounds by these pathway's due to a deficiency of the enzyme PAPS. This can cause headaches, oestrogen problems, skin problems, joint and muscle aches and pains.

The gall bladder may also be under functioning causing reduced bile flow and therefore poor utilisation of fats and fatty foods such as oily fish and butter, oils etc. Therefore these foods also come under this profile.

Large Intestine Profile

This profile is identified by medium and high results to gluten grains, yeast, sugar, fruits. This profile is about the balance of gut flora (This is the mix of bacteria and yeasts which inhabit the large intestine) When this balance is upset, there is a level of poor digestion leading to a fermentation of sugars (dysbiosis) thus causing symptoms such as gas, bloating and IBS symptoms.

The high K-Test results to these foods could be an indicator of an inappropriate response by the gut to foods such as dietary gluten in grains, from which bacterial endotoxins are produced and cause non-specific activation of the immune system's inflammatory pathway's mediated by complement and cytokine reactions. Adverse reactions from an IgG food antigen response are due to the accumulation of large antigen-antibody complexes which tend to form deposits

and cause strong inflammatory reactions. The partial cells in the crypts of the intestinal epithelial lining are a typical place at which these complexes gather and cause inflammation which also then affects digestive and absorption. The high K-Test results to these foods could reflect this process causing symptoms such as gas, bloating colitis and IBS type symptoms.

Contact the reception team today on 020 8252 1010
to book your test appointment