



# What a GI-MAP Test Covers

## 1. Gut Microbiome Balance (Good vs. Bad Bacteria)

The test measures the types and levels of bacteria living in your gut, including beneficial and harmful species.

Examples:

- Beneficial bacteria (e.g., Lactobacillus, Bifidobacterium)
- Opportunistic bacteria that can overgrow
- Keystone bacteria important for gut stability
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Why it matters:

- Healthy bacteria help digest food, produce vitamins, and regulate inflammation.
- Imbalances (called dysbiosis) are linked to:
  - IBS
  - autoimmune disease
  - metabolic issues
  - mood disorders

## 2. Pathogens and Infections

GI-MAP screens for organisms that can cause gut illness.

These include:

Bacteria

- H. pylori
- C. difficile
- pathogenic E. coli

Parasites

- Giardia
- Blastocystis
- worms

Viruses

Fungi / yeast

- Candida

Why it matters:

- These infections often cause:
  - bloating
  - diarrhea or constipation
  - fatigue
  - brain fog
  - nutrient deficiencies

Many of these don't show up on standard stool tests.



### **3. Inflammation in the Gut**

Markers indicate whether the gut lining is inflamed.

Common markers:

- Calprotectin
- EPX (eosinophil activity)

Why it matters:

- Chronic gut inflammation is linked to:
  - inflammatory bowel disease
  - autoimmune conditions
  - systemic inflammation

### **4. Immune Function in the Gut**

The test measures how the immune system in the gut is functioning.

Examples:

- Secretory IgA (sIgA)
- Anti-gliadin antibodies

Why it matters:

- About 70% of the immune system is located in the gut.
- Problems here can contribute to:
  - food sensitivities
  - chronic infections
  - weakened immunity

### **5. Digestive Function**

GI-MAP checks how well your body is breaking down food.

Key markers:

- Pancreatic elastase – enzyme production
- Steatocrit – fat digestion
- Beta-glucuronidase – detox and hormone metabolism

Why it matters:

- Poor digestion can lead to:
  - malabsorption
  - low energy
  - vitamin deficiencies
  - gut bacterial imbalance



## 6. Gut Barrier Health (“Leaky Gut”)

Some versions test markers like zonulin that indicate intestinal permeability.

Why it matters:

- A damaged gut barrier can allow toxins and food particles into the bloodstream.
- This is linked to:
  - autoimmune disease
  - chronic inflammation
  - allergies

## Why This Test Matters for Overall Health

Your gut influences far more than digestion.

A healthy microbiome impacts:

### 1. Immune system

~70% of immune cells reside in the gut.

### 2. Brain health

Gut microbes influence:

- neurotransmitters
- mood
- anxiety
- brain fog
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### 3. Metabolism

Gut bacteria affect:

- weight regulation
- insulin sensitivity
- inflammation

### 4. Hormones

The gut helps regulate estrogen metabolism and detoxification.

### 5. Skin health

Many skin conditions trace back to gut inflammation.





## Why Many Functional Doctors Use It

A GI-MAP can help identify root causes of chronic symptoms, such as:

- IBS
- bloating
- food sensitivities
- autoimmune disease
- chronic fatigue
- brain fog
- skin issues

Instead of treating symptoms, practitioners use the results to create targeted protocols (diet, probiotics, antimicrobials, enzymes, etc.).

Simple way to think about it:

A GI-MAP is like a complete ecosystem report of your gut, showing:

- who lives there
- who shouldn't be there
- whether the gut is inflamed
- whether digestion and immunity are working properly.