

Resources From Alex

At Home Gut Testing

Learn more about Healthpath and at-home gut testing: <https://healthpath.com>

- Stool testing: [click here](#)
 - SIBO (small intestine bacterial overgrowth) testing: [click here](#)
 - Leaky gut testing: [click here](#)
 - Adrenal/Cortisol testing: [click here](#)
 - Food sensitivity testing: [click here](#)
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At Home Blood Testing

At home blood testing (thyroid, vitamin D, liver function etc): <https://medichecks.com>

Book Recommendations

Functional Medicine

- [Disease Is A Delusion by Dr. Jeffrey Bland](#)

Gut Health

- [The Digestive Health Solution by Ben Brown](#)
- [Gut by Gulia Enders](#)

Mindfulness/Stress

- [Mindfulness For Health by Purch & Penman](#)
- [Well Stressed: Manage Stress Before It Becomes Toxic by Soia Lupien](#)

Happiness

- [Be Happy by Robert Holden](#)
- [The Happiness Track by Emma Seppala](#)

Stress/Trauma And It's Impact On Health

- [When The Body Says No by Gabor Mate](#)