



UNDERSTANDING THE GUT

Your gut microbiome

Your gut microbiome plays an important role in digestion, immune function, metabolism and overall health.

Understanding how it's functioning may help explain ongoing symptoms and support more personalised health decisions

What is the gut microbiome?

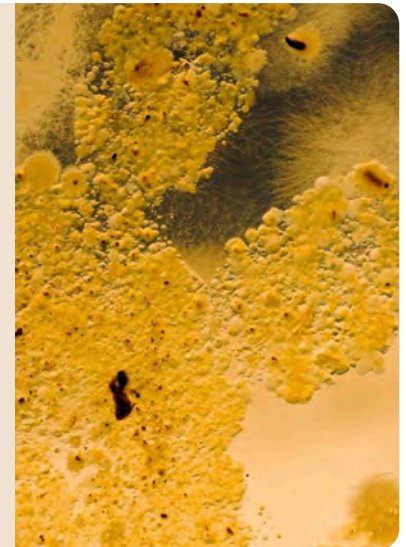
Since birth, you've had a bustling ecosystem living in your gut playing a pivotal role in your health, quietly digesting food, making essential nutrients and regulating your body's systems.

Your gut's unique microbial fingerprint

Your ecosystem is made up of trillions of microbes, collectively known as your gut microbiome.

Over the past decade, research has shown that the gut microbiome plays a measurable role in many aspects of human health.

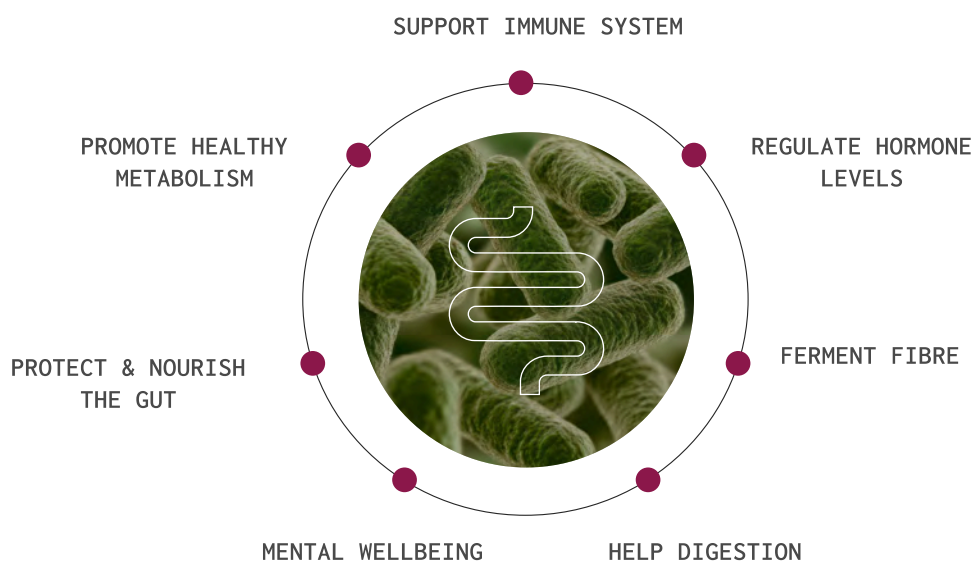
The number and types of bugs in your gut is like a fingerprint, unique to you, reflecting your lifestyle, diet and environment.



Your gut Microbiome impacts your whole body

The bugs found in your microbiome help digest your food but they also produce helpful compounds that interact with your immune system, metabolism and the connection between your brain and your gut.

Your gut microbiome supports more than just digestion



What can affect your gut microbiome?

Many factors can influence the balance of your gut microbiome, including:

A lack of fermentable fibre

They should provide food for good gut bacteria.

Food additives

They can shift the microbiome into a less favourable pattern.

Alcohol

It can push the microbiome into a more inflammatory state.

Mental stress

It changes the gut, affecting which microbes survive and grow.

Lack of exercise

It is linked to a lower range of gut bacteria

Poor sleep

It can reflect an out-of-balance microbiome

Smoking

It upsets the balance of 'good' and 'bad' bacteria in your gut

Certain drugs

It can affect your microbiome.

Gut out of balance? Your body feels it.

Your gut microbiome can influence digestion, energy, immunity, mood, skin and hormones.



Understanding your gut microbes

Helps you make sense of a wide range of symptoms



Please check with your doctor before stopping any prescribed or recommended medications.



Signs your gut microbiome may be out of balance

A gut microbiome imbalance can affect you in different ways. Some people may experience the following:

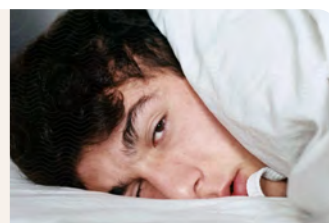
Digestive symptoms

Bloating, gas, or abdominal discomfort, plus constipation, diarrhoea, or changes in bowel habits.



Energy, sleep and immunity

Ongoing fatigue or heavy tiredness, poor sleep, or getting sick more often and taking longer to recover.



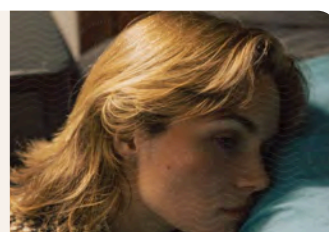
Food reactions and weight changes

New or worsening food intolerances, sugar or ultra-processed food cravings, and unexplained weight changes



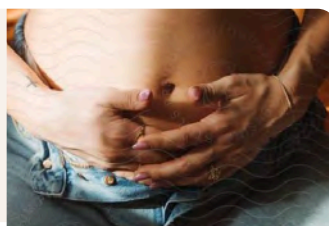
Skin, mood and brain

Skin flare-ups, brain fog, and low mood, feeling anxious or simply feeling "not yourself".



Hormone-related symptoms

Heavy periods or PMS and perimenopause symptoms



These symptoms can feel unrelated, but they may be connected through your gut microbiome.

Your gut microbiome can be tested

By testing the gut microbiome and gastrointestinal health markers, your healthcare practitioner can build a picture of how your gut may be influencing your overall health.

Then they can help you:



Test

Microbiome testing is done using a simple stool sample.

Review

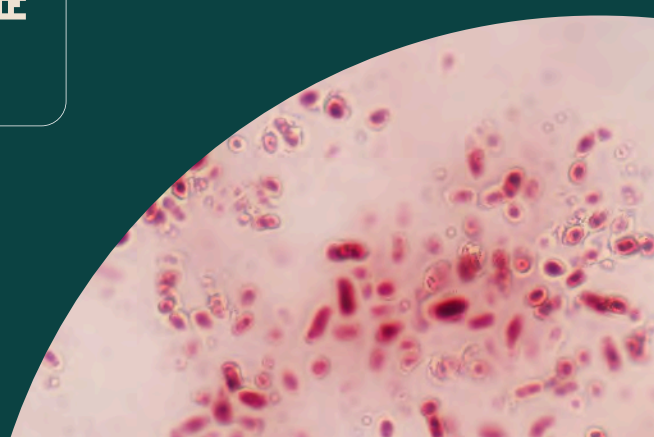
Your practitioner receives a comprehensive report that you can review with them.

Act

Your practitioner can then design a staged treatment plan that may include evidence-based probiotics and structured dietary therapy aimed at rebalancing your microbiome.

Is Microbiome Testing Right for You?

Ask your healthcare practitioner whether Microba Microbiome Explorer testing is appropriate for your symptoms and health goals.





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