

Cure Gut Inflammation

[Functional medicine](#) entails a thorough comprehension of the genetic, biochemical, and lifestyle characteristics of each patient. Functional medicine doctors use that information to guide tailored treatment approaches that improve patient outcomes. Since gut health is pivotal to wellness, assessment of gut health is critical to functional medicine.

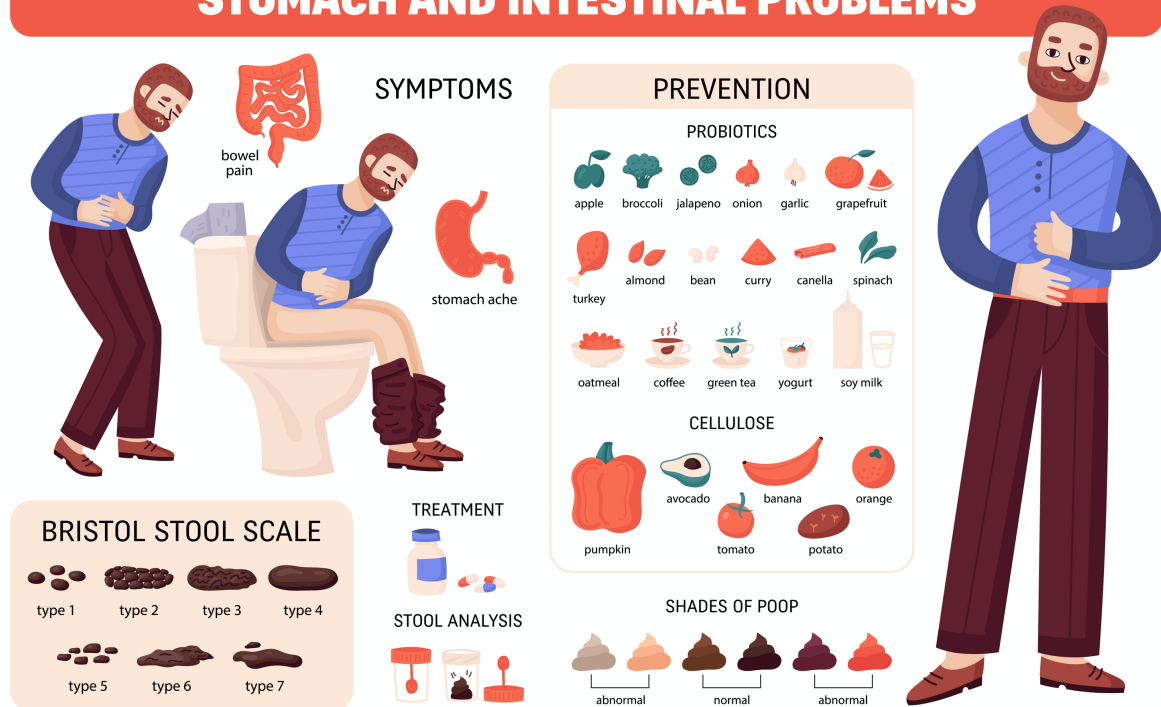
We are what we eat. Our gut is the entry point and the engine for everything that we eat. Therefore, we must invest in it and keep it in the best possible condition. When you revitalise your gut your foods become your medicine.



Many of us have undetected food sensitivities. The elimination diet can help with the diagnosis and treatment. We are what we eat, and what we consume has the potential to make us sick. Inflammation and the risk of sickness can be reduced by eating the correct meals. The elimination diet is an effective treatment for intestinal inflammation, sometimes known as "[leaky gut](#)." Many diseases are caused by [gut inflammation](#). Many chronic and disabling illnesses can be cured by removing the source of inflammation. This inflammation puts us at risk for many diseases and crippling ailments.

For that reason, you must rule out gut inflammation as the core cause of migraines, chronic fatigue, burnout, and obesity, which are all symptoms of leaky gut. Polycystic ovarian syndrome (PCOS), metabolic syndrome and other disorders may be caused by intestinal inflammation. The following are some of the associated conditions.

STOMACH AND INTESTINAL PROBLEMS



Food sensitivities are far more common than allergies, with a prevalence rate of 15-20%. Enzyme deficiencies (such as lactose intolerance), nutrient malabsorption, and reactivity to additives like sulphites or food colourings are all examples of food reactions.

The diagnosis of food intolerances is notoriously challenging. The elimination diet is the only reliable method of identifying them. There are, however, more specific laboratory tests that one can use. The elimination diet eliminates all dietary triggers, allowing you to create a diet that is unique to your body. 'Food becomes your medicine' when you follow this diet.

Live your best health

Invest in your gut to live your best health. The 'gut microbiome,' which is unique to you, is your gut engine. The microbiome in your stomach is as unique as your DNA. It's made up of trillions of microbes that dwell in your intestine. These microorganisms, which are mostly bacteria, play an important role in your health and well-being. The elimination diet heals the leaks in your gut and reduces inflammation. The diet ensures that your engine is in good working order. A healthy gut revitalises every system in your body.

Why not just take vitamins and supplements



An inflamed gut leaks. Patients with 'leaky gut' were the subjects of one study. Despite taking vitamins and dietary supplements on a daily basis, these individuals had significant levels of iron, calcium, vitamin B12, and vitamin D deficiency, as well as a high risk of malnutrition. In their pursuit for wellbeing, it is typical for people to 'let medicine be their meal.'

Blind consumption of vitamins and nutrient supplements may add no value to your health. You may also be taking additional nutrients into an unhealthy gut that cannot properly digest and absorb them.

Irritable bowel syndrome and migraine sufferers benefit from an elimination diet with the correct probiotics (IBS). One-third of individuals with diarrhoea-dominant or mixed-type IBS benefited from a gluten-free diet, according to one study.

The elimination diet has also been shown to help people lose weight and reduce their reliance on medicine for a variety of chronic diseases. Atopic dermatitis is a type of allergic dermatitis that affects people (eczema). After the diet, patients with diabetes, PCOS, Lupus, Crohn's disease, ulcerative colitis, rheumatoid arthritis, and metabolic syndrome reduced their medication use and improved their quality of life.

Read more on the [elimination diet](#).

Costs

A baseline risk assessment will be required, which will be carried out our functional medicine consultation rates. We do not accept medical aid as payment for our services. Fees must be paid immediately following each consultation.

We will also give you a cost estimate for any additional functional laboratory costs, genomics tests, injections and IV therapies required. The costs for conventional laboratory tests are payable directly to the laboratory. All products are available on a cash-on-delivery basis.

Some of Our Partners



Our functional medicine diagnostic tests get done at accredited laboratories like Lancet, Ampath, Fagron Genomics, Geneway, Biometrix, DNAlysis and MDS laboratories. We also source our high-quality products from renowned suppliers like Amipro Metagenics, Willow Wellness, Genologix, Xymogen, Idexis, Fagron and similar suppliers.

Contact Us

-  707 Josiah Gumede Road | Cowies Hill | Pinetown | 3610
-  Seda-eThekwini | 127 Johannes Nkosi Str. | Durban | 4000
-  0798957474
-  0313094484
-  info@livingfit-iq.co.za
-  www.livingfit-iq.co.za

Call us now

Invest in
your gut

Live your
best health