

Your Guide to Functional Tests That Get to the Root Cause

Functional Testing Mini-Guide: Intimate Health

Are You Fed Up of Guessing What's Going On 'Down There'?

When it comes to bladder pain, recurrent UTIs, or thrush many women feel stuck in a frustrating cycle of antibiotics, creams or conflicting advice — without ever getting to the root of what's causing the problem.

If you've been told your test results are 'normal' but you know your body doesn't feel right, functional testing offers the missing insight.

These advanced tests go beyond standard NHS swabs or dipsticks, giving us a deeper look at what's really happening in your vaginal or bladder microbiome — so we can personalise your support, not just treat the symptoms.

Signs Your Intimate Microbiome May Be Out of Balance

- Recurrent thrush, or UTIs
- Bladder pain or urgency (Interstitial Cystitis / Bladder Pain Syndrome)
- Vaginal dryness, burning or itching
- Painful sex
- Frequent need to urinate, especially at night
- Symptoms that come and go with your cycle, stress or diet
- Feeling dismissed, anxious or unsure what to try next

The Tests I Use to Understand What's Really Going On

1. Vaginal Microbiome Test

This test uses advanced DNA analysis to map out your unique vaginal microbiome — identifying imbalances that are often missed by standard testing.

It helps uncover:

- Levels of protective bacteria (like Lactobacillus)
- Presence of overgrowths such as Candida, Gardnerella or other pathogens
- Signs of inflammation or biofilm development
- Bacterial imbalances that can lead to recurring symptoms

This is for you if:

You're experiencing recurrent thrush infections, or symptoms that flare after sex, antibiotics or hormonal changes — and want a clear picture of your vaginal health to guide your recovery.

2. Bladder Microbiome Test

This innovative test identifies bacteria in the urinary tract that are often missed by regular urine cultures — helping to pinpoint the root of chronic bladder pain or UTIs.

It explores:

- The presence of pathogens linked to UTIs and bladder discomfort
- Hidden infections or low-grade inflammation
- Antibiotic resistance genes (to avoid ineffective treatments)
- Beneficial bacteria that may need support

This is for you if:

You've been diagnosed with Interstitial Cystitis or have recurring bladder issues without a clear cause — and want to move beyond symptom suppression.

3. Vaginal pH and Inflammation Markers

Sometimes subtle shifts in vaginal environment (like pH or immune activation) can increase your risk of irritation, infections or discomfort.

This kind of screening helps fine-tune treatment — especially when symptoms are persistent but non-specific.

Why Intimate Testing Can Be Life-Changing

You've likely tried all the creams, probiotics, prescriptions and diet changes... but without the right test, it's hard to know what's actually working. These tests give us clarity, so we can build a targeted, evidence-based plan for long-term recovery.

How I Support You Through the Process

- Easy, discreet home testing kits
- Expert interpretation of your results

- Personalised support plan with nutrition, targeted supplements and lifestyle tools
- Ongoing guidance to help you feel confident and in control again

You Deserve Answers, Not More Guesswork

Book a free discovery call to chat about which test is right for you — and let's take the first step toward real answers and lasting relief.