

IS A MICROBIOME ANALYSIS RIGHT FOR YOU?

Your gut microbiome impacts far more than digestion. If you're experiencing any of the symptoms below, it may be time to look deeper.



A MICROBIOME ANALYSIS

can uncover imbalances, hidden pathogens, and missing beneficial strains — so we can create a personalized plan to restore your gut and whole-body health.

GUT SYMPTOMS THAT MAY WARRANT A MICROBIOME ANALYSIS



DIGESTIVE DISCOMFORT

Bloating, gas, belching, or feeling overly full



IRREGULAR BOWEL HABITS

Constipation, diarrhea, or alternating between the two (IBS)



ABDOMINAL PAIN OR CRAMPING

Frequent stomach pain, cramps, or discomfort



FOOD SENSITIVITIES OR INTOLERANCES

Reactions to foods, increased sensitivity, or histamine issues



FREQUENT INFECTIONS

Recurring colds, sinus, UTIs, or yeast infections



MENTAL HEALTH CONCERNS

Anxiety, depression, mood swings, brain fog, or poor focus



IMMUNE DYSREGULATION

Autoimmunity, allergies, eczema, or chronic inflammation



SLEEP DISTURBANCES

Difficulty falling asleep, staying asleep or poor sleep quality



UNEXPLAINED WEIGHT CHANGES

Difficulty losing weight or sudden weight gain



FATIGUE & LOW ENERGY

Persistent fatigue, low stamina, or afternoon crashes

SKIN ISSUES

Acne, rosacea, eczema, psoriasis, or other flare-ups

JOINT PAIN OR STIFFNESS

Unexplained joint pain, stiffness, or muscle aches

HORMONAL IMBALANCES

Irregular periods, PMS, PCOS, or menopause symptoms

AUTISM & ADHD SUPPORT

Gut imbalances can impact behavior, focus, and development

UNEXPLAINED SYMPTOMS

When conventional testing comes back normal, but you still don't feel well



UNCOVER THE ROOT CAUSE.
RESTORE BALANCE. FEEL YOUR BEST.
REAL DATA. REAL ANSWERS. REAL HEALING.