

Your Gut Health Could Be the Reason You Feel Tired, Moody, or Inflamed

By Robert Ferguson

Surprise, surprise, surprise...

DID YOU KNOW that frequent bloating or digestive issues, feeling tired or low on energy, trouble sleeping or feeling moody, achy joints or inflammation, and even getting sick more often may all be connected to your **gut health**?

Your gut isn't just where food goes after you eat; it's so much more than that. It's home to **trillions of bacteria** that talk to your brain, balance your immune system, and even affect how you feel every day. Think of your gut like a control center that quietly runs many of your body's most important systems.

The Ancient Truth Meets Modern Science

Over 2,000 years ago, **Hippocrates**, often called the *Father of Medicine*, said, *"All disease begins in the gut."* He also said, *"Let food be thy medicine, and medicine be thy food."*

Today, science is proving him right. Researchers around the world now recognize that **gut health plays a central role in nearly every system in the body**, from metabolism and mood to immunity and inflammation.

It's even been widely accepted that the **gut is the body's "second brain."** The term "**gut microbiome**," which was previously unknown a decade ago, has now become part of everyday vocabulary. Scientists, physicians, and nutritionists all agree that a healthy gut is key to living longer, thinking clearly, and feeling better.

The Missing Piece No Doctor Has Mentioned

You've likely had **hundreds of doctor visits** in your lifetime, and **never once** have you been told that your **IPA (Indole-3-Propionic Acid) levels** - good, bad, or indifferent - matter. Why? Because while this **metabolite** isn't new, the technology to measure and understand it has only recently become available.

Thanks to the **advancement of gut health science**, we now know that **Indole-3-Propionic Acid (IPA)** is a biomarker that deserves serious attention.

The measurement of IPA doesn't come from a stool test, but from a **dried blood spot (DBS) test**. This test reflects what's truly happening *inside your body*, in your blood, because of what's taking place in your gut. It begins with the **consumption and metabolic pathway of the amino acid tryptophan**, which your gut bacteria convert into beneficial compounds, such as IPA.

Unlike stool tests that only show which bacteria are present in your gut, a **dried blood spot (DBS) test** reveals what your bacteria are actually *doing* and how their activity affects your body. Measuring IPA in the blood provides a more accurate picture of **gut function, inflammation, and overall metabolic health**, rather than just gut content.

It's worth noting that the **Zinzino Gut Health Test** measures not only IPA. It also tracks **five key indicators** that, together, provide a comprehensive picture of your internal balance, including your **Gut Health Index, Microbiome Immune Support, Gut Microbiome Efficiency, and Immune Stress Indicator**.

However, this article focuses specifically on **IPA** because it is one of the most powerful and overlooked markers for gut health, longevity, and disease prevention.

When this process is healthy, your body produces strong antioxidants that protect your gut lining, your brain, and your cells from inflammation and damage. When it's not, your body lets you know through fatigue, inflammation, mood changes, or poor metabolism.

Could It Be Your Gut?

Many people experience symptoms like fatigue, brain fog, mood swings, bloating, or stubborn weight gain, and they often chalk it up to aging, stress, or "just life." But what if the real issue starts in your gut?

These symptoms may be easily corrected by first **determining your IPA levels**. Testing can help you either confirm that your gut health is the cause or rule it out entirely.

If your **gut bacteria aren't making enough Indole-3-Propionic Acid (IPA)**, a key antioxidant that protects your cells and reduces inflammation, your body will let you know through the signs below. Once you know your levels, we can create a **personalized Gut Health Nutrition Plan and Protocol** to help your microbiome thrive and naturally boost IPA production.

Common Signs Your Gut Might Be Struggling:

- Feeling tired or low on energy
- Trouble focusing or brain fog
- Frequent bloating or digestive issues
- Trouble sleeping or mood swings
- Achy joints or inflammation
- Getting sick more often
- Difficulty losing weight or unexplained weight gain

Low IPA levels are often associated with **poor gut diversity, low fiber intake, and chronic inflammation**, all of which can be reversed with the right nutrition and lifestyle plan.

Understanding IPA Levels and What They Mean

To help you understand your results, the **Zinzino Gut Health Test** measures your **Indole-3-Propionic Acid (IPA)** in micromoles per liter (μM).

- **Optimal Range: 2.41 to 5.99 μM**
 - This indicates your gut bacteria are producing healthy amounts of IPA, providing strong antioxidant protection and supporting microbial balance.
- **Low IPA (below 2.41 μM):**
 - Suggests lower microbial diversity, higher inflammation, or a low dietary fiber intake.
 - People in this range often experience **fatigue or low energy, digestive issues or bloating, brain fog, mood swings, poor sleep, inflammation or achy joints, frequent illness, and difficulty losing weight or unexplained weight gain.**
 - Think of it like your gut's "battery" running low - the good bacteria that should be keeping your system charged are underperforming.
- **High IPA (above 5.99 μM):**
 - Although rare, elevated IPA may reflect highly active gut bacteria or slower detox pathways.
 - In most cases, **higher IPA levels are beneficial** and linked to longevity and better brain protection; however, extremely high values may indicate an **imbalance in microbial activity** that warrants review.

The goal is to keep your IPA **within the healthy range (2.41–5.99 μM)**, high enough to protect your gut and body, but balanced enough to reflect a stable, diverse microbiome.

Gut Health and Weight Loss

Your **gut health also plays a significant role in determining the number of calories you burn** each day. A healthy, balanced gut helps your metabolism run efficiently, allowing you to use food for energy instead of storing it as fat.

When your gut is out of balance, inflammation can slow your metabolism and cause your body to hold on to weight, even if you're eating right and exercising. It's a bit like trying to drive a car with the parking brake halfway on; you're working hard but not going anywhere fast.

So, if you've been struggling to lose weight or can't figure out why the scale won't move, your **gut health might be the missing piece.**

How to Support a Healthy Gut

First things first, it's always smart to know **what you're working with.** Find out what your **IPA levels** are by taking the **Zinzino Gut Health Test**, an at-home test that takes just a few minutes to complete.

It's **not a stool test** (no poop involved). Instead, it's an **advanced, verified, and validated dried blood spot (DBS) test** processed by **Vitas Analytical Services**, one of the **world's leading laboratories** in nutritional science. Vitas also provides testing for some of the **most respected research institutions in the world**, including:

- **Harvard University**
- **The University of Oxford**
- **Karolinska Institute** (Sweden)
- **The National Institutes of Health (NIH)**

This ensures your results are **accurate, reliable, and in line with global clinical research standards**.

How the Test Works

The process is simple, fast, and completely private:

1. **Take the test at home** - It takes **less than 10 minutes** from start to finish.
2. **Prick your finger** - Use the small lancet included in the kit to place a few drops of blood on the test card.
3. **Mail your sample** - Place the completed card in the pre-paid envelope and send it to **Vitas Laboratory in Oslo, Norway**.
4. **Wait for processing** - Vitas performs all testing under strict **HIPAA compliance** and complete **anonymity**. Your sample is identified only by a **unique code**, no names, no personal details.
5. **Get your results** - In **10 to 20 business days**, you'll receive your results securely online using your private code.

The good news is that the **Gut Health Test is affordable**, and once you know your numbers, or even if you don't, you can start improving your gut health with a few simple steps:

1. **Eat more fiber** - Beans, lentils, vegetables, fruits, and whole grains feed your good bacteria.
2. **Add polyphenols** - Found in olive oil, berries, and green tea, these help your gut bacteria thrive.
3. **Balance your omegas** - Taking **BalanceOil+** helps reduce inflammation and supports gut repair.
4. **Stay consistent** - It takes about **3-4 months** for your gut to rebuild and rebalance.

Your gut affects everything - your **energy, mood, digestion, immunity**, and even how efficiently your body burns calories. When your gut bacteria are healthy and producing the right compounds, it's like turning on your body's natural healing and fat-burning system.

If you want to see how healthy your gut really is, take the **Zinzino Gut Health Test**. It's simple, affordable, and shows exactly how your gut, immune system, and metabolism are working together.

To learn more or get your Gut Health Test, email robert@dietfreelife.com.

Want to Go Deeper?

If you'd like to learn more about gut health, not only for yourself but also to help others, I've created an **online certification course** called the **"Gut Health and Microbiome Specialist."**

This comprehensive course is designed for anyone passionate about health, including **nutritionists, registered dietitians, doctors, personal trainers, health coaches, and everyday health advocates** who want to gain deeper insight and additional credentials.

By the end of the program, you'll understand how to interpret gut health data, design gut-supportive nutrition plans, and help others improve their health from the inside out.

Learn more or enroll at www.FAMCourse.com.

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