



Your Complete Guide to
Gut Health Month
2025

To help you stand out as the nutrition
expert in the gut health space.

INSIDE THIS GUIDE:

- ✓ How you can get involved in Gut Health Month
- ✓ Free downloadable resources
- ✓ Professional development activities

dietitianconnection.com/guthealthmonth



What is Gut Health Month?

Gut Health Month is a global campaign designed to empower dietitians with the latest science and practical tools to help our clients nurture their bodies from the inside out.

...You've *gut* this!

Gut Health Month is all about...

- Empowering dietitians to stand out as the nutrition experts in the gut health space
- Learning the **latest in evidence-based gut health programs**
- Helping your patients and clients **love their guts through good nutrition**
- Teaching your patients the vital **impact food has on gut health and mood**
- Supporting your clients in **managing** their nutrition-related gut issues

Gut Health Month 2025 is supported by:

ACTIVIA



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nerva™ | **mindset** health™

THE PROBIOTICS
INSTITUTE™
By Chr. Hansen

Swisse
NUTRA +

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Australia

Crohn's
& Colitis
Australia

THE GUT
Foundation



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Gut Health Symposium:

Advancing dietetic practice with the latest science



**Chloe
McLeod**



**Ashley
Hurst**



**Dr Joanna
McMillan**



**Beth
Rosen**



**Dr Heidi
Staudacher**



**Nicole
Dynan (MC)**

Mark your calendar for our unmissable half-day Gut Health Symposium to stay up-to-date with the latest gut health science and implications for dietetic practice in this rapidly evolving field.

MC'd by Gut Health Dietitian **Nicole Dynan**, this event covers:

- Balancing hormonal fluctuations & gut health in women with **Chloe McLeod**
- Optimising IBD treatment & care through nutrition with **Ashley Hurst**
- Unlocking the connection between the microbiome & metabolic health with **Dr Joanna McMillan**
- Navigating gastrointestinal disorders in clients with eating disorders with **Beth Rosen**
- Understanding probiotic foods & supplements for gut health with **Dr Heidi Staudacher**

Join the live sessions:

Wed 12 Feb, 9am-1pm (Syd/Melb time)

Tue 11 Feb, 5pm-9pm (New York time)



[REGISTER HERE](#)

Ready to make a difference to your clients from the inside out?

By getting involved in Gut Health Month 2025, you can grow your gut health practice, amplify your impact as a dietitian and become a catalyst for change.

Here's a list of our ideas to get your creative juices flowing:

- Run a gut health challenge in your workplace
- Create your own suite of gut health resources to use in your practice
- Host a gut health workshop or cooking class for your clients or colleagues
 - Put up our Gut Health Month flyers in your office
- Hang our Gut Health Month stool chart on toilet cubicle doors
- Have a gut health trivia night with your colleagues
 - Set up a Gut Health Month booth at your workplace with gut health information and products
 - Share your learnings from our Gut Health Month symposium in a creative way on social media
- Develop your own gut-loving recipes and post them on social media
 - Publish an article on gut health in your workplace's newsletter or intranet
 - Host a gut health morning tea with plenty of gut-loving foods



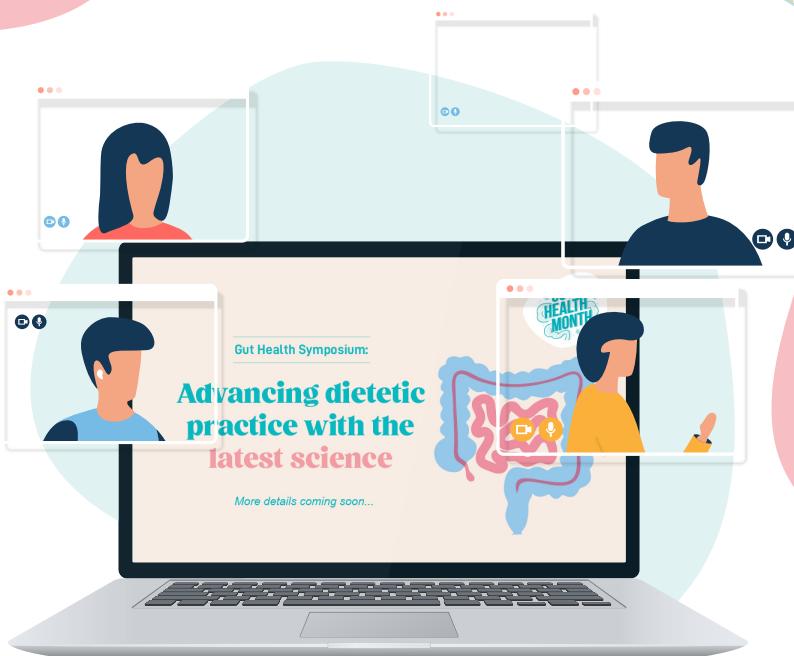
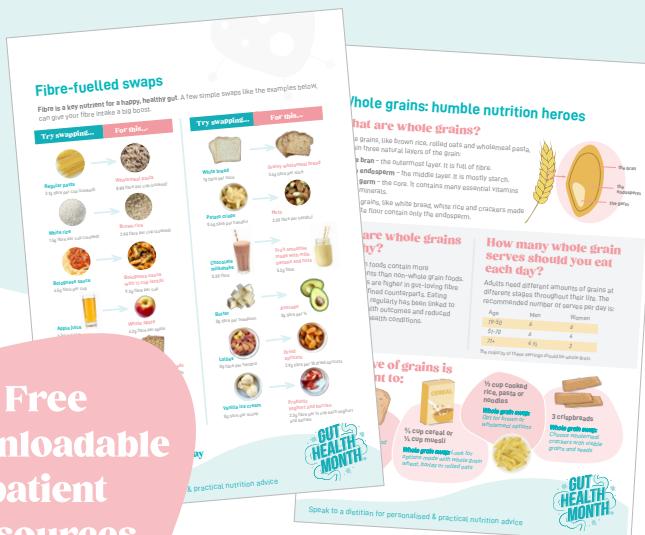
Make sure you share what you're doing far and wide with the hashtag **#guthealthmonth**

Gut-loving' professional development and resources

If we want to create change, we need to make noise, and spreading the message is simple. We're creating a suite of gut health professional development and patient resources for you to use in your practice, so watch this space!

Here's a teaser of what's to come...

Free downloadable patient resources



Half-day virtual symposium

[Click here](#) to register



The logo features the words "GUT HEALTH MONTH" in large, bold, teal 3D letters. The letters are partially enclosed in a stylized white cloud shape. A teal line drawing of a large intestine winds around the letters. Small teal and white virus-like icons are scattered around the text.

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