

WHY DOESN'T MY BODY DIGEST PROPERLY?

Various digestive disorders are a frequent negative consequence of the contemporary lifestyle. Our eating habits are often irregular, food is rich in sugar, and the sufficient intake of fluid, fibre and regular exercise are underestimated. Our body is also exposed to frequent stress situations and high demands on work performance.

These factors lead to 'functional digestive disorders' (impaired excretion of digestive juices, impaired coordination of intestinal movements, food allergy or intolerance, excess growth of bacteria or yeast, etc.). As the individual terms indicate, these are all conditions with impaired function of the gastrointestinal tract. It is

very important to say that it is not associated with impairment of any digestive organ (or its structure), but rather the impact of its functional part. Clinical manifestations are wide-ranging: various abdominal pain, feeling of a full stomach, belching, lack of appetite, gurgling noise and movements of the bowel, vomiting, changes in bowel habits, increased gas, bloating. Skin manifestations (various forms of rash and eczema), fatigue, headache and immune disorders are also common.

It is known that our intestine plays a major role in influencing and indicating the immunity system function. Therefore, it is now common that a physician looks

for digestive disorders in a patient with frequent respiratory diseases. Intestinal bacteria play an important role in immunity. They protect us against harmful bacteria, improve absorption of minerals, participate in the production of K2 and group B vitamins, degrade fats, and are also known to decompose (ferment) sugars.

Since current medical practice has a suitable solution for these digestive disorder causes, diagnosis is focused on excluding functional disorders and thus helping a patient.

A series of examinations included in year-round healthcare

1. Initial consultation with an internist
2. Blood test
 - a. Examination of diamine oxidase enzyme (exclusion of histamine intolerance)
 - b. Examination of antibodies against transglutaminase (exclusion of celiac disease)
3. Stool examination
 - a. Helicobacter test
 - b. Yeast test
 - c. Residue test
 - d. Calprotectin test
4. Evaluation of results, treatment recommendations, modifications of eating habits, and recommendation of further supplementary examinations

Paid supplementary examinations:

- a. Lactose intolerance breath test
- b. SIBO breath test (impaired bacterial growth in the intestine)
- c. Specific IgE antibodies to food allergens (exclusion of food allergy)
- d. Food intolerance test (a set of 93 food types)
- e. Examination of antibodies against Candida (yeast) in blood
- f. Tests under point d + examination e

DISCOUNTS FOR MEMBERS WITH ONE OF THE FOLLOWING CARDS

WHITE
CARD

10%

BLUE
CARD

20%

SILVER
CARD

40%

GOLD
CARD

70%

