General Considerations for Organic Acids Testing for Clostridia Related Problems

• Obtain an initial Organic Acids Test (OAT) or Microbial Organic Acids Test (mOAT) to ascertain a baseline of clostridia toxin markers, i.e. HPHPA, 4-cresol.

• Initiate antimicrobial therapy (botanical and/or medication) based on clostridia markers and clinical presentation of patient.

• If doing just 10 days of antibiotics, retest OAT or mOAT two weeks after regimen is completed and again 4 to 6 weeks later.

• If doing an extended cyclical program, retest OAT or mOAT during the last week of therapy, then again 4 to 6 weeks later.

• If using antibiotics (Vancomycin or Flagyl), use something daily for yeast also:
  • Nystatin
  • Diflucan
  • Botanical, i.e. Biocidin, GSE, Allicin, Yeast Control Packet

• If using botanical remedies as primary clostridia intervention, consider additional antifungal medication based on the severity of candida, i.e. mild/sensitive, moderate, severe.
  • Remember - in some circumstances the botanicals used to treat clostridia will also treat the yeast.

• Recommend not to start antibiotic (Vancomycin or Flagyl) at the same as Nystatin or Diflucan:
  • Initiate one at least 72 hours prior to introducing the other.
  • Base decisions on symptom picture of patient.
- The higher the level of HPHPA or 4-cresol, and/or the combination of other clostridia markers, should dictate intensity of program, i.e. antibiotics or combination of different botanicals.

- The presence of high clostridia markers in association with elevated HVA indicates a more significant impact on Dopamine-Beta Hydroxylase.
  - *Always look to see if HVA is elevated*

- A child who is aggressive, self-injurious or has bowel issues (i.e. loose stools), or an adult with more severe complaints, i.e. bowel problems, joint pain, extreme fatigue with a high HPHPA and/or 4-cresol markers, consider antibiotic intervention if possible.

- Use some type of probiotic against clostridia even while using antibiotics, and continue these probiotics for an extended period of time, i.e. 4 to 6 months.