



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](https://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:*

**ACTIVA**



**life-space**  
PROBIOTICS

**nerva™** | **mindset health**



**Swisse**  
**NUTRA+**

**Coeliac**  
Australia



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Gut Health Symposium:

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# 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**



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# 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:

- Hang our Gut Health Month stool chart on toilet cubicle doors
- 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
- 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



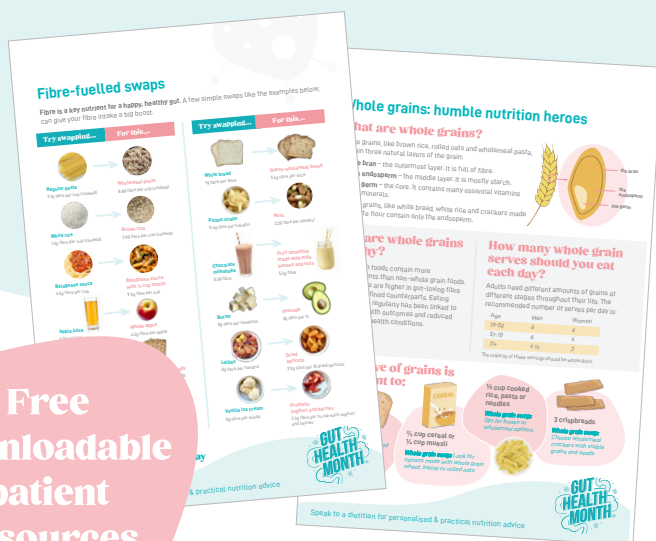
Make sure you share what you're doing far and wide with the hashtag **#guthealthmonth**

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# 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



Podcasts



Half-day virtual symposium

[Click here](#) to register

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