

Testimonials

By targeting key areas of health, customers are reporting improvements in areas such as digestion, weight loss, sleep, skin issues, mental clarity, mood, and energy which often are signals of low-grade inflammation that can result from getting the wrong nutrition.

"I have been dealing with and battling weight my entire life. I was scheduled for the gastric bypass. I was supposed to have it in 2017 and was presented with the Viome service maybe 2 months before my surgery was scheduled. So I said well why not. Because of the Viome test I have lost 71 pounds in 5 months and I am forever grateful for what has happened. It's not just physical, it's mental and it's a complete lifestyle change. The app is very intuitive. It definitely describes all of the foods I can't eat. It breaks it down into categories. If you swipe, each screen brings up a new title like 'foods to enjoy', next title 'foods to minimize', 'foods to avoid' and then it goes into food preparation and makes it very easy for me to understand. The most I lost in one month was about 35 pounds. It is very personal, the plan was designed for me and I think it could be very beneficial to others if they take the time to take the test. It will change their lives like it did mine."

— Shayna

“So about three months ago. I got my Viome gut microbiome test results back and it literally changed my life. Like no lie. So for the past two years or so, I have been suffering with different food sensitivities and I could not figure out what was going on and I’m the type of person that likes to try and figure it out on my own. So I would eliminate one thing and then add it back in and I just couldn’t figure it out. And then I saw a sponsored ad online to take my DNA test results and they’ll tell me my food sensitivities and like well, I already have that test done. So why not try that? Got the results back, nothing made sense with those results. That was a complete waste of money. Then I wanted to try different food sensitivity that seemed to be popular and other people were doing and promoting where it takes, you know, your blood sample and then it’s going to tell you your food sensitivities and then I got those results back and it just didn’t make sense either and it definitely wasn’t working because I tried to implement those. Wasn’t working! Finally did the Viome test. Like I said, we did those eight long weeks to get the results back, well worth it.

Once I did, I implemented right away and in the first ten days, I lost seven point 3 pounds. Now, this wasn’t just like seven point three pounds of crap that I had been eating. I live an extremely clean lifestyle. I eat extremely clean. I follow a very fine tune portion control meal plan. So it wasn’t like just seven point three pounds of you know, Cheetos or whatever, definitely not! So, it literally got rid of the constant bloat I was feeling, it got rid of the upset stomachs I was getting, it got rid of the random acne I was having, my energy went through the roof, I was sleeping better at night and literally like my entire life changed. It’s so worth it. And since then I’ve recommended it to so many different friends, and they’re seeing amazing results too.”

— Katy

"I've always considered myself a healthy person. I teach Pilates for a living, I'm very mindful about what I'm eating, and I live a pretty generally healthy, active lifestyle. So last year I started getting a lot of abdominal bloating and pain. And I actually made a doctor's appointment, and she recommended doing an abdominal ultrasound. And when that all came back clear, I figured that it had to do something with my diet. Which was interesting and confusing to me because like I said, I eat a pretty healthy diet. I don't eat fast food or drink soda. I minimize sugar and alcohol. So I had tried all of these different things and nothing was working. And when I found out about Viome, I figured I had nothing to lose, the price point was really affordable, and nothing else had been working; so why not? Right?"

I was totally shocked when I got my results because a lot of foods that I was eating very regularly, that are considered healthy, like cucumbers, tomatoes, spinach, black pepper, kombucha was one that I was totally shocked is actually causing inflammation in my gut. So just because something is considered a healthy, whole food, doesn't necessarily mean that your body responds that well to it. Everybody's unique and everybody's health looks different. So I immediately started eliminating all of my foods on my avoid list and that alone made a huge difference. I noticed my bloating went down, and then something that I wasn't expecting, that was awesome, was that my acne breakouts started getting less and less. And I can truly say the only time that I have bloating and acne now is when I start to get a little bit lax with my diet and I get off track with what my Viome results recommended for me. And then, most recently, I started incorporating the supplements that they recommended for me. That you can order on Amazon, so it's super easy and convenient. And then adding in the superfoods that they recommended to help heal my gut. And then, ever since then I've noticed even more of a difference. So my stomach's getting flatter, I'm more regular when I got to the bathroom, and I just generally feel better; I have more energy during the day, and I've recommended this to all of my clients from Pilates! And everyone that's done it has been totally amazed with their results as well, and they've all had the same experience as I have.

And the last thing I want to say is that knowledge is power! And if you feel like you don't have control over your health or you're trying but you're still not feeling good, Viome is an amazing way to make informed decisions about your health and I promise you won't regret ordering your kit and seeing what you can do for your body."

— Brittany

“My name is Sarah and this is my Viome testimonial. A year ago, I was just having some really weird health issues. I was having a lot of acne, I was bloated all the time, I didn’t have any energy, I was having really bad headaches; and my father-in-law told me about Viome. And he was telling me that you send in your sample, and then they tell you your superfoods, they tell you what foods to avoid, and I was just really intrigued. And I thought wow, this is something that I would like to do. So I sent off my sample, and it came back within 5 weeks, and I was amazed at the results.

There were a lot that I was eating that I thought were healthy, but they weren’t healthy for me and my microbiome. And once I started following Viome’s recommendations everything changed dramatically. Within a couple days, really, of following the recommendations, I had higher energy levels, my skin is looking so good; which is something I really struggled with. I just felt overall better! Like, my body wasn’t achy, I was less cranky, less irritable. Definitely less bloated, I actually lost some weight even though I wasn’t even trying to do that. So, I am a firm believer in Viome and I’ve told so many people about it. And I can’t wait to get my retest, and see what else I can do to keep feeling my best.”

— Sarah

“I was a model and an actress, always traveling. All of the sudden my lower extremities started to swell up. 6 months of this goes on and I end up in the ICU, dead to the world. I discovered Viome about 6 or 7 months ago, and the biggest improvement for my health was learning what I shouldn’t be eating. Less swelling, less of the irritation of my gut, and things of that nature-bloating, more muscle gain, and less body fat. So, down 10% body fat, which is tremendous. I really like Viome because it specifies my body type to what I can and cannot eat. Because of the recommendations and what I’m able to eat now, I feel a whole lot better, and it shows. I really can say that it really has helped and I would recommend it. Viome helped me fix my gut!”

— Aniya

"I wanted to give you all a huge thank you because you've changed my life. Having symptoms, severe symptoms, for about 8 months I all of a sudden out of nowhere started experiencing vomiting and diarrhea approximately 10 times a day, everyday for 8 months and I went to 5 doctors, through several rounds of antibiotics, did more adjustments to my life and diet than I would like to say with really no help at all. It wasn't until I took the kit from Viome and when you ran my results and sent the to me in the app, what I discovered is that I was eating foods multiple times per day, every single day, that were actually making me really sick. So, when I took a look through your app and discovered all of these foods that I shouldn't have been eating, but they were things like broccoli and spinach, corn tortillas. All of these foods that I would have had no idea were actually making me sick. It turns out that when I adjusted my diet to account for everything that the Viome app told me to do, it made a significant difference. So, I am about 3 weeks in now with no symptoms at all and I feel like a completely new person. So, I want to give each of you my sincere thanks, heartfelt for changing my life. It was getting to the point where I was feeling a little bit hopeless and everyday was a struggle. I couldn't even sit down to dinner with my daughter without getting up to get sick in the middle of it. So, you all made such a huge difference in my life. Huge thank you to each of you. Your work is really important."

— Tammy