

DETOXIFICATION CAPACITY PROFILE

One of the chief organs responsible for cleansing the body is the liver. This organ utilizes a pair of chemical pathways for breaking down and eliminating toxins that can come from food, water, air or drugs. In our hectic, industrialized world, this flow of toxins can overwhelm the liver's ability to detoxify, allowing these noxious substances to accumulate. This test assesses the capacity of the liver to cope with all of these toxins.

Who should use the detoxification capacity test?

- Smokers or people exposed to second-hand smoke
- People who consume regular or excessive amounts of alcohol
- People who are regularly exposed to fumes from exhausts, or other toxic chemicals at home or work
- People who regularly take over-the-counter, prescription or recreational drugs (including the pill, HRT and antibiotics)
- People with bacterial or yeast overgrowths in the digestive tract

Symptoms which may suggest the need to test detoxification capacity:

- Multiple allergies/ intolerances
- Sinus problems
- Auto-immune conditions such as SLE and rheumatoid arthritis
- Chronic fatigue
- Breast cancer
- Fibromyalgia
- Chronic headaches
- Digestive disorders, such as Crohn's disease, ulcerative colitis and IBS
- Constipation and bad breath
- Gallstones
- Liver conditions
- Skin problems, such as eczema, psoriasis and acne
- Unexplained itching
- Brain fog
- Premature aging
- Sensitivity to medications, perfumes, detergents

How does the test work?

Three compounds, namely caffeine, acetaminophen (paracetamol) and acetylsalicylic acid (asprin), are taken orally to challenge the liver's detoxification pathways and hence assess its capacity. Saliva and urine are analysed for metabolites of the three compounds to determine how well the liver can convert and clear toxins from the body.

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner, or call us today on 020 8336 7750

