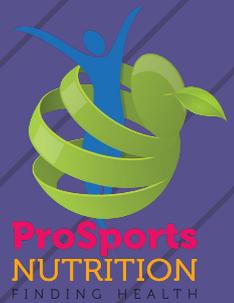


Gut Microbiome Test is here!

Finding Health



What is the Metagenomic analysis?

by nutritionist Antoinette Foster

The bacteria present in your gut, mouth, skin and other sites in the your body are often referred to collectively as the Microbiome or second genome. Composed of more than a 100 trillion microorganisms the Microbiome outnumbers the total number of genes by a factor of a hundred to one. This means, for every gene in your genome there are 100 bacterial genes.

Genomic technology now has the capacity to view this second genome by sequencing specific regions or variable regions in the bacterial genome. It is these variable regions that enable bacteria to be identified down to species level. Each bacterial species has a unique fingerprint. This means that the analysis is similar to a crime scene investigation. If the sequence is detected then that particular bacteria is present in your gut.

Why are the bacteria in your gut important?

Bacteria perform essential functions such as digesting food and synthesizing vitamins. Recent studies have also linked the Microbiome to mood and behaviour via the gut-brain axis, as well as many gut disorders, weight gain and eczema, ulcers, diarrhoea, IBS etc.

What will this analysis tell me?

- The percentage of the types of bacteria in your gut.
- How the bacteria in your gut may be affecting overall health and wellbeing.
- If any known pathogenic bacteria are present.
- How your diet is affecting Microbiome.
- How you can change the landscape of your gut health using nutritional interventions.



The Gut Microbiome

Finding Health



The Health of Gut Microbiome affects many aspects of your health.

If you are experiencing health issues Bacteria Diversity Profiling will assist you in understanding some of the causes.

For the first time you will be able to see all of the bacteria that is in your gut, whether it be good or bad bacteria.

You will be able to use this information to understand how diet and environment could be affecting your bowel flora and health in general.



This test may just alter your health life

Has your health been poor, has your weight been fluctuating, are you lacking in energy, are you confused about what to eat?

- A collection kit will be sent to you
- The sample is sent for testing
- The Microbiome results are emailed to you and a consultation time will be made that is convenient
- Please allow approximately 3-4 weeks.

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