

Discover Your Gut's Potential with LyfeMD's Personalized Microbiome Program

Are you living with IBD or IBS and feeling overwhelmed by confusing food advice? At LyfeMD, we believe there's a better way, one that's grounded in your biology, your diagnosis, your lifestyle, and your goals.

Our new Microbiome-Guided Nutrition Program helps you take control of your gut health by combining cutting-edge science with personalized, expert support. We use microbiome testing to understand the unique community of bacteria in your gut and tailor a nutrition plan that fits you, not just your condition.

How it Works:

1. **Start with a Gut Check:** We take a deep look at your current diet, health history, and symptoms.
2. **Microbiome Testing:** You'll complete an easy at-home stool test to understand your gut bacteria.
3. **Expert Interpretation:** Your results are reviewed by a gastroenterologist and registered dietitian who translate your report into real-world guidance.
4. **Personalized Nutrition Plan:** You receive a clear plan that matches your microbiome, disease condition, and lifestyle.
5. **Ongoing Support:** You can book monthly check-ins with a dietitian or expert coach to keep your plan on track and adjust it as needed.

Why Patients Love It:

- No more guessing what to eat
- Nutrition that works with your gut, not against it
- Support from experts who understand your condition
- Flexible and tailored to your lifestyle

This is an optional add-on to your LyfeMD care—and a powerful tool to help you feel better, with real science behind it.

Ready to learn more or see if you're eligible? [\[Click here\]](#) to connect with our team.