

URINALYSIS BENEFITS

It gives your health care practitioner biochemical evidence of what food(s) your body is having a difficult time digesting and assimilating. Your diet plays an enormous role in how you feel and how you maintain health.

You will be able to readily modify your diet according to your body's needs. Individuality is the cornerstone of this program.

You will find out the reasons why you feel the way you do.

This test is an excellent compliment to the Loomis Enzyme Replacement System as it biochemically confirms what may be found with the Palpatory Diagnostic Response and the Homeostatic Challenge test.

TESTING PROCEDURE

The 24-Hour Loomis Urinalysis is done at certified laboratories around the country. Our testing procedure begins with the same standard screening tests performed in hospitals to recognize disease. Diabetes, liver and kidney disease as well as urinary infection or inflammation are first ruled out before proceeding.

The physical tests for color, cloudiness, volume, and specific gravity are recorded. These are used to recognize any abnormalities including the kidney's ability to clean the blood. Next, the more complicated chemistry tests are performed. Among these tests is an indican evaluation to measure the presence of food putrefying, creating irritants and toxins, which cause pain and inflammation.

The urinary sediment is evaluated for excessive crystal formations, which can indicate problems with digestion or excessive consumption of protein, sugar, or fat. The amount of acidity or alkalinity being excreted is checked and compared to the amount of calcium and salt (chloride) being excreted. These tests often can give us a clue as to whether digestive complaints are caused by excessive acidity or alkalinity in the diet. Other important tests, such as vitamin C excretion, are also measured.

URINALYSIS KIT

For your 24-hour Urinalysis you will receive a "kit" that includes instructions, a "sample" bottle, a "freezer" bag, and a shipping box. You will send the urine sample (via US Priority Mail) to a specific lab and the results will be given to Madeline Michaels within approx 3-4 days.

The procedure is simple: collect the urine over a 24-hour period, mix it well and then submit a small sample in the bottle provided.

A health and dietary questionnaire is included in the Kit. You will fill out the questionnaire and return it back to bodyfeelgood™. Madeline Michaels will then prepare for you a "Report of Findings" based on the urinalysis and questionnaire. The total process takes about 10 days.

Note: Option - if you are a "local" resident, you may come in for a thorough palpatory examination and Digestive Homeostatic Challenge Test.

URINALYSIS FACTS:

The Loomis method requires collection of all urine produced in 24-hours. These fluctuations are averaged to give a complete picture of digestive and absorptive functions. Looking at a Loomis 24-hour urinalysis is also a sneaky way of peeking at the blood (the ECF or extra-cellular fluid). Why? The blood holds nutrients it needs and dumps what it doesn't want into the urine. If a substance does not appear in the urine, we know the blood needs it and has kept it. Conversely, sometimes we see higher levels of substances in the urine than should be there, plus things that shouldn't be there at all (abnormal solutes). This tells us that the blood has dumped them. The blood also takes what it needs from the cells. In fact, cells will sacrifice themselves to the blood in order to maintain homeostasis. Also, the blood dumps what it doesn't want into cells. So, if we see no-no's in the urine, we know that these same no-no's are in the cells.

With the 24-Hour Urinalysis you can predict what lies ahead if you do not clean up your diet and digestion act. Enzyme deficiencies lead to deviations in the normal physiology characterized by inflammatory conditions. If left untreated, these conditions may lead to diseases. Any deviation from our natural balanced and homeostatic state will produce signs and symptoms. Whenever a particular organ's function is going either too fast or too slow, there are symptoms.

Most of us are not aware of these symptoms for quite a few reasons: We are told that these symptoms are normal, that they come with age, and that we should just learn to live with them. We are educated that as we age it is natural to experience common symptoms, which are often overlooked as precursors to larger health problems if they are not addressed. The health system of today is based on sick care not health care. Pharmaceuticals and Nutraceuticals are being used to treat and relieve common symptoms with out taking a closer look at the cause of the problem.

HOW IT ALL WORKS

Health is the result of being able to maintain certain constant conditions within the body. Your body must do whatever it can to maintain these conditions. In other words, it will hoard things it is deficient in, and it will discard things it has too much of. Since the chemical tests for calcium, salt and many others have been well researched for over 150 years; it is easy to recognize some dietary excesses and deficiencies before disease processes get started.

The body filters the blood through the kidneys and uses the formation of urine to cleanse the blood. It discards excess acid and alkali to maintain normal pH balance within the blood. This filtration also maintains a proper balance between water and salt in the blood, discarding the excesses in the urine. Waste products and toxic substances, such as drugs and alcohol, are removed. Before disease processes develop, annoying symptoms such as allergies, headaches, and fatigue can result when any of these functions are not adequate to the task.

This screening procedure is the best early warning system available today. Identify the reasons behind the symptoms--don't just cover them up!

THE HOMEOSTATIC DIGESTIVE CHALLENGE TEST:

The homeostatic test is a combination of neurology and biochemistry, with a physical examination for increased muscle contraction.

Findings from a fasting exam are compared to an exam done about 45 minutes after eating. The findings, often used in conjunction with interpretation of a 24-hour urinalysis, can usually pinpoint the true cause of your digestive symptoms and improve the benefits you derive from your diet.

ENZYME REPLACEMENT SYSTEM

The 24-Hour Urinalysis and Interpretation was developed by Dr. Howard F Loomis, Jr. to further aid the health care practitioner in obtaining objective results to correlate to a patient's symptoms. A random sampling of urine will only give a practitioner a limited view of a day in your life. A 24-hour sample is a more accurate picture of what you ate and drank and how it affected your body.

This test is an excellent compliment to the Enzyme Replacement System as it biochemically confirms what may be found with the palpatory Diagnostic Response and Homeostatic Challenge Test.

URINALYSIS HISTORY

Testing urine is an ancient, time-honored practice. Records from ancient China and India mention observations of Urine one and two thousand years BCE. Five hundred years BCE, Hippocrates recorded his observations of the changes in Urine in health and sickness.

Urinalysis is no less important now than it was back then. Up until the 1970's, the use of chemical tests for examining urine was a standard part of medical testing.

Unfortunately, modern technology has now taken precedence over these well-established tests. Today, only procedures that can be done quickly with a dipstick are routinely performed to screen for serious diseases like diabetes, liver and kidney disease and urinary infection.

The chemical tests have not been discarded because they are invalid, but because science is interested in measuring disease processes and many of these older chemical tests take longer to perform and merely measure the maintenance of normal body processes. This makes them perfect for monitoring health. However, since these tests are not routinely requested in hospitals to diagnose disease anymore, many health care practitioners are no longer familiar with them or immediately recognize their value. However, all health care practitioners recognize that the urine reflects the food and drink intake of the patient. Dietary influences can be found with the use of a 24-hour urinalysis test.