


LEAKY GUT

PROCESS OVERVIEW



We evaluated
your symptoms



We looked at
your test results



We analysed
underlying causes

WHAT YOU GET FROM US



Your bespoke supplement package



The Healthpath plate



The Healthpath fundamentals of health programme



Sleep



Activity



Stress



Diet

LEAKY GUT

TEST REPORT

Thank you for taking the Leaky Gut Test. We're delighted to provide your personalised report.

The report is divided into three sections:

I.

Scientific overview

The first section of this report introduces you to the basic science of leaky gut.

II.

Your results

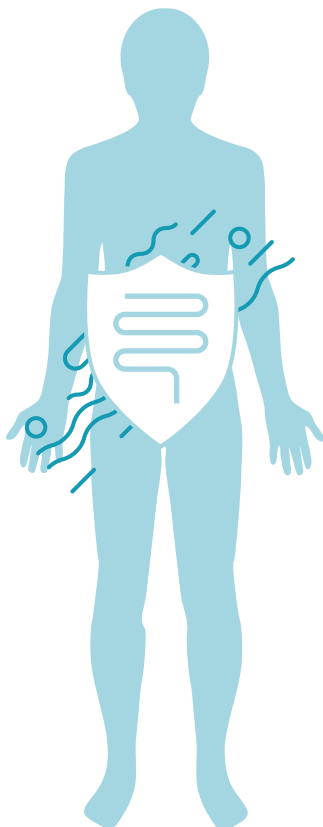
This section shows your results and explains some possible reasons for them. It's important to remember that leaky gut doesn't spontaneously develop. It's most often a 'downstream' symptom of another imbalance.

III.

Recommendations

Finally, the third section contains your personalised recommendations, which include diet and lifestyle guidance.

I. SCIENTIFIC OVERVIEW



When everything works normally, the lining of the digestive tract is an effective barrier between our insides and the outside world. It protects the rest of the body from potentially harmful substances, such as nasty bacterial products and even our own digestive enzymes.

If there's a loss of integrity in this barrier, it's called leaky gut—or what's officially known as 'intestinal permeability'. This means lots of different substances (including bacterial nasties) can get across the barrier and enter the bloodstream. From here, they can contribute to body-wide inflammation.



Leaky gut plays a role in the development in a variety of conditions, in the digestive system and beyond. It's even considered to be a measure of how bad a disease is and how bad it will get.

Diseases associated with leaky gut include inflammatory bowel disease (IBD), type 1 and type 2 diabetes, liver disease, autism, dementia and other neurological diseases, irritable bowel syndrome (IBS), small intestine bacterial overgrowth (SIBO), food sensitivities, depression and more.

II. YOUR RESULTS

POSITIVE

There are two important steps to consider from here:

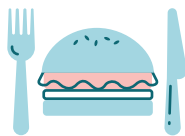
1. Establishing the cause of leaky gut.
2. Introducing lifestyle interventions and nutrients/supplements that are known to support the integrity of the gut wall.

Possible causes of leaky gut

Lots of things can negatively affect the integrity of the gut wall. Some lifestyle factors include:



Chronic stress



Poor dietary habits
(e.g. a high-fat or high-calorie diet)



Obesity



Excess alcohol intake

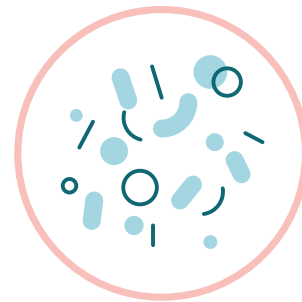


Excessive exercise



Medications
(e.g. painkillers and PPIs)

Underlying imbalances that can contribute to leaky gut include:



- Bacterial overgrowth
- An infection
- Inflammation
- Food allergies
- Nutrient deficiencies (particularly vitamin A, vitamin D and zinc)
- Hormonal imbalances



Studies give us useful information, but they're not 100% conclusive. For example, one study has shown that a high-fat diet doesn't cause leaky gut, while another found that SIBO doesn't correlate with leaky gut. As you can see above, other studies found the opposite. This means that along with the scientific data, it's important to consider our biological uniqueness.

III. RECOMMENDATIONS

Based on your results, we recommend the following:

- ✓ Follow the Healthpath plate, and pay particular attention to incorporating these nutrients long-term:
 - Vitamin A can be found in organ meats (such as liver), cod liver oil, and orange foods like butternut squash. We recommend eating organ meats 1-2 x week if you enjoy them.
 - Vitamin D is mainly produced in our skin when we're out in the sunshine. It can also be found in small amounts in mushrooms and eggs.
 - Omega 3 fats can be found in oily fish such as salmon, mackerel and sardines. It's good practice to eat 3 portions of oily fish per week.
 - Fermented foods can be hugely beneficial too. Opt for kefir, sauerkraut, kombucha, kimchi and/or pickled vegetables.
- ✓ Based on your personal circumstances and lifestyle, you may also wish to consider the following:
 - If you're overweight, a sensible calorie deficit can be a good approach to reach a healthy weight.
 - If you feel stress might be a factor for you, then consider a mindfulness practice: yoga, meditation, mindfulness training and/or moderate exercise.
 - If you don't feel chronic stress is a component, and you're not overweight or feel like you exercise or drink excessively, then you may want to consider testing for small intestine bacterial overgrowth via a SIBO Breath Test. Another option is to look into gastrointestinal infection via Gut Health HCT Test. These may also help to pinpoint any inflammation that may be contributing to leaky gut.
 - Experiment with intermittent fasting.
 - Avoid snacking—a good aim for 2-3 meals per day.
 - Avoid endocrine disrupting.

Take the following supplements:

PRODUCT NAME	DOSE	HOW TO TAKE	DURATION
Repairvite by Apex Energetics	1 scoop per day	Take whenever is most convenient.	6-8 weeks
Culturelle	2 capsules	Take 1 with breakfast and 1 with dinner.	6-8 weeks
AD Pro by Apex Energetics	1 capsule	Take whenever is most convenient.	6-8 weeks
Berberine by Moss Nutrition	1 capsule	Take whenever is most convenient.	6-8 weeks
NAC by Seeking Health	1 capsule	Take whenever is most convenient.	6-8 weeks
Probiota Histamin X by Seeking Health	2 capsules	Take whenever is most convenient.	6-8 weeks



These supplements are available in the **Healthpath Energy Uplift supplement bundle**.



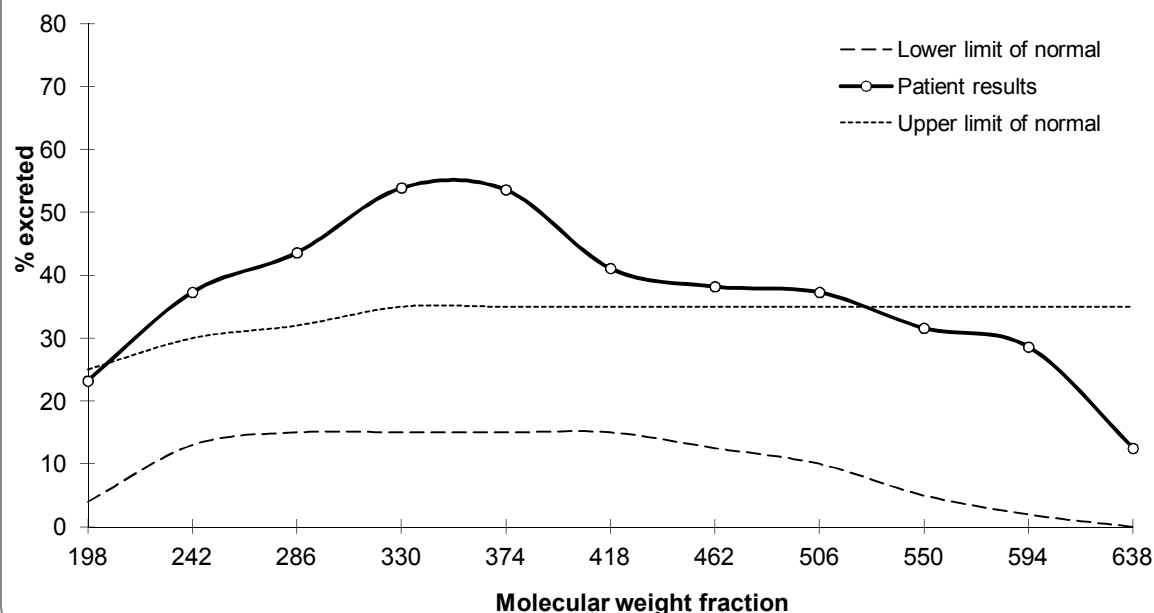
Disclaimer: if you're pregnant, breastfeeding, taking medications or suffering from a disease or medical condition, please consult your doctor before following these recommendations.

ANNEX

Original Test Report

Intestinal Permeability Profile Using polyethylene glycol (PEG 400)

Fraction	Molecular weight	Dose (mg)	Recovery in urine (6 hour collection)		Reference range
			mg	%	
1	198	25.5	5.9	23.2	4.0 - 25.0
2	242	86.7	32.3	37.3	13.0 - 30.0
3	286	185.1	80.7	43.6	15.0 - 32.0
4	330	363.6	196.0	53.9	15.0 - 35.0
5	374	503.1	269.7	53.6	15.0 - 35.0
6	418	542.1	222.8	41.1	15.0 - 35.0
7	462	479.4	183.1	38.2	12.5 - 35.0
8	506	360.6	134.5	37.3	10.0 - 35.0
9	550	246.0	77.7	31.6	5.0 - 35.0
10	594	138.9	39.7	28.6	2.0 - 35.0
11	638	68.7	8.6	12.5	0.0 - 35.0
TOTAL:		3000	1251.1		



Comment:

Increase in gut permeability to PEG between molecular weights 242 and 506.