

GUT HEALTH



ADVANCED GUT TESTING

A healthy diet and lifestyle is the first step to vitality, however, your digestion determines how much you absorb from your foods and supplements. Gut imbalances and pathogens can cause chronic stress and inflammation in the body, regardless of how perfectly you eat and exercise.

Using this test has significantly helped clients with a wide range of health challenges and we would love for you to benefit from it for yourself!

WHO IT HELPS

While gut health is the foundation for overall health and would benefit everyone, there are symptoms and conditions that would especially benefit from doing a GI MAP:

- Bloating, gas
- Diarrhea
- Constipation
- Stomach pain
- Acid reflux/heartburn
- Burping/belching
- Autoimmune issues
- Gut inflammation
- Joint pain/arthritis
- Migraines or headaches
- Chronic allergies
- Anemia, low nutrient levels
- Food sensitivities or intolerances
- Chronic fatigue
- History of several antibiotics
- Candida overgrowth or yeast infections
- IBS, SIBO, and other gut conditions
- Anxiety or depression
- Insomnia
- Frequent colds/flu

WHY IT'S IMPORTANT

The GI-MAP (Gastrointestinal Microbial Assay Plus) is a cutting-edge DNA-based stool test that analyzes over 40 different beneficial and pathogenic microorganisms, including bacteria, viruses, parasites, and fungi, along with markers of inflammation, digestive function and gut-related immune function.

By identifying specific imbalances in the gut, we can develop personalized plans tailored to your unique needs.

TEST DETAILS

TEST TYPE

- Kit mailed to your house
- **Easy at-home stool sample**; sent to the lab for evaluation

LAB FEE

- \$367 GI Map
- **\$420 GI Map + Zonulin**

CONSULT FEE

- **\$225 for Lab Review Consult**
- Includes a detailed review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

EXPERT REVIEW

Our practitioners have extensive training and experience in evaluating overall gut health and will be thorough in looking for any opportunities to improve your gut health. She will review your dietary intake, lifestyle factors, supplements and medications when creating your custom plan.



ADD-ON GUT HEALTH TESTS

FOOD SENSITIVITIES

The MRT tests 176 foods and additives for a delayed immune response, up to 2-3 days after ingestion. Trying to do an elimination diet can be very difficult to track your reactions 2-3 days later. You don't have to be consuming these foods regularly for this test to be accurate, unlike popular food tests like Everlywell.

Reducing your overall inflammation levels from foods that you may think are healthy for you can significantly improve your symptoms and support your gut healing journey.

GLUTEN/CELIAC TEST

While gluten increases leaky gut in everyone, it can be especially detrimental to those with a heightened sensitivity to gluten. 1 in 100 people have celiac disease worldwide, but only 30-40% of celiacs in America even know they have the condition.

Most with this condition are unaware and their health is suffering. Anemia, osteoporosis, anxiety, joint pain, headaches or migraines are common symptoms involved. The sooner gluten sensitivity is addressed, the better.

ORGANIC ACIDS TEST

While stool testing is the foundation of evaluating gut health, adding an organic acids test can be extremely valuable as it is more sensitive to fungal, yeast, mold and clostridia overgrowth. These imbalances can be present outside of the GI tract, meaning possibly being missed in stool testing.

The basic panel (MOAT) only checks for fungal, mold and clostridia issues, while the expanded panel (OAT) includes oxalate levels, neurotransmitters, nutrient status and more. If you have mood imbalances, chronic stress/anxiety, behavioral issues, cognitive, fatigue, GI issues, or histamine issues this is a fantastic add-on or standalone test.

TEST DETAILS

- Requisition emailed to you
- Blood draw in your local area
- **\$375 for MRT Lab Test**
- \$225 for Consult or **\$95 if adding on to GI Map Lab Review**

TEST DETAILS

- *Consumption of gluten required for accuracy of test results
- Requisition emailed to you
- Blood draw in your local area
- **\$137 for Celiac & Gluten Test**
- \$225 for Consult or **\$95 if adding on to GI Map Lab Review**

TEST DETAILS

- Test kit mailed to you
- At-home urine sample, sent to lab
- \$229 for MOAT (basic panel)
- \$329 for OAT (expanded panel)
- \$225 for Consult; **not available as an add-on** for \$95