



GUT MICROBIOTA AND ALLERGIES:

What You Should Know



RASH



ITCHING



RUNNY NOSE



SNEEZING



ABDOMINAL PAIN



RED EYES,
LACRIMATION

- A healthy gut can help prevent or reduce symptoms of allergies like sneezing, skin rashes, or asthma.

- Gut bacteria support “immune tolerance”—a balance that keeps your immune system from overreacting.

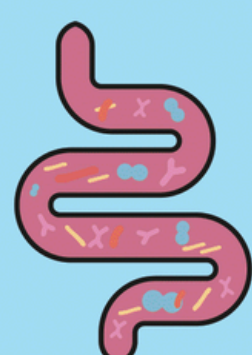


Early Gut Care Matters

- **Breastfeeding** and **fiber-rich diets** are key to building a healthy gut from the start.



- Good bacteria in your gut produce (SCFAs) **Short-Chain Fatty Acids**, which reduce inflammation linked to allergic conditions.



Support Your Gut Health



- **Consult Your Doctor**
Ask how gut health can influence your allergies.



- **Eat Smart**
Add more whole foods and fiber to your meals.

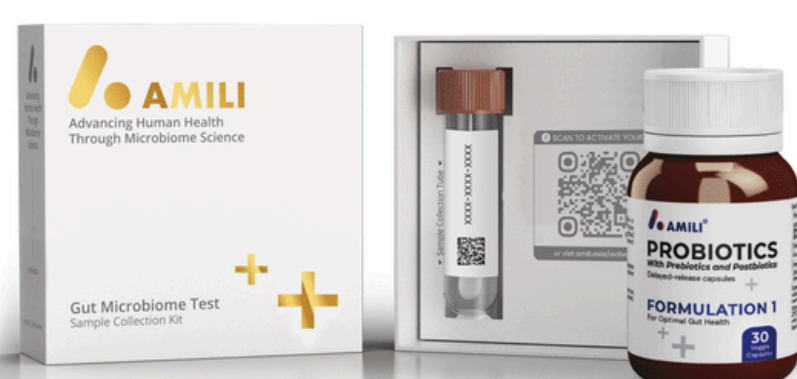


- **Stay Active**
Physical activity supports a healthy gut environment.



- **Manage Stress**
Stress impacts gut health and, in turn, your immunity.

Order Your Gut Health Test Kit Today!



Take the first step toward better health—talk to your doctor about the Gut Health Test Kit.



Scan to learn more!



Gain insights into how your gut affects your brain health.



Disease risk profiling (diabetes, colon cancer, and more)



20+ reports across 3 health categories (Brain, Gut, Metabolism)



Gut health optimisation with personalised dietary recommendation



AUTOIMMUNE HEALTH AND YOUR GUT

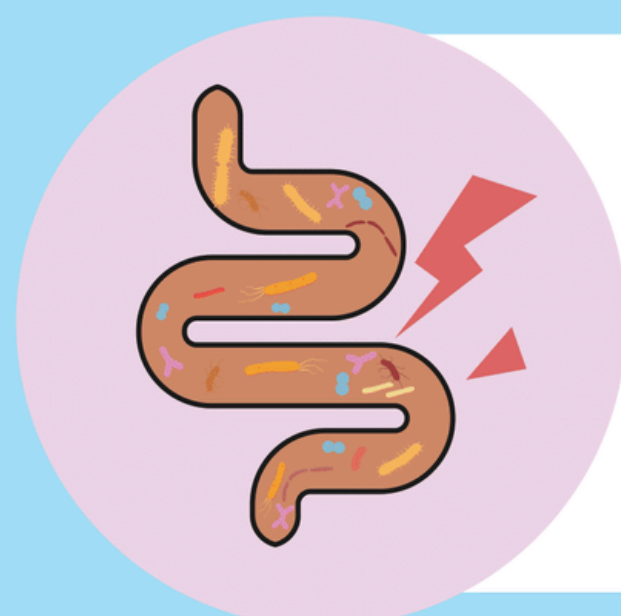
Discover the Key to Balancing Immunity

Autoimmune diseases happen when your immune system attacks your own healthy tissues, causing inflammation and organ damage.



~3% – 5%

Affected by
autoimmune disorders.



- An **unbalanced gut microbiome** can trigger autoimmune conditions like rheumatoid arthritis, lupus, or IBD.
- Maintaining gut health helps **control** inflammation and **prevent** flares.
- **Your gut** produces anti-inflammatory molecules like Short-Chain Fatty Acids (SCFAs) that **support a strong immune system**.

How Can You Support Your Gut?



✓ Include fiber-rich foods like fruits and vegetables.



✓ Add probiotics (yogurt, supplements) and prebiotics to your diet.



✓ Avoid overusing antibiotics—they can disrupt gut balance.



✓ Manage stress, sleep well, and stay active.

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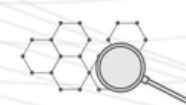
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HOW YOUR MICROBIOTA AFFECTS YOUR PAIN

Your Gut's Role in Pain and Mood

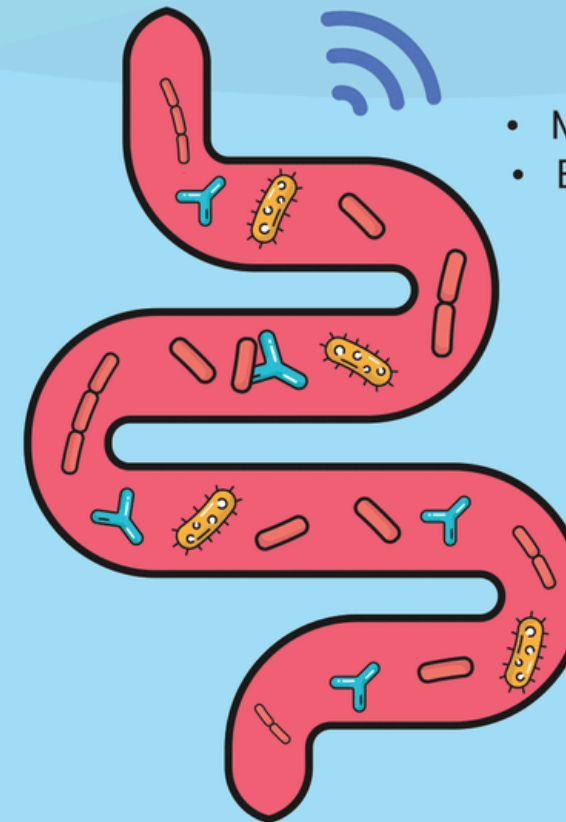
Your gut bacteria help produce serotonin, a chemical that affects your mood and how you feel pain and organ damage.

Neurotransmitters:

- Emotion
- Anxiety
- Hunger
- Mood
- Behaviour

Controls Pain:

- Microbial balance
- Enzyme secretion
- Gut motility



~2.7%
GLOBAL POPULATION
▼
FIBROMYALGIA



Fibromyalgia symptoms:

- Muscle stiffness
- Widespread pain
- Joint stiffness
- Headaches
- Sleep issues
- Fatigue
- Mood disorders
- Cognitive problems

How Can Healthy Gut Microbiome?



✓ Exercise regularly



✓ Reduce processed food & sugar



✓ Try to minimise stress



✓ Probiotics & fermented food in your diets

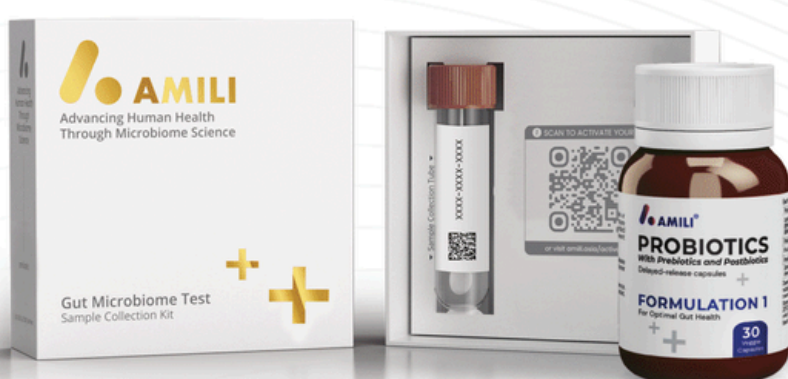


✓ Eat a range of fresh, whole food



✓ Get good rest and sleep

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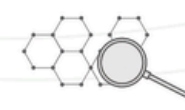
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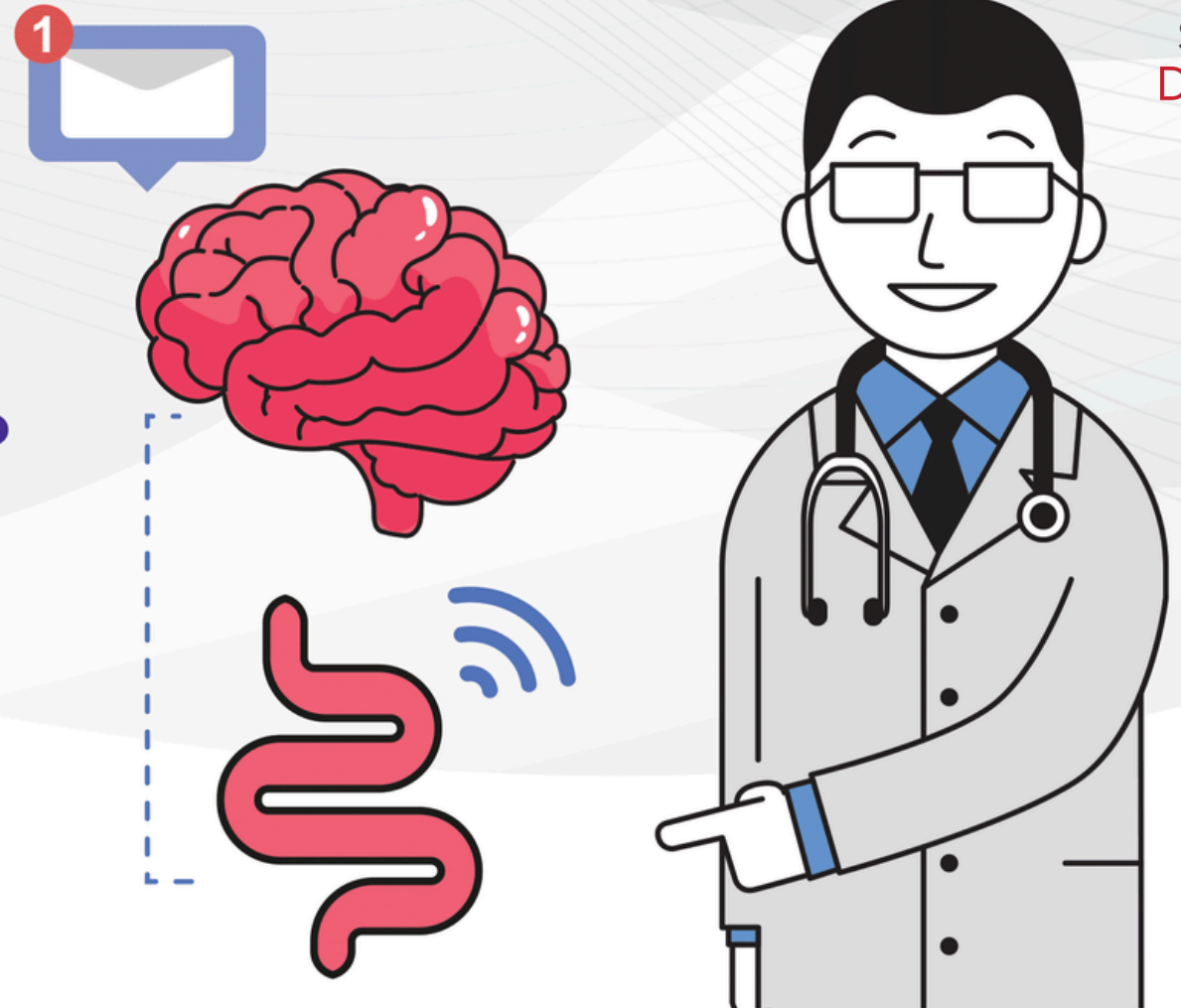
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DID YOU KNOW... Our Gut Talks to Your Brain?



Why is gut health SO IMPORTANT?

Research has shown that the gut works closely with your immune system to protect your body and maintain overall health.



95%

of your bacteria
are located in
the gut

😊😊
~95%
of total body
serotonin



70%

of the immune
system is located
in the gut



Gut microbes
educate and
support your
immune system.



Inflammation is part of
your immune response.
Prolonged inflammation
can harm your gut and
increase the risk of
certain conditions.

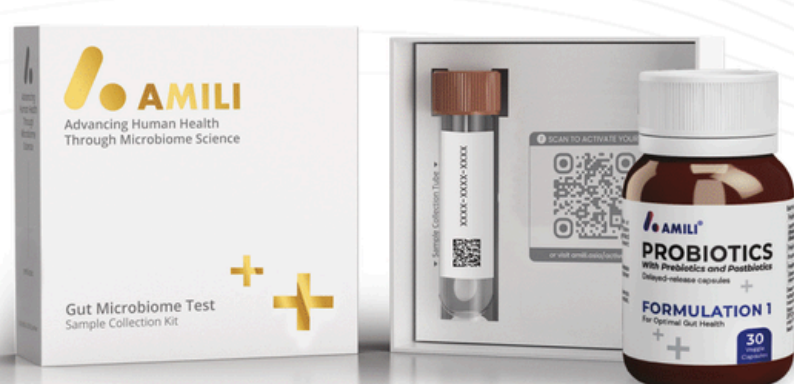


Dysbiosis and Fibromyalgia:

A gut bacteria imbalance can cause inflammation, tiredness, and pain linked to fibromyalgia - causes widespread pain, fatigue, and brain fog.



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