

Appendix 17: Digestive-Health Tests

Gastrointestinal Conditions		Digestive Health Tests	
SIBO (small intestinal bacterial overgrowth)		<ul style="list-style-type: none"> Lactulose and/or glucose breath test Organic urine acids (not validated) Elimination diet with reintroduction challenges 	
FODMAP Intolerance	Fructose malabsorption	• Fructose breath test	• Elimination diet with reintroduction challenges
	Lactose intolerance	• Lactose breath test	
	Mannitol/polyol intolerance	• Mannitol breath test	
	Fructan intolerance	• Elimination diet with reintroduction challenges	
	Galactan intolerance		
Low Stomach Acid (hypochlorhydria)		<ul style="list-style-type: none"> Heidelberg test (stomach-acid test) Baking soda test (not validated) 	
IBDs	Crohn's disease	• Colonoscopy	
	Ulcerative colitis		
Colon Cancer			
Gastroparesis (slow gastric emptying)		• Gastric-emptying study	
GERD (gastroesophageal reflux disease)		<ul style="list-style-type: none"> Upper endoscopy Heidelberg test (stomach-acid test) <i>H. pylori</i> test (antibodies in blood) Ultrasound to look for hiatal hernia 	
Gastrointestinal Infections (bacteria, virus, parasites and yeast, including candida overgrowth)		<ul style="list-style-type: none"> DNA stool test Culture tool tests Urine organic acids (not validated) 	
Celiac Disease		<ul style="list-style-type: none"> Anti-gliadin antibodies (IgA and IgG) in the blood or stools Anti-tissue transglutaminase antibodies Intestinal biopsy Wheat/gluten proteome reactivity and autoimmunity (not validated) 	
Non-Celiac Gluten Sensitivity		<ul style="list-style-type: none"> Wheat/gluten proteome reactivity and autoimmunity (not validated) Elimination diet with reintroduction challenges 	
Gallbladder Diseases and Gallstones		• Abdominal ultrasound	
Bowel Obstructions		• X-rays	
Hiatal Hernia (can be a cause of GERD)		• Other imaging techniques	
Increased intestinal permeability (leaky gut)		• Lactulose-mannitol intestinal permeability test	
Candida overgrowth		<ul style="list-style-type: none"> Urine organic acids (not validated) DNA stool test 	
Food Sensitivities (to dairy, gluten, soy, grains, eggs, nuts, seeds, etc.)		<ul style="list-style-type: none"> Skin prick (only detects food allergies) IgG testing by ELISA (not always accurate) Elimination diet with reintroduction challenges 	
IBS (irritable bowel syndrome)		• Exclusion of all other conditions	