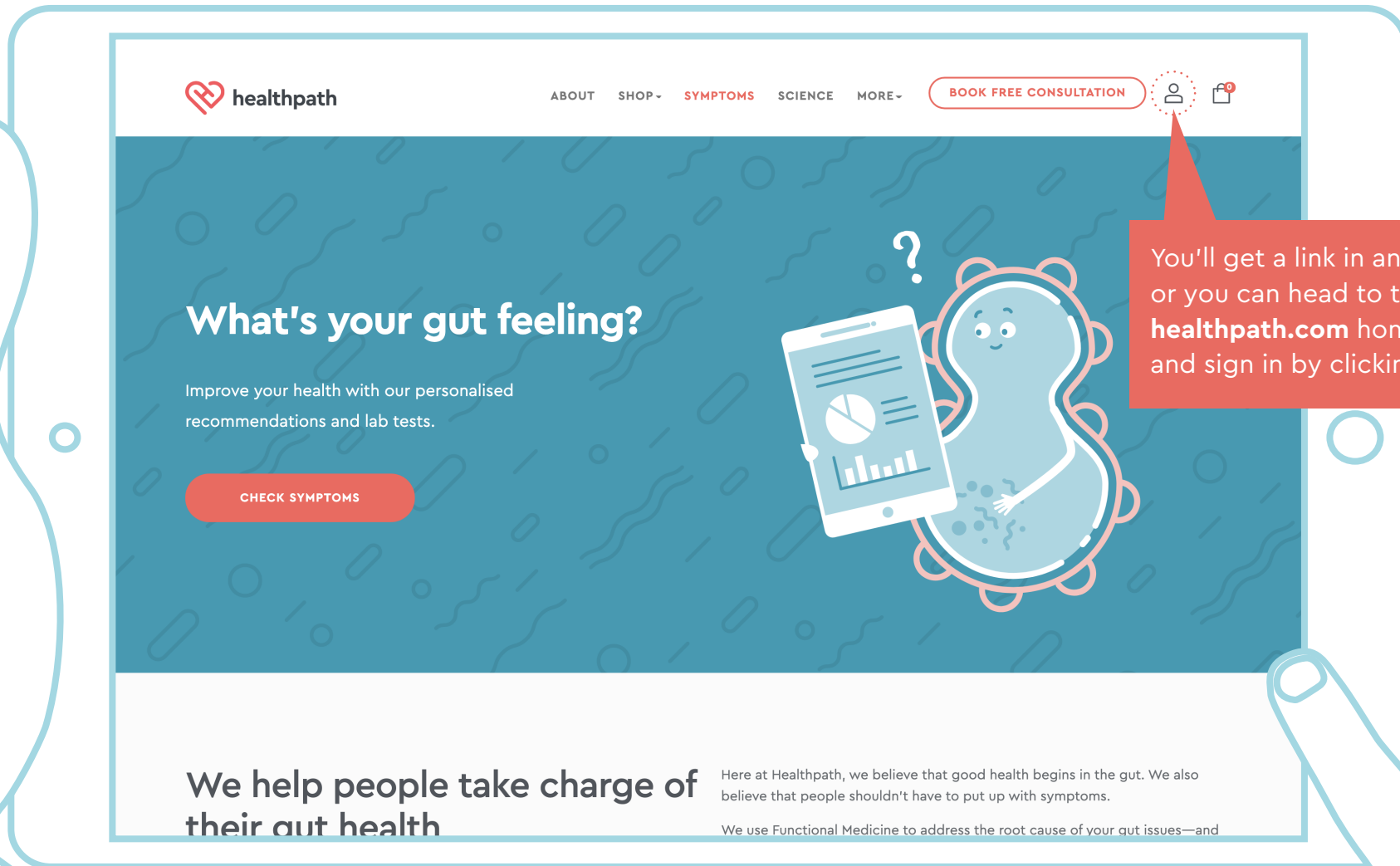


Your Healthpath Dashboard: A QUICK GUIDE

Ultimate Gut Health Test
Advanced Gut Health Test
Essential Gut Health Test

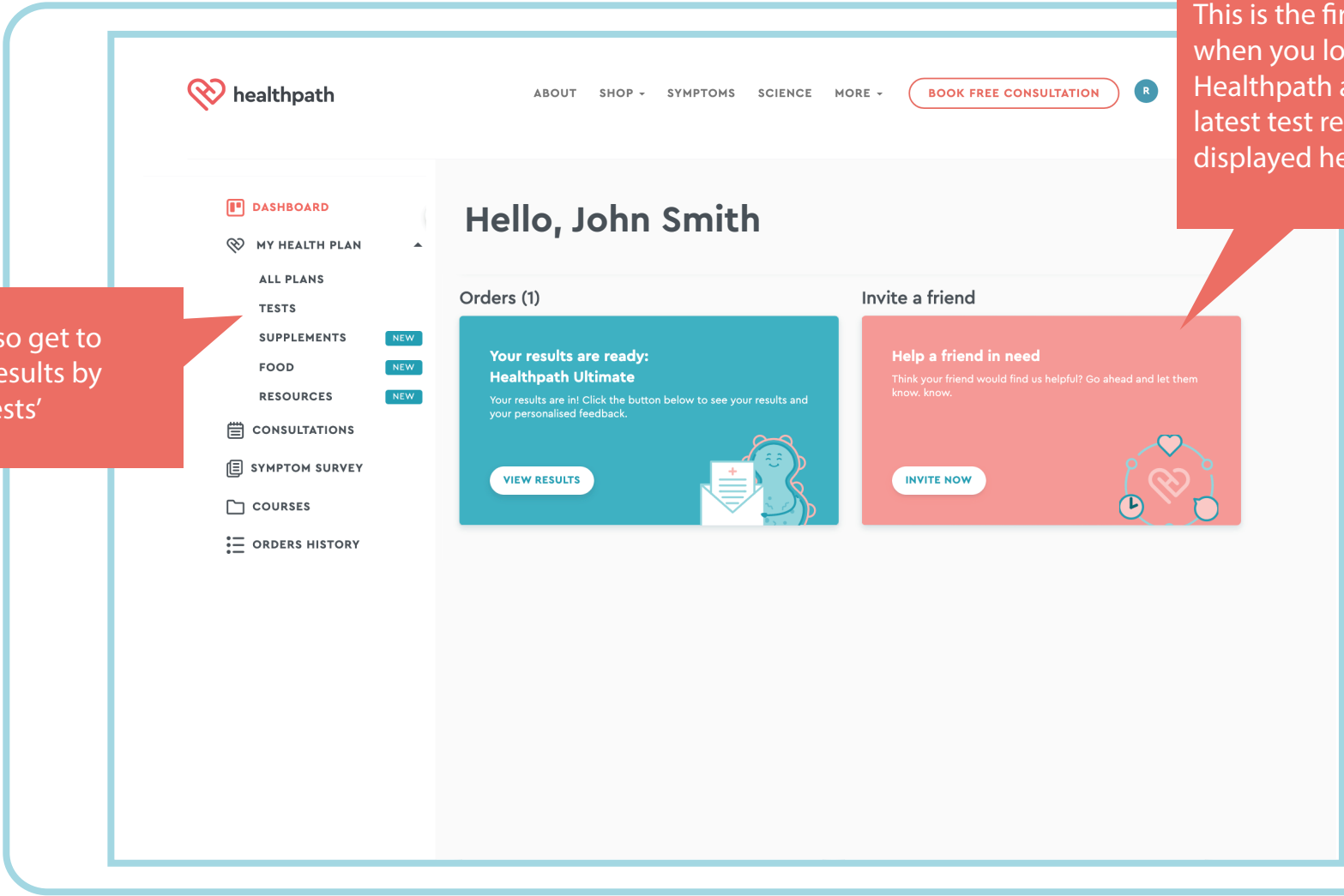


Healthpath homepage

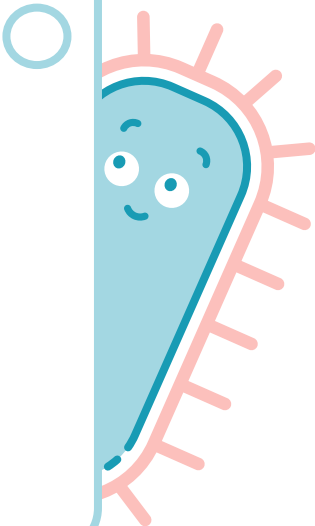


Welcome page

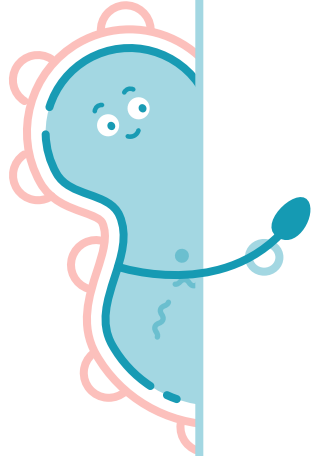
You can also get to your test results by clicking 'Tests'



This is the first page you see when you log into your Healthpath account - your latest test results will be displayed here



Summary of your tests results



healthpath

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Tests > Ultimate Gut Health Test

Practitioner notes

Dear Richard,

Please find your Healthpath Stool Report attached.

The main findings include:

- Good microbiome diversity.
- Low levels of Akkermansia – a key bacteria which helps maintain a healthy gut lining.
- High secretory IgA indicating a degree of immune activity – more information that perhaps the gut lining is sub-optimal in health.
- High zonulin indicating leaky gut – again showing the gut lining needs support.
- No parasitic infection.
- No yeast/fungal overgrowth.
- No real bacterial overgrowth.

Your program has been designed based on these results and your completed symptom survey and includes:

- A product called Mega Mucosa to support a healthy gut lining.
- 2 probiotics to support a healthy gut lining and microbiome.
- NAC – an anti-oxidant and anti-inflammatory molecule that has been demonstrated to be of benefit in various conditions including mental health.
- Omega 3 – some people find high dose omega 3 helpful.

If we can be of any further support please do contact us, and we wish you all the best on your health path.

Warmest regards,
Richard
Richard Nehme
Your practitioner

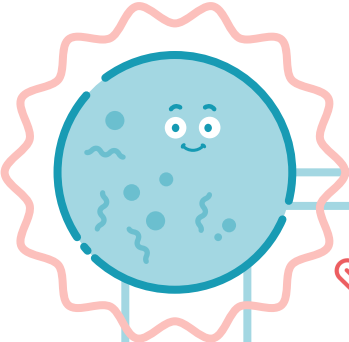
[NEXT >](#)

Once you've clicked into your test results, the first thing you'll see is a personal note from your practitioner

Click here to go to the next page of your results

Overview page

The bar at the top lets you know where you are in your results. You can click the 'NEXT' button to get to the next page, or click the page you want directly on the bar



In range page

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Tests > Ultimate Gut Health Test

Notes Overview **In range** Out of range Next steps

Results - in range

Show detailed description No

DOWNLOAD LAB REPORT

PREV NEXT

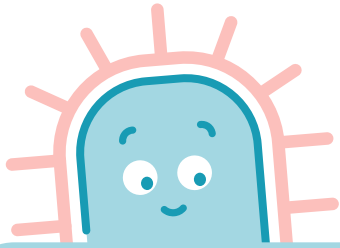
Bacterial distribution

Bacteroidetes	Optimal	
Fusobacteria	Optimal	
Firmicutes/Bacteroidetes ratio	Optimal	

Bacteroidetes

Bacteroides	Optimal	
Prevotella	Optimal	

You can download the original lab report here



Out of range page

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Tests > Ultimate Gut Health Test

Notes Overview In range **Out of range** Next steps

Results - out of range

Show detailed description Yes

DOWNLOAD LAB REPORT

< PREV

NEXT >

Bacterial distribution Out of range

Actinobacteria

Actinobacteria produce short-chain fatty acids, which reduce the pH within the intestines. A lower pH is a good thing because it helps to prevent the growth of bad bacteria.

Low levels of Actinobacteria may predispose a person to intestinal inflammation. Low levels of Bifidobacteria (a type of Actinobacteria) are seen in IBS, IBD and colon cancer. Taking antibiotics can reduce Bifidobacteria.

Firmicutes Borderline low

Several species of Firmicutes break down complex carbohydrates to produce a short-chain fatty acid called butyrate. Butyrate nourishes the intestinal lining, helping to prevent leaky gut.

Studies have found that Firmicutes tend to be reduced in people with irritable bowel disease.

Proteobacteria Borderline high

Proteobacteria are normal residents of the gut microbiome.

Next steps page

The screenshot shows the Healthpath website interface. At the top, the logo 'healthpath' is on the left, and navigation links 'ABOUT', 'SHOP', 'SYMPTOMS', 'SCIENCE', and 'MORE' are in the center. A 'BOOK FREE CONSULTATION' button is on the right. Below the header, a teal bar contains 'THE UK GUT HEALTH EXPERTS' and 'OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 1693'. The main content area is titled 'Next steps' under the breadcrumb 'Tests > Healthpath Ultimate Gut Health Test'. A sub-menu includes 'Notes', 'Overview', 'In range', 'Out of range', and 'Next steps'. The 'Next steps' section features a large '01' and the heading 'Read your health plan', with a 'VIEW PLANS' button. Below this, text explains that a bespoke health plan has been created. At the bottom of the section are 'BACK TO RESULTS' and 'RETURN TO DASHBOARD' buttons. A red callout box points to the 'VIEW PLANS' button with the text: 'View Plans' to see your tailored health plan, where you can view and download your meal plan, supplement protocol and recommended resources. A cartoon illustration of a smiling gut cell is in the bottom left corner.

Your plans

Here, you'll see all your health plans - these have been created by a practitioner based on your test results and symptoms

You can view your plan at any time by clicking 'My Health Plan' then 'All Plans'

The screenshot shows the 'Your plans' page on the healthpath website. The navigation menu on the left includes: DASHBOARD, MY HEALTH PLAN (selected), ALL PLANS, TESTS, SUPPLEMENTS (NEW), FOOD (NEW), RESOURCES (NEW), CONSULTATIONS, SYMPTOM SURVEY, COURSES, and ORDERS HISTORY. The main content area displays 'Your plans' and 'All your plans (4)'. Below this is a table with the following data:

NAME	GOAL	DATE RECEIVED	ACTIONS
Plan - 09 Feb 2023	Addressing your symptoms and r...	09/02/2023	VIEW ⋮
Plan - 22/11/22	Addressing your symptoms and r...	22/11/2022	VIEW ⋮
Plan - 19/05/22	Addressing your symptoms and r...	19/05/2022	VIEW ⋮
Plan - 07/04/21	Addressing your symptoms and r...	07/04/2021	VIEW ⋮

Showing 1 to 4 of 4 entries

Page navigation: < 1 >

Your plan summary

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THE UK GUT HEALTH EXPERTS OPEN FROM 9:00AM-5:30 PM MON-FRI +44 (0)207 193 16

Plan - 09 Feb 2023

[DOWNLOAD PDF](#)

- DASHBOARD
- MY HEALTH PLAN
 - ALL PLANS
 - TESTS
 - SUPPLEMENTS NEW
 - FOOD NEW
 - RESOURCES NEW
- CONSULTATIONS
- SYMPTOM SURVEY
- COURSES
- ORDERS HISTORY

Plan goal

Addressing your symptoms and results

Plan summary

Dear Client,

I have created your program based on your test results and your symptom survey. It is designed to balance your microbiome and support your gut health, addressing the findings in your test results and reducing your headaches, constipation and bloating.

It includes food and supplement recommendations, plus educational resources, tailored to you and your needs. You will see these in various sections below. I recommend you follow this program for 8 to 12 weeks.

What happens next

Grab a cuppa, and read through your results and your health plan. Along with the food and supplements, spend time with the resources — education is key to the next steps of your journey.

This is a great way to set yourself up for success.

Getting help

Your plan has everything you need to get started. But we're here to help if you need us.

Package price summary

Supplements	£42.82
Total	£42.82
splitit	FROM £10.71 PM

[ADD ALL TO BASKET](#)

You can download your full plan as a PDF here

Scroll down the page to see your plan or click on individual areas of your plan here

You'll see a personalised summary of your plan from your practitioner, plus a plan goal

Your recommended supplements

Here, your practitioner will include an overview of your supplement recommendations and any important notes

View individual supplements, your recommended dosage and instructions

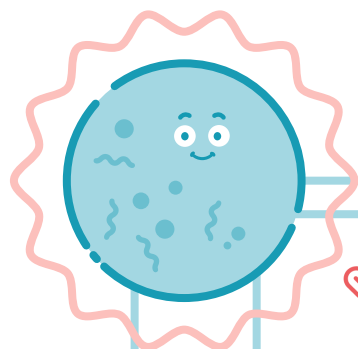
Add individual supplements straight to your basket or click 'Add all to basket' and track your total here

The screenshot displays the 'Supplements' page on the healthpath website. The page features a navigation menu on the left with options like 'DASHBOARD', 'MY HEALTH PLAN', 'TESTS', 'SUPPLEMENTS', 'FOOD', 'RESOURCES', 'CONSULTATIONS', 'SYMPTOM SURVEY', 'COURSES', and 'ORDERS HISTORY'. The main content area is titled 'Supplements' and includes a 'Practitioner's notes' section with personalized advice. Below the notes, two supplement products are listed: 'Oregano Oil 30's' (30 Capsules, £7.04) and 'Vitamin D3 Liquid 22.5ml' (Liquid 22.5 ml, £21.13). Each product has an 'ADD TO BASKET' button. On the right side, a 'Package price summary' box shows a total of £42.82, with a 'splitit' option available from £10.71 PM, and an 'ADD ALL TO BASKET' button.

Your supplement protocol

See your personalised supplements protocol in full, including dosage, instructions and the duration of each supplement.

Download and print to keep on your fridge!



The screenshot displays the 'Your personalised supplements schedule' page on the healthpath website. The page is divided into a left sidebar, a main content area, and a right sidebar.

Left Sidebar: Contains navigation links: DASHBOARD, MY HEALTH PLAN, ALL PLANS, TESTS, SUPPLEMENTS (NEW), FOOD (NEW), RESOURCES (NEW), CONSULTATIONS, SYMPTOM SURVEY, COURSES, and ORDERS HISTORY.

Main Content Area: Titled 'Your personalised supplements schedule', it includes a reminder: 'Remember, this recommendation is bespoke to you. Supplement duration will vary and multiple purchases may be required'. It is divided into two sections: 'Breakfast' and 'Lunch'. Each section contains a table of supplements.

SUPPLEMENT	DOSAGE	DURATION
Oregano Oil 30's	1 capsule, 3 times a day	8 weeks
Take these with food.		
Vitamin D3 Liquid 22.5ml	2 drops per day	8 weeks
Take this as suggested and retest in 8 weeks.		

Right Sidebar: Titled 'Package price summary', it shows 'Supplements' for £42.82. The total is £42.82, with a 'splitit' option available from £10.71 PM. An 'ADD ALL TO BASKET' button is present.

Meal plans and resources

View your tailored meal plan at the bottom of your plan or using click 'Food' in the side menu

The screenshot displays the Healthpath website interface. At the top, there is a navigation bar with links for ABOUT, SHOP, SYMPTOMS, SCIENCE, and MORE, along with a 'BOOK FREE CONSULTATION' button and a user profile icon. The main content area is divided into three sections: 'Food', 'Resources', and 'Package price summary'. The 'Food' section features two meal plans: 'Modified Healthpath Plate - Vegan' and 'Healthpath Plate - Vegan'. The 'Resources' section lists 'Sleep Hygiene Guide' and 'Establish a Healthy Evening Routine Guide'. The 'Package price summary' section shows a total price of £42.82, with a 'splitit' option available from £10.71 PM. A side menu on the left contains various navigation options, with 'FOOD' highlighted. A red callout box points to the 'FOOD' option in the side menu, and another red callout box points to the meal plan titles in the 'Food' section. A third red callout box points to the 'Resources' section. A cartoon character is visible on the right side of the screen.

Food

Modified Healthpath Plate - Vegan
Meal plan
A vegan 6 - 8 week plan designed to help manage IBS and other digestive conditions.

Healthpath Plate - Vegan
Meal plan
A vegan food plan inspired by the principles of the Mediterranean Diet, naturally supportive for digestive health and a good progression from a more restrictive diet.

Resources

Sleep Hygiene Guide
Optimise your sleep with these practical tips.

Establish a Healthy Evening Routine Guide
Your essential guide to perfecting your evening routine.

Package price summary

Supplements £42.82

Total £42.82
splitit FROM £10.71 PM

ADD ALL TO BASKET

DASHBOARD

MY HEALTH PLAN

ALL PLANS

TESTS

SUPPLEMENTS **NEW**

FOOD **NEW**

RESOURCES **NEW**

CONSULTATIONS

SYMPTOM SURVEY

COURSES

ORDERS HISTORY

Your practitioner has selected helpful resources to guide you on your journey

View in full by clicking on the meal plan or resource name

Your meal plan

healthpath ABOUT SHOP SYMPTOMS SCIENCE MORE [BOOK FREE CONSULTATION](#) R

Modified Healthpath Plate
[BACK TO FOOD RECOMMENDATIONS](#)

DASHBOARD
MY HEALTH PLAN
ALL PLANS
TESTS
SUPPLEMENTS **NEW**
FOOD **NEW**
RESOURCES **NEW**
CONSULTATIONS
SYMPTOM SURVEY
COURSES
ORDERS HISTORY

Attachments ▾
[VIEW GUIDE](#)
[VIEW RECIPES](#)

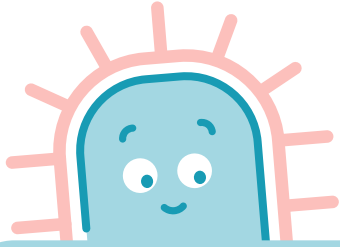
How this meal plan works
The Modified Healthpath Plate is based on the low-FODMAP diet, designed to remove 'FODMAP' foods in order to manage IBS and other digestive health issues. FODMAP stands for Fermentable Oligo-, Di-, Mono-saccharides And Polyols – put simply, they can trigger fermentation in the gut, which leads to flatulence, bloating and abdominal pain.

This food plan aims to remove FODMAP foods from your diet for 6 - 8 weeks, after which you will spend 4 - 8 weeks reintroducing FODMAP foods back into your diet, one at a time, and making note of any symptom flare-ups. Once you have finished reintroducing foods, you have completed the Modified Healthpath Plate and you can start to follow a normal healthy balanced diet; we recommend the Healthpath Plate.

You can get started with the two week vegan meal plan, complete with recipes and shopping lists, and then use the food lists, weekly planner and nutritional information to create your own meals.

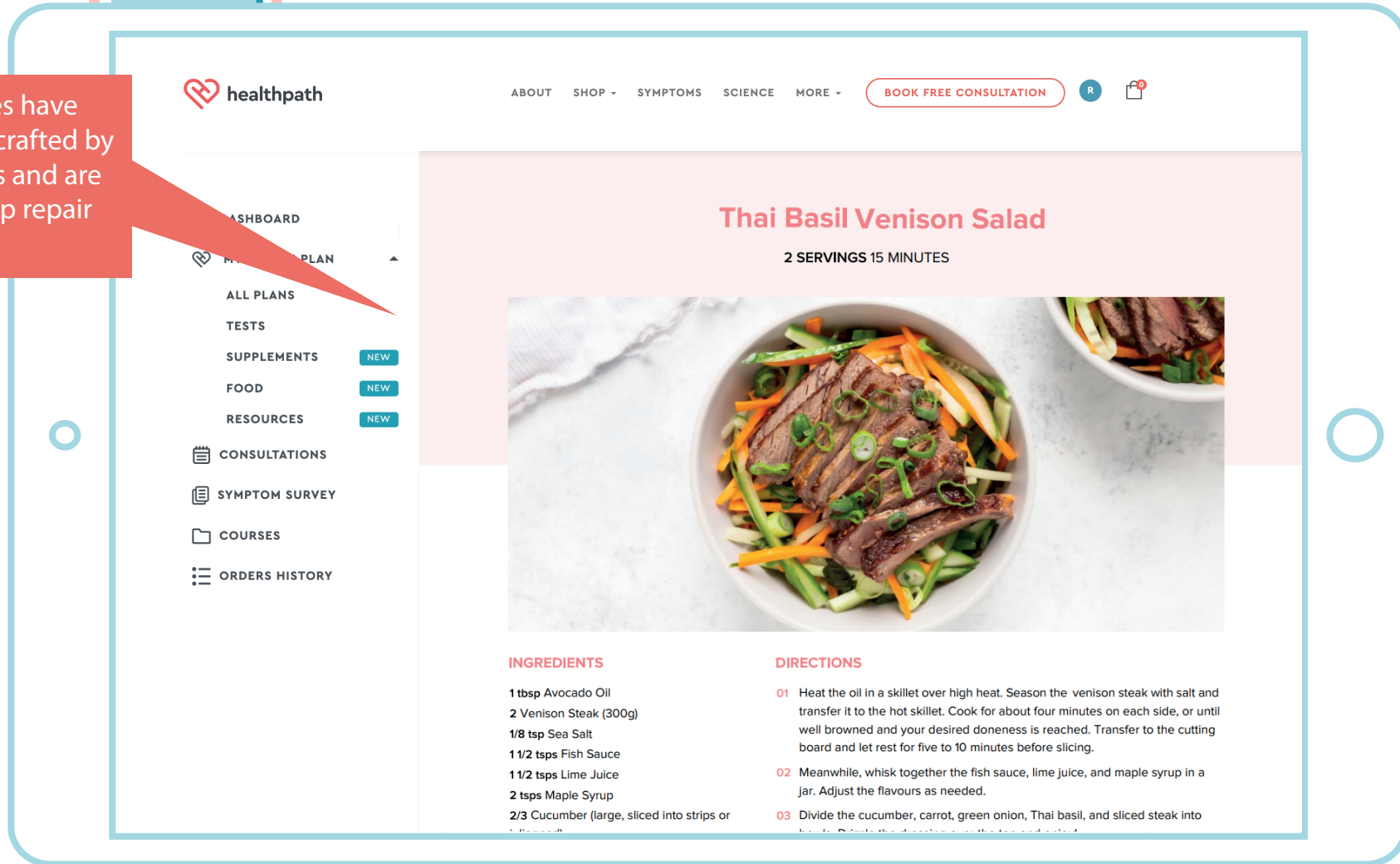
Click 'View Guide' to see more details on the modified Healthpath Plate, including meal tracker and shopping list, or 'View Recipes' to see your recipe booklet

Your meal plan page includes a summary and what to expect, what's included and any allergens to be aware of



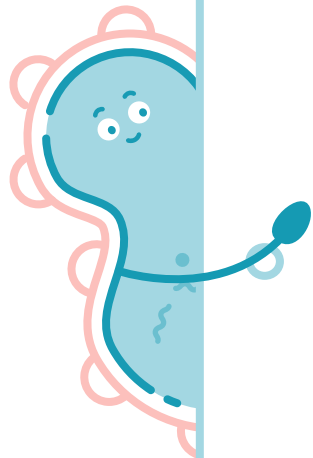
Out of range page

All of our recipes have been masterly-crafted by our nutritionists and are designed to help repair your gut



Your resources

Resources may include videos, podcasts, articles and guides in the form of PDF for you to download or print to refer back to



The screenshot shows the HealthPath website interface. On the left is a navigation menu with items: DASHBOARD, MY HEALTH PLAN, ALL PLANS, TESTS, SUPPLEMENTS (NEW), FOOD (NEW), RESOURCES (NEW), CONSULTATIONS, SYMPTOM SURVEY, COURSES, and ORDERS HISTORY. The main content area is titled 'Turning lessons into a lifestyle' and includes a sub-header 'Building RESILIENCE through' which branches into four categories: Diet, Mindset, Sleep, and Exercise. Each category has an icon and specific advice.

Diet	Mindset	Sleep	Exercise
Minimise problematic foods Eat a rainbow a day	Practise mindful eating Recognise that setbacks are part of your healing journey	Practise sleep hygiene	Walk 7,500-10,000 steps each day Increase your incidental and intentional

All of your resources have been hand-picked based on your symptoms and results