

Understanding Your Metabolic Map: The Organic Acids Test (OAT)

What is the Organic Acids Test?

Think of your body like a car engine. Standard blood tests look at the "parts" of the car to see if they are broken. The Organic Acids Test (OAT) is different—it looks at the "exhaust" to see how well the engine is actually running. By looking at your urine, we can see if your cells are efficiently turning food into energy or if there are "clogged pipes" slowing you down.

Why This Matters For You

- **Validation for Your Fatigue:** If you've been told your labs are "normal" but you still feel exhausted, this test explains *why*. It looks at your cellular energy production to find exactly where your power is stalling.
- **Clear the Brain Fog:** This test checks for hidden yeast or bacteria in your gut that produce toxins. These toxins can travel to your brain, making you feel "cloudy" or unfocused.
- **Mood Support:** We can see if your body is using its nutrients to make "feel-good" chemicals like Serotonin, or if stress is "stealing" those nutrients to create inflammation.
- **Stop the Guesswork:** Instead of taking a generic multivitamin, the OAT shows exactly which B-vitamins and antioxidants your specific cells are starving for.

What You Can Do Today

1. **Reframe Your Cravings:** If you have intense sugar cravings, realize this may not be a "lack of willpower." It is often a biological signal from yeast overgrowth in your gut. Be kind to yourself as we work to balance your system.
2. **Track Your "Energy Dips":** For the next three days, note what time of day your brain fog or fatigue is at its worst. This helps us match your daily rhythm to your test results.
3. **Prioritize Pure Water:** Your metabolic "exhaust" (organic acids) needs to be cleared out through your kidneys. Drinking enough filtered water helps your body flush these byproducts naturally.

Questions to Discuss with Your Practitioner

- Based on my "energy markers," what is the #1 nutrient my cells are asking for right now?

- Are my sugar cravings being driven by a hidden gut imbalance like yeast?
 - Is my brain chemistry showing signs of "stress-burnout," and how can we support my mood naturally?
 - What is the first simple change I should make to my diet based on these results?
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