

Lola, 30, Founder of Base

“How Base helped me find out that my diet was affecting my mood and making me tired”

My story

A few years ago after seeing many of its success stories posted on various news outlets and social media, I decided to start the keto diet to fix my brain fog problems and get more fit. What I didn't know back then was that there is no one-size-fits-all diet that works for everybody. Not only this no-carb diet was not helping me achieve my goals, but it also added more fuel to the fire of issues I was experiencing.

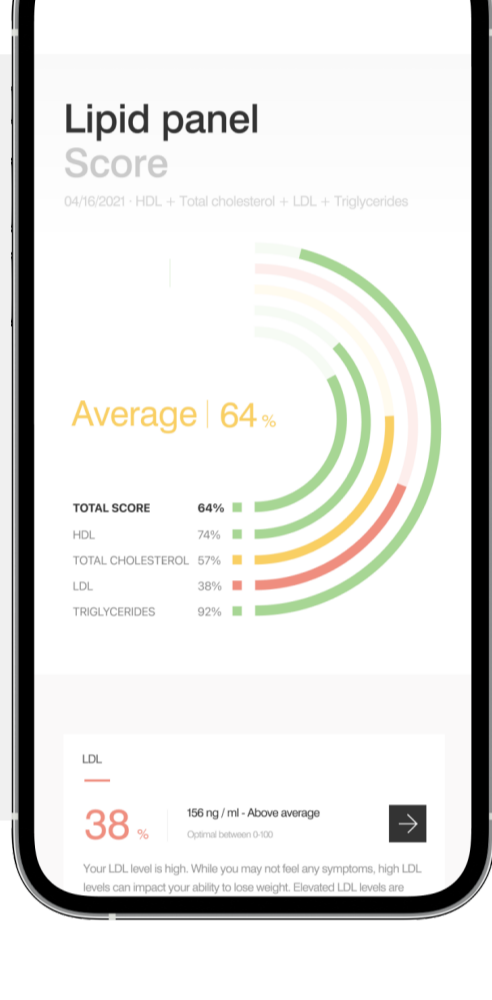
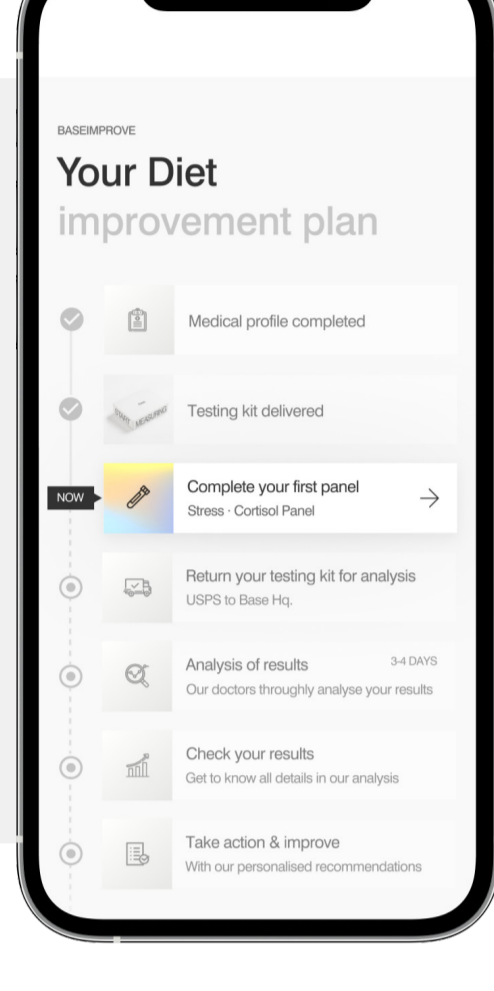
With recommendations from friends, I did some lab tests and was able to identify that the fats chosen for my keto diet were raising my “bad” cholesterol level, aka low-density lipoprotein (LDL). The results also showed that my thyroid was off, and my constant fatigue derived from a vitamin deficiency problem.

After some extensive research, I was able to make some routine changes and adjust my diet to improve my health. Throughout this journey, I learned that this issue was also happening to many people close to me, and that's the reason why I started Base—to make testing more available and affordable for everyone so they can stop guessing, start measuring and make changes in a way that benefits them and their unique bodies.

Below, you can see what my profile would have looked like in our app to get a sense of what yours could be when you join us.

My plan

Based on your personal profile with symptoms and goals that you have put in, Base creates a personalized test plan to maximize your learnings and improve your wellbeing in the most cost-effective way.



My results

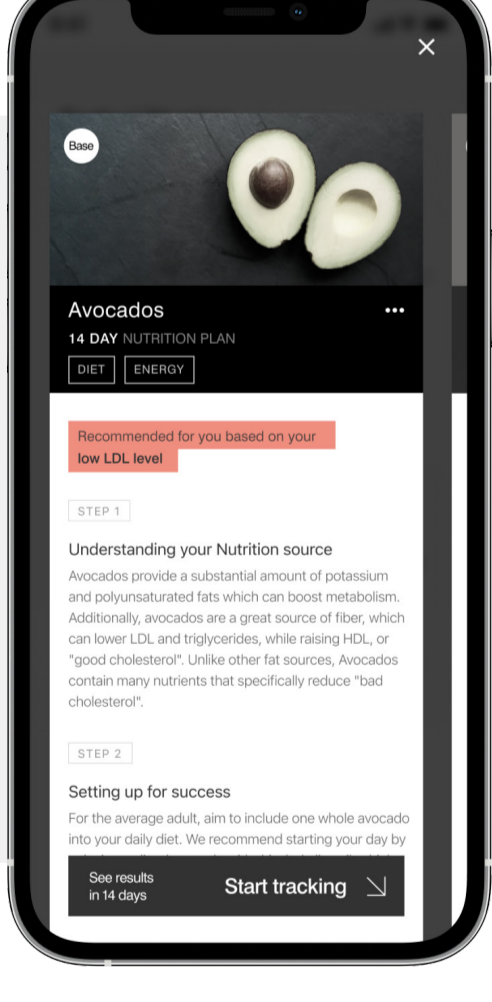
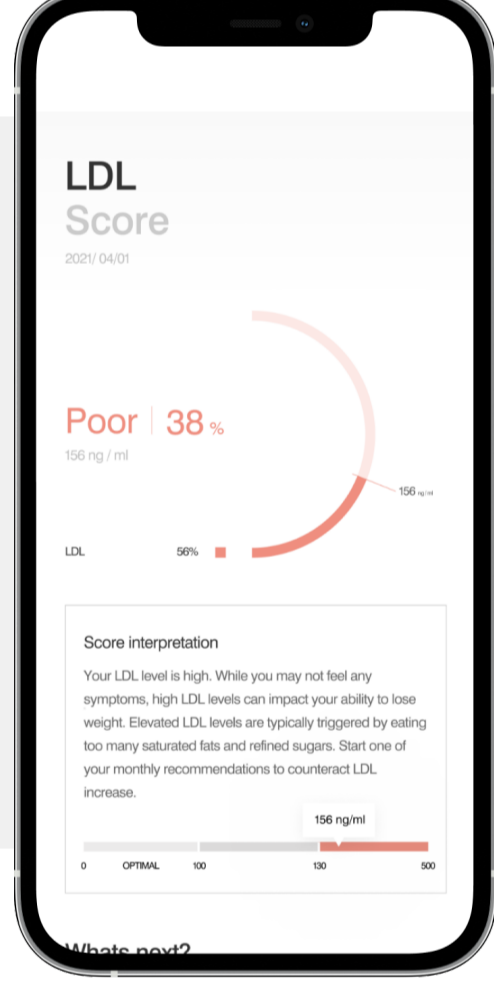
After your blood test's arrival at the lab, we deliver your results within 5 business days directly in the app that are translated into an average % score, along with precise details on what's excellent, good, and not that great with your body—because who's ever been able to understand medical languages but doctors and health professionals?

Here, you can see that while I was doing well at some, my overall cholesterol level, specifically my LDL, was a bit of a concern.

Pinpointing the root causes

Next, Base provides some context behind your results by breaking down the main issues that could have led to certain scores.

- You can see here that the culprits of my low LDL and overall cholesterol level scores were “saturated fats and refined sugars.” I quickly realized that my diet of one cup of nuts with cheese and bacon was definitely not the right choice for me, and my bad habit of ordering Diet Coke was also not helping.
- My thyroid levels got altered as well because of fat-burning hormones' effect on thyroid function. I was also experiencing mood changes, which was confirmed by the high thyroid levels.
- I was also severely deficient in Vitamin B12 and Folate, the main reason for that brain fog I was feeling halfway through the day.



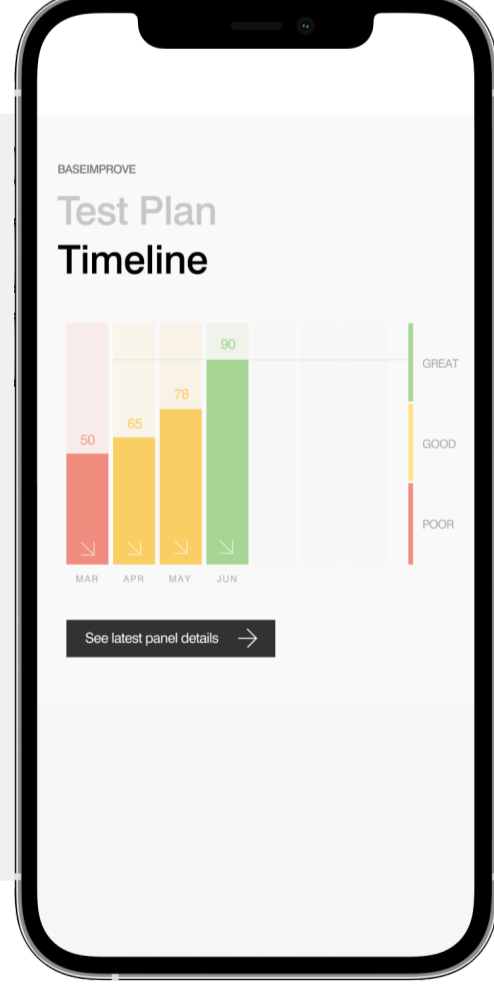
My recommendations

With your test results, we provide personalized recommendations to help you improve your levels and overall health.

For me personally, I started switching out my usual one cup of nuts with cheese and bacon with avocados and coconut oil (MCT oil, actually). I also addressed my vitamin deficiency problems by taking daily supplements.

My progress

There's no one size fits all. It was helpful and motivating to retest those imbalances and deficiencies to learn that what I was trying was working. By testing every month three times, I got to track how long I needed to tweak my diet and take supplements to reach optimal levels.



How my life changed after understanding my levels

With testing and recommendations like those Base app, I was able to adjust my diet score to reach 90% optimal and get rid of fatigue, raise my energy levels, and feel great about my diet.

A clear understanding of how certain foods or lifestyle routines affect my mood, energy levels, and weight management keeps me motivated to stay away from Diet Coke (most of the time!), unhealthy low carb diets, and the wrong fats.

With Base, I now can keep testing from time to time in the comfort of my own home to see when I am cheating too much and if I need to work back on my health. I hope you will join our community and get to do the same!

Stop guessing, start measuring.

Start your journey →