

Nutritional Testing for Biochemical Individuality

Roger Williams used the phrase “Biochemical Individuality” in 1956 to explain genetic variability in disease susceptibility. In other words, why one person gets sick in the same environment as another person who doesn't.

Nutrient needs and any responsiveness varies widely in the population. Understanding a particular person's individual nutritional requirements is the challenge that needs to be met by the modern nutritional physician.

To define the individual need requires laboratory testing, and evaluation. However until now this has also required a lot of guess work. Not any more. New tools to assess biochemical and nutritional individuality are now available.^{1 2}

No more will you have to sit in front of a compilation of nutritional supplements and wonder what do I need to take. Specific blood and urine testing can be done which will pinpoint your needs and create an optimum program for you.

The testing is called:

1. Urinary Organic Acid Testing - \$340

This involves the analysis of 39 organic acids evaluating 4 critical areas of metabolism. This test will define your need for B vitamins, antioxidants and nutrients. It will also pin point causes of poor digestion and intestinal problems.

2. Urinary Amino Acids - \$330

This test will analyse over 40 analytes and highlights reasons for chronic fatigue, food intolerances, chronic inflammation, digestive disorders, cardiovascular disease and neurological problems to name a few.

3. Oxidative Stress Analysis - \$140

Reactive oxygen species or free radicals are produced in the body in varying amounts as a reaction to modern day living. Medical evidence supports free radicals as the underlying cause for many generations illness's including: inflammatory diseases such as rheumatoid arthritis, diabetes and neurological disorders such as Alzheimer's and Parkinson's disease.

Measuring oxidative stress will help to design an appropriate antioxidant program including the type and dose of the antioxidants that are required, along with a guide as to monitoring long term recovery.

Summary

These tests can be done simultaneously as The One (\$580). The One does all three at one time at a discount to doing all three individually. Testing takes 2-3 weeks and is done by laboratories in the USA. There is currently no rebate for these tests.

Please note however, these tests are invaluable in assessing the biological terrain, that is where biochemical functioning is sub optimal. Once an area of sub optimal function has been identified, further evaluation may be required and this will be

discussed at the time of review. Treatment can then be directed to the specific areas of need, cutting out the guess work and supporting best nutritional outcomes.

Medicare rebates apply for your medical examination.

¹ The Basis of good Gentropic Concept, John Wiley 1956

² Biochemical Individuality, R.J. Williams