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The GI-MAP: Your Key to Unlocking Vibrant Health

Imagine waking up every day feeling energized, clear-headed, and free from the discomfort of bloating, constipation, or unpredictable digestion. The GI-MAP is here to make that vision your reality.

What is the GI-MAP?

The GI-MAP (Gastrointestinal Microbial Assay Plus) is a revolutionary stool test that provides a detailed look at your gut health. Using cutting-edge DNA technology, this test uncovers the root causes of chronic symptoms by analyzing the microbes living in your gut and evaluating key markers of digestion, inflammation, and immune function.

Think of it as a personalized health report for your digestive system—a tool that helps us understand what's really going on inside your gut so we can create a plan to help you feel your best.

How is the GI-MAP Done?

The GI-MAP is designed to be simple, private, and convenient. Here's how it works:

1. **Collect Your Sample:**

You'll receive a test kit with everything you need to collect a small stool sample at home. The instructions are clear and easy to follow, and the process is designed to be as mess-free as possible.



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2. **Send It to the Lab:**

Once you've collected your sample, you'll package it up and send it to the lab using a prepaid FedEx label. No need to drop it off anywhere—FedEx can even pick it up from your home.

3. **Get Your Results:**

The lab uses advanced DNA-based technology to analyze your sample and generate a detailed report. This report will be sent to me and I will review it with you and explain what the findings mean.

What Can the GI-MAP Uncover?

The GI-MAP provides a comprehensive overview of your gut health, evaluating several key areas:

1. **Pathogenic Microbes:**

These are the “bad guys” like harmful bacteria, viruses, parasites, and fungi that can cause infections or disrupt your gut balance.

2. **Opportunistic and Commensal Bacteria:**

These are the bacteria that are supposed to live in your gut, but if they're out of balance, they can cause problems. The test also looks at how well these bacteria are producing beneficial compounds like short-chain fatty acids (SCFAs).

3. **Immune Markers:**

It measures markers like secretory IgA (your gut's first line of defense) and anti-gliadin IgA (which can indicate sensitivity to gluten).

4. **Inflammation Markers:**

It checks for calprotectin, a marker of gut inflammation, which can help identify conditions like IBS or IBD.

5. **Digestive Function:**

It evaluates how well your pancreas is producing enzymes to break



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down food (e.g., pancreatic elastase), along with Steatocrit (fat malabsorption).

6. **Mucosal Barrier and Detox Capacity:**

It looks at markers that indicate how well your gut lining is functioning and whether it's protecting you from toxins and pathogens.

GI-MAP vs. Conventional Stool Tests

One of the most common questions people ask is, "How is the GI-MAP different from the stool tests I'd get through my doctor?" Here's the breakdown:

Conventional Stool Tests

- **Focus:** These tests are typically used to check for acute infections, like food poisoning or travel-related illnesses. They're looking for specific pathogens like *Salmonella*, *E. coli*, or *C. difficile*.
- **Technology:** Conventional tests often rely on older methods like culture or microscopy. For example, a stool sample might be cultured to see if a specific bacteria grows, or a lab technician might look at the sample under a microscope to check for parasites.
- **Results:** These tests are qualitative, meaning they give a simple "yes" or "no" answer—either the pathogen is present, or it's not.

GI-MAP

- **Focus:** The GI-MAP doesn't just look for infections—it evaluates the overall health of your gut. It provides a functional overview, highlighting imbalances and dysfunctions that could be contributing to chronic symptoms.
- **Technology:** The GI-MAP uses quantitative polymerase chain reaction (qPCR) technology to detect and measure microbial DNA with



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incredible sensitivity and specificity. It can identify as little as 0.1 cells per gram of stool, making it far more accurate for detecting low-level imbalances or overgrowths.

- Results: The GI-MAP provides quantitative results, meaning it doesn't just tell us *if* something is there—it tells us *how much* is there. This is crucial for understanding whether a microbe is truly problematic.
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Imagine Feeling Your Best Every Day

Close your eyes for a moment and imagine this:

- Waking up with energy that lasts all day—no more mid-afternoon crashes.
- Eating your favourite meals without the fear of bloating, gas, or discomfort.
- Feeling confident in your skin, free from acne, eczema, or rosacea.
- Thinking clearly and staying focused, without the foggy brain that slows you down.
- Enjoying regular, predictable digestion—no more constipation, diarrhea, or running to the bathroom at the worst times.

This isn't just a dream—it's what's possible when your gut is healthy and balanced. The GI-MAP is the first step toward making this your reality. By uncovering the root causes of your symptoms, we can create a personalized plan to help you heal and thrive.

Why the GI-MAP is a Game-Changer

If you've been feeling stuck or frustrated with your health, the GI-MAP can provide the clarity you need to move forward. Unlike conventional tests, which



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often come back “normal” even when you’re experiencing symptoms, the GI-MAP digs deeper. It can uncover hidden imbalances that might be contributing to issues like:

- Chronic bloating, diarrhea, or constipation
- Fatigue or brain fog
- Skin conditions like acne, eczema, or rosacea
- Anxiety, depression, or mood swings
- Hormonal imbalances or menstrual irregularities
- Autoimmune conditions

The GI-MAP doesn’t just tell us what’s wrong—it gives us the data we need to create a personalized plan to help you feel better.

Addressing Common Concerns

“I’m embarrassed about collecting a stool sample.”

You’re not alone—this is a common concern! The good news is that the process is completely private, and the kit is designed to make it as easy and mess-free as possible. Plus, you’re doing this for your health, and that’s something to be proud of.

“How do I know this test is accurate?”

The GI-MAP uses qPCR technology, which is highly sensitive and specific. It can detect even tiny amounts of microbial DNA, making it one of the most reliable stool tests available.

“Will this test diagnose me with a disease?”

The GI-MAP isn’t designed to diagnose specific diseases. Instead, it provides a functional overview of your gut health, highlighting imbalances and dysfunctions that could be contributing to your symptoms.



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"I've tried other tests before, and they didn't help."

Unlike many conventional tests, the GI-MAP doesn't just look for infections—it evaluates the overall health of your gut. This comprehensive approach means we can uncover issues that might have been missed by other tests.

Ready to Take the Next Step?

Your health is your greatest asset, and the GI-MAP is the tool that can help you protect it. If you're ready to uncover the root cause of your symptoms and start your journey to better health, the GI-MAP is here to help.

Imagine how good it will feel to finally have answers—and a plan that works.
