



Have a *gut* instinct  
that something is  
wrong with your  
*digestion?*



Genova  
Diagnostics®

*Innovative Testing for Optimal Health*

## *Ask yourself these simple questions to see if gastrointestinal testing may be right for you:*

- Do you frequently experience indigestion?
- Do you suffer from constipation?
- Do you often have unexplained diarrhea?
- Do you experience gas and bloating?
- Do you ever have abdominal pain?
- Do you suffer from fatigue?
- Do you consistently lack energy?
- Do you have poor skin or suffer from chronic skin conditions?
- Have you used antibiotics on occasion?

## *Digestive problems contribute to the following disorders:*

- Irritable bowel syndrome
- Gastroesophageal reflux (heartburn)
- Crohn's disease
- Ulcerative colitis
- Allergies
- Cancer
- Rheumatoid arthritis
- Psoriasis
- Eczema
- Lupus
- Scleroderma
- Autoimmune disease
- Fibromyalgia

*If you answer “yes” to any of these questions, talk to your doctor about the benefits of gastrointestinal testing.*



## An Important Component of Your Total Health Picture



*Next to the common cold, digestive problems are the most common reason people seek medical advice. In fact, two out of every three people have had a digestive problem in the past three months. Are you one of them?*

Routine health checks include monitoring temperature, pulse and blood pressure, as well as examining blood and urine specimens. While helpful, these tests overlook the gastrointestinal system, an area that can deliver crucial information about whether your body is functioning properly. The comprehensive testing that's available today provides detailed information about whether your gut operates effectively to deliver the nutrients you need to thrive. Regular examination of stool samples provides an even more comprehensive picture of your health.

The cellular function of every organ in your body is dependent on nourishing substances obtained through digestion. Before discomfort or disease develops, it is possible to determine whether food breaks down into usable substances, whether you absorb certain nutrients, and whether you properly eliminate waste. A healthy body also has beneficial bacteria to counteract the impact of "bad" bacteria, and produces and secretes enzymes, hormones and digestive chemicals.

Food allergies, toxins, sugar, antibiotics, parasites and stress can wreak havoc with your gastrointestinal system, upsetting the balance in your intestine as well as allowing harmful substances to enter the system. Gas, bloating, diarrhea, constipation or abdominal discomfort may be the first clue that something is ulcerative colitis with the digestive tract, but did you know allergies

or simple lack of energy and fatigue can often be traced to digestive problems as well?

Chronic vaginal infections may result from similar flora imbalances as in the intestine. Laboratory examination of vaginal secretions can help you to identify the exact cause of chronic itching, discomfort, or discharge, and establish a treatment program to get you back on track.

### Take a Look at What's Inside

**Genova Diagnostics has tests that reveal important clinical information about:**

- ● ● Maldigestion and the cause of symptoms such as gas and bloating, abdominal pain, diarrhea and constipation
- ● ● Chronic dysbiosis (altered bacterial balance) and inflammation that can impair absorption, leading to deficiencies of nutrients, proteins, carbohydrates and fats

- ● ● Lactose intolerance and its relationship to gas, bloating, cramping, and diarrhea
- ● ● Excess bacterial enzyme activity in the intestine that can promote hormonal imbalances and gastrointestinal irritation
- ● ● Short chain fatty acid inadequacy linked to increased incidence of colon cancer and ulcerative colitis
- ● ● Bacterial and yeast overgrowth underlying gastrointestinal symptoms, chronic fatigue, mood shifts and weakened immune function
- ● ● Chronic digestive dysfunction that can set the stage for the development of leaky gut, food allergies, toxic stress and systemic autoimmune reactions
- ● ● Increased toxic burden, small bowel bacteria overgrowth and severe inflammation
- ● ● The presence of parasites

### Take a Look at What's Inside

**Gastrointestinal testing can provide information that gives you and your health practitioner a better picture of your overall health. Ask your doctor about the insights you could gain from digestive analysis. One of these Genova tests may be right for you:**

- ● ● Comprehensive Digestive Stool Analysis
- ● ● Comprehensive Digestive Stool Analysis 2.0
- ● ● Candida Intensive Culture
- ● ● Comprehensive Parasitology Profile
- ● ● Candida Antibodies & Immune Complexes
- ● ● Lactose Intolerance Breath Test
- ● ● Bacterial Overgrowth of the Small Intestine Breath Test
- ● ● Vaginosis Profile

Headquartered in Asheville, NC, Genova Diagnostics is a global leader in functional laboratory testing and a pioneer in innovative new approaches to personalized medicine. Unlike traditional labs that focus on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems. As more patients take an active role in managing their health, and clinicians focus on prevention, these diagnostic tests provide a more complete picture of health and help identify problems before chronic conditions and diseases develop. Color graphic reports facilitate physician-patient communication and development of a personalized approach to optimal health. The internationally renowned lab is committed to the highest professional standards and has a team of medical experts who provide consultation to healthcare professionals, as well as a robust array of educational resources.



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