

INFORMATION SHEET

Mosaic Organic Acid Test (OAT)

Price \$359 (as of August 2024)

WHY AN OAT IS BENEFICIAL FOR YOU

The Mosaic Organic Acid Test (OAT) is a comprehensive diagnostic tool that provides valuable insights into your metabolic health by measuring metabolites in your urine. This test can help identify nutritional deficiencies, imbalances, and underlying issues that may be affecting your overall health and wellbeing.

WHAT THE OAT COVERS

- **Metabolic Markers:** Includes markers for gastrointestinal function, energy production, neurotransmitter function, nutrient sufficiency, and detoxification pathways.

KEY BENEFITS

1. **Understanding Your Current Health Status**
 - **Comprehensive Insight:** The OAT provides a detailed snapshot of your metabolic health, highlighting potential deficiencies, imbalances, and toxicities.
 - **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 of the OAT enable the creation of a treatment plan tailored to your specific metabolic 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 MENTAL HEALTH CONDITIONS

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

Obsessive-Compulsive Disorder (OCD)

- **Neurotransmitter Metabolites:** Imbalances in metabolites such as dopamine, GABA, Glutamate and serotonin can contribute to OCD symptoms.

- **Oxalates:** High oxalate levels can affect brain function and exacerbate OCD.

Burnout/Poor Stress Resilience

- **Mitochondrial Markers:** Impaired energy production can contribute to fatigue and burnout.
- **Stress Response Markers:** Imbalances in neurotransmitters and stress-related metabolites can indicate poor stress resilience.

Anxiety

- **Neurotransmitter Function:** Metabolites indicating imbalances in serotonin and GABA can point to anxiety.
- **B-Vitamin Deficiencies:** Low levels of B-vitamins, crucial for stress response, can be identified and addressed.

Depression

- **Energy Production Markers:** Impaired mitochondrial function and energy production can contribute to depressive symptoms.
- **Neurotransmitter Metabolites:** Identifying imbalances in serotonin and dopamine metabolites can guide treatment for depression.

Attention-Deficit/Hyperactivity Disorder (ADHD)

- **Dopamine Metabolites:** Imbalances in dopamine can affect focus and attention.
- **Nutrient Deficiencies:** The test can reveal deficiencies in nutrients critical for cognitive function, such as magnesium and zinc.

Autism Spectrum Disorder (ASD)

- **Gut Health Markers:** Dysbiosis and yeast/fungal markers can indicate gut imbalances commonly seen in autism.
- **Detoxification Pathways:** Identifying issues in detoxification can help manage symptoms.

A Mosaic Organic Acid Test is a valuable tool for understanding your metabolic health and identifying specific imbalances that may be impacting your wellbeing. By uncovering these issues, we can create a more personalised treatment plan to help you achieve optimal health.

More Information about the OAT can be found here hub.rnlabs.com.au/tests/organic-acids-test-oat.

NEXT STEPS

1. **Book Your Test:** Contact me to schedule your Mosaic Organic Acid Test.
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 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

NATUROPATH & DIRECTOR

☎ +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA  KARLOCI
Naturopath