

Prioritization Of OAT Findings

The following are suggestions regarding Organic Acids Test markers and priority of treatment.

1. If any clostridia marker is high this takes priority regarding treatment
2. If arabinose, or other yeast markers are high, need to correlate to clinical picture with test results.
3. If oxalate is high need to correlate to clinical picture – *minimally use probiotics and cal/mag citrate with meals.*

NOTE: remember, these 3 areas (1 – 3) often greatly influence other markers

4. If one or more of the first 3 sections are positive (*yeast, clostridia, oxalate*) and other imbalances are seen, then additional supplement therapy can be worthwhile:
 - *If one or more fatty acid marker are significantly high, using L-carnitine is worthwhile.*
 - *If multiple mitochondrial markers are high, consider 'Mitochondrial Cocktail' or just L-Carnitine.*
 - *If HVA and/or HVA/VMA ratio are high, cross check to clostridia markers.*
5. If 5-HIAA is low to low normal consider 50mg to 100mg of 5-HTP daily for serotonin support.
6. If Quinolinic Acid is high use at least 500mg of Niacinamide daily as a priority supplement. Higher amounts can be used as needed.
7. If Uracil is high consider additional L-Methyl-Folate supplementation, for example, 1000mcg daily.
8. Address vitamin deficiencies individually as needed
9. Low phosphoric – *consider Vitamin D testing or supplementation with Vitamin D3.*



Clostridia Antibiotic or Natural Remedy

Protocol - *Example*

Vancocin or Flagyl Clostridia Protocol:

The goal with this treatment approach is hit the bacterial colonies with a 10 day course of antibiotic, then stop for a few days before hitting the bacterial colonies again with another treatment day. This cycle then repeats itself over a 3 week period of time. The typical dose for Flagyl or Vancocin is 20-30mg/kg split dose three times daily. Commonly, Vancocin is given 4 times per day for 10 days, but compliance can be difficult, and just giving it 3 times daily has worked well, particularly when it is spread out over time.

- One dose of Vancocin or Flagyl three times daily for 10 days straight, then
- Every 3rd day thereafter administer another treatment day (at three doses for that one day) for 3 weeks.

Option: After 3 to 5 of starting Vancocin or Flagyl add in Nystatin. A typical dose is 500,000 units three times daily. It is suggested to administer the Nystatin for at least 8 weeks, and repeat the Organic Acids Test or Microbial Organic Acids Test from Great Plains Laboratory during the last week of Vancocin or Flagyl.

Natural Remedy Option:

This program is intended to mimic the cyclical dosing of Vancocin or Flagyl, but using natural remedies instead. There are documented cases where the clostridia counts improved in using Biocidin, along with other remedies (see below).

All products are available from New Beginnings Nutritionals (NBN) – www.nbnus.com:

- **Biocidin** – there are two options (capsules or liquid) for the Biocidin. 1 to 3 capsules three times or 5 to 10 drops of the liquid three times daily for 14 days. Then every 3rd day thereafter give one day dosing (three times per day as either the capsule or oral liquid) for an additional 4 weeks.
- **Culturelle** – 2 to 6 capsules daily (give at night away from the Biocidin).
- **Option:**
 - Grapefruit Seed Extract – 3 to 8 drops in dilute juice three times daily throughout the entire course of treatment (optional), or some other botanical remedy, i.e. Garlic (Allimax).

NOTE: It is recommended to repeat the Microbial Organic Acids Test or Organic Acids Test from Great Plains Laboratory during the last week of Botanical remedy, i.e. Biocidin use.



Biofilm Program - *Example*

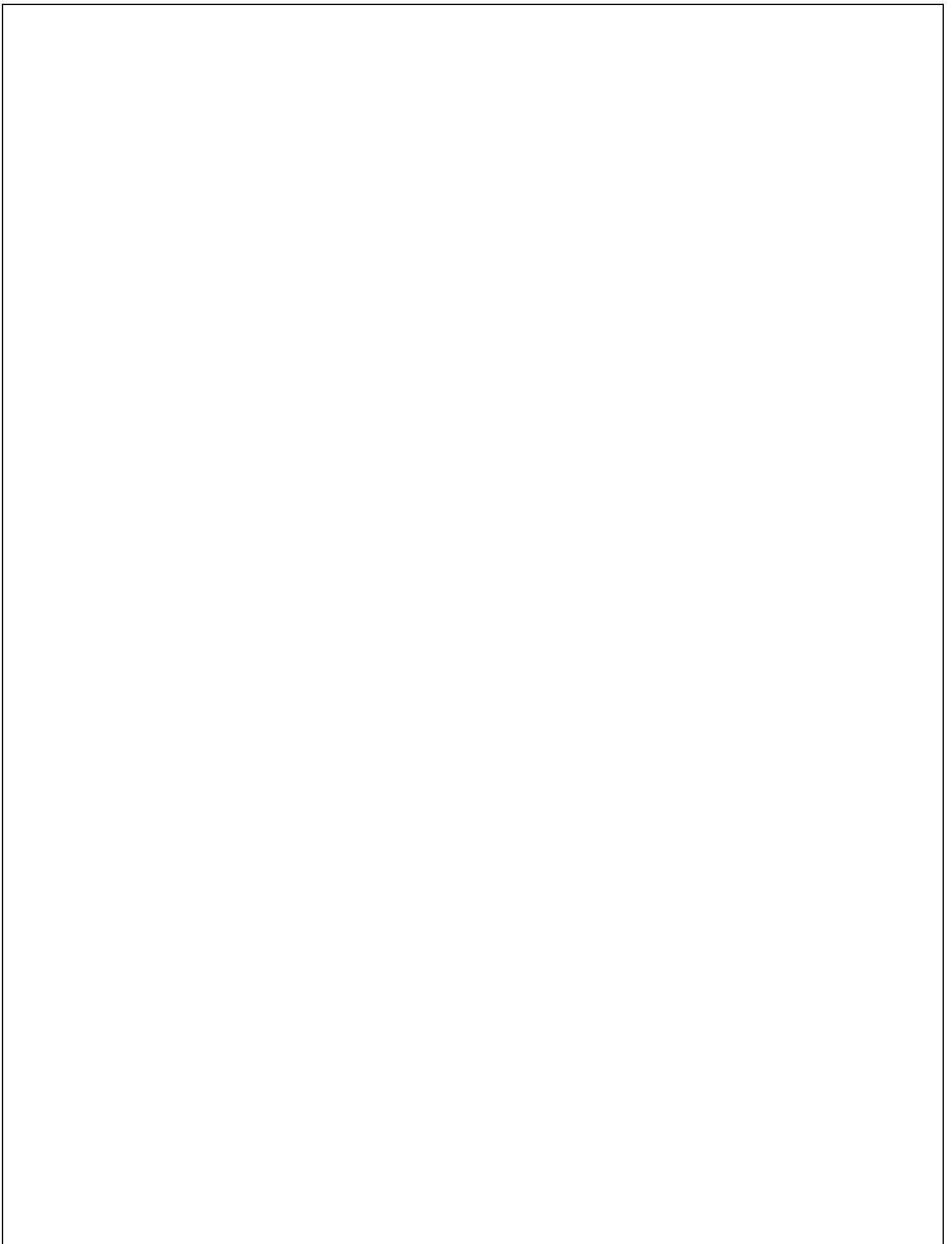
Step #1 - Use 1 to 2 capsule(s) of **Interfase** or **Interfase Plus** along with Nystatin or Diflucan (or other herbal anti-yeast and bacterial remedies, i.e. Biocidin) at the same time 30 minutes before food once to three times daily.

Step #2 - Give the prebiotic fiber of **TruFiber** (or other fiber/prebiotic product) together one hour away (minimally) from Nystatin (or other antifungal medication) and/or herbal remedy.

Step #3 - Use **Activated Charcoal (AC)** - 1 to 2 capsules - **only as needed** to help reduce or eliminate die-off reactions induced from the disintegration of bacterial and yeast biofilm. The AC can be given at the same time as Step #2 remedies as deemed necessary.

Step #4 - other options for Biofilm prevention:

- Lactoferrin - 250mg - 1 capsule between meals
- Royal Jelly - 1000mg - 1 softgel once to twice daily with food
- Stevia - add multiple drops to water or dilute juice 1 to 3 times daily



Low Oxalate Diet - *Example*

Low Oxalate Diet:

The most common foods high in oxalates are Spinach, Berries (including juice), Nuts (including nut butters), and Soy. A website at www.lowoxalate.info has a section too for high oxalate foods.

Minimizing the consumption of high oxalate foods is essential for a low oxalate program. Have patients access this website to do a more thorough analysis for high oxalate foods. Also, incorporating certain supplements can help with elimination of oxalates as well.

These supplements are available from New Beginnings Nutritionals – www.nbnus.com:

- **Cal/Mag Citrate** – 2 to 3 capsules with each meal
- **VSL#3** – 1 to 2 capsules daily
- **Biotin** – 2 to 6+ tablets daily
- **Vitamin B6** – 50 to 100mg daily
- **L-Arginine** – 1 to 2 capsules (used if having urinary pain or body pain associated with oxalate dumping.
- **Additional Magnesium** – oral magnesium and/or magnesium sulfate cream (daily application). Used primarily if having body pain with oxalate dumping.