**What is a GI Effects® Profile?**

A GI Effects® Profile is a highly detailed stool test that is taken to monitor your gastrointestinal health. The stool is analyzed in order to detect the presence of bacteria, parasites or any imbalances in your digestive tract. When it comes to a microscopic, comprehensive look at your gut health, this test can give you optimal results. Specifically, it measures gastrointestinal health based on three different factors:

* Digestion/absorption
* Inflammation/immunology
* Gut microbiome

**Why is a GI Effects® Profile Useful?**

When it comes to the gastrointestinal system, it can be a mystery. There are so many factors that can play a part in your digestive health, causing a gamut of symptoms. You may find yourself dealing with nausea that keeps you from getting anything into your system for an extended period of time. On the other end of the spectrum, everything you eat may quickly run through your system and become diarrhea. You may experience severe cramping no matter what you do to manage your symptoms.

When your digestive system is in trouble, it may lead to dehydration and malnutrition. It's a serious problem if you don't stay on top of it, figure out exactly what is wrong and find an effective treatment plan. A GI Effects® Profile is the first step in pinpointing what is wrong so that our clinicians can form a plan of action to help you take control of your gut health.

**What Can the Test Detect?**

A GI Effects® Profile can help our medical team determine if you have celiac disease, irritable bowel syndrome, inflammatory bowel syndrome or an autoimmune condition that has affected your gastrointestinal health. You may have diabetes or a cardiovascular disease that has caused a trickledown effect, producing unappealing digestive problems. Even mood disorders and autism could be related to your symptoms.

This test can help our clinicians get an up close and personal look at what is going on in your gut, why you are feeling the way that you do and what can be done to resolve the problem.

For your overall well-being, it is important that you stay on top of your symptoms before they make you extremely ill. Battling with gastrointestinal problems isn't pleasant and it can truly be draining. A GI Effects® Profile can help you find the answers you seek so you can take a step in the right direction toward feeling better.

**Ask About a GI Effects® Profile**

If you have been battling with gastrointestinal issues and nothing has helped, talk to our clinicians at Better Life Carolinas about a GI Effects® Profile. Request this helpful test to monitor your gut health. If you have bacteria, parasites or an underlying condition that is affecting your digestive balance, this test can help our team find solutions that will work for you to address your symptoms. We have locations in Charleston and Charlotte. Contact us today to schedule your consultation.