Clarity Health

Gut Health Assessment

A personalized assessment and actionable care plan

Sample Member

Prepared by Clarity Clinician

Prepared on November 1, 2026

SAMPLE CARE PLAN · FOR ILLUSTRATION ONLY

Welcome to Your Gut Health Assessment

A note from Clarity Health before you dive in.



Dr. Erin Gattuso, ND

Welcome! Thank you for trusting Clarity Health to be a part of your health journey. We know that gut symptoms can be frustrating, confusing, and sometimes isolating.

Our mission is to raise the bar for how chronic gut symptoms are treated. We combine insights from your intake, your testing, and your clinician's expertise to bring your gut back into balance. This is a deeply personal process, and healing the gut is not one-size-fits-all. Each person's gut microbiome is like a unique fingerprint, so every protocol is different.

Our goal is in our name: Clarity. We take complex information and connect the dots for you, to guide you to better health. Your gut shouldn't feel like a mystery, our goal is for you to feel empowered about your health.

As we walk this journey with you, know that your experience and feedback are always welcome. What matters most is that your health is improving, and we're here to support you every step of the way.

How to Use This Report

1 A Working Hypothesis Approach

Our clinical model is built around formulating, testing, and refining a working hypothesis that explains your symptoms, and the underlying drivers behind those symptoms.

As your symptoms change and we see how your body responds, our working hypothesis, and your subsequent Care Plans, will change too. Meaningful progress comes from multiple cycles of care, each refined as we learn more about your health and unique body.

2 A Focus on Impact

Your Care Plan focuses on the fewest, highest-impact interventions to drive symptom relief and long-term healing.

Fewer actions make our Care Plans easier for you to follow, while simultaneously giving us clearer signals on how your body is responding to each action. We balance this focused approach with the unique needs of each patient, whose care may extend beyond the gut or call for additional steps along the way.

Understanding Your Potential Root Cause

SYMPTOMS WE'VE DISCUSSED

Severe 4

- Heartburn
- Constipation
- Hard Stool
- Burping

Moderate 4

- Bloating – Whole Abdomen
- Nasal Congestion
- Difficulty With Memory
- Excessive Gas

Mild 1

- Carbohydrate Cravings

KEY FINDINGS FROM LABS

Akkermansia (g)

12.4 % Out of Range

Akkermansia help maintain the protective mucus layer lining your gut. At high levels, they can break down that layer faster than your body replaces it.



Faecalibacterium (g)

1.07 % Out of Range

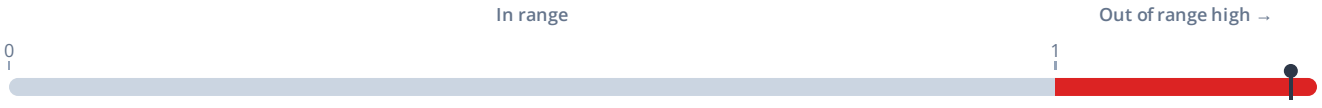
Faecalibacterium are beneficial bacteria that help reduce inflammation in your gut and strengthen your gut lining, supporting both digestive health and your immune system.



Methane production capacity

43.7 rpkm Out of Range

Your gut has the potential to create an overabundance of methane gas. Higher methane levels have been associated with slower digestion and constipation-related symptoms.



Methanobrevibacter smithii (sp)

2.36 % Out of Range

Methanobrevibacter smithii is a gas-producing microbe in your gut that helps break down fiber and may support blood sugar control, though high levels can sometimes cause bloating or digestive discomfort.



Beta-glucuronidase activity

10368.1 U/h*g

Out of Range

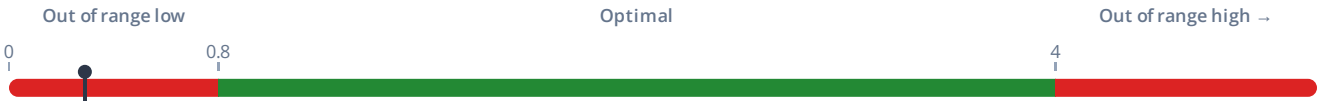
Your gut bacteria produce an enzyme called beta-glucuronidase that helps your body break down medications, toxins, and hormones like estrogen. When levels are out of balance, it can affect how well these substances are processed.



Butyrate Concentration

0.29 mg/mL Out of Range

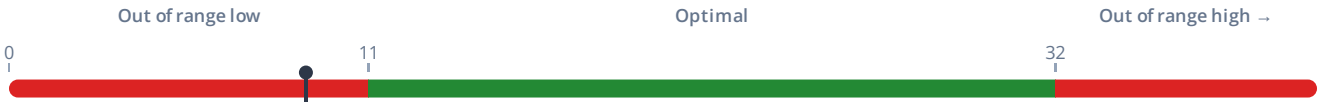
Butyrate is a beneficial fuel that your gut bacteria produce, which helps keep your colon healthy and reduces inflammation in your digestive system.



Butyrate Percent

9.1 % Out of Range

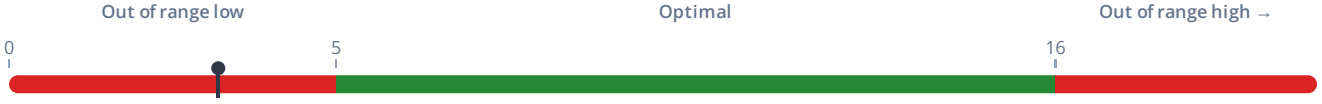
Butyrate percent measures how much of a helpful substance your gut bacteria produce when they break down fiber. Higher levels support a healthier gut lining and reduce inflammation in your digestive system.



Total SCFA Concentration

3.2 mg/mL Out of Range

Your total SCFA level shows how well your gut bacteria are working to break down fiber and produce helpful substances your body needs for energy, immunity, and digestive health.



Gut resilience score

0.45 Borderline

Your gut resilience score measures how quickly your digestive system can bounce back from challenges like illness or stress. A higher score means your gut is better equipped to stay balanced and healthy.



Richness index

0.184 index Borderline

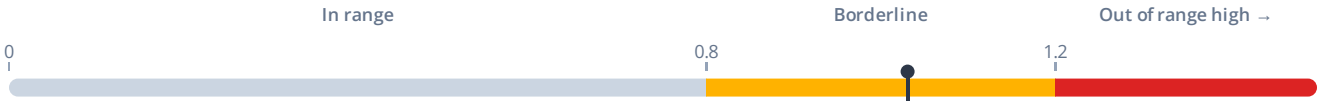
This score measures how many different antibiotic resistance genes your gut bacteria carry. A higher score means a wider range of resistance genes.



Streptococcus (g)

1.03 % Borderline

Streptococcus is a type of bacteria that naturally lives in your digestive system in small amounts. High levels may cause problems like joint inflammation, so it's best to keep it in check.



THE ROLE OF TESTING

At Clarity Health, we use precision testing to get a comprehensive picture of your health. These tests are robust — for example, our Gut Microbiome test covers 100+ biomarkers. To bring you clarity, your clinician focuses on the biomarkers most relevant to your current symptoms. You'll always receive a copy of your full lab results, and we encourage you to review them. Your clinician is here if you ever have questions about biomarkers not discussed in your recent visit.

Testing is one important part of our comprehensive clinical approach. Your clinician builds their working hypothesis and associated care plan from the intersection of your symptoms, biomarkers, health history, and their clinical expertise.

OUR WORKING HYPOTHESIS

Your symptoms point to a condition called Intestinal Methanogen Overgrowth (IMO), where methane-producing organisms have overgrown in your gut. Your gut microbiome test results support this with significantly elevated Methanobrevibacter smithii and high methane production capacity. Methane gas directly slows the muscle contractions that move food through your intestines, which is why you're only having a bowel movement every three days. This backup also contributes to the bloating, gas, and even the acid reflux you experience, as pressure from below can push stomach contents upward.

We also see evidence that your beneficial bacteria populations are depleted, particularly the butyrate-producers like Faecalibacterium. Butyrate is essential fuel for your colon cells and helps maintain your gut barrier. Without enough of it, inflammation can increase and your gut becomes less resilient.

Your gut has high levels of Akkermansia muciniphila. This bacterium eats the mucus that lines the digestive tract. This layer of mucus keeps things slippery and helps stool move along. In normal amounts, Akkermansia is healthy, because it prompts your body to keep making fresh mucus. But when there’s too much Akkermansia, it can eat the mucus faster than your body replaces it. That leaves the gut less lubricated, and stool becomes harder and slower to pass. Scientists aren’t sure which comes first, though. Slow digestion may also give Akkermansia more time and food to grow, so high levels may be both a cause and a sign of constipation.

YOUR CLARITY HEALTH CARE PLAN

CURRENT FOCUS

- **Remove** (active)
- **Replace** (active)
- Repopulate
- Repair
- Rebalance

CURRENT GOALS

1

Resolve Chronic Constipation

Your current pattern of bowel movements every 3 days significantly impacts your overall health. Our goal is to achieve daily, comfortable bowel movements.

2

Reduce Acid Reflux Symptoms

We'll address the root cause of your reflux by reducing methane and supporting bile flow. Methane slows digestion and causes constipation. That builds up gas and pressure in your abdomen, which can push stomach contents up into your esophagus.

3

Reduce Methane-Producing Microbes

The elevated methanogens are driving your constipation and bloating. Targeted treatment will bring these back to healthy levels.

SUPPLEMENT PLAN

Supplement Notes

This protocol addresses intestinal methanogen overgrowth (IMO), a condition in which methane-producing archaea overgrow in the intestines. These organisms ferment carbohydrates and produce methane gas, which slows gut motility and commonly causes constipation, bloating, and abdominal discomfort. Phase 1 uses botanical antimicrobials to directly reduce the archaeal population, paired with supportive formulas to help the body clear die-off byproducts and keep the bowels moving. Liver and gallbladder support enhances bile flow and detoxification, a binder minimizes "die-off" (Herxheimer) reactions during the initial weeks, and a motility formula addresses the sluggish transit that both results from and perpetuates the overgrowth.

Purchase your supplements and/or labs HERE

START TAKING



CandiBactin-AR®

A concentrated essential oil formula featuring red thyme and oregano oils with sage and lemon balm. These volatile plant oils provide potent, broad-spectrum antimicrobial action in the small intestine, working synergistically with CandiBactin-BR to reduce overgrowth.

AMOUNT PER DOSE	WITH OR WITHOUT FOOD	
1 Tablet 2x/day	With Food	With Breakfast · With Dinner



CandiBactin-BR®

A berberine-based botanical antimicrobial combining berberine HCl with Chinese herbs including coptis and Chinese skullcap. Berberine has broad antimicrobial activity in the gut and is a core agent in herbal protocols targeting methanogen and bacterial overgrowth.

AMOUNT PER DOSE	WITH OR WITHOUT FOOD	
1 Tablet 2x/day	With Food	With Breakfast · With Dinner



Motility Assist™

A botanical motility and regularity formula featuring Digexin (ashwagandha and okra extracts), Triphala, fennel, and ginger. It stimulates the gut's natural cleansing waves and supports daily bowel movements, directly countering the methane-driven constipation characteristic of IMO.

AMOUNT PER DOSE	WITH OR WITHOUT FOOD	
1 Capsule 2x/day	With Food	With Breakfast · With Dinner



LV-GB Complex

A liver and gallbladder support formula with botanicals, bile salts, and nutrients that promote healthy bile production and flow. Supports digestion of fats and helps the liver process and eliminate toxins released as organisms die off during treatment.

AMOUNT PER DOSE	WITH OR WITHOUT FOOD	
1 Capsule 2x/day	With Food	With Breakfast · With Dinner



Z-Binder

A broad-spectrum binder combining purified zeolite clay, activated charcoal, and humic/fulvic acids. It traps toxins and microbial die-off byproducts in the GI tract for elimination, reducing the intensity of Herxheimer reactions during the early weeks of antimicrobial treatment.

AMOUNT PER DOSE	WITH OR WITHOUT FOOD	
2 Capsules 1x/day	Empty Stomach	Afternoon

Ready to get started? Purchase your supplements and labs now HERE

TESTING

Cardiac Panel with Lipids

Ordered

DETAILS

Includes cholesterol panel and inflammatory markers. Completed at Quest Diagnostics. Schedule through your Clarity portal. Your gut microbiome plays a role in inflammation and in how your body processes cholesterol, partly through bile acids. This panel gives us a baseline for both, so we can track how they change as your gut heals.

Historical Labs Review

Next visit

DETAILS

Please retrieve your previous cholesterol and cardiac workup results from your patient portal to share with us.

Ready to get started? Purchase your supplements and labs now HERE

NUTRITION

Low FODMAP Diet

GOAL

The goal is to reduce fermentable sugars that feed microbial overgrowth in the small intestine. The diet primarily addresses symptoms rather than root cause, but combining it with antimicrobial treatment in the first phase tends to produce better outcomes. This is partly because the gases produced during fermentation are themselves inflammatory to the gut lining. By reducing excess gas production, the gut is better able to heal. Clarity's low-FODMAP Diet guide has been uploaded to your Clarity Portal for reference. Follow this diet until our next visit.

LIFESTYLE

EXERCISE

Post-Meal Walk

INSTRUCTIONS

To get the best results, walk for at least 15 minutes within 30 minutes of eating. Prioritize doing this after your biggest meal.

BENEFITS

Taking a 15-minute walk after eating is one of the easiest things you can do for your digestion and metabolism. Movement activates the muscles in your gut that push food through your digestive tract, which reduces bloating and prevents gas from building up. It also signals your gallbladder to release bile, which helps your body break down fat properly. On the blood sugar side, walking causes your muscles to absorb glucose directly from your bloodstream without needing insulin to do it. Studies consistently show a short walk after eating lowers the blood sugar spike that follows a meal. Do this consistently and you're also reducing your risk of insulin resistance, which is a major driver of type 2 diabetes and a lot of metabolic disease. It's a small habit with a surprisingly large payoff.

Die-Off: Understanding die-off reactions during your gut protocol

INSTRUCTIONS

When you start a protocol that targets bacterial overgrowth, yeast, or other imbalances in your gut, the microbes we're working to clear don't go quietly. As they die off, they release fragments and byproducts into your system faster than your body can clear them. Your immune system notices and responds. This temporary flare is called a Herxheimer reaction, often shortened to “herx” or simply “die-off.”

1 What it can feel like

Die-off symptoms often mimic a mild flu. You might notice fatigue, headaches, brain fog, body aches, chills, or irritability. Digestive symptoms like bloating, loose stools, or nausea can temporarily ramp up too. Some people notice skin breakouts or a return of old symptoms for a few days. It can feel discouraging, but it's usually a sign the protocol is doing its job.

2 How long it lasts

Most die-off reactions show up within the first 3 to 5 days of starting or increasing an antimicrobial protocol and resolve within about a week. Some people feel nothing at all, and that's normal too. A mild, short-lived dip is expected. What we don't want is a reaction that's severe, lasts beyond 7 to 10 days, or keeps intensifying. That tells us we need to slow down, adjust your dose, or add more drainage support. There's no prize for pushing through misery. Going slower gets you to the same destination more comfortably.

3 How to support your body through it

Your job during die-off is to help your body's clearance pathways keep up:

Hydrate generously

Water is how your kidneys flush what's being released. Aim for half your body weight in ounces daily, and add a pinch of mineral salt or electrolytes.

Keep your bowels moving

Daily bowel movements are a key goal of your protocol, and your Motility Assist supports this. If you're not going at least once a day, let us know so we can support motility. Magnesium citrate before bed is often our first tool.

Take your binder

Your Z-Binder soaks up die-off byproducts in the gut before they're reabsorbed. Take it in the afternoon, 2 hours away from food, supplements, and medications.

Rest more than usual

Your immune system is working overtime. Earlier bedtimes and lighter schedules during the first week make a real difference.