

Your Complete Guide to Gut Health Month 2026

INSIDE THIS GUIDE:

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



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**THE PROBIOTICS
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By Chr. Hansen
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Australia



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.



Our goals are two-fold:

1.

Equip you with the latest insights and innovations in gut health science to help you flourish as a trusted gut health dietitian and expand your practice.

2.

Elevate dietitians as the go-to nutrition experts in the gut health space. Together, let's shape a healthier future – one gut at a time.



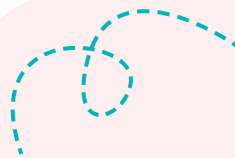
Ready to make a difference to your clients from the inside out?

Help grow your gut health practice, amplify your impact as a dietitian and become a catalyst for change.

Here's a list of ideas to get you started:



1. Hang our Gut Health Month stool chart on toilet cubicle doors



2. Have a gut health trivia night with your colleagues



3. Develop your own gut-loving recipes and post them on social media

4.

Set up a Gut Health Month booth at your workplace with gut health information and products

5.

Publish an article on gut health in your workplace's newsletter or intranet

6.

Share your learnings from our Gut Health Month symposium in a creative way on social media



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've created a suite of gut health professional development and patient resources for you to use in your practice.

VISIT OUR GUT HEALTH HUB



Don't miss our half-day symposium led by experts in the field, sharing the latest gut health science and tools to elevate your practice.

LIVE: March 4
9am-1.30pm (AEDT)

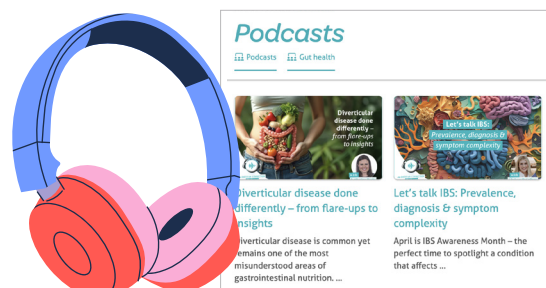
[Click here](#) to register

FREE downloadable resources for you and your patients



[Click here](#) to browse

A library of gut health podcast episodes to catch-up on



[Click here](#) to browse

Translating emerging evidence into everyday care



AdvAPD Liz Purcell



Dr Eirini Dimidi



Nicole Dynan



Associate Professor Jessica Biesiekierski

From probiotics to neurobiotics and the latest constipation guidelines, this half day program will explore the science shaping modern gut health practice. Featuring leading voices in research and clinical dietetics, each session is built to equip you with up-to-date evidence, sharpen your skills and inspire confident, practical conversations with clients.

This unmissable event brings together top experts, including:

- **AdvAPD Liz Purcell**, unpacking gut health conditions like IBS, IBD and SIBO
- **Dr Eirini Dimidi**, exploring the first ever guidelines for dietary management of chronic constipation
- **Nicole Dynan**, deep diving into the science behind probiotic food and supplements
- **Associate Professor Jessica Biesiekierski**, exploring the 'neurobiotic sense' and how gut microbiomes may influence mood, appetite and weight
- Plus, a case study panel featuring real- life scenarios covering IBS, IBD and constipation – with practical strategies and clinical tips you can use right away

Join the live session:

Wednesday 4 March, 9am-1.30pm AEDT (Syd/Melb time)

Can't make it live? Register to receive the recording straight to your inbox

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REGISTER HERE

GUT HEALTH MONTH[®]

A stylized graphic of a human digestive system, including the esophagus, stomach, and intestines, rendered in a light teal color. A large, white, cloud-like shape with a teal outline is positioned in the center, containing the text 'GUT HEALTH MONTH' in a bold, teal, 3D sans-serif font. The text is slightly tilted and has a registered trademark symbol (®) at the end of 'MONTH'. Several small, stylized teal bacteria or microbes are scattered around the central graphic.

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