



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

### GI Map

The GI Map is a stool test that looks for the DNA of various bacteria, pathogens, viruses, and more. In addition to testing for harmful bugs, it also looks for the DNA of beneficial bacteria and yeast.

The GI Map also tests for Secretory IgA, which are basically little soldiers that live outside your gut that peek in every once in a while to see what's going on. If there is something amiss (bad bacteria/pathogens/viruses/parasites), these soldiers communicate with your immune system to destroy the threat. Low secretory IgA can then be translated to a weaker immune system.

In addition, the GI Map also tests for Zonulin, which is a protein that permeates your gut lining when it is damaged. The theory is, the higher your level of zonulin, the leakier your intestines are. So far, this seems to be the only scientific measure that I know of to determine whether or not an individual has leaky gut syndrome. Most western medical doctors do not recognize it as an indication of leaky gut, and many don't believe leaky gut exists.

The GI Map is probably the most helpful test a human can do in understanding what is happening inside their gut.

**How the GI Map Differs from a Regular Stool Test:** A standard stool test (recommended by most gastroenterologist and western medical doctors) looks for actual specimens. Meaning, a lab technician sifts through your stool to see if they can find parasites and ova (eggs). If there are none present in your stool, or if the lab technician is inexperienced in looking for such things, your result comes back negative. Based on this information, you can probably see how inaccurate a regular stool test is.