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

*Here are some example blurbs you can use along with our provided tiles,*   
*across your social media platforms:*



**Short and punchy (~30words):**

* Gut health can be complex, but getting support doesn’t have to be. Seeing a dietitian can help you make sense of symptoms and build a plan that fits your life. **#guthealthmonth**
* Struggling with gut symptoms? The internet has opinions. Your gut deserves evidence-based advice. A dietitian can help you cut through the noise and get personalised support. **#guthealthmonth**
* Gut feeling? Trust it. Then chat to an Accredited Practising Dietitian. **#guthealthmonth**

**More in-depth (~50words):**

* Gut Health Month reminder: you don’t have to live with uncomfortable symptoms. Bloating, pain, constipation and diarrhoea can be awkward (and so can conversations about them!), but a dietitian can help. We are experts in finding strategies that suit your symptoms, lifestyle, and goals. **#guthealthmonth**
* This Gut Health Month, if something doesn’t feel right, trust your gut and reach out to a dietitian. There's no single 'ultimate gut health diet', but there is plenty of evidence about what works, and a dietitian can help you find sustainable, personalised strategies that support long-term wellbeing. **#guthealthmonth**
* Gut Health Month is a great opportunity to check in with your body. If symptoms are impacting your day-to-day, an Accredited Practising Dietitian can guide you with evidence-based support. Your gut deserves more than guesswork. **#guthealthmonth**