

# Assessing Digestion and Assimilation: *The Indican Test*

By Gary W. Duncan, MS, MA, CSM/OCP

If you are into wellness and live a healthy lifestyle, there are six digestion and assimilation areas you need to know about. You need to know: if you are digesting foods properly; if you are assimilating fats; if you are digesting proteins; your electrolyte balances; and your calcium and vitamin C levels.

In 2000, America Diagnostics marketed the first patented clinical assessment to obtain a digestive and assimilation profile using a detailed questionnaire and six laboratory panels. In this and future articles, I will discuss these six lab tests in detail and the digestion and assimilation issues they detect. Each article will be devoted to a single, specific lab test, what it measures, how to interpret its results, and related nutritional supplementation.

Let's begin with a discussion of the *Indican* or *Obermeyer* test, which is the most efficient and inexpensive way to assess poor digestion.

Naturopathic physicians use this test as a primary method for screening for bacteria affecting the digestive tract. If the body digests foods poorly, the result is putrefaction of proteins and some carbohydrates in the intestinal tract, producing indole. Indole is oxidized in the liver upon absorption as indoxyl sulfate, which is detected in the urine as indigo blue.

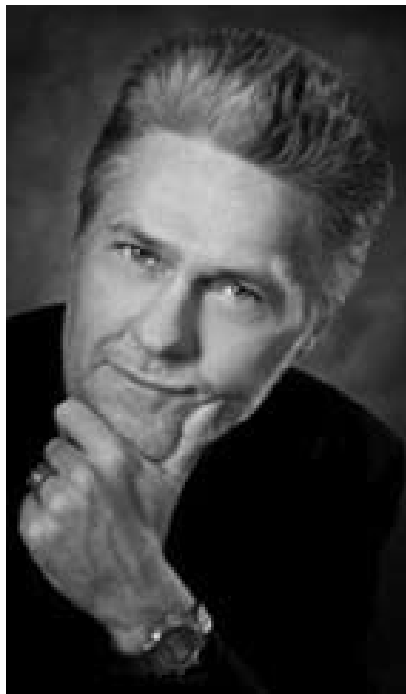
## INDICAN OR OBERMEYER TEST

From a 24-hour urine collection, a sample is treated with Obermeyer reagent (ferric chloride dissolved in hydrochloric acid) and chloroform. The results are assessed on a chromatic or color scale: negative to 1+ is normal, 2+ is positive, 3+ is high positive and 4+ is very high positive indicating extremely poor digestion.

## WHAT HIGH INDICAN LEVELS INDICATE

Excessive Indican levels are caused by poor digestion, constipation, exposure to excessive chemicals in the water, food, air, or drugs, or yeast/candida, parasites, or abnormal flora in the gut. Partially digested food may directly enter the blood, causing allergic food reactions. The body may never utilize undigested food; instead, it may decompose or rot in the colon, producing highly toxic substances, which are reabsorbed into the blood.

This toxicity can present symptoms including: gas, diarrhea, constipation, bad breath, bloating, weight gain, allergies, asthma, arthritis, headaches, skin conditions, nervous system problems, and colon toxicity, which is directly associated with low-back pain and sciatica. With many people, these symptoms manifest as upset stomach or indigestion, heartburn, nausea, and uncomfortable fullness after meals. Diets and supplements rich in proteins, such as those consumed by body builders, can contribute to these symptoms as well.



## DIET CHANGE AND NUTRITIONAL SUPPLEMENTATION

To reduce high Indican levels consumers need to modify their diet by reducing the consumption of animal proteins as well as protein supplements. America Diagnostic has created two supplements, Digestive Support and Liver Support—formulas specifically designed to reduce high Indican levels.

Digestive Support Formula is a unique combination of nutrients and herbs in a base of plant enzymes designed for optimal dietary assimilation. It improves overall digestion and calms and soothes the gastrointestinal tract by providing relief from heartburn, nausea, burping, upset stomach, acid indigestion, diarrhea, gastritis and ulcerative conditions. It neutralizes excess stomach acid, helps with digestion, restores appetite and helps support the body's natural pH balance.

Liver Support Formula enhances and supports the body's natural digestive processes by supporting liver and gall bladder functions. This formula maintains healthy liver and gall bladder function by acting as a gentle detoxifier, digestive aid and bowel normalizer. It has been used to normalize liver and gall bladder function in clinical settings for over 20 years. Liver Support is well tolerated and completely safe with no known side effects. Both formulas are suitable for the most sensitive digestive systems. **hkh**

*As a child, Gary W. Duncan was introduced to organic gardening, supplementation and vegetarianism forming his interest in Wellness. He began his career in the funeral business, became a polymer chemical researcher, a behavioral/social science researcher, a psychotherapist for 21 years and has been in the natural health business for 12 years. For over 40 years, he taught at various colleges and universities, and currently is an ordained Gnostic Catholic Priest, published author, lecturer and Wellness Educator.*

**For more information about customized nutritional supplements and for the names of area practices offering the customized testing, contact:**  
**CUSTOMIZED WELLNESS SOLUTIONS**  
**Telephone: (919) 403-8314**  
**DarylCoston\_452@msn.com**  
**Practices interested in providing this service should contact Daryl Coston or Gary Duncan for additional information.**