



MICROBIOME TESTING

Understanding your microbiome to unlock key health insights.

The human microbiome is home to trillions of microbes.

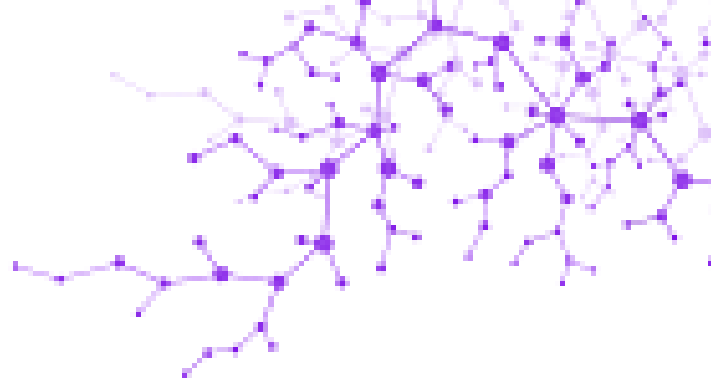
The DNA of these bacteria outnumber our human DNA by around 160-1.

When working in perfect harmony, those bacteria create a perfect environment for optimal health.

However modern diets, lifestyles, and medications, can cause imbalances in the microbiome. These imbalances are linked to **chronic inflammation** and **metabolic dysfunction** - which are two key influences of many **health problems**.



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DECODING THE MICROBIOME

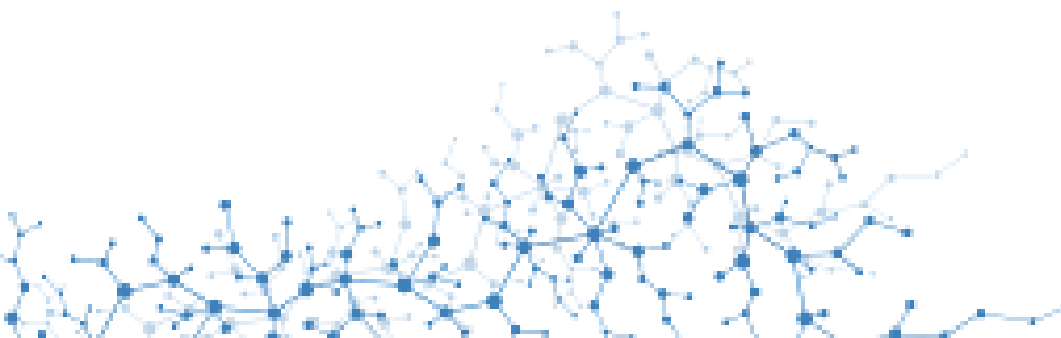
Decode your microbiome and unlock key health insights.

By performing genetic sequencing through an mRNA based test, from a small stool sample, our laboratory will sequence and identify the genetic break down of bacteria in the gut.

Artificial Intelligence health reporting technology.

By performing genetic sequencing from small stool sample, our laboratory will sequence and identify the genetic break down of bacteria in the gut.

Understanding this data, and transforming it into key health insights is the job of YourGutMap's AI based health reporting tool



MICROBIOME TEST



Your test kit includes everything required to comfortably take a sample at home.

By providing a small stool sample, using a sterile cotton swab from the toilet paper. The laboratory will decode your microbiome through genetic sequencing.

- 1. Order your test and we will arrange for it to be delivered to your door**
- 2. Collect your sample**
- 3. Register your kit and complete a short health quiz**
- 4. Post the sample to YourGutMap ISO certified laboratory (pre paid)**
- 5. Your results will be available (approx 4 weeks)**
- 6. Book your test interpretation call to get a clear understanding of your results**



THE LABORATORY

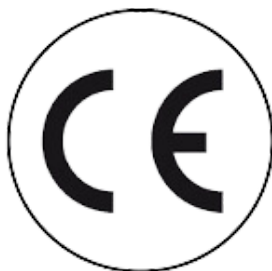
Your sample is in safe hands.

Our partner laboratory has a specialist genomics division and is part of one of the largest laboratory groups in the world.

Samples are analysed in Europe using a CE marked genomic analyser.

The laboratory is ISO 17025 accredited.

We will notify you via email once your results are ready to download, with a link to book your consultation



YOUR REPORT

Once your sample has been analysed at the laboratory, YourGutMap health reporting will take complicated data, and translate it to a 30+ page health report.



Easy to understand health insights. Understand how your microbiome imbalances could be affecting your health, including 20+ areas of health.

Track key health markers. Discover and track key insights such as your biological age, and microbiome diversity.

Naturally rebalance your microbiome. Follow your Personal Diet Guide to optimise your diet, rebalance your microbiome, and improve your health.



1 - YOUR BACTERIA

Analysis of the genetic make up and levels of bacteria in your gut.

Taxonomic Analysis. The proportions of bacteria in the gut microbiome are profiled out at genus level, you can compare your microbiome to the global average.

Important Bacteria. The most researched, and well known bacteria are identified and included in this section of the report

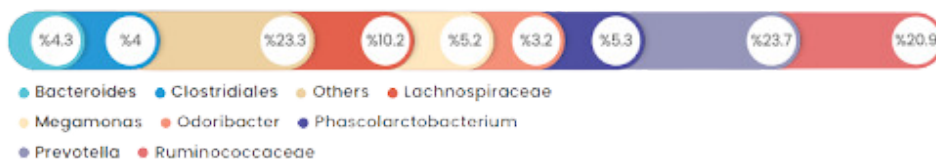
These are the basic aspects you can expect from all microbiome tests.

Your Taxonomic Analysis

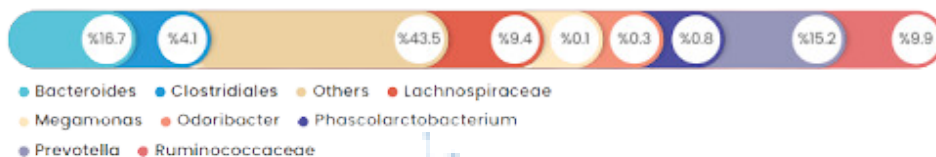
Genus Level

The proportions of bacteria found in the gut microbiome are profiled at the genus level. You can compare your own profile with the profiles of people around the world.

Your Profile



World Average



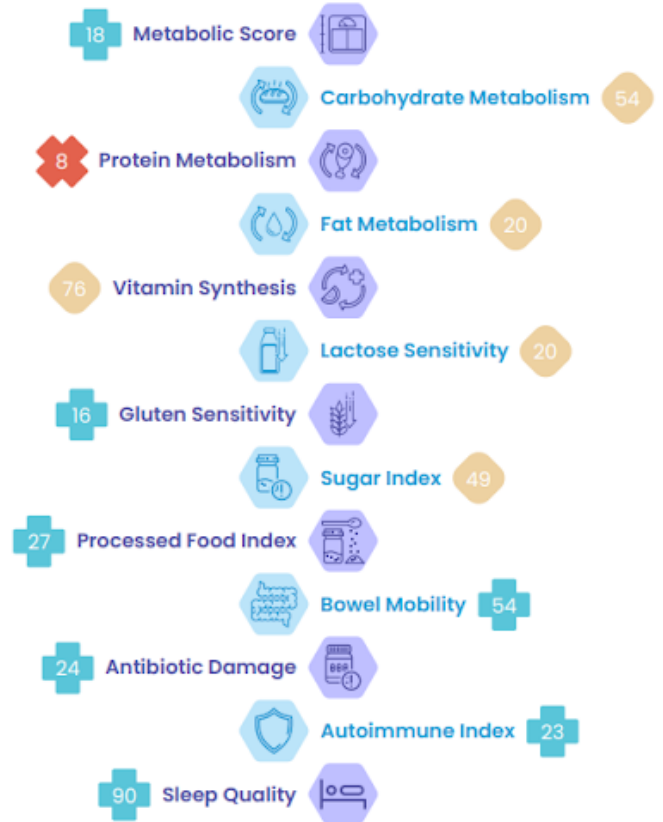
2 - GUT HEALTH SCORES

Unlocking key health insights from your microbiome.

Certain bacteria imbalances are linked in published research studies to health conditions, and dietary problems.

These bacteria levels are analysed and referenced to hundreds of published research studies.

In addition, your microbiome profile is compared to over 60,000 other microbiome profiles, to identify what factors in your diet and health can be optimised.





3 - DIVERSITY & AGE

An assessment of the overall health of your microbiome.

Microbiome Diversity. By referencing the genetic sequencing data, as well as comparing your profile to over 40,000 others - we can unlock the diversity of your microbiome and it's overall health

Microbiome Age. Is your Microbiome aging faster than your calendar age? By referencing YourGutMap's global database and your microbiome genetics, we can accurately determine a **biological age**.

Your Microbiome Diversity

4.1

Poor, with need for improvement: Although you have a pretty low level of diversity, our personalized nutrition plan will help you improve it and achieve a more diverse microbiome.

Your Microbiome Age:

25

It appears that your microbiome is younger than you! The personalized nutrition plan we've put together for you, will help you keep your microbiome young longer!



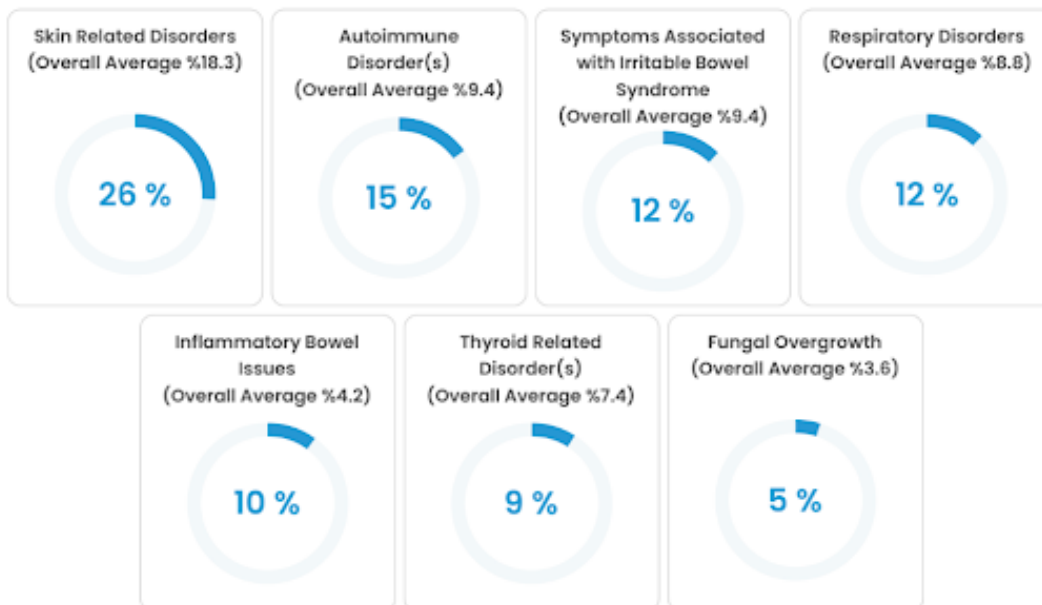
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4 - HEALTH CONDITIONS

Does your microbiome show a heightened risk of of certain health problems?

Your Health Profile.. Comparing your genetic data to our global database allows your health report to show how your profile matches those of patients suffering with certain health conditions.

Whilst this is not diagnoses health conditions, it gives you insights into how your microbiome profile may affect your health.



5 - YOUR PERSONAL DIET GUIDE

YourGutMap's unique technology coaches you through dietary changes, that will naturally rebalance your microbiome.

All foods and drinks have certain qualities that affect your microbiome. These qualities can be good, bad, or indifferent.

By analysing your complete microbiome, and the qualities of over 300 foods and drinks - YourGutMap's artificial intelligence will create a personal diet guide for you to follow - these recommendations are unique to you.

Good Foods - scores 8-10. Eat as much as possible to help rebalance your microbiome.

Foods That Fit - scores 4-7. These foods will do no harm, nor good to your microbiome balance. You can consume these regularly in your diet.

Foods To Avoid - scores 1-3. These foods have qualities that are contributing to your current microbiome imbalances, you should avoid, or at least reduce consumption of these foods.

Vegetables

 Sweet Potato 8	 Onion 8
 Brussel Sprout 8	 Potato 8
 Asparagus 8	 Cauliflower 8
 Pea 6	 Cucumber 5
 Cubanelle Pepper 5	 Dill 3
 Lettuce 3	 Spinach 3
 Bell Pepper 2	 Leek 2
 Okra 1	
















5 - YOUR PERSONAL DIET GUIDE






YourGutMap’s unique technology coaches you through dietary changes, that will naturally rebalance your microbiome.

Over 300 foods and drinks are listed, ensuring you can work with your Health Practitioner to follow a diet that is varied, and interesting, whilst naturally rebalancing your microbiome.

Others

 Fenugreek 8	 Licorice 8
 Grape Seed 8	 Grape Molasses 8
 Milk Chocolate 8	 Mustard 8
 White Sugar 7	 Dark Chocolate 7
 Vinegar 7	 Instant Yeast 7
 Honey 8	

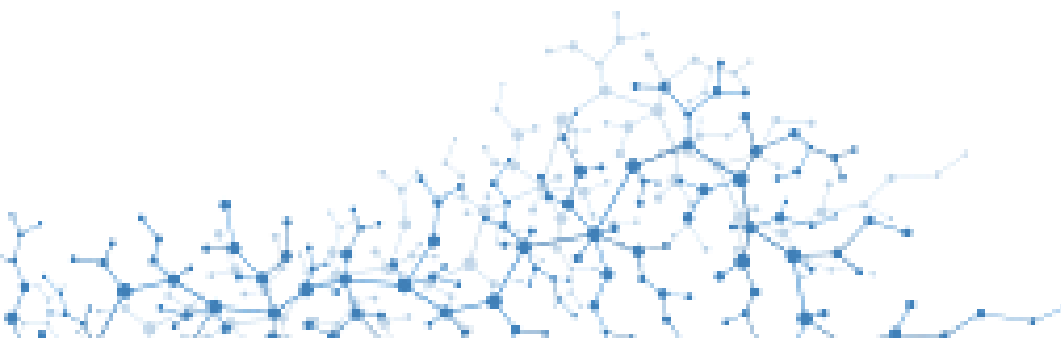
Supplements

 Fish Oil Supplement 8	 Krill Oil Supplement 8
 Psyllium 8	 Whey Protein Supplement 7
 Spirulina 7	

Your Personal Diet Guide is broken down into categories of:

- Milk & Dairy Products**
- Meat & Meat Products**
- Breads & Cereals**
- Legumes & Legume Based Products**
- Vegetables**
- Fruits**

- Fats**
- Drinks**
- Spices**
- Supplements**
- Others**



SCIENCE & PUBLISHED STUDIES

YourGutMap's unique health report system is the only clinically validated AI based technology coaches you through dietary changes, that will naturally rebalance your microbiome.

General health outcomes seen in clinical studies where patients followed their Personal Diet Guide for a period of 6 weeks:

Average weight loss of 7.2KG
63% increase in energy levels
42% improvement in sleep quality
18% positive increase in microbiome diversity
85% improvement in bowel habits



Article

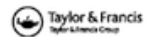
Efficacy of AI-Assisted Personalized Microbiome Modulation by Diet in Functional Constipation: A Randomized Controlled Trial

Naciye Çiğdem Arslan¹, Aycaz Gündoğdu¹, Varol Tunali^{1,2*}, Oğuzhan Hakan Topçül³, Damla Beyazgül⁴ and Özkan Ufuk Nalbantoğlu^{5*}

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Abstract: Background: Currently, medications and behavioral modifications have limited success in the treatment of functional constipation (FC). An individualized diet based on microbiome analysis may improve symptoms in FC. In the present study, we aimed to investigate the impacts of microbiome modulation on chronic constipation. Methods: Between December 2020–December 2021, 50 patients fulfilling the Rome IV criteria for functional constipation were randomized into

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RESEARCH PAPER

OPEN ACCESS

Artificial intelligence-based personalized diet: A pilot clinical study for irritable bowel syndrome

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ABSTRACT

We enrolled consecutive IBS-M patients (n = 25) according to Rome IV criteria. Fecal samples were obtained from all patients twice (pre- and post-intervention) and high-throughput 16S rRNA sequencing was performed. Six weeks of personalized nutrition diet (n = 14) for group 1 and a standard IBS diet (n = 11) for group 2 were followed. AI-based diet was designed based on optimizing a personalized nutritional strategy by an algorithm regarding individual gut microbiome features. The IBS-SSS evaluation for pre- and post-intervention exhibited significant improvement (p < .02 and p < .001 for the standard IBS diet and personalized nutrition groups, respectively). While the IBS-SSS evaluation changed to moderate from severe in 78% (11 out of 14) of the personalized nutrition group, no such

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microbiome; symptoms score
or index; Artificial



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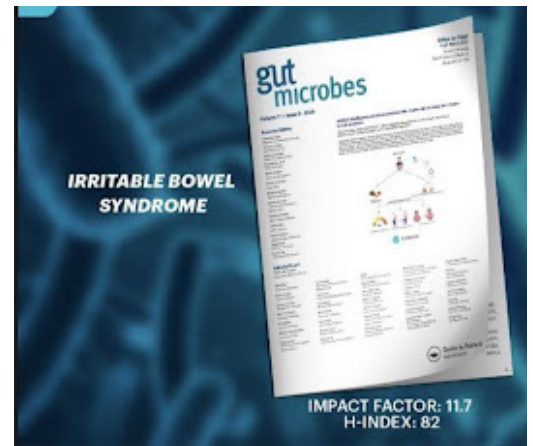


SCIENCE & PUBLISHED STUDIES

Constipation

Constipation affects around 16% of the population under age 60. Ages 60 and above, are more likely to be affected, with up to 33% of the older age group experiencing symptoms of constipation.

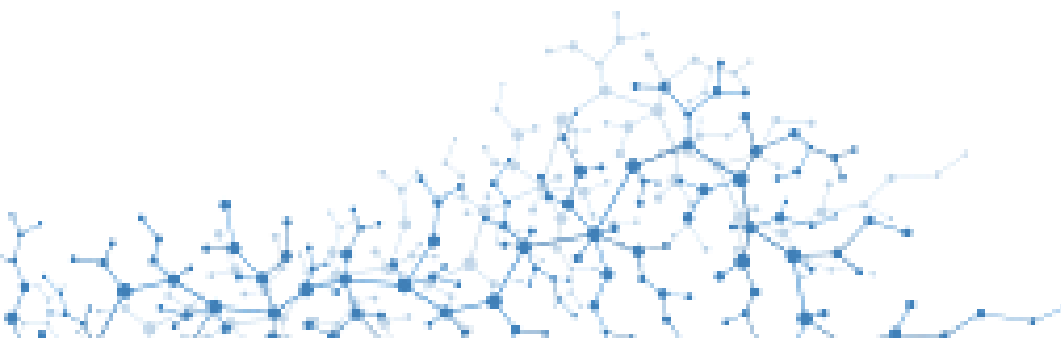
Patients who followed their Personal Diet Guide for a period of 6 weeks, saw on average an **83% improvement in their constipation symptoms.**



IBS

Irritable bowel syndrome is a condition that is estimated to affect 1 in 5 people (20%) of people in the UK.

Patients following their Personal Diet Guide in a clinical study realised an overall **82% average improvement in their IBS symptoms.**





Your questions answered

Once you have received your results I am sure you will have lots of questions - thats why the support of a Nutritional Therapist is so important.

Your personalised report

We will send you the link to access your report as soon as it is available - it is hosted on YourGutMap and you can access this at any time in the future - you do not need to remain a client to see your information.

We can even tweak it to exclude foods that you will not eat so that you only get data that is appropriate to you. (for example if you do not eat meat we can exclude it from your plan)
Once your results are available we will send you a link to book your interpretation call.

Decoding the report

During your interpretation call I will share my thoughts on the results along with answering any questions you may have.

We will always be lead by your health goals and current symptoms.

We will create a personalised protocol that may included additional supplements and lifestyle recommendations.

Further consultations

Feel that you need a bit of extra support, or you have a complicated medical history. We can arrange for additional calls, or why not book a package that includes full support and testing?

Email: wendy@hillstart.me.uk

Call: 07726 378500

You can book a free call and I will answer any questions you have about the testing.



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