

# INFORMATION SHEET

## Complete Microbiome Map

**Price \$415** (as of August 2024)

### WHY A COMPLETE MICROBIOME MAP IS BENEFICIAL FOR YOU

The Complete Microbiome Map is a comprehensive diagnostic tool that provides valuable insights into your gut health by analysing the microorganisms in your stool sample. This test can help identify imbalances, pathogens, and underlying issues that may be affecting your overall health and wellbeing.

### WHAT THE COMPLETE MICROBIOME MAP COVERS

- **Microbial Targets:** Screens for pathogenic bacteria, commensal bacteria, opportunistic pathogens, fungi, viruses, and parasites.
- **Immune and Digestive Markers:** Includes markers for gut health and immune function.
- **DNA Analysis:** Utilises advanced DNA analysis techniques to characterise the GI microbiome.

### KEY BENEFITS

1. **Understanding Your Current Gut Health Status**
  - **Comprehensive Insight:** Provides a detailed snapshot of your gut microbiome, highlighting potential imbalances, pathogens, and beneficial microorganisms.
  - **Health Impact:** Identifying these imbalances can help explain symptoms and health issues you may be experiencing, allowing for targeted interventions.
2. **Personalised Treatment Plan**
  - **Individual Needs:** The results enable the creation of a treatment plan tailored to your specific gut microbiome profile, addressing your unique health needs.
  - **Targeted Interventions:** Personalised recommendations for diet, supplements, and lifestyle changes ensure more effective and efficient health improvements.

### IMBALANCES AND HEALTH CONDITIONS

Understanding how specific imbalances relate to particular health conditions can emphasise the importance of this test:

- **Gastrointestinal and Digestive Health:** Abdominal cramps, gas, pain, bloating, diarrhea, constipation, IBS/IBD, SIBO
- **Skin and Dermatological Health:** Allergies, acne, eczema
- **Energy and Fatigue:** Weakness, fatigue
- **Other Health Conditions:** Nutritional deficiencies, food sensitivities or intolerances, exacerbations of autoimmune conditions, joint pain, headaches, migraines, brain fog, difficulty concentrating memory problems, frequent infections or illness.

## IMBALANCES AND MENTAL HEALTH CONDITIONS

Understanding how specific imbalances relate to particular health conditions can emphasise the importance of this test:

### Obsessive-Compulsive Disorder (OCD)

- Research suggests that gut microbiome imbalances may contribute to OCD symptoms through the gut-brain axis. Certain bacterial strains have been associated with increased anxiety and compulsive behaviors.

### Burnout/Poor Stress Resilience

- The gut microbiome plays a crucial role in regulating stress responses. Imbalances can affect the production of neurotransmitters and stress hormones, potentially leading to decreased stress resilience and burnout.

### Anxiety

- The gut microbiome influences the production of neurotransmitters like serotonin and GABA, which are important for mood regulation. Imbalances in gut bacteria have been linked to increased anxiety symptoms.

### Depression

- Studies have shown that individuals with depression often have altered gut microbiomes. The gut-brain axis may influence mood through inflammation, neurotransmitter production, and the vagus nerve.

### Attention-Deficit/Hyperactivity Disorder (ADHD)

- Emerging research suggests a potential link between gut microbiome composition and ADHD symptoms. Imbalances may affect dopamine production and cognitive function.

### Autism Spectrum Disorder (ASD)

- Many individuals with ASD experience gastrointestinal issues. Some studies have found differences in the gut microbiome of individuals with ASD compared to neurotypical individuals, suggesting a potential connection between gut health and ASD symptoms.

## WHAT THE TEST INCLUDES

● Bacterial Pathogens	● Parasites/Worms	● Faecal Markers (e.g., Calprotectin, Pancreatic Elastase)
● Beneficial Bacteria	● Viral Pathogens	
● Opportunistic Bacteria	● GIT markers (e.g., sIgA, Zonulin)	
● Fungi/Yeast	Short Chain Fatty Acids	

## NEXT STEPS

1. **Book Your Test:** Contact me to schedule your Complete Microbiome Map.
2. **Receive Personalised Analysis:** Get a detailed report and a more personalised treatment plan based on what we discuss in our consultation, in addition to your individualised test results.
3. **Start Your Journey to Better Gut Health:** Begin implementing targeted interventions to address your specific health needs.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

*Janaya Karloci*

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