

## Organix Article

At Lakeside Holistic Health, PLLC one of the most diagnostic and clinically relevant tests we run is the Organix test by Metametrix. This test looks specifically at 6 areas of function in your unique biochemistry. The test demonstrates results that we can easily interpret and treat accordingly. Two of the main reasons for this test to be chosen are to: 1) increase athletic performance and 2) improve day to day living of our patients.

The six areas that the Organix test looks at are Mitochondrial function (the energy producers of the body), B-vitamin status (critical cofactors in the body), neurotransmitter (how well our nerves are communicating), Oxidative damage/antioxidant markers (everyday living stresses the body), Detoxification (how well your body is cleaning itself), and Dysbiosis (good vs bad gut bacteria).

Mitochondria are the powerhouses of cells. They generate energy from the fats, carbohydrates, and proteins that we eat. The Organix test evaluates how well our mitochondria make energy from foods. When a patient presents with fatigue, weight loss resistance, overweight, or metabolic syndrome, this information can be very useful in designing an effective therapy.

B-vitamins are critical cofactors in a myriad of chemical reactions in the body including energy metabolism, neurotransmitter and hormone production, activation of DNA, and red blood cell formation. They are important in immune and nervous system function, adrenal function, and maintenance of skin and muscle tone. Although they are abundant in certain foods, there are many reasons for insufficiencies that can lead to a wide array of patient symptoms including poor digestion and absorption, poor food choices, and increased stress. B-vitamin insufficiencies can translate into fatigue and lack of vitality, decreased ability to handle stress, mood imbalances and sleep disturbances, decreased concentration and memory, blood sugar regulation difficulties, dermatitis and skin disorders, anemia, and cardiovascular disease.

Neurotransmitters are the body's chemical messengers. The Organix test looks at the activity of four important ones that influence our energy levels, response to stress, mood, sleep patterns and weight regulation. Just like we determine the efficiency of a car's engine by measuring the exhaust, we measure the function of these neurotransmitters by measuring their metabolites, or breakdown products.

The conveniences of modern living that we have all become accustomed to come with consequences. Pesticides, pharmaceuticals, gasoline, cell phones, and computers allow us to have

abundant food, live longer, keep on the go, and have easy access to our world. Yet they also contribute to the toxicities that affect our health and our environment. This problem is becoming so widely recognized that there are numerous organizations springing up to provide valuable information to the public on how to minimize the negative impact of modern technology on health. Since environmental pollutants can cause oxidative damage to your body, it is important to make sure you have sufficient antioxidant levels.

The Detoxification aspect of the Organix test looks at specific markers to determine how your body is handling detoxification. By looking at four parameters it can be determined if your body is able to handle the loads it is handed or if we need to give additional support to aid the process. It also allows observation to tell if you need to do a full complete detoxification or if some simple support is needed.

The Russian scientist Elie Metchnikoff (1845 - 1916) popularized the idea of "Dys-symbiosis" or "Dysbiosis," describing an imbalance in the microecology of the digestive tract. When the microbial balance of the gut is disturbed, opportunistic, or "bad", bacteria can overgrow and mitigate the effects of the "good", predominant bacteria needed for a healthy gut. These bacteria can alter immune function, absorption of nutrients, hormone regulation and general gastrointestinal changes. It tests for Candida as a specific test also, so we can truly tell if a client has Candida overgrowth or not.

If you want to increase your athletic performance or just in general want to feel better call in to schedule a consult on the Organix test and see if it is right for you.

Dr. Jerry Bailey