

Gut Health

We separate the crap from the facts to give you a better understanding of what's going on down there.

Gut health is the new buzz term around the health industry. It has been hailed as the saviour to all of our problems and is to blame for you knowing what the unpronounceable 'kombucha' is.

But is it all it's cracked up to be? Short answer, yes, long answer, glad you asked!

What do we cover?

What is it?

A breakdown of the science behind gut health.

How does it work?

A walk-through of how our gut affects our health.

The danger

Why is poor gut health such an issue?

Signs and symptoms

How do we know if we have poor gut health?

The bad

What leads to poor gut health?

The good

How do we keep our gut healthy?

Facts and stats

The latest research and amazing facts on gut health:

- Microbiota and mums
- You are more bacteria than human!
- Your gut makes you happy (and sad)
- You are not what you eat, you are what you can absorb
- Your gut as a separate entity

Custom gut health tracker

If you're having trouble with low moods, lack of energy, bloating, cramping, constipation or diarrhoea, your microbiome may be out of whack.

Track your gut health with this easy to use, custom gut health tracker.