

Gut Health Analysis

Name : Jay Patel

Date of assessment: 12/03/2026

Gender : Male

Age : 24



Gut Health Score

This score is based on the assessments you've completed. Offering a clear snapshot of your current health and fitness. Use it to track progress and target areas for improvement.

Moderate

70 / 100



Gut Wellness Insights



Gut Bacteria and Microbiome Health

The population and diversity of beneficial microbes residing in the digestive tract.

Recommendation: Integrate prebiotic fibres like asparagus or leeks to support beneficial floral growth.

Moderate

70 / 100



Digestion Efficiency

The effectiveness with which the gut breaks down food and processes nutrients.

Recommendation: Practice mindful chewing and consider fermented vegetables to enhance enzymatic activity.

Needs Attention

65 / 100



Nutrient Absorption

The capacity of the gut lining to extract and utilize vitamins and minerals.

Recommendation: Increase glycine intake via bone broth or collagen-rich plant substitutes to repair the gut lining.

Needs Attention

23 / 100



Gut Inflammation Indicators

Markers of internal stress, acidity, and mucosal irritation.

Recommendation: Eliminate processed irritants and prioritize cooling foods like cucumber and leafy greens.

Needs Attention

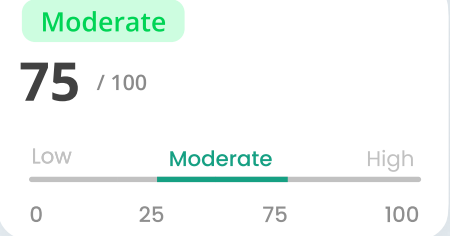
60 / 100



Digestive wellness patterns

Routine, regularity, and habits that govern day-to-day digestive function.

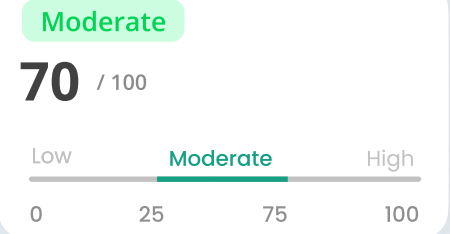
Recommendation: Adopt a calm, sedentary routine around meal times to reduce enteric nervous system activation.



Overall gut function and health

A holistic view of the gut's ability to maintain homeostasis and protect the body.

Recommendation: Implement 7-day reset focusing on hydration and gentle, alkaline-forming whole foods.



Tongue Health Breakdown

The Tongue Health Breakdown evaluates multiple tongue health indicators to provide meaningful insights into gut microbiome balance, digestive function, and overall gut wellness through AI-powered analysis.

Coating

The thin coating suggests current baseline digestive function is regular but requires care.

Colour

Redness at the tip typically represents systemic heat and potential stress-related inflammation.

Moisture

Moderate surface moisture indicates early-stage dehydration affecting mucosal health.

Texture

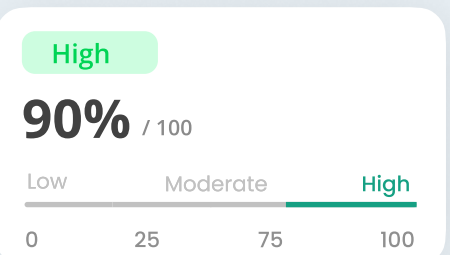
Sensitivity on the tongue surface is a secondary indicator of gut mucosal irritation.

Digestive Indicators

The red hue points towards mild hyper-acidity or gastrointestinal inflammatory heat.

Confidence Score

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Nail Analysis

The Nail Health Breakdown evaluates multiple nail health indicators to provide meaningful insights into nutritional status, hydration, circulation, and overall wellness through AI-powered analysis.

Colour

Consistent colour confirms no major circulation issues; focus on iron and B12 maintenance.

Surface Appearance

Vertical ridges are common markers of slowed digestion or poor mineral absorption.

Brittleness

Subtle brittleness suggests keratin production is lacking essential co-factors from minerals.

Hydration Indicators

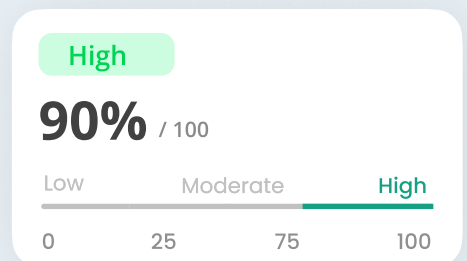
Nail plate dryness correlates with systemic low-grade fluid retention issues.

Nutritional Markers

Markers indicate that while not deficient, body reserves are low and need dietary support.

Confidence Score

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Food Recommendations

Foods to Add



Cucumber Slices



Aloe Juice



Pumpkin Seeds

Foods to Reduce



Spicy Chilli



Refined Sugar

7-Day Gut Reset Plan



Day 1 Hydration Boost

Start every morning with 500ml water and lemon.



Day 2 Cooling Diet

Incorporate cold cucumbers or melon into lunch.



Day 3 Gentle Digestion

Ensure all cooked foods are cooled slightly before eating.



Day 4 Mineral Support

Add a handful of raw seeds to boost zinc level.



Day 5 Inflammation Check

Avoid all spicy, heat-inducing foods for the day.



Day 6 Microbiome Care

Introduce a small portion of fermented vegetables.



Day 7 Mindful Integration

Practice 5 minutes of focused breathing before meals.

Lifestyle Tips

Hydration

Drink room-temperature water consistently.

Sleep

Sleep by 10 PM to reduce heat.

Stress Management

Daily 5-minute meditation.

Physical Activity

Light walking for circulation.

Meal Timing

Consistent, unhurried eating blocks.

⚠ Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

Contact Us



G-1, Ground Floor, Lodha Supremus No 1 Near New Passport Office,
Wagle Estate, Road Number 22, Thane - 400604, Maharashtra



contact@watchyourhealth.com