

GRITWELL GUIDES

# The Top 5 Smart Tests

to help you understand the Root Cause.



**gritwell**

## Identifying the root cause is key.

... but there are a lot of expensive tests out there that don't leave you with any actionable insights.

That's why our team of doctors and health coaches have curated the top 5 tests to give you the most information about your symptoms, what's causing them, and most importantly, how to alleviate them.

# #1 – GI MAP

The GI-MAP measures a variety of gastrointestinal microbiota DNA, and checks for gut pathogens, bacterial infections, yeast overgrowth, viruses, and parasites.



It also measures your Zonulin, a key marker of intestinal permeability or "leaky gut." Elevated Zonulin levels can indicate impaired intestinal barrier function. If high levels go unchecked, food sensitivities can eventually develop.

The GI-MAP isn't just a simple gut microbiome test – it's one of the most comprehensive analyses you can get from a single stool sample. After looking at your results, a Root Cause Medicine health coach will be able to figure out which diet would work best, whether you need a detox protocol, and which probiotic (if any) you should take to relieve your symptoms.

# #2 – KMBO FIT

Food sensitivities can lead to symptoms like migraines and joint pain, not just digestive issues! The KBMO Food Inflammation Test (FIT) measures inflammation in the two most common food-related pathways in the body. This is much more accurate compared to standard food sensitivity tests that only measure one pathway!

Over time, repeated immune reactions to foods you're sensitive to, perceived as "invaders" by your body, can cause the immune system to get stuck in a hyperactive, inflamed state. Impaired intestinal barrier integrity (leaky gut) and immune hyper-reactivity can result in the development of food sensitivities to otherwise healthy foods you may have tolerated before, like spinach, bananas, sweet potatoes, and more.

SAMPLE  
RESULT

List of Restricted Foods:	
4+ Reactions:	Lime Monk Fruit Kale Cilantro Coconut Oil Turkey Shrimp
3+ Reactions:	Tapioca Butternut Squash Cocoa Codfish Halibut Sardine Tuna
2+ Reactions:	Goat's Milk Apricot Honeydew Melon Kiwi Onion, White Saccharin Kidney Bean Cinnamon Garlic Anchovy Sea Bass Snapper Hazelnut Chia Seed Lobster

# #3 – DUTCH Complete

The DUTCH checks for hormone imbalances. Getting your hormones in balance can be tricky, as one hormone getting imbalanced can in turn imbalance other hormones – a domino effect.



Most symptoms of hormone imbalance (including headaches, mood swings, weight gain, and chronic fatigue, to name a few) come on slowly, which is why many doctors will tell you that it's just part of aging. But it doesn't have to be that way!

This test is a urine test that measures sex hormones (progesterone, testosterone, etc.), adrenal hormones (cortisol, DHEA, etc.), and more. If imbalances are caught when they are mild, the body can re-adjust through nutrition and lifestyle changes. Long-term hormonal imbalances can be detrimental to the body, so it is important to test early.

# #3 – Organic Acids Test

An Organic Acids Test (OAT) checks for nutritional and metabolic deficiencies. Simply put, organic acids are byproducts of the body's metabolic pathways.



When these acids are out of normal range (indicating nutrient deficiencies and metabolic imbalances) you can start to experience symptoms such as anxiety, fatigue, gut dysbiosis, and more.

An Organic Acids Test is so effective because it checks for many organic acids so that you can get a comprehensive, high-level picture of how your body is functioning. The test is especially helpful in screening for potential nutrient deficiencies, inflammation, toxicity, and other imbalances that could be contributing to your symptoms.

# #3 – Root Cause Inflammation Test

Gritwell's Root Cause Assessment checks for inflammatory markers in the body, including but not limited to Vitamin D, C-Reactive Protein, Insulin, and Glucose. Chronic inflammation has been shown to be a major contributing factor in



almost every chronic disease, and can be present in the body for a long time before you notice it, silently degrading your health. There are a lot of simple and easy ways to reduce systemic inflammation. Once you start implementing the right lifestyle and nutrition changes, your body can start to heal itself and naturally reduce inflammation.

Interested in learning more about which test may be best for you based on your unique situation?

[Book a call with a Gritwell Care Manager here](#)