

Your Guide to Functional Tests That Get to the Root Cause

Testing Mini-Guide: Bladder & Vaginal Health

Are You Fed Up of Trying to Guess What's Going On 'Down There'?

If you're constantly dealing with UTIs, thrush, irritation or discomfort and feel like you're stuck in a cycle—you're not alone. Many women feel dismissed or frustrated when symptoms keep coming back, even after treatment.

The truth is: there's often more going on beneath the surface. And standard tests don't always give the full picture.

That's where **advanced vaginal and bladder microbiome testing** comes in.

When Might This Testing Be Helpful?

You may want to explore intimate health testing if you're experiencing:

- Recurrent UTIs or persistent bladder symptoms
- Ongoing thrush, itching, or irritation
- Vaginal discharge or odour changes
- A history of antibiotics, contraception or hormone treatments
- Feeling like you've tried everything—but nothing works long term

What Test I Use: The WomensKey Complete Test

The **WomensKey Complete Test** is a cutting-edge vaginal and urinary microbiome test I use in my Be Balanced Intimate Health Programme. It gives a much clearer insight into what's really going on 'down there'.

It includes:

qPCR Report

- Looks at bacterial load and common pathogens
- Screens for antimicrobial resistance genes
- Supports a more targeted approach to nutrition, supplements, and onward referrals if needed

NGS Report (Next Generation Sequencing)

- Analyses over 50,000+ bacterial and fungal species
- Identifies dominant pathogens and patterns that may be missed in standard swabs
- Offers insights into the wider vaginal or urinary ecosystem

This test is non-invasive, completed at home, and sent to a lab for analysis.

Why This Testing Can Make a Difference

Many of my clients come to me after years of struggling with symptoms that don't show up on routine tests. By using microbiome technology, we're able to see:

- If there's a persistent imbalance in good vs problematic bacteria
- Signs of biofilm or resistant strains contributing to symptoms
- Patterns linked to inflammation, oestrogen deficiency or previous antibiotic use
- Fungal or mixed infections that often go unnoticed

Price: £480 (prices may vary).

What Happens Next?

Once your results are back, I'll explain what they mean in plain English and how we can support your recovery through nutrition, supplements, and lifestyle changes.

Every plan is tailored to your symptoms, microbiome results, and daily reality—whether you're working long hours, juggling family life, or just feeling too overwhelmed to piece it together alone.

My Intimate Health Approach

Personalised support – No generic plans. Everything is tailored to your unique results and needs.

Education-led – I help you understand what's happening in your body so you can feel more in control.

Evidence-based guidance – I use functional testing alongside clinical nutrition and lifestyle tools.

Collaborative care – If needed, I can support referrals to other professionals (e.g. GP's).

Ready to Stop Guessing?

Book a free 30-minute discovery call to find out if the WomensKey Complete Test is right for you. Let's finally get the clarity you need to move forward.

📌 Please note: All testing is provided as part of a personalised nutrition and lifestyle programme. I do not diagnose or treat medical conditions. Test results are used to inform safe, evidence-based support in line with current nutritional therapy standards.