

# KID GUT RESTORATION PROGRAM

## WHY TAKE A TEST?

TAKING THE GUT HEALTH TEST AS YOUR CHILDS FIRST STEP TOWARD BETTER HEALTH. PERSONALIZED RESULTS OFFER A CLEAR STARTING POINT AND GUIDE YOU THROUGH EACH STAGE OF YOUR CHILDS GUT WELLNESS JOURNEY. FROM PREVENTATIVE CARE TO ADDRESSING SYMPTOMS, ALL OUR RECOMMENDATIONS ARE BASED ON SCIENTIFIC DATA. TAKE CONTROL OF YOUR CHILDS HEALTH BY TACKLING GUT ISSUES AT THE ROOT CAUSE.

## HOW DOES IT WORK?

- YOUR CHILDS GUT HEALTH TEST KIT INCLUDES EVERYTHING YOU NEED TO COLLECT YOUR MESS-FREE SAMPLE IN UNDER 5 MINUTES —INCLUDING A PREPAID RETURN MAILER.
- OUR TEST CHECKS FOR ALL BACTERIA, FUNGI, PARASITES, VIRUSES AND ARCHAEA IN YOUR GUT.
- RESULTS ARE READY IN 3-4 WEEKS.
- THE REPORT INCLUDES DETAILED FINDINGS AND AREAS NEEDING IMPROVEMENT.
- I WILL WORK WITH YOU TO CREATE A PERSONALIZED ACTION PLAN BASED ON YOUR CHILDS RESULTS.

## WHO IS IT FOR?

WHETHER ADDRESSING SYMPTOMS AT THEIR ROOT CAUSE, REDUCING THE RISK OF OTHER HEALTH CONDITIONS, OR OPTIMIZING WELLNESS, GUT HEALTH TESTING IS SUITABLE FOR ALL AGES. IT'S THE ONLY TEST THAT PROVIDES AGE-SPECIFIC INSIGHTS, INCLUDING FOR INFANTS AND CHILDREN UNDER AGE 3.

## WHAT INFORMATION WILL I RECIEVE?

I CAN HELP YOU QUICKLY AND THOROUGHLY UNDERSTAND YOUR CHILDS RESULTS. I PROVIDE THE FOLLOWING RECOMMENDATIONS

- PREBIOTICS AND PROBIOTICS
- SUPPLEMENTS
- DIET
- LIFESTYLE

## WHAT CAN A GUT HEALTH TEST SHED LIGHT ON?

- ECZEMA /SKIN ISSUES
- FOOD ALLERGY
- ASTHMA
- CONSTIPATION
- DIARRHEA
- COLIC OR GASSINESS
- LONG COVID
- AUTOIMMUNE CONDITIONS
- METABOLIC HEALTH ISSUES
- GI AND VAGINAL
- SYMPTOMS OF UNKNOWN
- CAUSE
- RECURRING UTI
- GESTATIONAL DIABETES
- PRETERM BIRTH
- C-SECTION RECOVERY
- ANTIBIOTIC RECOVERY
- IBS/IBD

TESTING IS ALSO HELPFUL FOR THOSE WISHING TO OPTIMIZE THEIR WELLNESS AND REDUCE THE MICROBIOME RISK OF DEVELOPING THESE AND OTHER HEALTH CONDITIONS.

THE GUT TEST I USE IS THE MARKET'S MOST ADVANCED AND COMPREHENSIVE AT-HOME STOOL TEST. WE USE SHOTGUN METAGENOMICS SEQUENCING, THE GOLD STANDARD IN MICROBIOME RESEARCH, TO PROVIDE STRAIN-LEVEL RESOLUTION, FUNCTIONAL INSIGHTS, AND THE MOST IN-DEPTH RELATIVE ABUNDANCE.

THE PATENT-PENDING PROPRIETARY TECHNOLOGY CAN DETECT:

- ALL BACTERIA, FUNGI, PARASITES, VIRUSES, AND ARCHAEA IN YOUR GUT - OVER 120,000 GENOMES OF MICROBES
- GENE FUNCTIONS OF THESE MICROBES (E.G., VITAMIN PRODUCTION CAPACITY)
- CONDITION SIGNATURES TO IDENTIFY AND ADDRESS YOUR MICROBIOME RISK OF DEVELOPING HEALTH ISSUES

## BABY GUT TYPE

SHORT-CHAIN FATTY ACIDS  
BUTYRATE  
ACETATE  
PROPIONATE

## GUT INFLAMMATION MARKERS

HEXA-LPS INDEX  
MUCUS DEGRADATION INDEX  
HYDROGEN SULFIDE INDEX  
HOST DNA

## BENEFICIAL MICROBES

IMMUNE STRENGTH-BIFIDOBACTERIUM  
COMMON PROBIOTIC SPECIES WITH STRAIN LEVEL RESOLUTION  
METABOLIC HEALTH (AKKERMANSIA)  
ANTI-INFLAMMATORY MARKERS (FAECALIBACTERIUM)

## DISRUPTIVE MICROBES

OPPORTUNISTIC PATHOGENS  
• ENTEROBACTERIACEAE  
• STAPHYLOCOCCUS  
• STREPTOCOCCUS  
• ESCHERICHIA COLI, ETC  
ANTIBIOTIC RESISTANCE SIGNATURE  
PARASITES  
YEASTS/CANDIDA  
C-SECTION SIGNATURE (BABY)  
METHANE PRODUCERS (M. SMITHII)

## CONDITIONS BIOMARKERS

ECZEMA (0-6M)  
FOOD ALLERGIES (0-3Y)  
ASTHMA (0-12M)  
ATOPIC MARCH (0-12M)  
GESTATIONAL DIABETES (GDM) (TTC/PREGNANT)

## BALANCE AND ROBUSTNESS

MICROBIOME MATURATION (BABY, TODDLER)  
MICROBIOME DIVERSITY

## COMMON MICROBIOME MEMBERS

MAJOR BACTERIAL PHYLA  
• BACTEROIDOTA  
• FIRMICUTES  
• ACTINOBACTERIA  
• PROTEOBACTERIA  
• FUSOBACTERIOTA

## DIGESTION & ABSORPTION MARKERS

HISTAMINE-PRODUCING SPECIES  
HMO DIGESTION (BABY, TODDLER)  
FIBER DIGESTION  
• PECTIN  
• CELLULOSE  
• CHITIN  
• RESISTANT STARCH  
COMPLEX SUGAR DIGESTION  
• FOS  
• XOS  
• IMO  
• GOS  
VITAMIN PRODUCTION  
• B2, B7, B9, B12, K  
PROTEIN BREAKDOWN

## CONDITIONS ASSOCIATIONS

COLIC (0-6M)  
SLEEP (0-18Y)  
CONSTIPATION (3Y+)  
COW'S MILK PROTEIN ALLERGY (0-12M)  
VIRAL RESPIRATORY INFECTIONS (0-12M)  
OBESITY LATER IN LIFE (0-12M)  
TYPE 1 DIABETES (0-3Y))

## MICROBIOME SEEDING

(INFANT PAIRED WITH MATERNAL RESULT WITHIN 6M OF DELIVERY)