

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.

Moderate

75 / 100



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.

Moderate

70 / 100



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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High

90% / 100





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

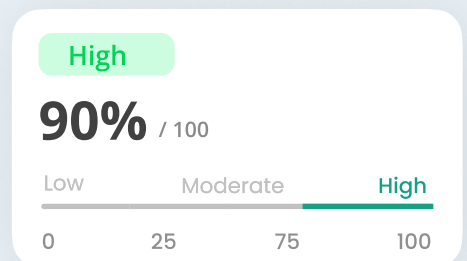
Nail plate dryness correlates with systemic low-grade fluid retention issues.

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