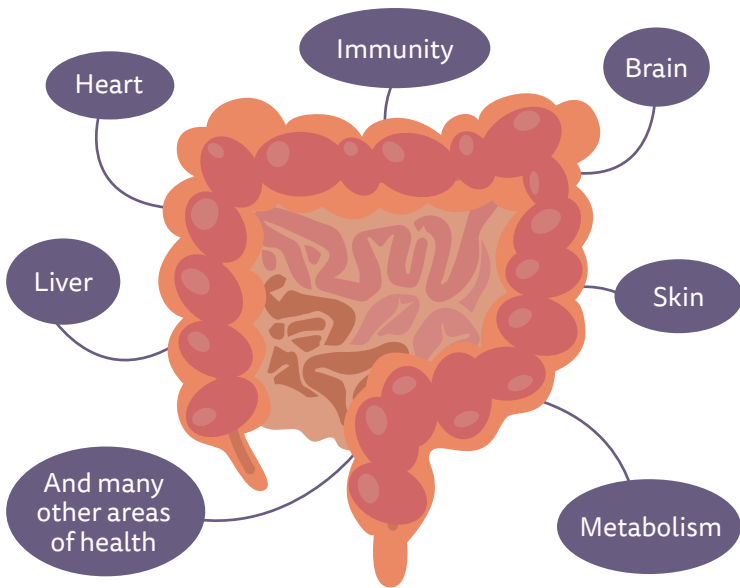


Understanding Gut Health

Why is gut health important, how do we know if we have good gut health, and how can we improve it?

Why is gut health important?

A healthy gut digests food, absorbs nutrients, removes waste and supports your body's defences. The gut is increasingly understood to influence many aspects of whole body health, and can significantly impact quality of life.



Gut health is defined as:

A state of normal gastrointestinal function without active gastrointestinal disease and gut-related symptoms that affect quality of life.

Marco et al. Nat Rev Gastroenterol Hepatol. 2026 Feb 18.

- Normal function
- Quality of life
- Absence of active disease



How do I know if my gut is healthy?

There is no single test for gut health. Clinicians may assess specific aspects of gut health based on how you feel (your symptoms) and if needed, tests such as blood or stool markers to check how your gut is functioning.

How can I support my gut health?



Fiber-rich diet containing fruits, vegetables, nuts, seeds and whole grains



Regular exercise and body weight management



Managing stress levels



Probiotics (live microbes), prebiotics (food for microbes) and fermented foods

Many products are available that make claims about gut health



Find out more about the product from the manufacturer or your healthcare provider to see if it has evidence to support the benefits you are looking for.



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