

STOOL TESTING WITH NOURISH TO CONCEIVE

Let's stop guessing about your gut.

Bloating most days. Bowels that never quite settle. Feeling “off” after meals and being told it’s just stress. If that sounds familiar, you’re not alone. This guide walks you through the gut testing I use, what it can show, and how we turn your results into a plan that fits your real life.

Why your gut matters

Nutrient absorption

Your gut is where the nourishing food you eat is actually absorbed and put to work.

Inflammation & immunity

Much of your immune system sits along the gut lining, so gut balance can influence inflammation right through the body.

Hormone balance

Gut microbes help process and clear hormones like oestrogen, so gut health and hormone health are closely linked.

Could this be for you?

- ✓ You're bloated most days, not just after a big meal
- ✓ You “eat healthy” and still don't feel right
- ✓ You're preparing for pregnancy or IVF and want strong foundations
- ✓ You'd simply like a baseline of your gut health
- ✓ Your bowels swing between constipated and loose
- ✓ You've had lots of antibiotics over the years
- ✓ You have hormonal concerns and want the bigger picture

You don't need symptoms to test, and you don't need a test to start feeling better. On a free discovery call I'll tell you honestly which option suits you.

THE TEST I USE

Advanced Microbiome GutIQ

An at-home stool test through i-screen, an Australian health testing service. Most stool tests check a set list of organisms. This one reads *all* the microbial DNA in your sample (shotgun sequencing), screening against more than 28,000 species, so it isn't limited to what it was designed to find.

Collected at home

One sample, no clinic visit

Results in about 2 weeks

What it looks at

01

Diversity

How many different species live in your gut and how evenly they're balanced, scored so we can track change over time.

02

Beneficial bacteria

Levels of helpful species such as Bifidobacterium, Lactobacillus, Akkermansia and Faecalibacterium.

03

Gut function

Markers for inflammation (calprotectin), digestion (pancreatic elastase), gut immunity (secretory IgA) and the gut barrier (zonulin).

04

Short-chain fatty acids

What your microbes make when they ferment fibre. Butyrate, one of four measured, fuels the cells lining your colon.

05

Unwanted guests

Screening for harmful bacteria, gut viruses, yeasts such as Candida, parasites, worms and H. pylori.

06

Microbe activity

What your microbes can produce, like histamine, plus beta-glucuronidase, an enzyme involved in recycling oestrogen.

Your results arrive as an interactive report, grouped into areas like digestion, inflammation, metabolism, the gut-brain axis and hormone balance. I'll walk you through every part of it in plain English.

Good to know

- **It's not a diagnosis.** A microbiome test describes your gut community. It's most useful read alongside your symptoms, history and professional guidance.
- **It's not bowel cancer screening.** Blood in your stool, unexplained weight loss, ongoing pain or a lasting change in bowel habits? Please see your GP first.
- **Some infections are notifiable.** If one is found, the lab reports it to public health as required by law, and I'll ask you to take that result to your GP.

WORKING TOGETHER

How it works

- 1 Free discovery call**
A relaxed chat about your gut, your goals and which option suits you. No pressure.
- 2 Initial consultation**
We go through your symptoms, health history, eating patterns and lifestyle in detail.
- 3 Test at home (Advanced Gut Health Investigation)**
Your kit is posted to you with clear instructions, including anything to pause beforehand. Collect one sample, refrigerate it and post it back the same day.
- 4 Results in about two weeks**
The lab analyses your sample, and I review your full report before we meet.
- 5 Your personalised plan**
Your Gut Health Nutrition Protocol with realistic food and lifestyle steps, then a follow-up consultation and ongoing support.

Two ways to work on your gut

Gut Health Assessment

\$349

Personalised gut support based on your symptoms, history and lifestyle. No testing needed.

- ✓ Comprehensive gut health assessment
- ✓ Nutrition & lifestyle review
- ✓ Personalised Gut Health Nutrition Protocol
- ✓ Follow-up consultation & ongoing support

Advanced Gut Health Investigation

\$999

Includes GutIQ test

For deeper insight: advanced microbiome testing plus a plan built on your results.

- ✓ Initial consultation
- ✓ Advanced Microbiome GutIQ stool test
- ✓ Comprehensive results interpretation
- ✓ Protocol based on your results
- ✓ Follow-up consultation & ongoing support

Existing Nourish Method™ clients receive preferred pricing. Payment plans may be available.

Not sure which is right for you?

Book a free discovery call and we'll work it out together.

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