

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.



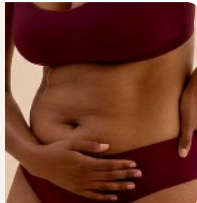
Energy, sleep and immunity

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:

RULE OUT RED FLAGS

SUPPORT A PERSONALISED PLAN

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TRACK PROGRESS OVER TIME

001 Test

Microbiome testing is done using a simple stool sample.

002 Review

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

003 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.

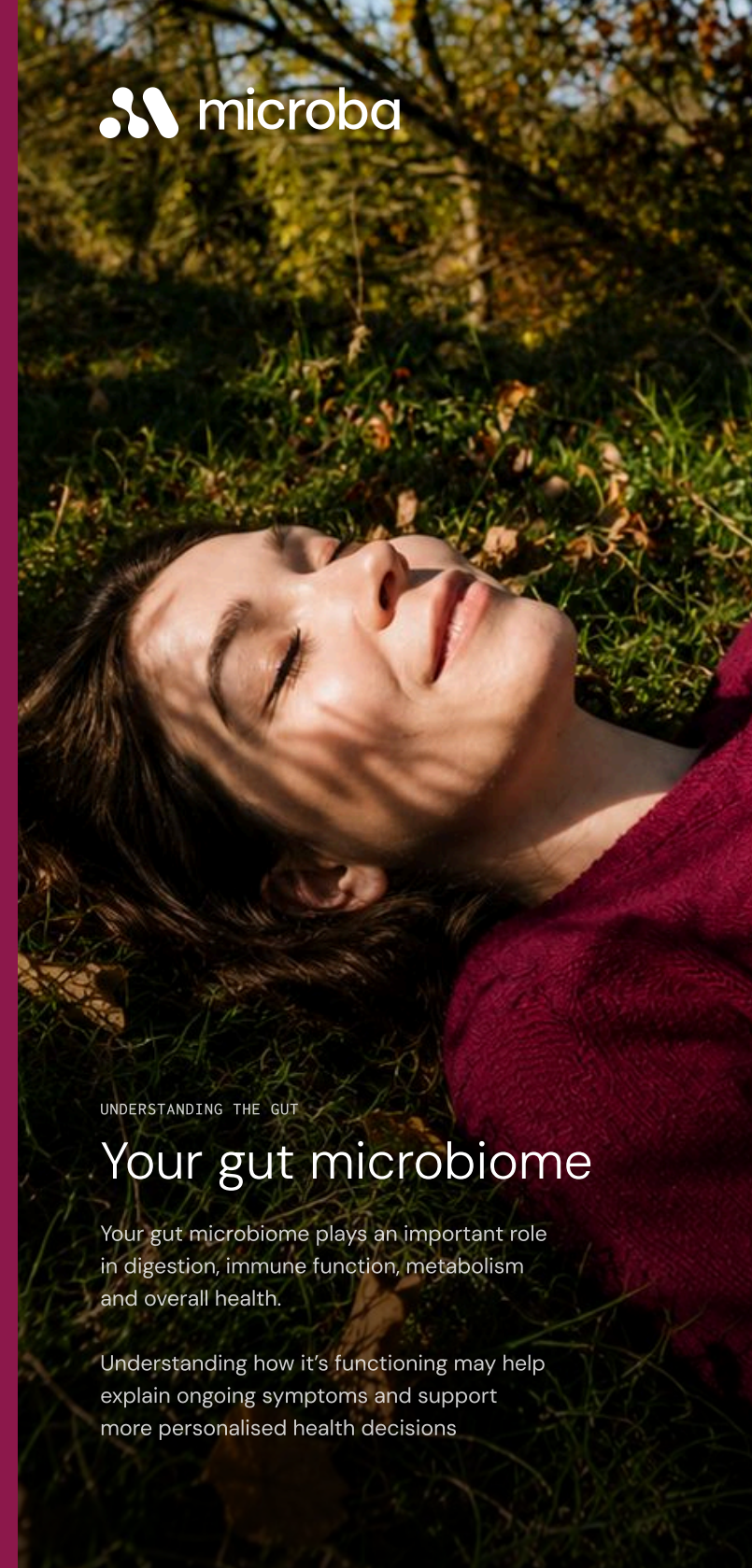


UNDERSTANDING THE GUT

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, a bustling ecosystem has lived in your gut, helping digest food, produce essential nutrients and support many of your body's systems. Made up of trillions of microbes, this community is known as the gut microbiome.

Research shows the gut microbiome plays an important role in human health, and like a fingerprint, its composition is unique to you, shaped by your diet, lifestyle and environment.

Your gut Microbiome impacts your whole body in many way

- FERMENTS FIBRE
- PROMOTES HEALTHY METABOLISM
- MENTAL WELLBEING
- PROTECTS & NOURISH THE GUT
- REGULATES HORMONE LEVELS
- HELPS DIGESTION
- SUPPORT IMMUNE SYSTEM

A balanced Microbiome is a healthy microbiome



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.

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.

Alcohol

It can push the microbiome into a more inflammatory state.

Mental stress

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

Gut out of balance? Your body feels it.

Your gut microbiome can influence digestion, energy, immunity, mood, skin and hormones. Understanding your gut microbes can help you make sense of a wide range of symptoms.

SUGAR CRAVINGS

DIGESTIVE DISCOMFORT

HORMONAL CHANGES

MENTAL HEALTH CHANGES

FOOD INTOLERANCES

SKIN ISSUES

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