

Your Guide to Functional Tests That Get to the Root Cause

Testing Mini-Guide: Gut Health

Why Consider Gut Testing?

If you're constantly bloated, running to the loo (or not going enough), struggling with skin flare-ups, food sensitivities, or low energy, your gut might be trying to tell you something.

Symptoms like IBS, reflux, constipation, and fatigue are often treated as separate issues—but your gut health could be the common thread.

Rather than guessing, functional testing allows us to explore what's really happening in your gut microbiome and digestive function. With this insight, we can build a nutrition and lifestyle plan based on your unique results.

When Might Gut Testing Be Helpful?

Functional gut testing may be useful if you're experiencing:

- Bloating or digestive discomfort
- Constipation or loose stools
- Skin conditions like acne, eczema or rosacea
- Food reactions, sensitivities or intolerances
- Brain fog, fatigue or poor concentration
- Recurrent thrush or urinary symptoms
- Sugar cravings or low mood
- Joint pain or inflammation
- Suspected SIBO, candida or leaky gut

GI360 Complete

The **GI360 Complete** is a comprehensive stool test that uses DNA-based analysis to assess your gut microbiome and digestive health.

It provides insights into:

- Levels of beneficial vs harmful bacteria
- Presence of parasites, yeasts or viruses
- Inflammatory markers (e.g. calprotectin, lysozyme)
- Pancreatic enzyme output and digestive function
- Microbial imbalances linked to symptoms like IBS, bloating, and fatigue

Why it matters: This test gives us a detailed snapshot of your gut ecology and function, helping to identify underlying imbalances that may be driving symptoms.

Price: Start at £370 (prices may vary).

Female Organic Acids Test (OAT)

The **OAT test** looks at key metabolic by-products in your urine to uncover how your gut, brain, and energy systems are functioning.

It may highlight:

- Bacterial or fungal overgrowth (such as candida)
- Issues with detoxification and antioxidant status
- Imbalances in mood-regulating neurotransmitters
- B-vitamin and mitochondrial (energy) deficiencies
- Oxalates and markers linked to inflammation or low immunity

Why it matters: The OAT test is ideal when fatigue, mood symptoms, or candida-like symptoms are present. It helps reveal biochemical patterns that wouldn't show up on standard tests.

Price: Start at £300 (prices may vary).

Food Panel / Dietary Antigen Testing (IgG + IgA)

This blood test checks your immune response to common foods by measuring IgG and IgA antibodies.

It can help uncover:

- Delayed food sensitivities that may contribute to bloating, fatigue, or skin issues
- Reactions that may not appear with allergy testing
- Potential triggers to temporarily remove while supporting gut healing

Why it matters: This can be a helpful guide when the gold standard food elimination diets haven't worked, or when you react to foods but aren't sure which ones. It helps guide a targeted reintroduction and repair plan.

What Makes This Approach Different?

Clear results – I explain what your test results actually mean in real-life terms.


Root cause focus – We look at the full picture—not just symptoms.

Tailored support – Your nutrition plan is designed around your results, lifestyle, and health goals.

Price: Start at £378 (prices may vary).

Not Sure Where to Start?

Book a free 30-minute discovery call, and I'll help guide you to the right test (or combination of tests) based on your symptoms and goals.

 *Please note: All tests are used within the context of a personalised nutrition and lifestyle programme. I do not diagnose or treat medical conditions. Test results are used to inform safe, evidence-based recommendations.*