NORTH IOWA
HORMONE & WELLNESS
CLINIC

Discover the Root Cause of Your Symptoms with Organic Acid Testing (OAT)

Personalized Functional Medicine for Optimal Health

If you are struggling with fatigue, brain fog, digestive issues, hormone imbalances, mood concerns, or unexplained symptoms, Organic Acid Testing (OAT) can provide valuable insight into how your body is functioning at a cellular level.

OAT measures metabolic byproducts in urine to provide information about nutrient utilization, energy production, gut health, oxidative stress, and other important metabolic pathways.

How Organic Acid Testing Can Help

Energy, Nutrients & Gut Health	Brain, Hormones & Cellular Health
⚡ **Energy & Mitochondrial Function** Identifies patterns involving cellular energy production that may contribute to fatigue, low stamina, brain fog, and poor recovery.	🧠 **Hormone & Neurotransmitter Support** Provides insight into metabolic pathways involved in mood, focus, sleep, stress response, and overall well-being.
🥦 **Nutrient Status** Evaluates markers associated with B vitamins, vitamin C, magnesium, CoQ10, and antioxidant status to help identify potential nutritional needs.	🛡️ **Detoxification & Cellular Health** Evaluates markers related to detoxification pathways, oxidative stress, antioxidant capacity, and cellular resilience.
🦠 **Gut Health & Microbiome Balance** May identify patterns associated with yeast, bacterial imbalances, digestion, and intestinal function.	🔬 **Personalized Wellness Planning** Results can help guide individualized recommendations for nutrition, supplementation, gut health, hormone optimization, lifestyle, and long-term wellness.

Common Symptoms or Conditions That May Benefit From Testing

Symptoms	Conditions
✓ Fatigue or low energy	✓ ADHD

Symptoms	Conditions
✓ Brain fog or difficulty concentrating	✓ Autism Spectrum Disorder
✓ Digestive issues	✓ Autoimmune disorders
✓ Bloating, constipation, or irregular bowel habits	✓ Diabetes or insulin resistance
✓ Hormone imbalances	✓ Obesity or difficulty losing weight
✓ Anxiety, depression, or mood changes	✓ Fibromyalgia or chronic pain
✓ Sleep difficulties	✓ Parkinson's disease
✓ Headaches or migraines	✓ Seizure disorders
✓ Low motivation or poor stress tolerance	✓ Memory concerns or cognitive decline
✓ Chronic inflammation or oxidative stress	✓ Dementia
✓ Unexplained health concerns	✓ Suspected toxic exposures, including mold, pesticides, heavy metals, or environmental chemicals

OAT does not diagnose these conditions. It may provide additional insight into metabolic patterns, nutrient status, gut function, detoxification, mitochondrial function, oxidative stress, and other factors that may contribute to symptoms and overall health.

What to Expect

1. Collect — Complete a simple urine collection at home.

2. Analyze — Your sample is analyzed by a specialized laboratory.

3. Review — Your provider reviews your results with you.

4. Personalize — Receive individualized recommendations based on your results and health goals.

Why North Iowa Hormone & Wellness Clinic Uses OAT

At **North Iowa Hormone & Wellness Clinic**, we believe healthcare should focus on understanding the whole person—not simply managing individual symptoms.

OAT gives our providers additional information to help develop a personalized approach to:

Nutrition • Supplementation • Gut Health • Hormone Optimization • Lifestyle • Long-Term Wellness

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Schedule Your Consultation

NORTH IOWA HORMONE & WELLNESS CLINIC, PLLC

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