

## Your Guide to Functional Tests That Get to the Root Cause

Functional Testing Mini-Guide: Gut Health

### Is Your Gut Holding You Back?

Your gut does more than just digest food — it influences your hormones, immune system, mood, energy levels and even skin health. Yet, so many women I work with have been told their bloating, IBS, or digestive issues are just something they have to live with.

Functional gut testing gives us real insight into what's going on inside — so we can stop guessing and start healing.

### Common Signs Your Gut Needs Support

- Bloating or digestive discomfort after meals
- Constipation, diarrhoea or IBS symptoms
- Reflux or heartburn
- Food sensitivities or intolerances
- Brain fog or low mood
- Skin flare-ups (like acne, eczema or rosacea)
- Autoimmune conditions
- Recurrent thrush, UTIs
- Poor immune resilience
- Fatigue or unrefreshing sleep

### The Gut Tests I Use in My Clinic

## 1. Advanced Stool Testing

This comprehensive lab test gives a full picture of your digestive health and microbiome — looking beyond basic pathogens to show what’s really driving symptoms.

It explores:

- Levels of healthy and harmful gut bacteria
- Signs of gut inflammation or infection
- Parasites, yeast or bacterial overgrowth
- Digestive function (how well you’re breaking down food)
- Immune markers in the gut
- Short-chain fatty acids and leaky gut indicators

This is for you if:

You’ve had gut symptoms for a while, tried various diets or supplements, but nothing seems to stick. This test helps create a personalised roadmap to reset and rebalance your gut from the inside out.

## 2. SIBO Breath Test

SIBO (Small Intestinal Bacterial Overgrowth) is a hidden cause of bloating, gas and discomfort in many women. It often gets missed with standard tests.

This test helps identify:

- Excess fermentation in the small intestine
- Whether hydrogen or methane-producing bacteria are at play
- If SIBO could be the missing link behind your unresolved IBS

This is for you if:

You feel bloated shortly after eating, or experience erratic digestion, food triggers, fatigue or stubborn weight gain that doesn’t make sense.

## 3. Intestinal Permeability Screening (Leaky Gut)

When the gut lining becomes compromised, larger particles can pass into the bloodstream, triggering inflammation and immune reactions.

This test assesses:

- Whether your gut barrier is intact or “leaky”
- If your immune system is reacting to proteins from food

- The link between gut integrity and symptoms like fatigue, fogginess, joint pain, or histamine issues

This is for you if:

You have multiple food sensitivities, ongoing fatigue, or signs of immune dysregulation — and want to get to the root of systemic inflammation.

### **Why Test, Not Guess?**

Many gut symptoms have overlapping causes. What looks like “IBS” might actually be driven by dysbiosis, inflammation, or SIBO — all of which require very different support.

With testing, we can stop throwing spaghetti at the wall and instead create a precise, step-by-step plan to rebuild your gut and regain your energy.

### **How I Support You Through Testing**

- Easy at-home testing kits
- Clear, expert interpretation of your results
- Nutrition and lifestyle recommendations tailored to your gut profile
- Ongoing support to implement changes that actually work

### **Let's Get to the Root Cause Together**

Book a free discovery call and I'll help you decide which gut health test fits your symptoms and goals best.

You don't have to put up with daily bloating, discomfort or food fears. Let's rebuild your gut health with clarity and confidence.