

The **Gut stool** lab test is a comprehensive stool analysis that assesses microbiome diversity, pathogens, digestion, inflammation, immune response, and metabolic markers. I would recommend running a **Gut Stool lab** for the following health issues:

Gastrointestinal Issues

- Chronic bloating
- Gas and indigestion
- Diarrhea or constipation
- Irritable Bowel Syndrome (IBS)
- Small Intestinal Bacterial Overgrowth (SIBO)
- Leaky gut syndrome
- Gastroesophageal Reflux Disease (GERD)
- Inflammatory Bowel Disease (IBD), including Crohn's and ulcerative colitis
- Food sensitivities and intolerances
- Chronic nausea

Autoimmune & Inflammatory Conditions

- Hashimoto's thyroiditis
- Rheumatoid arthritis
- Lupus
- Multiple sclerosis
- Psoriasis and eczema
- Ankylosing spondylitis
- Fibromyalgia

Neurological & Mental Health Conditions

- Anxiety and depression
- Brain fog
- Poor memory and concentration

- Autism spectrum disorder (ASD)
- Attention-deficit/hyperactivity disorder (ADHD)
- Parkinson's disease
- Multiple sclerosis

Metabolic & Endocrine Disorders

- Insulin resistance and diabetes
- Metabolic syndrome
- Unexplained weight gain or difficulty losing weight
- Hormonal imbalances (e.g., PCOS, estrogen dominance, low testosterone)

Immune System Dysfunction

- Chronic fatigue syndrome
- Frequent infections or low immunity
- Chronic sinus issues
- Seasonal allergies
- Long COVID or post-viral fatigue

Skin Conditions

- Eczema
- Psoriasis
- Acne
- Rosacea

Chronic Infections & Toxic Burden

- Candida overgrowth
- Parasitic infections
- Helicobacter pylori (H. pylori)
- Clostridium difficile (C. diff)
- Mycotoxin exposure
- Heavy metal burden

Unexplained Symptoms

- Chronic inflammation
- Unexplained nutrient deficiencies (B12, iron, vitamin D)
- Poor detoxification symptoms
- Persistent joint pain or muscle aches