

Understanding Your Body's Chemical Blueprint: A Guide to Your OAT Results

What is an Organic Acids Test (OAT)?

Think of the OAT as a "check engine light" for your body. By looking at specific markers in your urine, we can see exactly how your internal "engines" are running. It tells us how you are making energy, how your brain chemicals are balancing out, and if there are hidden "hitchhikers" (like yeast or bacteria) affecting your health.

Why This Matters For You

- **Stop the Guesswork:** Instead of trying random supplements, we can see exactly which nutrients your cells are starving for.
- **Clear the Brain Fog:** We can identify if "gut bugs" are creating toxins that make you feel irritable, anxious, or unfocused.
- **Unlock Your Energy:** If you feel "wired but tired," this test shows us where the "traffic jams" are in your energy production so we can get things moving again.

What Your Results Tell Us

To make this simple, we look at four main areas of your internal map:

1. **Your Energy Engine:** Your cells have a cycle that turns food into fuel. If you are missing certain vitamins, this cycle gets "clogged." We use your results to find the right "fuel additives" (like B-vitamins or minerals) to restart your engine.
2. **The "Dopamine Storm":** Certain unfriendly bacteria in the gut can block your brain from balancing its chemicals. This can lead to a "storm" of dopamine that makes you feel stressed or obsessive. We work to calm the storm by cleaning up the gut.
3. **Mood & Focus:** We look at the balance between your "drive" chemicals and your "calm" chemicals. This helps us understand why you might feel anxious or why your brain feels "laggy."
4. **Hidden Crystals:** Sometimes, healthy foods (like spinach or almonds) or hidden yeast can cause tiny, sharp crystals called "oxalates" to build up in your body. These can cause mystery aches and pains.

What You Can Do Today

- 1. Review Your "Map":** Look at the markers your practitioner highlighted. These aren't "bad grades"—they are just clues telling us where your body needs support.
- 2. Track Your Mood & Energy:** Keep a simple log of when you feel most tired or anxious. Does it match the "traffic jams" we found on your test?
- 3. Stay Hydrated:** Many of the markers we found (like oxalates) are easier for the body to handle when you are drinking plenty of clean water.

Questions to Discuss with Your Practitioner

- Based on my "energy engine" markers, which specific nutrients should I prioritize in my diet?
 - Are my gut markers linked to the brain fog or mood changes I've been feeling?
 - What is the first step to clearing the "traffic jams" we found in my results?
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